

Give yourself a TONIC ...

BOOK a




writing Spa

bespoke 1-2-1 creative writing session

BOOK during October - get 50% 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 only **£30** if booked during October 2018.
Or why not share a session with a friend for just **£10** extra?
Price includes all materials plus herbal tea and fresh fruit.

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