Writing Group - CAST

Provided / Operated by:
Sheffield Flourish - Wider Opps

The CAST writing group is a friendly group which uses writing to promote mental wellbeing. The group is suitable for people of all abilities. You can go even if you don't think of yourself as 'a writer'.
The group runs weekly, every Wednesday.
The group is run by Neil from Creative Arts Support Team (CAST) a group of mental health service users, volunteers and workers who use arts for mental health and wellbeing....

Opportunity Address:
Sheffield Flourish
Upper Floor
4 Windrush Way
Sheffield
S3 8JU

Days & Dates:
Wednesday: 2pm - 4pm

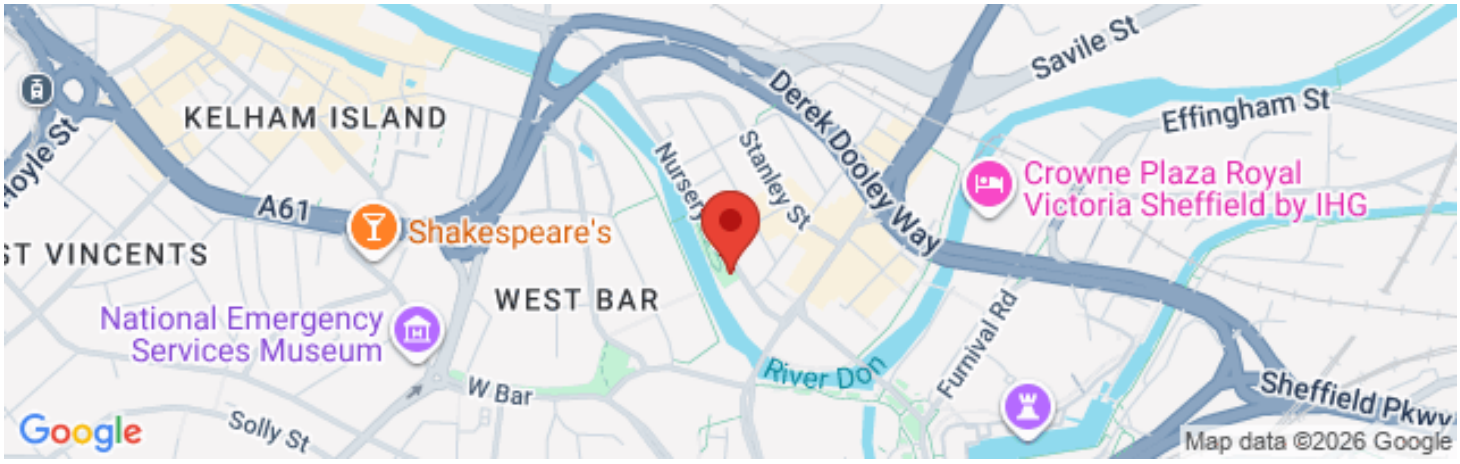
Costs:
Free

Contact Details:
Phone: tel:0114 273 7009
Email: cast@sheffieldflourish.co.uk

Accessible:
Yes

Childcare:
No

Children allowed:
No



The information provided is accurate at the time of printing (19/11/26). Please check with the provider directly for the latest information.