

Annual RCGP Reflective Writing Course

Mid Autumn

Leiston Abbey, Suffolk

- This course focuses on reflective writing.
- Facilitated by Gillie Bolton - immensely skilful but quite unthreatening in her style. Gillie is not a medic, but has extensive experience of teaching reflective writing to health professionals. She is widely published in this field (see www.gilliebolton.com), and as a poet. **She is also great fun!**
- No previous experience necessary (a blank canvas is the ideal starting point). Previous courses have benefited from a mix of returnees and newcomers.

- A different way of exploring how we work.
- A way of reflecting on our work that appraisal does not achieve.
- Something much more enjoyable than nGMS and definitely worth adding to your PDP.



- Enjoy the tranquil surroundings of the ancient Leiston Abbey and surrounding Benjamin Britten countryside. Walk to the coast if weather permits...
- Excellent food and a chance to relax and celebrate our "non-medical" side.
- Saturday evening is delightfully unstructured and mellow - spent around the log fire and grand piano. In previous years participants have brought favourite readings, poems, music/musical instruments to share, or simply enjoyed listening to others.

- The substance of the course commences on Saturday morning - but buffet and accommodation provided on Friday evening at no extra charge (a lovely wind down from the week). **THIS IS HIGHLY RECOMMENDED!**
- Course finishes after lunch on Sunday.
- Places limited to 24 participants
- Non-returnable deposit of £20 secures place; balance payable by end Sept.

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Mrs Annemarie McCarty
Nightingale Court
Ida Darwin
Fulbourn
Cambridge CB1 5EE
Tel 01223 884324
Fax 01223 885793
Email jc03@dial.pipex.com

NAME:

ADDRESS:

TEL:

EMAIL:

DEPOSIT £20 - enclosed YES / NO
(Payable to RCGP East Anglia Faculty)
BALANCE DUE BY end of September

EXTRA NIGHT FREE ACCOMODATION FRI 5th NOV YES / NO

PLEASE SPECIFY LIKELY ARRIVAL TIME.....

ANY SPECIAL DIETARY REQUIREMENTS - please specify below