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**Bolsover Library
Connects**



Writing for Wellbeing

**Friday 8th November
10:30am–12pm
Bolsover Library**

Come and discover the powerful benefits of writing in this informal and relaxed session to support your wellbeing.

Experience a range of writing activities to enhance your wellbeing and develop skills you can continue and try at home

No experience needed... and reading out is not necessary!



**This is a free event. To book phone 01629 537800,
or 07580 823897 or email maria.coupe@derbyshire.gov.uk
or ask at the library.**