



@causleytrust

MEMOIR WORKSHOP WEEKEND

30th September - 3rd October
2022

With acclaimed writers Sophie Pierce
and Tanya Shadrack at Trevadlock
Manor

causleytrust.org

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Join memoir writers Tanya Shadrack and Sophie Pierce to explore surprising and powerful ways to bring your places and people onto the page.

The residential weekend will take place at the beautiful Trevadlock Manor (pictured below) in the heart of the Cornish countryside near Launceston.



Enquire at info@causleytrust.org

*Charles
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A NOTE FROM DOLLY AND DAVID SCOTT AT TREVADLOCK MANOR

We are looking forward to welcoming guests for the memoir workshop weekend. Having lived at Trevadlock since 2016 we find it a very special place, situated in the lea of the moor the scene is set with stunning views to Bodmin Moor and Hawks Tor. The light is magical and constantly changing creating a wonderful atmospheric and inspirational environment. In 2017 Bodmin Moor was designated an international dark sky landscape in an area of outstanding natural beauty which highlights the unique location. Trevadlock is a rural hamlet with a working farm close by in the delightful Lynher Valley. We have just over 20 acres to explore with special corners and a running river which we are looking forward to sharing with you. We hope that you will be inspired by the tranquillity and joy that Trevadlock provides. We were not only drawn to the wonderful setting of Trevadlock but the house itself embraced us. The house has seen many changes since it was first recorded in 1238. It has always been involved in agriculture and only more latterly in the 20th century known as Trevadlock Manor. Internally, the layout of rooms and staircases have seen many changes which create the delightful long room of today. You can see various changes to the building by looking at the front elevation from the road: doorways moved, porches created, and windows altered. It now provides a comfortable and spacious environment perfect for creativity.

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ABOUT OUR WORKSHOP LEADS



Tanya Shadrick (left) is a former hospice scribe who now works in public spaces to encourage others to share stories and take creative risks.



Sophie Pierce (right) worked as a radio and TV reporter for BBC South West for many years and has written features for newspapers including the Daily Telegraph and the Guardian.

Whether you are writing about your life for personal meaning, or you hope to craft a memoir for publication, Sophie and Tanya's workshop will help you tap into your memories and bring them into shape.

Enquire at info@causleytrust.org

*Charlotte
Causley*

THE LOCATION

Trevadlock Manor is in the middle of farmland leading to a private bank of the river Lynher in a truly unspoilt part of Cornwall on the edge of Bodmin Moor and Launceston. The peace and tranquillity of this setting makes it a perfect base for reflection and exploration; a quiet spot for you to immerse in your own creativity.

Return from a workshop session or an outing in Trevadlock's grounds and begin to write surrounded by sumptuous green hills or beside a fireplace in your cottage.



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*Charles
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THE WORKSHOP

During the weekend there will be sessions both inside and out, to help you find your voice and give you the tools to harness your ideas. Topics covered will include:

- Mapping a place
- Framing experiences
- Creating a narrative
- Techniques for building pace, focus and emotional impact
- How to pitch, including crafting an 'elevator pitch'
- How to build a social media profile
- The publishing process for memoir and non-fiction
- One-to-ones for personal feedback and development

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THE WEEKEND SCHEDULE

Friday 30th September

FRIDAY EVENING

from 6.30 pm

Tanya and Sophie will be awaiting your arrival, ready to offer you a warm west country welcome. Once the whole group is gathered together, they will begin by saying a little about their backgrounds, as well as the unusual and moving story of how they met: a true tale which is proof of the strong and good connections that happen when we find ways to share our words in public.

We ask that you bring a small object of personal significance with you to the weekend: a gentle and tangible way of starting to show and share what matters to you.

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*Charles
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Saturday 1st October

SATURDAY MORNING

Grounding ourselves/Mining memories/Sensory detail

BREAKFAST – PROVIDED IN ROOM

10am

Where I'm from – using the George Ella Lyon poem as a writing prompt

Mapping a childhood place & listing what we loved, hated, feared – using prolific author Ray Bradbury's techniques for tapping into our most powerful memories

11.30am

Short break

11.45am

Sensory detail – a short walk, giving everyone the chance to find something they would like to use as a focus to write about: a sight, sound, smell, texture, or any combination of these. Use the surroundings to prompt key memories from your past. We will be working to create richly-detailed descriptions of a small moment.

