

## Creative Writing Workshop Information

By Dr Sally Flint, Writer, Editor and Lecturer in Creative Writing;  
co-founder of *Riptide Journal*

In the creative writing workshop, participants are invited to write about their understanding of burnout, overload, and resilience in the context of mental health and wellbeing. This may relate to a range of factors, including the workplace, caring responsibilities, life stage, etc. Guidance will be given to create drafts of new stories, life writing and poems. Through using imaginations, experiences, observations, research, conversations, and emotions we will build a body of work. *\*There is no requirement to have done any creative writing before.*

After the workshop participants will be invited to submit drafts of writing with a focus on health and illness, and any relevant ideas/research links to the editors of a special edition of [Riptide Journal](#). This anthology will be published as part of the legacy of [Reading Bodies Project](#). Details about this publication will be discussed further in the workshop.

Contributors to the published anthology will liaise with the editors and have options to:  
\*Attribute their name or pseudonym to an individual piece.  
\*Or their writing can be woven into a collaborative piece which will be attributed to the larger group.

### Preparation for the workshop:

Bring pens and paper – spare materials will be provided on the day too.

If possible, each participant should bring an image of a favourite place.

### Suggested reading to dip into before the workshop – what connects best with you?

#### Poems:

[‘De Humani Corporis Fabrica’](#) – John Burnside

[‘The Green We Left Behind’](#) – Saheed Sunday

[‘Finale’](#) – Pablo Neruda

[‘I Chart my Recovery’](#) - Beth Brooke

[‘Wild Geese’](#) – Mary Oliver

[“‘Hope” is the thing with feathers’](#) – Emily Dickinson

[Neurasthenia](#) – Agnes Mary Frances Robinson

### **Short stories:**

[‘The Youngest Doll’](#) – Rosario Ferré (Read about the evolution of the story [here](#))

[The Yellow Wallpaper](#) - Charlotte Perkins Gilman

### **Micro fiction**

[Kit de Waal's winning flash fiction - Bridport Prize](#)

[stories - David Gaffney](#) – a selection of flash fiction with images

### **Anthologies**

[Staying Alive](#) – An Anthology of themed poetry - Bloodaxe Books

[A Body of Work – An Anthology of Poetry and Medicine](#) - eds. Corinna Wagner and Andy Brown – Bloomsbury. This volume includes Sally Flint's poem, 'The Hospital Punch'.