



ISSUE 10

# MENTORING WRITERS NEWSLETTER



AUGUST  
EDITION

---

folio classique

Ovide Les M



# WELCOME EVERYONE

Welcome folks, there has been a lot going on over the last few weeks with some changes having been made within Mentoring Writers.

**Publishing Company - Due to a hiccup with our local publisher we have made the decision to resurrect our old business 'Pen & Ink Designs Publishing.'**

**Pen & Ink began publishing many years ago while connected with the sports and fitness industry, before moving into the book world. We publish under two imprint names - Pen & Ink Designs and Kids4Kids. All books associated with us will be under one of those imprints, even those published via our old publisher. This does not mean we are down-sizing Mentoring Writers. However, it is our intention for Pen & Ink Designs to be selective in the choice of work they will publish.**

**CCPW - Due to our commitment to relaunch Pen & Ink Designs Publishing we are delighted to announce that we have been accepted as a member of the 'Cyhoeddi Cymru Publishing Wales' Organisation. This is a new group working with the support of the Books Council of Wales which has brought together a collective of Welsh publishing houses whose aims are to unify, represent and promote publishers in Wales giving Welsh authors more power internationally. We are honoured to be a representative.**

**IBPA - As you may be aware MW works with writers across the world. In order to assist our mentees who work with us through to publishing we are now recognised as a member of the Independent Book Publishers Association. We feel every little bit helps our author mentees and friends.**

# POETS CORNER

In these two poems the art is to have a reducing number of syllables per sentence eg 7 in line one, 6 line two, 5 line three and so on ending with one in the seventh line

## **BIRD'S SONG**

*Listening to the Bird's Song  
Brings joy unto your ears  
Warmth surrounds your soul  
Smiles cross your face  
Close your eyes  
Sing and  
Fly*

## **MORNING WALK**

*It's an early morning walk  
By the river you tread  
Fish swim in water  
Waves call to you  
One step near  
You drop  
within*

Over the last year I have been joining in with Lis's Poetry Group. Currently held via Zoom, the group meets the last Saturday in the month (2-3pm) to discuss poetry formats, listen to some poems we've written through prompts and have a general chit chat about poetry.

If you are interested in poetry then why not come along and join us. We are a very friendly bunch of people and down to hearth. For further details click the link to Lis's Poetry Page



*Ann Brady*



# MENTORING KNOW HOW?

## WORKING WITH A MENTOR

Do you realise that life can be complicated. We go through so much on a daily basis, with so many transitions that it often feels as though we've only just mastered one thing, before everything changes, and we are off mastering again. Whether it's schooling, parenthood, career, health; it doesn't matter. After all, we are living in an age of information. And technology plays a big part in all of this. As such we are becoming over saturated and confused by it all.

Probably the most overwhelming factor though, is the thought of us trying to figure life out... alone. The recent COVID lockdowns has highlighted the fact that people need people. We need the support and guidance, no matter our age or experience, of others and, when we least expect it. This is when the idea of mentorship might just be the answer, and could be the breakthrough you are waiting for.

The question you are now asking yourself is, "Why would I need a mentor?"

Well actually we all, at some time in our lives, need help with a problem. And the easiest and most effective way to get that help and to learn new things, is to be guided by a person with experience. Mentorship is nothing new, and is certainly not unusual in the workplace or in universities. Working with a Mentor can help you to diversify your skills, build networks, and even achieve career growth. Sounds great doesn't it. It can also help with other aspects of your daily life?

But what about help with your writing? Okay I know, you've been writing for a while so now you are asking, why would I need help. Well... why not? There any number of ways and areas within your writing life where you might find some guidance useful or helpful? And any change you make in that small area will probably have a lasting positive affect on your life as a whole.

So, let's say, having given it some thought, you decide that maybe a little help wouldn't go amiss. Now of course you are wondering where to start? And whether or not this the right time to find a mentor. Well yes, it could well be. Finally, you decide, okay I'll take a look at this idea of a mentor.

But... hang on... what exactly does a mentor do?

Well, that's an easy one to answer. A mentor is someone who will hold your hand through a change, no matter what that change is. It can be from being stuck in a pit of not being able to write, to learning how to control your runaway thoughts and getting them down on paper. In other words a mentor can be the catalyst for change.

