

Creative Writing for Wellbeing

Open to all members of UNISON Nottinghamshire based branches

Course

Thursday 23rd April 2026
5pm - 7pm

About

This workshop provides you with the opportunity to explore your inner creative in a supportive environment.

Through a series of gentle, guided exercises, you will develop writing tools and techniques to help promote mindfulness and wellbeing.

Delivered at: Unison Regional Office, 154 Canal Street, Nottingham, NG1 5HG

Apply Online Here



For help with your booking please email us at
bookings@unisonnottslearning.co.uk