12:45pm

Light lunch

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*Charlotte
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Saturday 1st October

Continued

SATURDAY AFTERNOON

The skills of story-telling

2pm

Why do we love memoir? Why is there this urge for story?
What do we gain from writing it down, and what do others gain from
hearing our stories? Why would anyone care?

*Discussion followed by short readings of no more than 500 words. You will
have been asked in advance to choose some of your own writing, or an
extract you love from a memoir.*

3pm

Short break

3.15pm

Framing an experience - Sophie & Tanya will begin by giving short
readings from their books to show their use of framing to give form and
feeling to key memories. You will then be asked to choose a key
experience and experiment with way to frame and reframe it, with
prompt cards available to suggest various techniques.

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Saturday 1st October

Continued

4.15pm

Creating a narrative - Why is narrative important? How do we create a meaningful story shape for our readers? We will look at the classic Hero's Journey, as well as alternative ways of patterning and pacing a long personal story. And you will also be challenged to tell your story in extreme short form – just five sentences, then four, three, two, one [after the example of prize-winning memoirist and creative writing tutor Melissa Febos]!

5pm

Gentle close to the first day's work: a chance to walk with Sophie or stay indoors to browse Tanya's travelling writer's library

DINNER

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Sunday 2nd October

SUNDAY MORNING

Getting your story to readers

10am

Round table - What's your story? What stage are you at with it?
Identifying individual problems/questions and any shared themes.

10:45am

Short break

11am

Publishing process for memoir/non-fiction - How does the industry work? Tanya and Sophie to talk about the industry and provide key tools for understanding it.

How to promote your work – the dreaded elevator pitch & more soulful alternatives!

The role of social media – Tanya and Sophie to share their experiences, as well as other examples from the memoir/non-fiction community

12:15pm

Lunch

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*Charlie
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Sunday 2nd October

Continued

SUNDAY AFTERNOON

1pm

Group feedback - What have we learnt? How can we progress? Sharing ideas and contact details before we say goodbye.

