

POETRY FOR WELLBEING: RESPONDING TO THE LIVING WORLD

In collaboration with **South Downs National Park Authority** and **Hampshire Cultural Trust**, Kathryn Bevis (Hampshire Poet 2020-21) will be hosting a series of ten, taught, two-hour **nature and poetry-writing workshops** live, online via Zoom.

Whether you're an experienced poet or a complete beginner keen to explore the beautiful practice of writing poems in response to the living world, you'll find the prompts and sensory stimulus to gather the raw material for your poem, as well as tuition and guidance in how to craft the poem itself.

Within each workshop, we will read and respond to some of the most exciting poetry – both past and present – which takes inspiration from the natural world. Filmed footage of locations within the South Downs National Park (including woods, valleys, seascapes, hills, and pathways) will give colour and texture to our work, even if we're still stuck indoors. Come prepared to play!

To be eligible for this course you need to live in Hampshire.

**SOUTH DOWNS
NATIONAL PARK**

DATES:

**Tuesday 20 April –
Tuesday 29 June**
(no session on 1 June)

TIME:

10.30am – 12.30pm



**HAMPSHIRE
CULTURAL
TRUST**

To book your place please contact:
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