**A mentor can be your sounding board, your co-creator of ideas, an anchor when you're feeling overwhelmed. But, perhaps most importantly, they can act like a mirror of insight – helping you to recognise and understand what is holding you back from achieving your ultimate goal. And once they do, they can guide you into breaking through those emotional and mental blocks. A great mentor will bring out the best in you, as well as helping you to develop the confidence to shine and carry on with that writing process in the way you desire. So, having taken the decision, you now need to find the right mentor.**

**Like developing a friendship, forming a bond with a good mentor takes consideration and time. Before starting to research for a mentor, write a wish list, recording exactly what it is you're looking for in your chosen guide. Keep this list handy, adding to it as you need to. A great starting place for finding the perfect mentor is to do a simple internet search. If you are looking for a mentor of say life skills then base your research on that area of your life you are looking for guidance in.**

**For example, if you searched 'meditation mentors' you might find specific sites such as Medic Mentors and Deep Mindfulness. A search for say, 'holistic' and 'health' mentors will bring up a lengthy list of individual practitioner sites with potential mentors. And of course, for a writing mentor you might come across Mentoring Writers. When choosing a mentor, be sure to arrange an initial call or meeting first to ensure you feel comfortable, and are inspired. Check your wish list to see if the chosen mentor meets your needs?**

**We here at Mentoring Writers work with writers, of all ages, across the world. Sometimes we are here just for writers to chat to us, bounce ideas around, or ask us questions they are having difficulty in finding answers to. In other cases we take a mentee from start to finish through the whole of their writing journey. Helping them along the way to understand the needs and requirements of what being a writer is all about; the avenues of style and genre, how to write, reviewing and editing, in fact we do our best to take them all the way up to the publishing process. One other thing you should always bear in mind is that Mentoring is not a fast fix, especially when it comes to writing, but the rewards gained are well worth the effort.**

---

**If you need help with any aspect of your writing, reviewing and editing, are interested in one of our workshops or would like to chat with a mentor then contact us for details and we will endeavour to assist you: Email - [contact@mentoringwriters.co.uk](mailto:contact@mentoringwriters.co.uk)**

# IDEAS FOR SHORT STORIES

There are times when writing that we find ourselves feeling bogged down with stress or frustration because our story isn't flowing the way we want it to. Often, we can just take a break and walk away until our mind re-sets itself. However, we have found from some of my mentoring clients that occasionally they feel better if they can write something which is the opposite to what they would normally attempt.

In order to help them, and as part of a short relaxing exercise, we have developed a list of twelve ideas which could form the basis for a short story. Using the small piece of information given my mentees have managed to come up with some great pieces of work and at the end of the exercise they have returned to their own manuscripts feeling refreshed and rejuvenated. Here are a couple of examples for you to try yourself:

In the cutest voice, my 6-year-old granddaughter asked me if I had started recycling. I chuckled and asked, "Why are you asking?" She answered, "So you can help me save the planet." Chuckling again I asked, "And why do you want to save the planet?" Her reply was, "Because that's where I keep all my stuff."

My mother passed away today. I haven't spoken to her for many years because I have always felt and been treated as if I were the black sheep of the family. When I heard the news I didn't cry, I just sat down and wrote a letter to her telling her all the wonderful things I had achieved and that she had missed out on by ignoring me.

Root through your desk drawer until you find a strange object, an object that would probably not be in other people's drawers. Have a character who is devastated to find this object, and tell the story of why this object devastates them.

Dragons – Write about a dragon. It can be a good or a bad dragon. What does it want? What is it afraid of?

So now you have a short selection of themes give the writing exercise a go. Write anything from 500 words upwards. Once done send your results to us. If we get some stories we will publish them in our Newsletter and provide you the author with a free review and edit of the work. Send your story to: [contact@mentoringwriters.co.uk](mailto:contact@mentoringwriters.co.uk) please place short story in the subject box. Good Luck.



# NEWS IN BRIEF



## GET READY FOR THE SEPTEMBER DISTRIBUTION

The next ALCS distribution will take place on 29 September 2021 with over 30,000 members receiving a share of £12 million.

Key Dates: 09/09 – final date to tell us about your new bank account and check your works  
29/09 – date we're making payments (please note it can take a few days for payments to arrive, depending on who you bank with)

The Aesthetica Creative Writing Award is a hotbed for new talent in poetry and short fiction. The prize supports both emerging and established writers demonstrating 'ingenuity in literary form' – and by entering, writers can showcase their work to key industry figures and organisations. Winners are selected for both categories and awarded with £2,500.

Bloody Scotland crime-writing festival. Authors Stephen King, Karin Slaughter and Ian Rankin are amongst those who will be taking part in a hybrid crime-writing book festival next month.



SoA Awards 2022 open for entries, including new travel-inspired Volcano Prize.

Check out the SOA website for further details by clicking the link:



---

## BOOK ADVERTISING OPPORTUNITY

Over the last few months we have been experimenting through our involvement within the publishing world. We have done this for a limited number of publications under the publishing arm of Pen & Ink Designs which was originally set up in 2002. We have two imprints (Pen & Ink Designs and Kids4Kids).

As I have worked as a reviewer and editor on a number of other authors books I am offering those writers the opportunity to have their books advertised on our websites, free of charge. If I have worked with you, and you have produced a book and would like to take advantage of this offer please email me: [contact@ann-brady.co.uk](mailto:contact@ann-brady.co.uk) Please place 'Advertising Offer' in the subject box. Thankyou

*Ann Brady*

# LATEST NEWS FROM THE MENTORING WRITERS RESOURCE BOX PODCASTING SERIES:

## UPLOADING BOOK METADATA



When self-publishing, especially through systems such as Ingram Spark you need to understand the information required to complete the metadata correctly. In this podcast we discuss the what's and how's of getting your metadata right.

