
The Writing Space

Art for Health and Wellbeing

Project Snapshot: Ascend



Client

ASCEND Adult Education Charity, South Oxhey, Hertfordshire

Project Title

Creative Writing for Wellbeing Course

Project Venue and Duration

Writing took place at ASCEND, All Saints Church Centre, Gosforth Lane, South Oxhey, Watford, WD19 7AX. We also visited ASCEND's Community allotment for inspiration from nature. Spring 2015 - January 2016

Description

A weekly creative writing group at ASCEND, a community charity in South Oxhey, a regeneration district with social deprivation issues. ASCEND's work is all about moving people forward, challenging their perceived barriers to education and training; providing people with more choice and control over their lives.

Aims

To provide a safe, supportive space where people can enjoy the process of writing as both art and therapy. To nurture creativity, improve literacy, develop compassion towards oneself and others, improve confidence and promote self-awareness.

Outcome

Through encouragement to develop their writing in whatever way they needed to, group members took responsibility for their own creative development and healing. The workshop continued as a self-organised group.

Evidence

Following an initial successful 6 week pilot, The Writing Space was asked to develop two further 10 week courses which culminated in participants sharing their stories on a blog and through readings to invited audiences. One member found the confidence to write an article for her local newspaper. Several wrote finished short stories and poems. Another commented, 'This is the best thing I have ever done!'



@judisissions01

Call me to discuss a creative writing workshop idea:

Judi Sissons 07976 374206,

Judi@thewritingspace.co.uk, www.thewritingspace.co.uk



@TheWritingSpace