Founders Statement

# Writing Well Community Focused Creative Writing Wellbeing Groups



Founder’s Statement – Paula Thwaite, Writing Well, 3rd August 2025

I founded Writing Well in 2023 out of a personal and spiritual calling: to create a space where writing becomes more than craft—it becomes connection, healing, and truth-telling.

As a Christian writer, disabled woman, and someone with lived experience of trauma and restoration, I believe that the written word can gently lead us toward wholeness. It can reveal the truth of who we are and guide us back to who we were always meant to be. Writing Well was born in this light.

From its earliest days in a small community hall with a few pens and a pot of tea, Writing Well has been rooted in compassion, reflection, and the sacred dignity of every person’s voice. It is not therapy, but it can be deeply cathartic (spiritually and emotionally moving). It is not church, but it honours the spiritual and the divine. It is not exclusive, but it is faithful.

Writing Well reflects my belief that:

Everyone has a story worth telling

Faith and creativity are not separate—they flourish together

We grow best when we are seen, heard, and allowed to speak in our own voice

I remain committed to leading this work with integrity, warmth, and a listening heart. Writing Well is more than a group or a course—it is a movement of quiet courage, a place where lives and stories unfold gently and safely.

While I welcome collaboration, advice, and support as this work expands, I wish to honour the time, heart, and vision that have shaped Writing Well since its inception. As founder and lead facilitator, I hold authorship of its original vision, course content, written materials, and ethos. Including the ©️ 2025 Arclight Yearly Courageous Writing Award, evolved through learnings from my own faith, my Nanna and Father.

This statement is offered not out of ego, but from a place of stewardship and responsibility—so that the integrity of this work remains rooted in its original values as it continues to grow.

With hope,

Paula Thwaite

Founder, Writing Well

[www.writingwell.net](http://www.writingwell.net)

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