



For better mental health  
Mind in Barnet

# CREATIVE WRITING BOOK

## 2010-2011



# MIND IN BARNET DAY CENTRE



## **A FEW WORDS ABOUT THE CREATIVE WRITING GROUP**

**THE CREATIVE WRITING GROUP IS ONE OF THE FIRST GROUPS THAT STARTED RUNNING AT MIND IN BARNET DAY CENTRE.**

**THE CREATIVE WRITING GROUP TAKES PLACE EVERY TUESDAY AT 2PM AT THE SCHOOL WAY DAY CENTRE AND IT LASTS FOR AN HOUR.**

**THIS IS AN ACTIVITY OPEN TO ANY MEMBER, WHO WISHES TO ATTEND, HOWEVER UP TO A MAXIMUM OF EIGHT PEOPLE CAN ATTEND EACH TIME.**

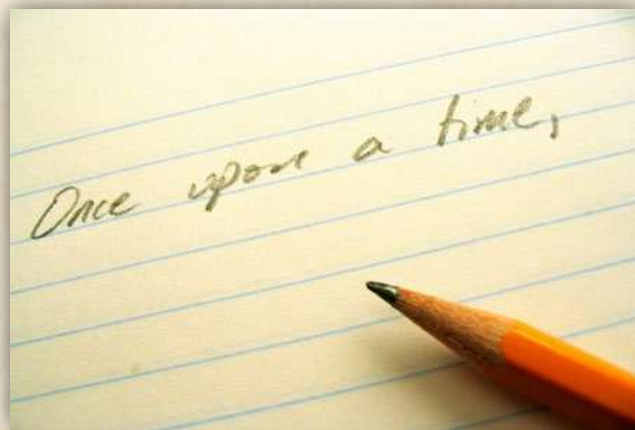
**THE CREATIVE WRITING GROUP AIMS TO PROMOTE INTEREST IN THE WRITING AS A CREATIVE OUTLET, REDUCE ISOLATION AND ENCOURAGE INTERACTION.**

**THE MEMBERS ARE PROVIDED WITH THE OPPORTUNITY TO SOCIALLY INTERACT WITH OTHERS THROUGH PARTICIPATING IN THE GROUP, WHILE MEMBERS OF STAFF SUPPORT THEM TO EXPRESS THEIR FEELINGS AND IMAGINATION THROUGH THE WRITTEN WORD.**

**IN THE NEXT PAGES OF THIS BOOKLET FOR 2010-2011, THE READER WILL HAVE THE CHANCE TO READ SOME OF THE TEXTS THAT MEMBERS HAVE WRITTEN DURING THIS YEAR.**

**AS MEMBERS ARE ENCOURAGED TO WRITE EITHER FROM EXPERIENCE OR IMAGINATION, A VARIETY OF TEXTS THAT HAVE BEEN WRITTEN WITH SENSE AND SENSITIVITY IS PRESENTED.**

**WE HOPE YOU WILL ENJOY READING OUR TEXTS AS MUCH AS WE ENJOYED WRITING THEM.**



**One Piece of Art**



**On the Road**

**by Tania Cooper**

## **The walk**

**by Fabian De Silva**

***Sam walked along the country road looking at the fields and woods, enjoying the scenery.***

***He was thinking that only yesterday he was at work in the office, at his desk, bored out of his mind, dreaming of walking in the countryside.***

***And now, here he is, in the countryside, without a care in the world.***

***He heard birds singing in the trees; heard the wind rustling the leaves.***

***The whole world was calm and beautiful.***

***The sky was blue, with fluffy, white clouds floating by; the sun shining through the trees making beautiful patterns on the ground.***

***He felt at peace.***

***He took his map out and checked where he was.***

***He saw that the village with the bed and breakfast place was less than a mile along the road.***

***He heard the sound of sheep, of cows mooing in the distance.***

***He took of a bottle of water from his backpack and had a drink then he walked leisurely to the village he could see in the distance.***



**One Piece of Art**



**Fruit Bowl**

**by Mr Christopher James Davey**

**Today**

**by Lucy Adamou**

***I think today is a grey dismal colour,  
but I'm not particularly depressed like the weather.***

***The sky today is also grey.***

***To today's grey weather, I would add some blue and red to make the colour  
purple for tomorrow,***

***because the weather tomorrow will be raining heavily all day***

***and I think tomorrow I will not be as happy as I am today.***



*One Piece of Art*



*Done*

*by Kemal Karaboyun*

**Creative writing**

**by Tania Cooper**

***Today, I will write what's on my mind. I wonder what I will discover and find.***

***As I think and look deep into my head, I think of all the tears I have shed;  
Tears from past experiences that have brought me down.***

***But I do realize my tears are no longer around. I have a deeper understanding  
of where I want to go, and I feel so happy inside, now I know.***

***I want to study catering and write poetry. I also want to discover the real side  
of me, where I no longer wear a false smile.***

