

SPECIAL

The Fillings

Health and wellbeing	Page 2-8
Creative writing	Page 9-28
The Links page	Page 29
Think of Facts	Page 30-32
For Your Diary	Page 33-34

Created by WCA media team

Health and wellbeing

OUR GREEN MANIFESTO

In the concrete jungle, where buildings rise high,
A green manifesto whispers, reaching for the sky.
Amidst the chaos, where nature's voice is faint,
We pledge to nurture, to heal, and to paint.

Let rooftops blossom with gardens lush and green,
A haven for life, a vibrant scene.
From balcony blooms to parks so grand,
Let greenery flourish across the land.

Breathe life into alleys, with trees that sway,
Shaded pathways, where children play.
Rain gardens bloom, where waters flow,
In harmony with nature, we'll learn and grow.

Health and wellbeing

Electric dreams, in streets aglow,
With sustainable transit, we'll ease the flow.
Bikes and buses, a community's stride,
Towards a greener future, where we'll abide.

Recycling bins, a common sight,
In every home, we'll do what's right.
Reduce, reuse, and recycle with care,
For the planet's health, we all must bear.

Education blooms in schools and squares,
Teaching stewardship, showing we care.
For the Earth is our home, our sacred space,
In this green manifesto, we find our grace.

So let's unite, in urban unity,
A chorus of voices, a green community.
For in each action, however small,
Lies the power to answer nature's call.

Written by Shanthi – October 2023

Health and wellbeing

Each Saturday Community Allotment growers breakfast club – New initiatives by Women's Cultural Arena !!

The ethos of a community allotment growers breakfast club typically revolves around fostering community engagement, promoting sustainable gardening practices, sharing knowledge and resources, and enjoying wholesome, locally sourced breakfasts together. It's about building relationships, supporting each other's gardening efforts, and celebrating the joys of growing and eating fresh produce.

In the dawn's gentle light, we gather 'neath the sky,
Hands in soil, hearts in bloom, our spirits soaring high.
In fields of green, we plant our dreams, each seed a
hopeful song,
Together, we nurture life's embrace, where
friendships grow strong.

With earth-stained hands and laughter's grace, we
tend our verdant plot,
Side by side, we till the land, in harmony, our thoughts
are caught.
From tiny sprouts to towering trees, our journey
unfolds true,
As seasons dance and cycles turn, our bonds are
ever new.

Health and wellbeing

With every harvest, we share our bounty, a feast for
all to share,
Around the table, hearts united, in gratitude, we fare.
For in this patch of earth we've found, a haven pure
and free,
Where love and growth intertwine, in our community.

So let us raise a toast to life, to friendship, and to love,
In the garden of our hearts, beneath the sky above.
For in the fellowship of kindred souls, we find our
greatest wealth,
In the community allotment growers breakfast club,
our spirit's richest stealth.



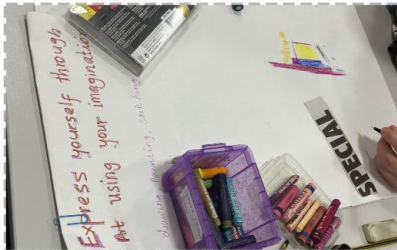
Health and wellbeing

Celebrating International Women's Day 2024

We celebrated IWD 2024 through the power of Music and Dance.



Health and wellbeing



9 th March 2024

More details :

<https://womensculturalarena.org.uk/2024/03/09/international-womens-day-celebration-on-saturday-9th-march-2024-eden-library>

Health and wellbeing

WCA's Art panel @ Oakridge Baptist Church (Community Fridge Site) – created by Arunthathi Ratnaraj (Creative Director , WCA).



The ethos of a community creative art panel revolves around fostering inclusiveness, diversity, and collaboration within the local artistic community.

Transparency, respect, and openness to new perspectives are often key values, along with a commitment to accessibility and engagement with the broader community.

The panel may also prioritize promoting art as a tool for social change, cultural enrichment, and personal expression.

