

Greet the Green News

WCA's Monthly Bulletin

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Monthly WCA's Community Tea Parties

@ Hughenden Retirement Village -



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Monthly Tea Party with a green view . Very summery !!

Enlightening discussions with friendly residents every third Tuesday of the month .

Any care homes/ residential homes feel free to contact us to host free Community Tea parties + Art Therapy sessions .

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

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Women's Cultural Arena

**Art Therapy
Sessions**

This will help,..

- * Access to unconscious mind
- * Expressing emotions.
- * Encouraging creativity.
- * Building self awareness
- * Promoting mindfulness.
- * Stress reduction.
- * Enhanced problem solving skills
- * Improved communication.
- * Increased confidence.

Anyone Interested:

email:

[Info@ womensculturalarena.org.uk](mailto:Info@womensculturalarena.org.uk)

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Collective Community Gardening starts.



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Virtual Community allotment @ WCA's Art panel created by Aruntha.



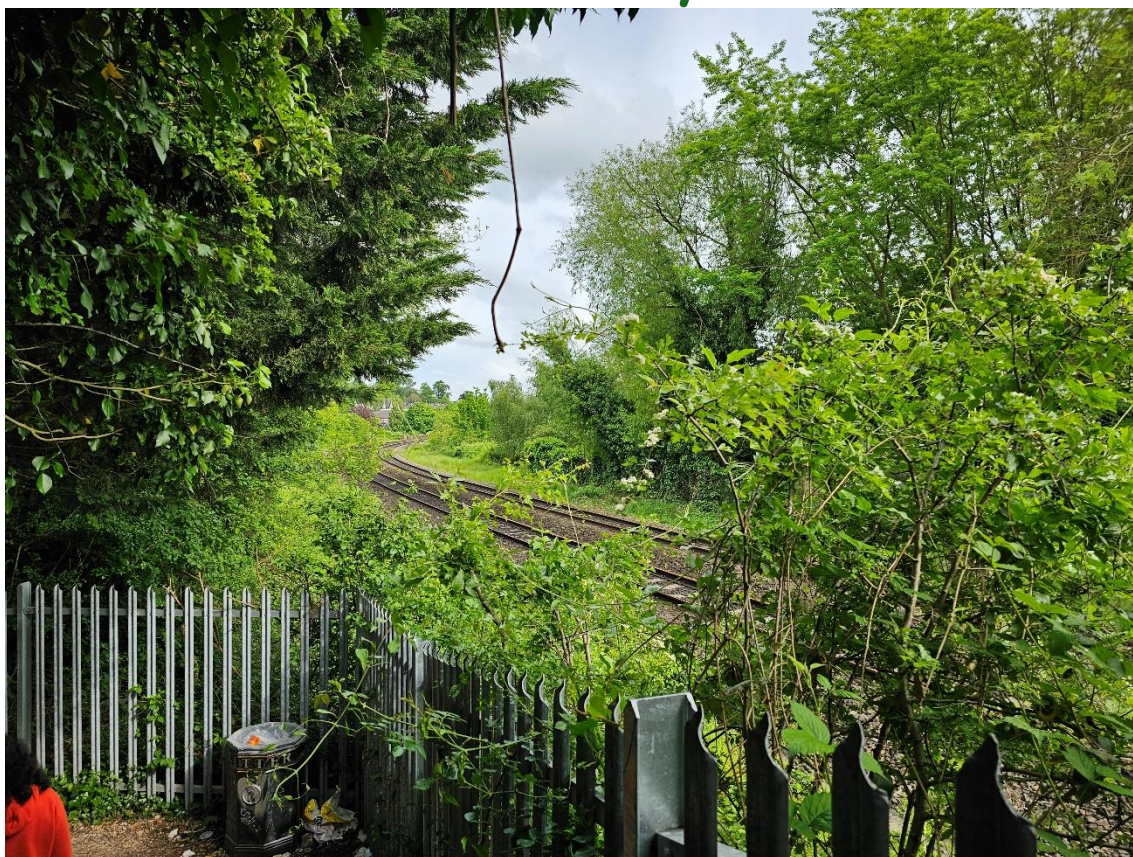
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WCA's travelogue - Where am I ? Clue - All places are in or around High Wycombe . *Photo credit goes to Nick . Thank you .*



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Where am I ?

We are offering Marlow boat trip experience to our service users .
Feel free to contact us .



The poster features a scenic view of a river in Marlow, with a stone bridge and a weeping willow tree. In the foreground, the bow of a white boat is visible. The text 'Marlow BOAT TRIP' is prominently displayed in a mix of script and bold sans-serif fonts. Below this, the date '6TH AUGUST 2024' and the meeting point 'MEET AT EDEN BUS STATION AT 10AM' are listed. Three circular images show different views of the river and town. A central blue circle contains the text 'ENTRY £2'. At the bottom, a white button says 'Book Now' followed by the contact information '07557440567 | info@womensculturalarena.org.uk'. Logos for 'Women's Cultural Arena' and 'COMMUNITY FUND' are at the top.

Marlow
BOAT TRIP

6TH AUGUST 2024
MEET AT EDEN BUS STATION AT 10AM

ENTRY
£2

Book Now 07557440567 | info@womensculturalarena.org.uk

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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