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# The Writing Space

## Art for Health and Wellbeing

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### Project Snapshot: St Padarn's Institute



The Church in Wales



ATHROFA PADARN SANT  
ST PADARN'S INSTITUTE



### Client

St Padarn's Institute, spiritual formation and training centre for the Church in Wales

### Project Title

Pre-Retirement Workshop for Ministers in the Church of Wales

### Project Venue and Duration

Writing took place at Gregynog Hall, Tregynon, Powys, in Summer 2017 and Summer 2019

### Description

A one day creative writing workshop for St Padarns, a registered charity in Cardiff. The institute is an innovative move by the Church of Wales to be the heart of training for the church - responsive to the needs of contemporary society.

### Aims

To provide a safe, supportive space where ministers could enjoy the process of writing as a journey of self discovery - uncovering the past and constructing a renewed sense of identity and purpose. Following a successful pilot in 2017, the workshop was repeated in 2019 with the addition of to one coaching sessions to help participants face their feelings of loss, set their own goals and find new ways to achieve them.

### Outcome

Writing in a friendly peer group, the ministers found ways to face change and uncertainty by celebrating how far they had come and looking forward to new beginnings. Several participants were inspired to continue writing and journaling about memories and losses. One person planned to combine writing and walking, another to write songs.

### Evidence

'We wanted to offer ministers a space to explore their creativity and the workshop was the perfect place to do that. Judi gave everyone time and space to reflect on their life, who they were and to express that creatively. The workshop was thoroughly enjoyed!' Client

'It was a joy to share in this creative process with one another. It helped us listen to and connect with each other and with ourselves.' Participant



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Call me to discuss a creative writing workshop idea:

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