

# Writing Begets Writing

Edited by Mandy Ross and Polly Wright

New writing from Reading for Well-Being  
The Hearth Centre

*Unlike the trees I was completely empty. I regularly shed tears like rain dripping from the branches.*

*Where have the last three months gone? The seasons have changed, the trees have changed, and my mood has eventually started to lift. I don't want to be a bare tree anymore and I'm doing all I can to be a summer tree once again.*

Reading for Well-Being is proud to present *Writing Begets Writing*, a collection of new writing written by mental health service users, inspired by the work of local authors. In an innovative project, published writers were trained to offer writing masterclasses in a range of mental health hospitals and centres around Birmingham and the West Midlands. We hope you will enjoy this new writing and the insight it gives into the experience of mental illness and the creative work it can inspire.

Cover artwork: Mandy Ross



Supported using public funding by  
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