



*There's nothing like a cup of tea and a little reflection before the start of a busy day, halfway through when you're lagging after lunch, or even at the end when the lights are out and you're ready for home.*

*Little breaks (especially creative ones!) are necessary for taking stock and looking after your well-being, but we don't always make time for them.*

## **What are Creative Writing Tea Breaks?**

The tea break is a quintessential British tradition, much like a quick espresso at the bar in Italy, or a Slovenian malica. Creative Writing Tea Breaks facilitate creative writing workshops in English, providing a dedicated time to come together, flex creative muscles, and process experiences.

Tea Breaks are run by Alice Shepherd Erlac, a Brit, educator, graduate of Literature and Creative Writing, and co-organiser of east London creative writing events. Nothing brings her more pleasure than building creative spaces, guiding wordy scribbles, and providing a platform to share.

## **What can I expect?**

Arts-based practices benefit productivity and well-being because, quite simply, they make us feel good! You don't have to be a writer to benefit; it's all about pushing your creative limits, checking in with yourself, and releasing some emotional and creative energy.

Tea Breaks challenge participants to engage with writing style, use metaphor and imagery, create a range of narrative voices, and maybe even try a hand at poetry. Each session brings something new, crossing borders with fiction, and skipping from poetry pages to dialogue for stage plays.

## **What's the benefit?**

The repetitiveness of daily life unavoidably stifles creativity over time, even in the most creative roles. Patterns sneak in and soon become habits, habits become routines, and before you know it, the words used to explore your world diminish to the bare necessities. But where is the fun in that?

Playing with words reminds us of their unfathomable power and ability to sneak between thin cracks of time and affect us. If we're hungry, reading about a fresh-from-the-toaster crumpet drenched in salty butter is enough to make the stomach roar. During heartbreak, an advert about loneliness can bring a tear to the eye. And when we're utterly confused, a novel or poem can advise and guide us back to solid ground. Words are incredible.

## **Who's it for?**

Creative writing provides a little tea break for your brain, improves language skills, and helps look after your well-being. So no matter your subject speciality, Tea Breaks has a chair for you to benefit from play, creativity, and to develop your language skills.

## **What do I do next?**

Sign up for the introduction webinar with the Erasmus team. Remember to bring a pen or have a screen ready for some short writing exercises during the session. No matter your subject or background, Creative Writing Tea Breaks could be the cup of wholesome energy your after.