Creative Writing

(Continuation from November 2023 issue)

JELLINGTON MORPHS SOME MORE

One fateful night, Jellington, the shape-shifting jelly, found himself in a peculiar place—an overly alarmed shoe shop that was also home to an unusual number of spiders. The moment he oozed through the door, he triggered a barrage of alarms, filling the shop with shrill sirens and flashing lights. The security system had mistaken him for an intruder.

Panicked, Jellington swiftly morphed into a translucent shade, trying to blend in with the surroundings. The alarms grew even louder as the shop's lights intensified,

Creative Writing

casting eerie shadows across the shelves of shoes.

As Jellington tried to figure out how to calm the alarms, he couldn't help but notice the spider infestation that had taken over the store. Countless arachnids of all shapes and sizes had woven intricate webs in the corners, among the shoeboxes, and even in the display windows. It was a sight to behold, as their glistening silk threads crisscrossed like a labyrinth throughout the shop.

Realizing that his shimmering transformations weren't helping with the alarms, Jellington decided to use his unique abilities in a different way. He transformed into the appearance of a giant, friendly spider and began to

Creative Writing

communicate with the real spiders, clicking his transparent body against the shoe racks.

To his surprise, the spiders seemed to understand him. They stopped scuttling about in a frenzy and gathered around him. With their help, Jellington managed to communicate to the alarmed shoe shop's security system that he was not a threat. Slowly, the sirens ceased, and the lights returned to their normal, dim state.

Jellington's collaboration with the spiders had brought an unexpected peace to the previously chaotic shoe shop. As a token of appreciation, the spiders gifted him a

Creative Writing

shimmering silk thread, which he added to his ever-evolving repertoire of abilities.

With the alarms silenced and the spider inhabitants as his new friends, Jellington had another unique adventure in a world filled with both unusual challenges and surprising companions.

BANKS A LOT

Jellington, the shape-shifting jelly, found himself in yet another intriguing location, this time inside a bustling bank. As he ventured into the bank, he noticed the organized chaos of tellers, customers, and the ever-watchful security cameras.

Feeling a mischievous urge, Jellington transformed into a

Creative Writing

small, unassuming coin and rolled onto the polished marble floor. He moved slyly through the bank, under the watchful eyes of the security personnel. The coin would occasionally shift its appearance, changing from a shiny penny to a nickel or even a dime, blending in perfectly with the currency.

Eventually, Jellington manoeuvred his way into the heart of the bank, the vault. As the heavy steel door swung open, he slipped inside, undetected. The room was filled with stacks of money, from dollar bills to high-denomination bills, neatly organized on metal shelves.

Creative Writing

Jellington decided to have some fun with his extraordinary ability. He shifted into the appearance of a hundred-dollar bill, nestled among its real counterparts. He watched as bank employees shuffled through the stacks, unknowingly passing him by.

Hours turned into minutes for Jellington, and he couldn't help but chuckle silently to himself as he listened to the conversations of bank employees discussing the "mysterious" hundred-dollar bill that seemed to appear out of thin air. No one suspected the unassuming bill was actually a clever, shape-shifting jelly.

Creative Writing

After relishing his little prank, Jellington transformed back into his usual transparent state and oozed out of the vault. He left the bank, leaving behind a hint of intrigue and a fun memory for himself. The bank would forever have a tale of the magical hundred-dollar bill that had briefly graced their vault.

ECO JELLY

Intrigued by the positive vibes emanating from a green space, Jellington found himself in a wellbeing corner organized by a local charity. The project aimed to enrich ideas about climate change and human endeavors to address it. Excited by the opportunity to contribute, Jellington decided to engage with the visitors in a playful

Creative Writing

yet educational manner.

As attendees explored the wellbeing corner, Jellington transformed into a whimsical, translucent figure resembling a miniature Earth. With a mischievous glint in his transparent form, he floated over to a display showcasing carbon footprint reduction strategies.