## WHAT IS AN ISBN

Although we know we need an ISBN number for our books there is still confusion as to what exactly it is, whether we need one for every format of book and how we go about getting one. In this podcast we talk you through the process of obtaining your own ISBN number with ease.



## BECOMING A BESTSELLING AUTHOR



This theme is split into a series of 3 podcasts. Anyone can write but in the main most writers want to become a best-selling author. Here we explain the process of going from good to great and how to achieve that best-selling status.

<https://mentoringwriters.libsyn.com/website>

*"Interview as much as possible. Interview your friends and family, then listen back to it and improve on the areas that need to be stronger." Robert Gerrish - co-author of the business bestseller, Flying Solo: How to go it alone in business,*



# YOUTUBE

## IN CONVERSATION WITH...

### PAULINE CLARKE

We all at sometime or another will have had those moments of self doubt, feelings of depression, and dare I say it, even cases of poor mental health with authors falling in the top 10 of sufferers of depression.

In this latest In Conversation With... podcast I am delighted to welcome lovely Irish lass Pauline Clarke who is a mental health advocate promoter and who has her own Mindfulness business, Mind Nua.

In our chat Pauline tells us of the benefits of Mindfulness, why she advocates good mental health and how to go about achieving this. Listen and learn more by clicking the link:



## WE NEED YOU...

Do you believe you have something of interest that our listeners will enjoy hearing about? Have you written a new book and would like the opportunity to chat about the process? Have you learnt something along your writing journey that will benefit new and developing writers and are willing to share it with us and them?

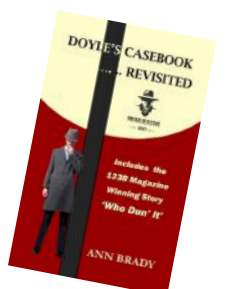
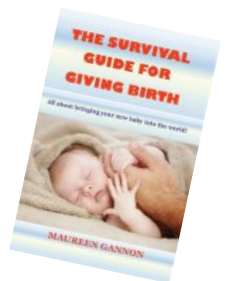
If you would like to be In Conversation With... Ann Brady of Mentoring Writers then email us with your details to [contact@mentoringwriters.co.uk](mailto:contact@mentoringwriters.co.uk) placing Interview in the subject box.

## PEN & INK DESIGNS PUBLISHING

This month we have been pleased to announce the launch of two new books through Pen & Ink Designs Publishing.

The first is by Maureen Gannon titled *The Survival Guide for Birthing*. A great self-help book about preparing for pregnancy based on Maureen 30+ years as a qualified midwife.

The second book is the first in a trilogy of short story books based on an original book by the author Ann Brady. This one is titled *Doyle's Casebook... Revisited*. The second in the trilogy will be launched mid September.



# Q&A WITH ANN BRADY



A big question I get asked is: I want to write but am unsure what to write about. Help?

Well, here are some answers which should help you:

1) Beginning writers always get told 'write what you know', and that is good advice. Use settings, characters, background, and language that you're already familiar with and create new stories from the world that you already know. This is like using research you've already done. And remember, your background, what you bring to the act of writing, is as valid as what anyone else can bring.

2) Write about what you don't know. Use your imagination to create new situations, new characters, new relationships, even new worlds. Choose to write about a different period in history, or a place that you're not familiar with. Where your imagination needs help, fill in the gaps with research. The best thing about being a creative writer is creating.

3) You should always read widely and well. Most writers love reading so Make yourself familiar with the published landscape of writing in your chosen field, whether it's modern poetry, literary fiction, thrillers, short stories, or fantasy. Nothing encourages good writing like reading good writing.

4) Get your characters talking. We find out about the people we meet through what they say to us, how they say it, their choice of words, their accents, their verbal habits. Readers should be able to do the same with fictional characters. People on the page really start to live when they start exchanging dialogue. Writing dialogue needs a lot of work - making it fresh and authentic, editing repeatedly to get it right - but it's worth the effort.

5) Show rather than tell. Remember, too much description, too many adjectives and adverbs, can slow up your narrative and cause your readers to lose interest. Where possible, it's better to show you readers what a person, the atmosphere in the room, the relationship between your characters is like - show, that is, by what they say, how they interact, what they do. It's more effective than telling the reader through wordy piles of information. This is a tricky one. You have to do some telling so it's important not to become obsessive about avoiding it.

There are some more tips but that's it for now. These are the more important for newbie writers. I will say that the most relevant pointer to remember is that above all else, make sure you enjoy your writing!

CONTACT US

[www.mentoringwriters.co.uk](http://www.mentoringwriters.co.uk)  
[contact@mentoringwriters.co.uk](mailto:contact@mentoringwriters.co.uk)

