



Derbyshire  
Carers  
Association

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## Online Creative Writing Workshop

Thursdays @ 6-7pm

Join us on a Thursday for our online expressive writing workshop, facilitated by experienced Derby based writer Sophie Sparham.

Sophie will guide you through different writing exercises to help you experience the benefits of expressive writing.

Available dates:

**21st October**

**4th & 18th November**

**2nd & 16th December**

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: [katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)