Using his shape-shifting abilities, Jellington created an interactive game. He playfully morphed into different eco-friendly symbols and encouraged visitors to guess the most effective ways to reduce their carbon footprint. Laughter and curiosity filled the air as people participated

Creative Writing

in Jellington's impromptu game.

As visitors shared their ideas, Jellington transformed into various eco-conscious forms, from a bicycle to a solar panel, reinforcing the importance of sustainable choices.

His presence added a touch of enchantment to the serious topic of climate change, making it more accessible and engaging for everyone involved.

Word quickly spread about the magical jelly guiding discussions on carbon footprint reduction. The wellbeing corner became a hub of creativity and inspiration, with Jellington acting as a friendly catalyst for conversations

Creative Writing

about environmental responsibility.

Before bidding farewell to the wellbeing corner, Jellington transformed into a radiant, green sprout, symbolizing growth and positive change. As he gently drifted away, the attendees were left with a sense of wonder and a newfound commitment to making environmentally conscious choices, all thanks to the playful guidance of Jellington, the eco-conscious jelly.

Embracing his role as a member of the organization, Jellington enthusiastically took on the task of cooking and preparing delicious meals for the hungry workforce. The hungry workforce had a particular fondness for jelly and

Creative Writing

cream, presenting Jellington with a unique challenge.

In the charity's bustling kitchen, Jellington transformed into a kitchen wizard, his transparent form shimmering with excitement. He decided to create a delectable dessert that would satisfy the workforce's cravings while incorporating sustainable and locally sourced ingredients.

Morphing into a swirl of colors, Jellington concocted a special jelly and cream dessert infused with flavors of seasonal fruits. The aroma wafted through the kitchen, drawing in the hungry workforce with its irresistible scent.

Creative Writing

As he prepared the dessert, Jellington also shared tips on mindful eating and sustainable food choices, making the cooking process not only delicious but educational. The workforce, initially intrigued by the magical jelly in the kitchen, soon found themselves engrossed in discussions about reducing food waste and supporting local farmers.

When the dessert was ready, Jellington presented it with a flourish, his translucent form taking on a radiant glow. The hungry workforce eagerly dug into the scrumptious treat, savoring the flavors and appreciating the effort that went into its creation.

Creative Writing

Jellington's wobbly hands had successfully crafted a delightful and eco-conscious jelly and cream dessert, bringing joy to the hungry workforce and sparking conversations about sustainable living. As he continued to contribute to the organization's initiatives, Jellington realized the power of food not just to satisfy hunger but also to inspire positive change.

TALKING JELLY

In his role as a senior volunteer, Jellington took on the crucial task of understanding the deep-rooted issues faced by the community, especially regarding stigma, isolation, and discrimination. The heart of these discussions unfolded in the long queue outside the

Creative Writing

goodwill hub during the weekends.

Morphing into a patient and attentive form, Jellington positioned himself discreetly along the queue, his translucent presence offering a sense of comfort to those waiting. As people shared their stories and concerns, Jellington absorbed the nuances of their experiences, empathizing with their struggles.

With his unique ability to adapt and transform, Jellington seamlessly shifted into different forms—a listening ear, a supportive presence, and even a symbol of resilience. His goal was to encourage open dialogue and create a safe space for community members to express themselves.

Creative Writing

Jellington skilfully collated the discourse, blending the stories into a mosaic that reflected the diversity of experiences within the community. He ensured that every voice, no matter how soft, was heard and valued. The goodwill hub's queue became a space not just for waiting but for fostering connections and understanding.

Through his gentle interactions and unspoken support, Jellington played a key role in breaking down the barriers of stigma and isolation. He transformed the queue into a dynamic forum for authentic dialogue, where community members found solace in shared experiences and discovered the strength that comes from unity.

Creative Writing

As the discussions evolved, Jellington continued to adapt, his wobbly form a symbol of flexibility and acceptance. By the end of each weekend, he had not only collected valuable insights but also contributed to the community's journey toward overcoming deep-seated challenges. In his own way, Jellington became a catalyst for positive change, fostering understanding and compassion within the community.

