

## How has the Owl Group been for me?

*"I find it hard to describe just how important the OWL group is to me; it is stimulating, inspiring, enriching and sustaining. I was always daunted by poetry and found it rather inaccessible. It has been a revelation to work with poems in a completely new way that helps us to explore our feelings and experience while also enabling us to put into words some of the joys and challenges that we face as older women."* Sue

*"For me it is a creative new way of expressing myself that feels so important at this stage of my life*



*Maureen "Enjoyed working with and learning from other women in the 'autumn of life'. I have worked with others to create compositions that reflect what it is to be an older woman, learned to start to celebrate the old woman that all my life experiences have framed and fashioned and enjoyed being challenged to think differently and also challenging others to do the same"*

*"I have found this course an enriching experience, enabling me to think deeply about issues that affect me as an older woman. Exploring topics with the small group has been freeing and reassuring."*

*Wendy*

**The above comments are from participants on the 2017 Older Women's Creative Development Group**