

To reserve a place on: **Words for Wellbeing**

Please return your completed booking form (overleaf) to ensure your place to:

**Beth Harper**  
The Mirfield Centre  
College of the Resurrection  
Stocks Bank Road  
Mirfield  
WF14 0BW

Tel: 01924 481920  
Email: bharper@mirfield.org.uk

**Bookings must be accompanied by payment.**

Please make cheques payable to:

**The Mirfield Centre.**

You may also pay over the phone using a credit or debit card. Please book by Tuesday 27th June.

Please feel free to photocopy this form as many times as you wish and distribute it to friends and colleagues.

We look forward to welcoming you to The Mirfield Centre.

**Please note:** If you would like a paper receipt for your booking, please **enclose a stamped addressed envelope**. If you provide an email address we will confirm your booking on receipt. We will contact you approximately one week before the event, when you will receive a reminder of the date and time, as well as any other relevant information.

### About the course leaders:

Anne is an ordained priest in the Church of England, a qualified psychotherapist and was a teacher of Computing. Since leaving teaching she has worked as a mission priest, focussing on church growth with pastoral care at its heart and as a hospice Chaplain. Anne now works part-time as a therapist. She is also a tutor in pastoral studies with the Leeds Diocesan School of Ministry and teaches in a variety of contexts across the Diocese of Leeds.



Judith started her working life as a journalist, but moved into teaching adults when her children started school. She has taught English in Further Education colleges and with the Workers Educational Association (WEA). Most of this work has been in the field of ESOL (English to Speakers of Other Languages). She has also been a teacher-trainer and ESOL examiner. Recently Judith has started to deliver sessions in therapeutic writing and bibliotherapy. She volunteers for the 'Bookchat' scheme in Kirklees. She is currently developing her interest in Mindfulness meditation and is about to complete training with Bangor University.



[www.mirfield.org.uk](http://www.mirfield.org.uk)  
**MIRFIELD CENTRE**  @MirfieldCentre



**MIRFIELD CENTRE**

## Words for Wellbeing

### Exploring Your Inner and Outer World Through Writing



**Tuesday 4th July 2017**

Led by

**Judith Boardman and  
Revd Anne Wood**

£20.00 (including lunch and refreshments)

10.00am-3.30pm

## About the Day

Writing is good for you! In this one-day course you will use the power of the written word to help promote your wellbeing. Through short, simple guided writing activities, there will be space to explore your inner and outer world. The emphasis of the day will be on the process, not the end product, so you won't have to share what you've written unless that feels comfortable. No previous writing experience for this day is necessary.

Just bring along some paper, a pen, your enthusiasm and your curiosity.



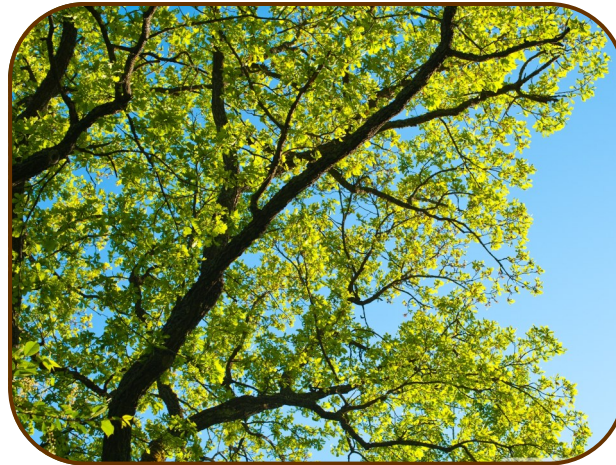
The day will be interspersed with short Mindfulness meditations and prayers to aid the process of being fully present in each activity and reflecting on your experiences.

*'Writing seems to create a pathway to memories, feelings and thoughts you did not know you had. You can discover, explore, clarify and make connections with the present. It is a way of grasping experiences which seem otherwise lost in the depths of the mind.'* (Gillie Bolton)

## Programme

- 9.45 am Arrivals
- 10 am Welcome and first guided writing activity
- 11 am Refreshment break
- 11.10 am Second guided writing activity
- 12.10 pm Eucharist (optional)
- 1 pm Lunch
- 1.45 pm Third guided writing activity
- 2.40 pm Fourth guided writing activity
- 3.20 pm Reflections
- 3.30pm Finish

*Time are approximate and subject the change.*



## Booking Form

Words for Wellbeing

I wish to book  place(s) Fee £20.00

Name:.....

(Mr/Mrs/Miss/Revd/Dr/other)

Address:.....

.....Post Code.....

Tel. No:.....

Email:.....

We cater for most dietary requirements, please indicate below if required

.....

If you have any medical or access requirements we need to be made aware of please indicate below:

.....

I am a Reader/Lay Pastoral Minister in the Ripon/Leeds/Huddersfield/Wakefield/Bradford Episcopal area (delete as appropriate)

My church denomination is

.....

I found out about this event from

.....

May we contact you about future events?.....Y/N

(If this will be your first time coming to a Mirfield Centre event, please tick)