

# Writing for Wellness



A free\* course for parents/ carers across Gloucestershire

Join us to explore how writing can make us feel better

- ✓ Try out free writing for wellbeing
- ✓ Rediscover the joy of writing
- ✓ Explore writing your own life story
- ✓ Find out how you can help your children with their English

**Tuesdays from 9:30- 11:00**

**8<sup>th</sup> June- 6<sup>th</sup> July**

This course will be delivered via Zoom.

You can access this through your smartphone, tablet or computer.

**To book a place please email [fay.tucker@gloucestershire.gov.uk](mailto:fay.tucker@gloucestershire.gov.uk)**

\* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 ( less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.