NEXT TIME A TRUE ROCK 'N 'ROLL JELLY AND NEW ROMANCE

Jellington's residence -part 11- A fictional story created by Sharon and NJW – March 2024

Creative Writing

New Short story by NJW

Ladybird Colony Embraces Changing Climates

In shadows of red, foreboding does creep, A colony of ladybirds, secrets they keep. They grasp dystopia's weight, changing skies they perceive, As the four horsemen approach, their wisdom they weave.

With the morning's first light, the early birds play, Hiding treasures in nests, a vigilant display. Amidst crimson Kale, in the garden's green wall, They contentedly wait, knowing they stand tall.

Amidst humanity's struggles, like weeding fingered friends, Battered backs bend, as mercy's pursuit never ends. In the scorching heat, despair shimmers and gleams, While ladybirds dance through night's mysterious dreams.

Birds, slugs, and mugs, in nature's grand scheme, With hovering weather, like a fevered dream. Apple buds, cherry buds, some fertile, some not, In the garden they thrive, or wither and rot.

Creative Writing

As day turns to night, in the hidden moon's sight, The colony's plans unfold, with purpose and might.

Ladybird Narrates Monsoon Tale

In this garden's vast, ever-changing scene, I, the ladybird, with wisdom, glean. Philosophical ponderings in every spot, An inspiration, eternal, I am, no doubt.

The tears from the sky, like life's trials and grace, I find meaning in them, in this tiny space. The monsoon's slow dance, a lesson to share, Teaches patience and resilience, so rare.

Maybeline's question, a thought profound, "Can't you be true?" echoes all around. Chuck, in disguise, reveals truth's disguise, Philosophy hidden in nature's endless ties.

As the fork transforms and dreams take flight, I'm here, a guide, in the day and the night. In the green's return, I'm a symbol of hope, A perpetual inspiration, on life's tightrope.

And love, like nectar, sweet and divine, Flows through the garden, where hearts entwine. I, the ladybird, embody love's grace, A symbol of affection, in this sacred space.

Creative Writing

May we toil together, in wisdom's embrace, In the quest for truth, and the pursuit of grace. Through cycles of wet and serene, I gleam, A philosophical ladybird, the essence of love's dream.

Ladybird Colony's Metaphorical Tale

In the ladybird colony's cosmic dance, behold, A bag, the universe's center, stories untold, With a mighty ladybird, its emblem, bold, It held the secrets, the myths of old.

Confusion and arid thoughts, like a tweet misspent, Left the ladybirds yearning, their spirits bent, But the bag, in July's grip, its message sent, A reminder of purpose, a cosmic event.

Lizards lounged, in the bag's aura they'd laze, Descendants on a scroll, history's maze, The bag was the portal, in mysterious ways, Battling the winds, in a dance that amaze.

Foxes, fearless, scratched, relentless in glee, The giant friend, once protector, now left to be, Behind an old water butt, it panted free, Tearing tiny foes, a red glut spree.

Creative Writing

Sceptical ladybirds, you watched roses bloom, Red, pink, and yellow, in nature's grand room, The bag, constant, in the dawn's first loom, A symbol of unity, a cosmic boon.

In the bag's quiet depths, purpose did spawn, The ladybird colony's heart at dawn, The universe's poetry, their existence drawn, In its presence, their legacy reborn.



The Links page

All feedbacks, ideas and enquiries are welcome through

info@womensculturalarena.org.uk OR

<https://womensculturalarena.org.uk>

All rights reserved by Women's Cultural Arena .

Sociability and Fun



Thank you .

Media team, WCA

Think of Facts

- Ultra-Processed Foods Linked to Depression, Diabetes, and More:

Examples of these ultra-processed foods are: Frozen meals / Sweetened beverages and sodas/ Processed meat, such as deli meat, hot dogs, pepperoni, or ham/ Fast food/ Chicken nuggets/ Ice cream/ Sugary cereal/ Jerky/ Canned soup/ Packaged snacks like cookies and chips/ Candy.

