

GOLDSTER★

POETRY





DISCOVER THE JOY OF POETRY

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POETRY

Poetry is literature that evokes a concentrated imaginative awareness of experience or a specific emotional response through language chosen and arranged for its meaning, sound, and rhythm.

Poetry is a vast subject, as old as history and older, present wherever religion is present, possibly—under some definitions—the primal and primary form of languages themselves.



Poetry is literature that is written in verse and emphasises the rhythmic use of words to create imagery. Works of poetry are called poems. A person who writes poetry is called a poet.

Poetry is a major form of literature. The biggest difference that sets poetry apart from other forms of writing is that poetry uses verse, which is concerned with meter, rather than prose, which does not. Poetry also may not use complete sentences or punctuation marks. Instead, poetry places an importance on using words and syllables that give rhythm to a poem. There are many different forms of poetry, such as haiku, elegies, and sonnets. While some types of poems have rules on how they should be written, poets often break the rules if the poem will be better for it.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.



"The path is made by walking on it"

THE COURSE

This course will explore a variety of poetic forms and techniques, helping participants to hone their poetic voice and discover the joy of poetry writing.

Classes will feature a series of exercises, designed both to focus attention on different aspects of the craft, whilst also providing the scope for participants to exercise their own creative intuition.

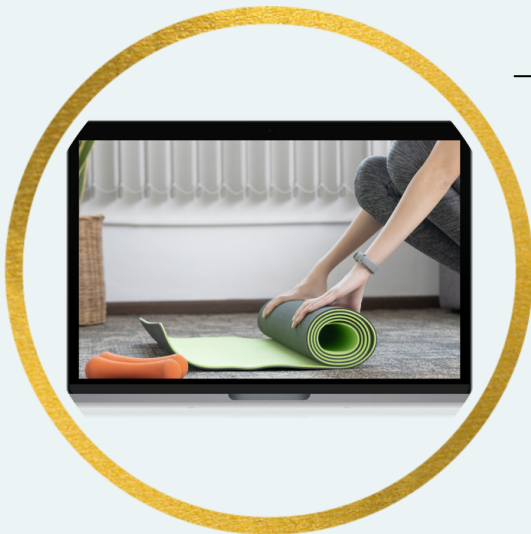
Each week, we will look carefully at the work of other poets, past and present, using their work as a springboard for our own creations. Participants will also have the opportunity to read their work aloud in a welcoming and encouraging environment. All levels of experience are very welcome.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Animal poems

From Ted Hughes's "Pike" to John Clare's "Badger", Ferlinghetti's "Dog" and Blake's "The Tyger", the animal world has been a source of poetic inspiration for centuries, resulting in some of the finest poems in the English language.

Animals provide poets with a vehicle to imagine a life far removed from their own – one with different concerns and motivations, different sensibilities. But in studying what it means to be animal, these poems also offer their writers a chance to explore what it is to be human. In this week's class we will be studying some great examples of the animal poem genre, before writing our own poetic studies of animal life.

Week 2 - Oulipo

This week's class will feature a deep-dive into a little known French school of cultural thought known as Oulipo. Oulipo is an acronym, standing for *Ouvroir de Littérature Potentielle* (Workshop for Potential Literature), and its proponents – who mainly consisted of 1960s French-speaking writers and mathematicians – sought to create works based on constrained writing techniques, believing that imposing limitations on creativity only serves to heighten it.

We'll be checking out some classically Oulipian techniques, and writing our own poems under Oulipo limitations.

Week 3 - City poems

In the previous course plan, we looked at pastoral poetry – i.e. the poetry of the countryside. So in this set of classes, we'll be taking a look at a series of poems from poets documenting the urban experience.

What does it mean to live in a city? How does urban space affect the lived experience of its inhabitants? We'll be thinking about all this and more as we write our own poems about a city of our choice.

Week 4 - Sound

In recognition of poetry's roots as an oral tradition, this week's class will focus on the importance of sound in poems. We'll look at examples of how poets use the sound of their words to create or amplify meaning, before working through an exercise to hone our own use of meaning-making sound.

By the end of the class, participants will have explored the question of what's possible with sound in poetry, and will carry forward a clear sense of how to use sound as a tool within the poetic armoury.

Week 5 - Freewriting

Freewriting, also known as automatic writing, is a poetic technique which involves writing continuously, and without self-editing, in a stream-of-consciousness style.

As well as trying this out for ourselves, we'll take a look at the benefits of freewriting within a broader process of poetic composition, and attempt to compose our own poem based on our freewriting.

Week 6 - Poetry in unexpected places

The world is full of poetry, and in this week's class, we're going to prove that to be true, by looking at poems which take unexpected forms. Think safety labels, Trip Advisor reviews, classified adverts.

Can we make even the most prosaic linguistic forms into poems? Let's see!

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Harry Langham

Poet and Creative Writer

Harry is a passionate and highly accredited Poet with bylines in The Telegraph, Port Magazine and Culture Whisper.

After graduating from The University of Oxford with a First-Class Honours in English Language and Literature, Harry went on to hold the prestigious title of Curator for the estate of British artist and painter, Jean Jones.

“Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.” - Samuel Beckett

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

