

Greet the Green News

WCA's Monthly Bulletin

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Monthly WCA's Community Tea Parties

@ Eden Library -

Our Book launching event on Tuesday 23rd April 2024 held at the Eden Library .

It provided a platform for Jenny's life and testimonies to be heard and contemplated.

This event offered opportunities for networking, visibility, and community building within our local communities.

This book launching event helped to deliver WCA's motto of:
Reaching out to all women and men through shared values, arts, literature, cuisine, education and pleasant interaction.

Thank you .



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For more information, please follow us - info@womensculturalarena.org.uk for upcoming indoor and outdoor workshops.

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Collective Community Gardening starts.



In the gentle breeze of spring's embrace,
Robin sings, with a joyful grace.
Amidst the blossoms, colours so bright,
Nature's symphony, a pure delight.

By Shanthi

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Our Social prescribing service inspired through nature - One of our special guests requested to obtain bespoke piece of art from Aruntha , which she duly delivered in fantastic style.



Creating Your Oasis: The Joy of Green Spaces at Home

In our fast-paced lives, creating a green space at home can be a source of immense joy and tranquillity. Whether it's a balcony garden bursting with herbs or a cozy corner filled with potted plants, having our own green oasis allows us to escape the hustle and bustle of daily life and reconnect with nature.

Creating and tending to our own green spaces is a deeply rewarding experience. It provides an opportunity to nurture life, watch plants grow, and take pride in the beauty we've cultivated. From selecting the perfect plant to learning how to care for

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it, each step of the process brings us closer to nature and helps us appreciate the wonders of the natural world.

Moreover, green spaces at home offer numerous benefits for our well-being. They purify the air, reduce stress, and provide a sense of calm and serenity in our living spaces. Whether we're enjoying a cup of tea surrounded by lush foliage or simply admiring the colours and textures of our plants, our home green spaces enrich our lives in countless ways.

So why not embark on your own green space journey today? Whether you have a sprawling garden or a small apartment, there's always room to bring a little bit of nature into your home. Start small with a few houseplants and watch as your green oasis grows into a sanctuary of peace and beauty. *By Hafsa*

Green Spaces Across Cultures: A Global Tapestry of Nature's Beauty

Green spaces are not just places to enjoy nature – they're also reflections of cultural identity and heritage. From the terraced tea plantations of Sri Lanka to the intricate geometric gardens of Islamic architecture, green spaces around the world showcase the unique ways in which different cultures interact with and celebrate nature.

In Japan, for example, traditional gardens such as the Zen garden are meticulously designed to evoke a sense of tranquillity and harmony with the natural world. These gardens often feature carefully placed rocks, sand, and water, inviting visitors to contemplate the beauty of simplicity and impermanence.

Similarly, indigenous cultures around the world have long recognized the importance of green spaces in their spiritual and cultural practices. Sacred groves, such as the ones found in India and Africa, are protected areas of forest that are revered as homes to deities and spirits, as well as repositories of traditional knowledge and wisdom.

Even in urban environments, green spaces play a crucial role in preserving cultural heritage and fostering a sense of community. From the bustling markets of Mexico City's Chapultepec Park to the vibrant street life of New York City's Central Park, urban green spaces serve as gathering places where people from all walks of life come together to relax, socialize, and celebrate their shared cultural heritage.

In essence, green spaces are not just landscapes – they're living testaments to the enduring relationship between humanity and the natural world. By celebrating and preserving these spaces, we honour the rich tapestry of cultural diversity that makes our planet so beautiful. *By Hafsa*

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WCA's travelogue -



Where is it ?

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Sharing Feedbacks- Monthly Zoom Art impact ; Individual testimonies

25/04/2024 : 'Thanks dear Arunthathi, the moments in our group work tremendously therapeutic and calming the mind. End of the work amazingly my mind awakened energetically. We are grateful to the institution and you' .  Verni	25/04/2024 : 'Aruntha, when I joined the WCA art class, it was to fulfil a childhood yearning. I like drawing and painting even though I am not good at it. It's said that the true mark of a genius is someone who can make the complicated things easy to understand . Aruntha, you have repeatedly shown that . you make the drawing and colouring so 'easy' that we can all achieve a level of success and satisfaction. Thank you Aruntha and thank you WCA for making it possible'.  Subo
27/04/2024: 'Hi Aruntha I like to look at a picture and draw and enjoyed art from my small age but I didn't know the techniques of how you bring a picture to an admiring piece. I thoroughly enjoy your WCA classes because it makes me do something I enjoy, and I forget myself during the one-hour session. Makes me to relax my mind and I am able to enjoy the group session with people who have similar interest. When I see what we are going to do in each session I always wonder how I am going to create that picture. Because it looks difficult, but you have the ability to take us through a journey to create the picture which always surprises me to think did I create the picture. You are a great art teacher and doing an excellent service to us. Thank you so much'.  Yalini	28/04/2024: ' Arunthathy Acca's (Sister's) art classes were a blessing to both of my kids, who had different traits and strengths. She acknowledged every individual's uniqueness and helped them to grow at their own pace and style. My son is meticulous and focused; he is super mature for his age, which made him critical of whatever his little hands drew. He analyzed it with his mature brain, which was a barrier to freestyle child art. Then came my second daughter, who is a free-spirited girl. She cannot sit in place beyond a minute, cannot focus, and never had the patience to draw or paint. In Arunthathy Acca's (Sister's) art classes, my son enjoyed the structure, which provided proper guidance and meticulously followed every little instruction that helped him to build up the painting step by step. Unlike being critical of his artworks, he began celebrating his success in getting an output that is closer to the teacher's work. On the other hand, my daughter, for the first time, began sitting at a place for an hour, listening to the instructions and applying them in her own order and free-spirited way, which created a unique artwork. It was always encouraged by Arunthathy Acca (Sister), which helped build up her confidence, and she fearlessly followed through her heart. I am immensely thankful to Arunthathy Acca (Sister) for her proper guidance, encouragement, and warmth she gives throughout her lessons. She valued individuality and allowed every person to grow in their own space comfortably'. By Sutheshna

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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.** Desborough Castle Community Allotment site (each Saturday from February 2024 onwards)

- ❖ **The Collective Gardener project , High Wycombe in Partnership with local organisations with Green initiatives including healthy breakfast for Community allotment group started from February 2024 onwards (each Saturday from 9am to 11 am)**

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)

- ❖ **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**

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 – Keep in touch with us on**

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