# **Sgwennu’n Well | Writing Well Programme Open for Applications**

Literature Wales is delighted to launch a brand-new development opportunity for literary facilitators. Sgwennu’n Well | Writing Well is a 12-month programme in two parts. Part one offers intense training aiming to enhance the skills needed to facilitate literary activities in the community, and part two will support the cohort of facilitators to create and deliver participatory projects which benefit the health and well-being of participants.

**Deadline for applications: 5.00 pm, Thursday 29 June 2023**Are you a poet or a writer who is eager to develop your skills in delivering creative writing and health and well-being projects in your local community? Do you believe in the power of literature to inspire, improve, and brighten lives? Are you passionate about exploring how taking part in arts activities can support people to achieve better mental health, improve their self-confidence or overcome trauma? Then we want to hear from you.

Our new project, **Sgwennu’n Well | Writing Well** will focus on intensely developing the skills and knowledge of **literary facilitators** specifically in the field of **Health and Well-being**. This will be a year-long, professional development programme with aftercare support for a group of **early to mid-career facilitators**.

The first six months will offer opportunities to hone skills in areas such as project development and management, running budgets, capturing and communicating impact, safeguarding their groups, fundraising and more. The group will also explore the theory and practice of running literature for health and well-being projects for a wide variety of participants in various settings.

Following the initial six-month training programme, the intention is to offer facilitators a pot of funding to deliver projects they have designed and planned during the initial stages of the programme.

Literature Wales is looking for six facilitators to join this development programme. We encourage applications from individuals from a range of diverse backgrounds and lived experiences, especially under-represented facilitators including those working in the Welsh language, those from minority ethnic backgrounds, facilitators who identify as disabled and those from a low-income background.

Taking part in creative writing and reading has been clinically proven to be beneficial to our well-being, both physical and mental; through this new innovative programme, we hope to create more opportunities for individuals and communities in Wales to benefit from the power of words.

The programme will begin in September 2023 and run until September 2024.

## **What will the programme entail?**

* An online one-to-one welcome meeting with Literature Wales staff in September/October 2023 to discuss your personal aims and goals; and up to two follow-up meetings to discuss progress.
* An online group meeting for the six successful facilitators with Literature Wales staff in September/October 2023, to introduce everyone to each other and to give an overview of the programme.
* Being paired with a mentor for four one-to-one sessions across the year to help you reach your aims, goals and to develop your project. These sessions could be online meetings, or opportunities for you to shadow your mentor in facilitation sessions.
* One residential course [led by clare potter and Jill Teague](https://tynewydd.wales/course/poetry-and-writing-for-well-being/) at Tŷ Newydd Writing Centre, Thursday 26 – Sunday 29 October 2023. ([This course is also open to the public](https://tynewydd.wales/course/poetry-and-writing-for-well-being/)).
* A series of five online training sessions; one each month from November 2023 to March 2024 featuring experienced facilitators and experts on arts for health and well-being.
* Regular correspondence from Literature Wales about opportunities, events, festivals and more, and professional support from Literature Wales to develop your project plan.
* The creation of a supportive network of co-facilitators, led by the cohort, to offer peer encouragement and to problem-solve.
* A bursary of £1,000 to spend time developing your project, and to help with expenses or the practicalities of attending the mandatory activities of the programme, e.g. travel to Tŷ Newydd, childcare etc.

During the first six months (September 2023 – March 2024), the six participants will spend time developing a project of their choosing including a detailed action plan, applying what they’ve learnt during the training sessions. We intend that these projects, developed in collaboration with Literature Wales, will be awarded further funding to be delivered in the latter half of the programme (March 2024 – September 2024) – **funding and partnerships permitting**.

## **Eligibility**

The programme is open for those over the age of 18 and living in Wales at the time of application and throughout the 12-month programme.

Applicants for the programme will:

* Need to commit to taking part in all events and activities organised as part of the programme.
* Have some experience of running creative writing or literature for health and well-being workshops in schools, communities or health settings.
* Be passionate about the potential of literature and literary activities to support the health and wellbeing of individuals and communities.
* Have an ambitious vision of how they will use their skills, personal lived experience, and the power of literature to inspire, improve and brighten lives.

We’re eager to encourage applications from individuals without fair representation in the creative sector, and from applicants who have faced barriers and discrimination due to ethnic background, disability, or experience of a low-income background.

If you want to apply for this programme, but are uncertain whether you meet the eligibility criteria, please contact Louise Richards or Mared Roberts for an informal chat: louise@literaturewales.org or mared@literaturewales.org

## **Literature Wales’ Pledge**

 **Access:** We’re committed to accommodating every candidate’s access needs. We ask you to tell us what you need so we can ensure you can access and navigate the application process safely and comfortably.

**Training and Safeguarding**: Literature Wales will organise safeguarding training and will continue to support the facilitators with this important element for the duration of the programme. The well-being of the facilitators themselves is also a priority for Literature Wales, and regular meetings will be held with the project coordinator to provide support and discuss any concerns.

**Diversity:** We’re passionate in our aim to address under-representations and inequalities within the arts. We will therefore be particularly interested in receiving applications from individuals who identify as being under-represented within Wales’ literary culture. For further guidance, [please see FAQs](https://www.literaturewales.org/writing-well/writing-well-frequently-asked-questions/).

**The Climate Emergency:** One of Literature Wales’ priorities is confronting/tackling the climate emergency. We aim to use the creative power of words to educate, challenge and inspire long-term change within this field. We also aim to ensure that all our projects are run in an environmentally friendly way. This will be a consideration when we assess applications, for example we might look for participants with a deep understanding or connection to their local communities looking to address issues in their own communities through their learning.

**The Welsh Language**: Literature Wales is committed to helping to create a wider pool of Welsh-speaking creative facilitators in all parts of Wales to carry out Welsh and bilingual projects.

We have answered some of the questions potential applicants may have about this programme on our website – head over to our [FAQ’s page](https://www.literaturewales.org/writing-well/writing-well-frequently-asked-questions/) to read. Information on how to apply can be found here: [How to apply](https://www.literaturewales.org/writing-well/how-to-apply/).