

Writing for Wellbeing

A Resilience-Building Group Approach for People Living with Cancer

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Treasure Chest

papier-mâché collage

Write
Dance
Play
Draw
Breathe



Medicine Tree

Dear Mother Earth,

Please help me heal my body from disease. Let me embrace you, and you can help hold this with me. I am on my own. My family is far away. I am walking into the unknown, but I am not afraid.

Love, Lisax



Healing from disease requires a partnership between doctor and patient

Resilience can be fostered through creative self-expression & help the individual meet the challenge of disease

Creative interventions to support people with cancer & NHS Trusts

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