

Get ready for *SPRING!*

Book an energising...



Writing spa

bespoke 1-2-1 creative writing session

BOOK by end of March - *get 25% off*

There's a growing body of evidence that being **creative** can improve your **mental** and **physical health**. **Writing** can be **energising** and **cathartic** as well as **relaxing** and **fun**.



Carnegie-nominated novelist and experienced writing facilitator **Sue Mayfield** will help you write with ideas, inspiration and feedback in calm, comfortable surroundings.

90 minute session (normally £60) only **£48** if booked during March 2017. Or why not share a session with a friend for just **£20** extra? **Price includes all materials plus herbal tea and fresh fruit.**

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