# 🛡️ Writing Well WhatsApp Group – use and Community Guidelines



Welcome to the Writing Well WhatsApp Group

This space is designed to help us stay connected between sessions, offer encouragement, and share our creative journeys in a supportive, inclusive way.

What This Group Is For:

Sharing writing prompts, inspiration, and reflective thoughts

Uploading your creative writing or documents to receive gentle feedback or encouragement

Asking questions, planning events, or making suggestions for the group

Sharing images, quotes, or resources that align with the heart of Writing Well

Celebrating one another’s growth and voice

Ways You Can Contribute:

We welcome different ways of communicating—please feel free to share via:

Text messages

Voice notes (up to approx. 3–4 minutes)

Short videos (up to approx. 3–4 minutes

Uploading your documents for feedback

Sharing something that has inspired you

This helps keep communication accessible, varied, and mindful of everyone’s time and energy.

Accessibility:

We aim to make the group accessible for people with a range of needs.

Feel free to send content in the format that works best for you, whether text, voice, or video.

If you need support accessing shared files or content, please let Paula know in confidence. (Paula Anne, [paulaanne@writingwell.net](mailto:paulaanne@writingwell.net) or 07969 849294.

Group Values:

Be kind, respectful, and inclusive in all interactions

No content that is discriminatory, harmful, or overly graphic (having said this, sometimes self-expression can be passionate and lead to delivery of the odd swear word. Please do not take this personally. Everyone reserves the right to fully express themselves. Although we would respectfully ask swearing be kept to a minimal. All we ask is that people are compassionate with one another and realise some may be more expressive than others.)

It could even be an interesting task when you want to swear, consider other collections of words to equal the passion you are trying to exchange. Experiment in getting your message across.

Honour each other’s vulnerability—what’s shared here stays here

Feedback should be gentle, encouraging, and non-critical unless requested

There is no pressure to reply or post—participate in the way and pace that feels right for you

If at any time the content feels overwhelming or you need a quiet space, you are welcome to mute the group or message Paula privately for support. (07969 849294).

Together, we make Writing Well a safe and vibrant space to grow as writers, reflect as humans, and create in community.

With gratitude,

Paula Thwaite

Founder, Writing Well

[paulaanne@writingwell.net](mailto:paulaanne@writingwell.net) (07969 849294)

Ps. While we do not expect you to attend every single face to face meeting, if you stop attending, please do remove yourself from the WhatsApp group. We will not be offended. Having silent people in the group who do not attend face to face will be removed within 3 months of no face to face contact. This is because I am keeping our space sacred and safe. If you need to discuss this, please feel free to chat with me, warmest thoughts, Paula.

If I am going to remove you from the WhatsApp Group I will make every effort to contact you first. Thank you for your understanding.

3rd August 2025