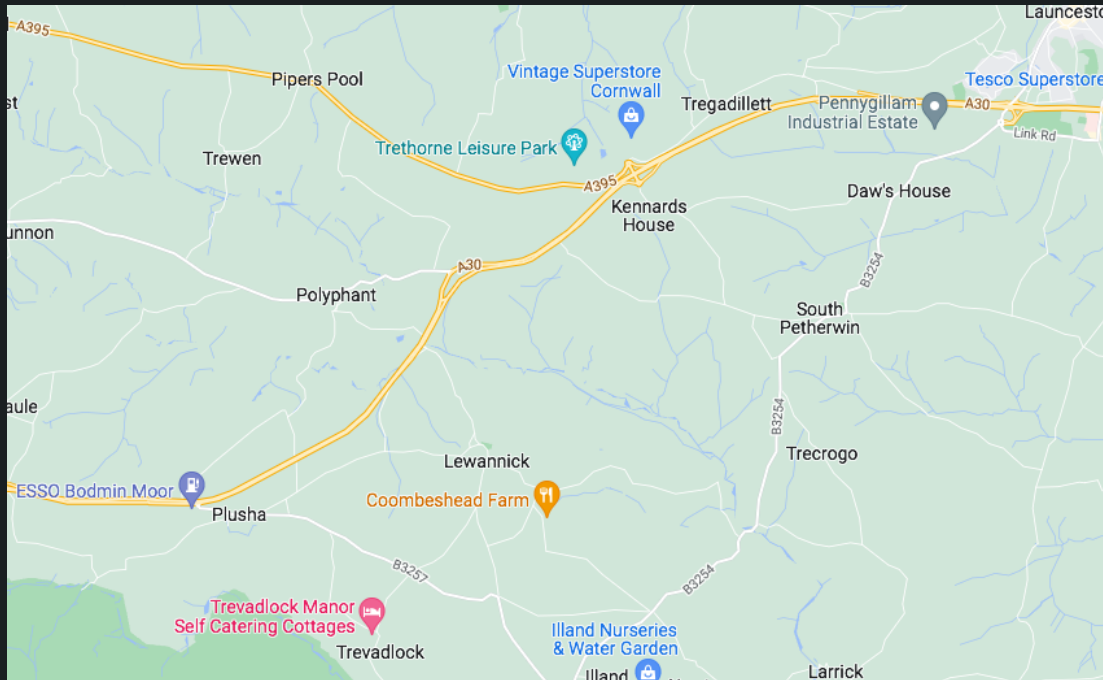
1.30pm

Individual sessions – using words you will have submitted in advance, Tanya and Sophie will hold individual half hour sessions with each writer to give confidential time for in-depth focus on work-in-progress.

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DIRECTIONS TO TREVADLOCK MANOR BY CAR



Take the A30 from Exeter towards and past Okehampton, and then continue towards Bodmin. Keep going beyond Launceston for approximately 6 miles until the left turning for Callington/B3257 (large sign beside BP Bodmin Moor Garage). Keep on the 'Callington' road, through the hamlet of Plusha, and continue on this road past the Lewannick sign on the left and the first sign on the right Trevadlock / North Hill (approx. 1mile). Please don't turn off here!

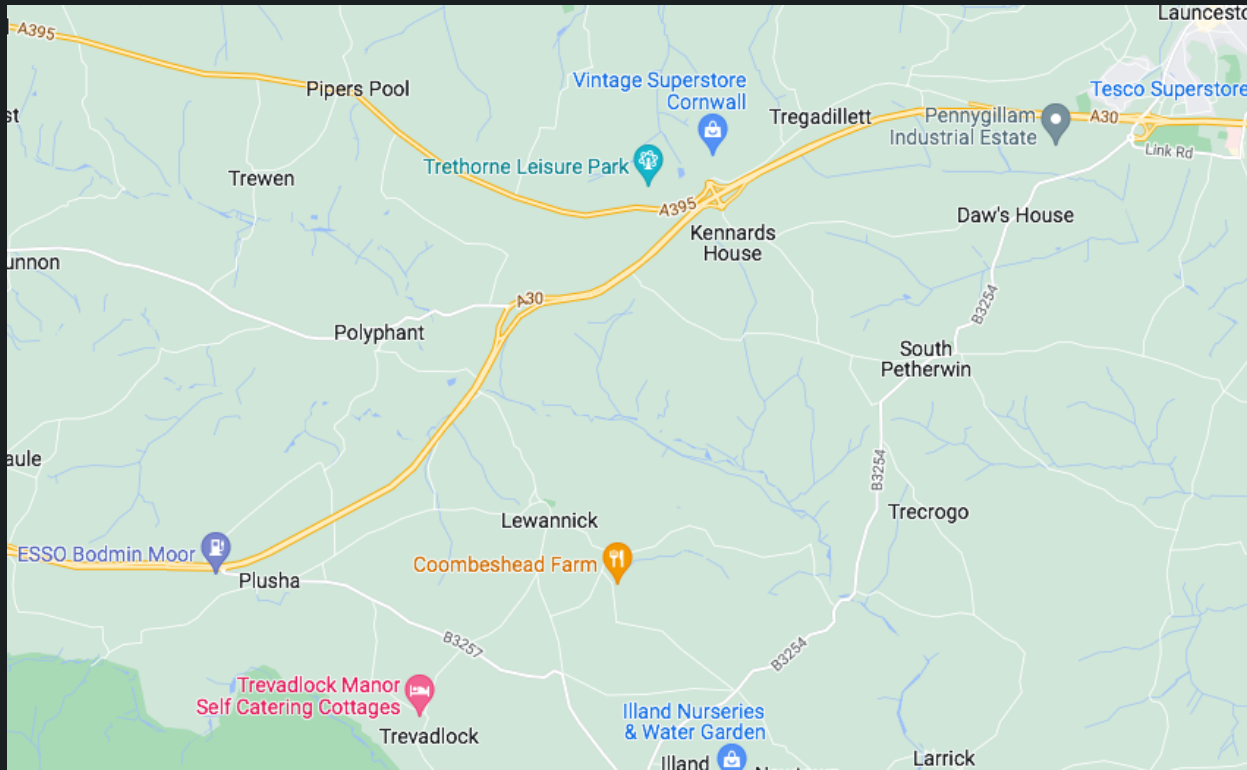
Continue for half a mile until the 2nd sign: North Hill 2½ Trevadlock ½ and turn right. Go down the hill, past Trevadlock Farm on the right to a T-junction. Here you'll see the house: Trevadlock Manor in front of you. Turn right and then turn into the 2nd gate on the left, and drive up the shingle path into the large car park for the cottages.