***To know and accept my life is worthwhile.***

***In a few years where do I want to be?***

***I just want to be the real Tania, who is not yet me.***

***I am caring and considerate to others in my life. I try to encourage them, to  
help them survive;***

***Survive from situations they are in at the time,***

***I want to care for them and show them eventually they are to be fine.***

***My final lines that I am going to write***

***are that there is no reason to fuss or fight.***

***It is up to all of us to show that we care, to open our hearts and be able to  
share; Share whatever is in our minds today, to know that true friends never  
go away.***





**One Piece of Art**



**The Fish Bowl**

**by Sandra Rennals**

## **The box**

**by Paul Cousins**

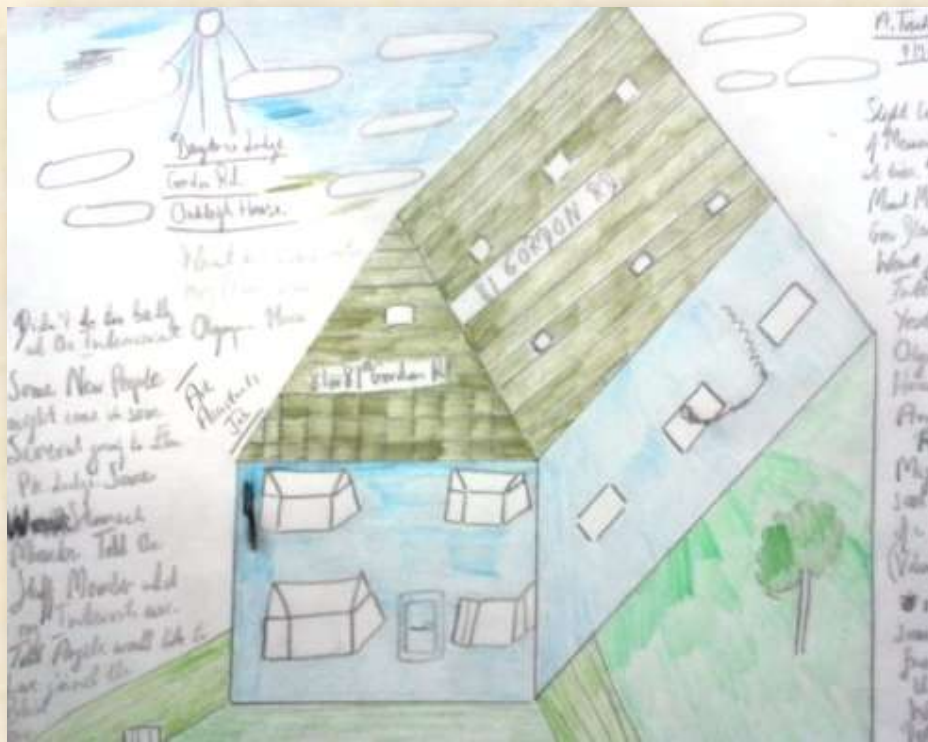
***I was walking down the street, when I saw a small wooden box by the road. Suddenly, I heard a voice say, "Help! Let me out of here!" to my surprise, the voice was coming from the box. I stopped and to my dismay I opened the box to find a clown inside!***

***His name was Jim, and he decided to walk with me on my journey. A really good adventure started for us both. We went to my house which was two miles away.***

***When we got there, we had something to eat, then we went to the zoo, where we had such an adventure. We could not stop laughing at the animals.***



One Piece of Art



The Lodge

by Anthony Tischler

**Her laugh broke the silence**

**by Darren Bolton**

***Her laugh broke the silence as she turned the corner.***

***Tim said, "Don't be afraid, I'll always be there for you".***

***"I know you will", said Sarah.***

***They walked down the road.***

***Then, they found the horse waiting for the, They decided to ride the horse up the hill...***

***Clippity-clop, clippity-clap.***

***"What a lovely horse", Sarah said.***

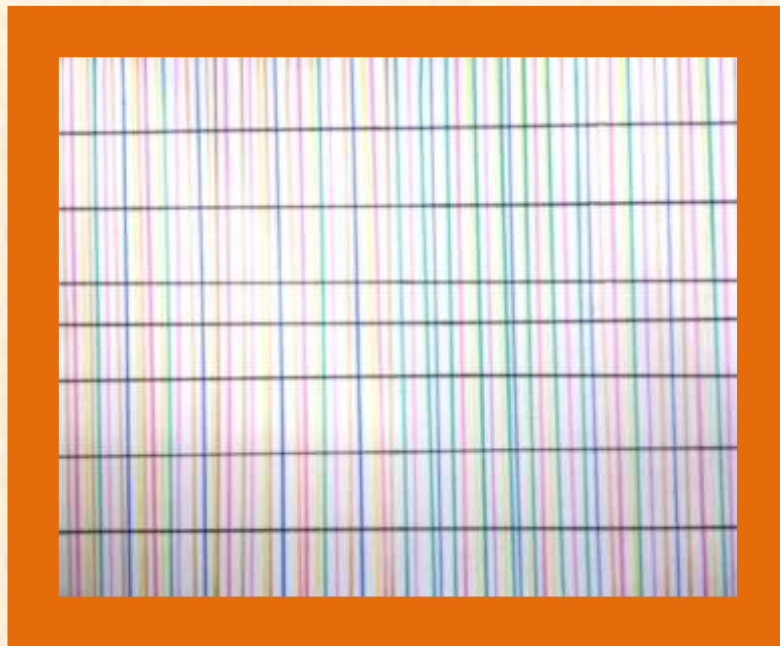
***"I have some sweets in my pocket!, is it all right to give some to the horse?" asked Tim.***