- Oranges are high in Vitamin C, which can aid in your dog's overall health

Fresh oranges and cold-pressed orange juice are the perfect anytime snack to boost our health and curb our cravings, it can be shared with our puppy pals. A good news !!

- Bluebirds Are the Ultimate Symbols of Peace and Prosperity .

Bluebirds are cute and small but they have powerful meanings. Paying attention to them could lead you to a much more prosperous life.

Source: Desk research by WCA media unit March 2024

Think of Facts



Think of Facts

**SOCIAL PRESCRIBING AS A
NORM = JUST COME ALONG
AND JOIN IN
(NO REFERRALS / NO
STIGMA – ALL ARE WELCOME)**

AT A GLANCE :
WEEKLY COMMUNITY ALLOTMENT
ENGAGEMENTS AND COMMUNITY MEAL
SESSIONS.

MONTHLY CREATIVE WRITING, ART
CORNER AND STORY TELLING AT
COMMUNITY TEA PARTY EVENTS.

**FOR MORE INFO, PLEASE CONTACT US EMAIL:
INFO@WOMENSCULTURALARENA.ORG.UK OR TEXT
ON 07747623010**

Developments so far:

*Community Allotment grower's Breakfast club - Weekly
basis ; each Saturday from 9.00 am to 11 am during Spring
and Summer 2024 @ Oakridge Baptist Church .*

All like minded people are welcome.

For your Diary

❖ Wellbeing and Mindfulness in words with light breakfast - In person

1st Tuesday of each month from 9.30 am - 11.30 pm (*Contact Volunteer 07747623010*) @ Oakridge Baptist Church, 43 Oakridge Rd, High Wycombe HP11 2PH

❖ Wellbeing and mindfulness tea party - words , thoughts and joy

4th Tuesday of each month from 11.00 am to 1.00 pm (*Contact Volunteer 07747623010*) @ Eden Library Room number 3 , High Wycombe .

❖ Community Allotment activities during the Spring , Summer and Autumn 2024 – Wellbeing and mindfulness activities including Social prescribing self-service + Each Saturday Allotment Grower's Breakfast club

@ Desborough Castle Community Allotment / Community Fridge Site

❖ The Collective Gardener project , High Wycombe in Partnership with local organisations with Green initiatives + Greet the Green monthly new bulletin

Please send pictures of your growing experience. Winter and Spring planting are started at the Community Allotments .(*For more details contact volunteers on 07557440567*)

❖ Brunch club

Every Thursday (Except Bank holidays) from 10.00 am - 12.00 pm (*Contact members on 07557440567* @ Oakridge Baptist Church , HP11 2PH (Self-referral system enrolment is required)

For your Diary

❖ Community Friendly Fridge , High Wycombe -

Every Thursday (Except Bank holidays) **from 10.00 am -12.00 pm** @ Oakridge Baptist Church, 43 Oakridge Rd, High Wycombe HP11 2PH (Self-referral system enrolment is required)

❖ CFF meal deal initiatives , High Wycombe

Every Thursday (Except Bank holidays) **from 10.30 am -11.30 am** @ Oakridge Baptist Church, 43 Oakridge Rd, High Wycombe HP11 2PH (Cost is £2.00 per bag starts from January 2024 onwards)

❖ Zoom Art Session

Monthly 3rd Saturday from 10.00 am - 12.30 pm (*Contact Aruntha on 07455106550*) - **Inclusive Opportunities @ WCA**

❖ WCA's SPECIAL magazine – Quarterly basis + Art panel initiatives @ Oakridge Baptist Church

We want your help with creative writing , poems , pictures and stories. Let's be mindful and creative. Please write to us info@womensculturalarena.org.uk or text to us on 07747623010 please.

❖ WCA's Seasonal day trips/ Art Exhibitions – Keep in touch with us on

<https://womensculturalarena.org.uk/contact-us> OR text us 07747623010