Please note: The above directions are more reliable than a SatNav which will only guide you to Trevadlock village, as all properties share the same postcode. Also it may not take you on the simplest route.

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DIRECTIONS TO TREVADLOCK MANOR BY RAIL



Inter City: London Paddington – Liskeard (approx. 3½ hours). Liskeard train station is 10 miles from Trevadlock and the car journey takes a little under 30 mins.

Or for a shorter train journey Paddington – Exeter St. David's (approx. 2 – 2½ hours depending on train). Exeter is 50 miles from Trevadlock, along the A30 and the car journey takes approx. 40mins. to 1 hour depending on the time of day.
National Train Enquiries No: 08457 484 950, Bookings: 08457 000 1250

Airports

Exeter (50 miles) Tel: 01392 367433, www.exeter-airport.co.uk

Newquay (35 miles) Tel: 01637 860600

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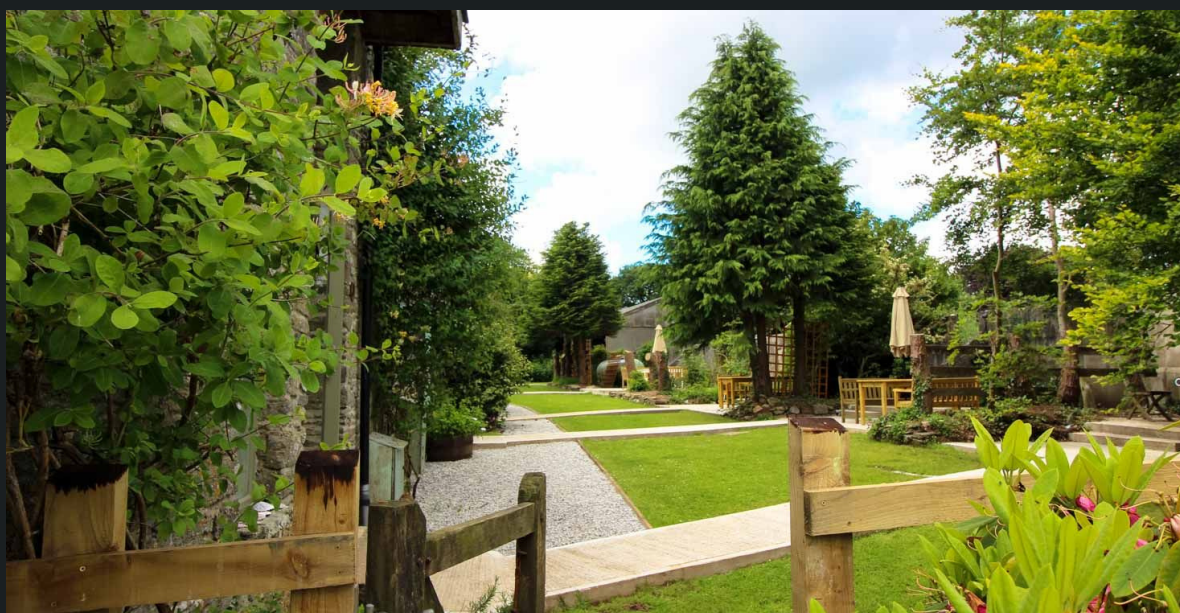
PRICING

Prices for our workshop weekend start from £400* for the 3-night stay, fully catered from a simple supper on Friday night to breakfast on Monday morning.