***"Yes, why not" Sarah replied.***

***After riding the horse and talking to each other for quite some time, Sarah and Tim arrived on top of the hill.***



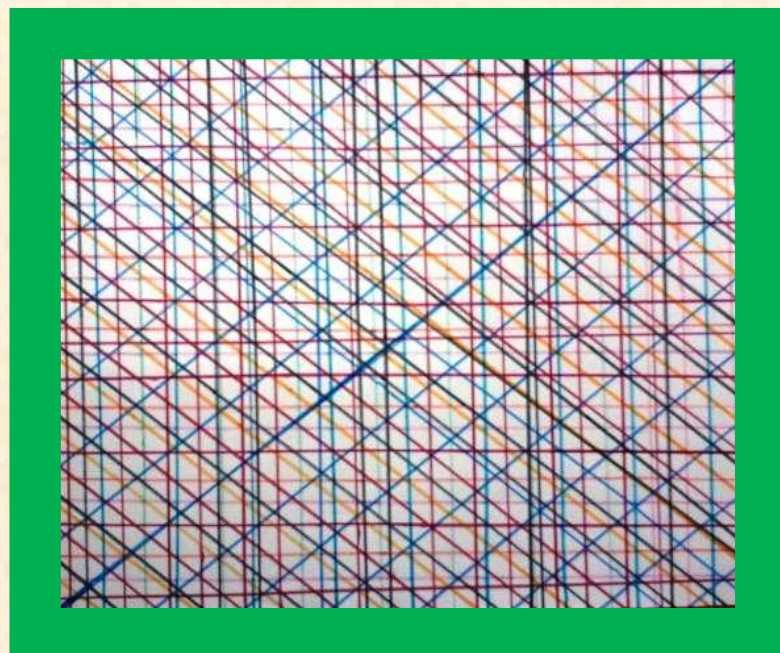
**One Piece of Art**



**The Grid I**

**by Lucy Adamou**

**The Grid II**



**He wished someone had warned him**

**by Mr Christopher James Davey**

***He wished someone had warned him about the possibility of being attacked by sharks in the ocean, in the place that he was staying, Miami, Florida.***

***Great as Miami is, boasting golden white sand at the sea front there is actually a possibility of being attacked by sharks in the shallow waters where people choose to swim.***

***America is a great place of wealth and fast food.***

***But only the idea that as a tourist, he could be injured or destroyed by sharks, meant that he felt he no longer wanted to go there on holidays.***



*One Piece of Art*



*Studio*

*by Fred Charalampous*

## **London**

**by Hadi Amini**

***I like London. There are too many shops and restaurants. I came to London five years ago.***

***I went to London Eye last year and i really enjoyed it.***

***I usually go to the pub at the weekends with my friends and family and sometimes I go to the Hyde Park.***

***The weather is usually good in the summer and spring. However, I need to wear more clothes during the autumn and winter months as the weather then is quite cold.***

***I like going to museums and i enjoy speaking the English language.***





*One Piece of Art*



*Nature*

*by Mr Christopher James Davey*

**I thought I saw...**

**by Rashid Mirza**

***I am thinking now of an under-sea world.***

***Different shapes, different colours, all unexplored.***

***What a wonderful feeling it is when you see all the creatures of the sea,***

***full of enjoyment, being happy.***

***And I wonder and praise for the creator!***

***I come to the surface.***

***The world is equally amazing.***

***The air, we breathe effortlessly.***

***The warmth of the sun triggers us into action.***

***Yes, we are on a tropical island enjoying a holiday of a lifetime!***

***I stay there for many days, pick up happy moments...***



*One Piece of Art*



*Under the Sun*

*by Maureen Mitzman*

**THE BOOKLET HAS BEEN CREATED WITH KIND-HEARTED FEELINGS AND RESPECT FOR ALL MEMBERS EXPRESSED THOUGHTS.**

**IF YOU HAVE ENJOYED THIS READING AND YOU THINK THAT YOU WOULD LIKE TO PARTICIPATE IN OUR CREATIVE WRITING GROUP, DO NOT HESITATE TO CONTACT US**

**OUR CONTACT DETAILS ARE:**

**MIND IN BARNET**

**SCHOOL WAY DAY CENTRE**

**2 SCHOOL WAY**

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**N12 0RY**

**LONDON**

**UK**

**CONTACT NUMBER: 02083435700**

**THE SUPPORT STAFF TEAM AND THE MEMBERS OF MIND IN BARNET SCHOOL WAY DAY CENTRE**

**One Piece of Art**



**Sophia Loren**

**by Sandra Rennals**