

# Writing as Healing workshop

A day of writing exercises and mindfulness to help you reflect on what is important for you, and where you are right now.

Nurture Nature is a small charity that has established a “healing” garden in a one-acre garden in Wortley, Sheffield. It is available to both those without specific health problems but wishing to benefit from the wellbeing created by contact with nature and those with chronic health problems, mental health issues such as mild depression, anxiety or stress, learning disabilities, physical disability and those living with and beyond cancer. Events run in the garden aim to utilise the benefits of nature to enhance the event being run that day. Reports from large national organisations like the Kings Fund and MIND confirm the benefit of gardens and gardening for physical and mental well being. There are an increasing number of gardens around the UK that can be “prescribed” (social prescriptions) for patients instead of, or in addition to, conventional therapy. The use of gardens for this purpose is recognised and supported by the NHS, MIND and a number of other organisations, in particular THRIVE, the national charity for therapeutic horticulture. The MIND report showed that therapeutic gardening is as effective as anti-depressants for recurrent depression. An increasing number of hospitals are building therapeutic gardens to help patients recover more quickly.

This workshop offers an opportunity to address areas of your life that will benefit from a mindful approach and consideration in a peaceful natural environment.

(Indoor facilities are available in the event of bad weather)

Through journaling, mindful exercises and writing reflections you will have opportunities to explore aspects of your life or any difficulties from a different perspective. You will be guided in a series of exercises involving writing and personal reflection through the day. Openness is encouraged but you won't be asked to share more than you are comfortable with. No experience of mindfulness or creative writing is needed. Feedback from previous participants is very positive.

Nurture Nature

*“Lauri is an excellent facilitator, very experienced, and creates a nurturing environment”*

# Writing as Healing workshop

## Schedule

- 10.00 – welcome and settle
- 10.10 – mindfulness & writing exercises
- 11.30 – refreshments
- 12.00 – mindful meditation & writing exercises
- 12.30 – lunch break (please bring your own food)
- 13.30 – mindful writing exercises & feedback
- 15.30 – depart

*"I have a new poem as a 'going home' present"*

## Who is the day for?

This session is suitable for beginners to mindfulness and writing as well as the more experienced in either area. We invite everyone to put aside their previous knowledge and experience (or lack of it!) and engage a Beginner's Mind.

## Facilitator

The facilitator for this session is Dr. Lauri Bower

Lauri has 30 years' experience of meditation practice and 20 years of running and organising retreats. She began teaching Mindfulness Based Stress Reduction (MBSR) courses in 2013, which expanded into Mindfulness and Creativity retreats, workshops and courses in 2015. She completed a Ph.D. in Mindfulness in 2014. Since 2012 Lauri has been exploring how the practice of mindfulness informs her poetry writing and creativity. She regularly posts poems to her [blog](#) and her creative work to [Instagram](#). To date, over 300 people have completed mindfulness courses with Lauri. She now runs a new venture THE *Creative S P A C E* offering mindfulness and creativity sessions, workshops and courses on various themes <https://the-creative-space.org.uk/>

## FAQs

### What do I need to bring?

Please bring your own lunch, refreshments will be provided.

For the meditation period you may want to bring a cushion or stool if you use one, and a blanket or shawl for warmth. Chairs are provided!

For the writing exercises you may like to bring your own notebook or journal, and pen or pencil. These will be provided if needed.

Parking is available by the house or on the road.

Do you have any other questions about the Writing as Healing workshop? If so I'll be happy to help. Please contact: [helenad1009@me.com](mailto:helenad1009@me.com)