Individuals can choose to leave on Sunday evening if they prefer. All sessions will be finished by early evening (5/6pm).

If you are unable to stay at Trevadlock Manor but would love to attend the workshop, we can offer a day attendee package for the weekend - Friday to Sunday - with prices starting from £200.*

*Full payment must be made at the point of booking.



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COTTAGE AMENITIES

You will be staying in one of three cottages during the workshop weekend: The West Wing, The Forge or Lambs' Barn. See www.trevadlockmanor.co.uk/ for cottage-specific information.

All cottages include:

- Crisp cotton bedlinen, snug duvets and plump pillows
- Bath sheets, hand towels and bath mats
- Hairdryer
- Heating programmed for your arrival
- Superfast broadband
- Smart TV with DVD Player
- Barbecue and outside furniture
- Bike Storage by arrangement
- Ample illuminated off road parking

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IMPORTANT THINGS TO NOTE

DIETARY REQUIREMENTS:

Please let us know of any dietary requirements that you have upon booking with us. Catering during the weekend will follow a harvest theme but we will do our best to provide meals that meet your dietary needs.

ACCESSIBILITY:

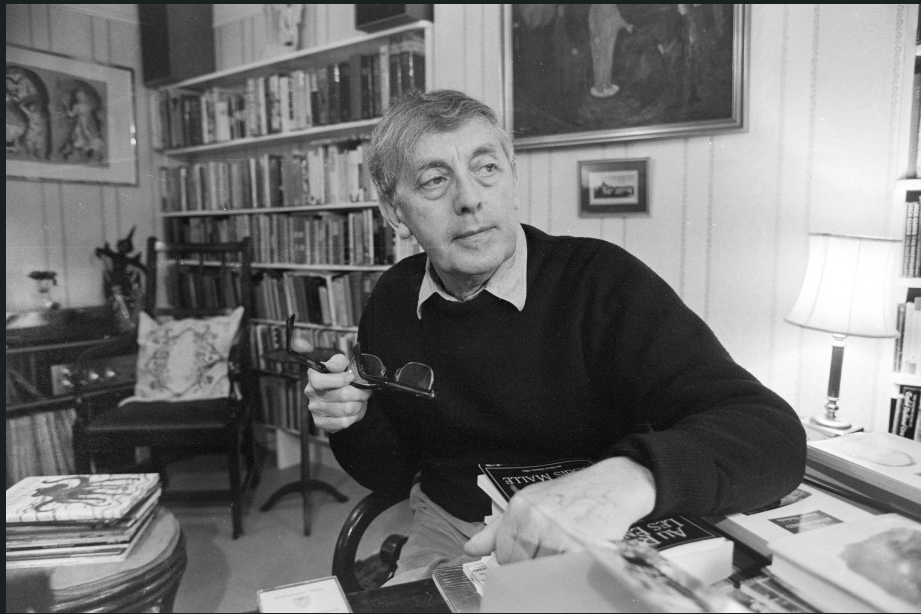
The cottages at Trevadlock Manor have rustic features so please let us know of any accessibility requirements that you have upon booking with us. We will endeavour to accommodate these.



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ABOUT THE TRUST



The Charles Causley Trust raises the profile and appreciation of Charles Causley's work by championing and encouraging engagement with the arts. We create opportunities for artists, young people and local communities to develop and connect through a programme of festivals, residencies, workshops, competitions and events. We work closely with schools and universities to inspire and nurture the next generation of arts professionals and creatives.

Be first to know about our future workshop weekends, competitions, cultural stays and events by becoming a member of the Causley Trust. Visit causleytrust.org to find out more

For all enquires, please contact us by email at info@causleytrust.org

Follow us @causleytrust on social media to keep up to date with our latest news and cultural packages.

