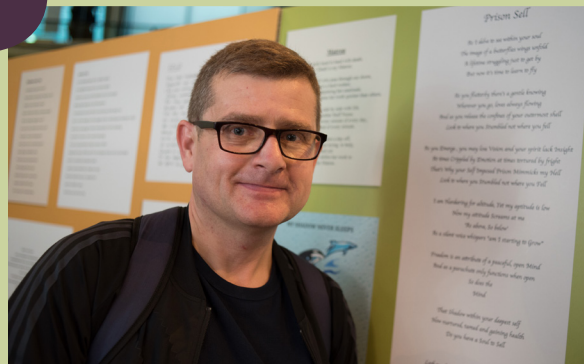


Healing Words



Poetry exhibition




Creativity & wellness workshops

Wednesday 2 & Thursday 3 October, 10.30-6.30pm
Paternoster Square, EC4M 7DX

Join us for a poetry exhibition and series of workshops celebrating the role of creativity in mental health.

www.advocacyproject.org.uk/exhibition

Supported by 

Poetry exhibition

2 & 3 October, 10.30am-6.30pm

The
Advocacy
Project

A unique exhibition of poems submitted for the Healing Words poetry competition. It celebrates the value of creativity in supporting recovery from mental ill health. Just turn up – no need to book.

Workshops

30 minute taster sessions to inspire you. Space is limited.
Reserve a seat: www.advocacyproject.org.uk/workshops

Wednesday 2 October

Writing for wellbeing, 10.30 & 11.15am
with Francesca Baker

Explore how writing can help boost your mood and make you happier.

I am confident, 12 noon & 12.45pm
with Nicolette Wilson-Clarke

Confidence-building tools to develop creativity and change your life.

Creative writing toolkit, 1.30 & 2.15pm
with Melanie Scagliarini

Learn writing exercises to help you relax and unlock your creativity.

Boost your wellbeing, 3 & 3.45pm
with Matthew Critchlow

Techniques from positive psychology to boost optimism and wellbeing.

Thursday 3 October

Overcoming nerves, 10.30 & 11.15am
with Arun Sharma

How to speak confidently in public, overcome nerves and inspire an audience.

Cheaper than therapy, 12 noon
with Fisky


A talk on the importance of poetry and performance as a healing tool.

Poetry open mic, 12.30pm (90 mins)
with Cecilia Knapp

Performances by spoken word artists, plus a chance for members of the public to read their poems (3 minutes per person).

Express yourself in writing, 2.30pm
with Cecilia Knapp

Fun and accessible ways to find your voice – for newbies & experienced writers alike.

 Follow @TAPadvocacy and #HealingWords2019

www.advocacyproject.org.uk/workshops