

SPECIAL

The Fillings

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Created by WCA media team

Health and wellbeing

Sustainability !!

Salute to our Community Allotment

In allotments where the green leaves grow,

A dream of Earth's renewal flows.

With hands in soil, and seeds in ground,

A harmony of life is found.

Beneath the sky, so clear and blue,

The sun bestows its golden hue.

In every plot, a hope we sow,

A future bright, together grow.

Through fields and plots, with hearts so pure,

We plant the seeds of Earth's allure.

The roots of life entwine and weave,

A promise of the gifts we leave.

Health and wellbeing

In every leaf and blooming flower,
We find the strength, the will, the power.
To nurture Earth, with tender care,
A legacy for all to share.

For in this world, so vast and wide,
The answers in the earth reside.
Together, with a gentle hand,
We'll heal and love our precious community land.

By Shanthi

July 2024

Creative Writing

Jellington morphs some more

Continuation ...

Rock and Roll

Jellington, with his shape-shifting abilities, decided to embrace his rock 'n' roll roots and venture to the legendary Glastonbury Festival. As the music echoed through the fields, Jellington couldn't resist the urge to become mischievously involved in the festivities.

He transformed into a tiny, iridescent jelly with musical notes swirling around him, blending into the vibrant atmosphere of the festival. Jellington bounced from one stage to another, riding the waves of sound and rhythm.

At the main stage, he joined a crowd of enthusiastic festival-goers, morphing into a dancing, shimmering orb. The energy of the music pulsed through him, and he added his own luminescent glow to the spectacle, becoming a living light show.

As the night fell, Jellington found his way to the campgrounds, where he encountered a group of tired but cheerful campers. Seizing the opportunity, he transformed into a glowing, floating guitar pick and playfully soared through the air, creating a mini light show for the campers around their bonfire.

Creative Writing

Jellington's mischievous escapades continued as he slipped into the silent disco, changing into a spectrum of colours synchronized with the beats. Partygoers were captivated by the spontaneous burst of colours in the darkness.

As dawn approached, Jellington, now resembling a sleepy, glowing moon, hovered above the festival grounds. His luminescence added a magical touch to the sunrise, signalling the end of his mischievous adventure at Glastonbury.

As the festival-goers woke up to the enchanting sunrise, they couldn't help but wonder about the mysterious and playful presence that had lit up their night. Jellington, satisfied with his rock 'n' roll rendezvous, slipped away, leaving behind memories of a festival touched by the whimsical magic of a shape-shifting jelly.

Eco league

Jellington's latest adventure saw him stepping onto the football field, becoming the goalkeeper for FC Cobblers, a struggling team in the Eco League Division 1. Known for his adaptability and quick reflexes, Jellington was a perfect fit for the position, though no one could have predicted the profound impact he would have on the team's fortunes.

FC Cobblers had been languishing at the bottom of the league, their defence in disarray and morale at an all-time low. When Jellington joined the team, his

Creative Writing

unusual appearance and enthusiasm brought a fresh wave of curiosity and excitement.

In his debut match, Jellington positioned himself in goal, his translucent, wobbly form shimmering under the stadium lights. As the game progressed, it became clear that Jellington was no ordinary goalkeeper. He could stretch and morph to cover the entire goal, his gelatinous form absorbing and deflecting even the most powerful shots with ease.

The opposing strikers were bewildered as their best efforts were thwarted time and again. Jellington's presence in the goal was both mesmerizing and impenetrable. His unique ability to anticipate and react to every shot transformed FC Cobblers' defence from a weak point into an unbreakable fortress.

As the season progressed, Jellington's influence extended beyond the goal. His infectious positivity and leadership qualities inspired the entire team. They began to play with newfound confidence, their defence solidified, and their attacks became more coordinated and relentless. Jellington's remarkable saves and strategic guidance on the field earned him the captain's armband.

Under Jellington's captaincy, FC Cobblers rose through the ranks of the Eco League Division 1, climbing from the bottom of the table to the top. Their matches drew crowds from all over, eager to witness the extraordinary goalkeeper in action. Jellington's fame spread worldwide, and he became a

Creative Writing

beloved figure not just for his on-field heroics but also for his embodiment of resilience and team spirit.

By the end of the season, FC Cobblers had secured the league title, their transformation hailed as one of the greatest comebacks in the history of the Eco League. Jellington, the jelly goalkeeper, was celebrated as a legend, his name chanted by fans across the globe.

Jellington's adventure with FC Cobblers was more than just a sports story; it was a testament to the power of adaptability, teamwork, and the unexpected magic that can turn underdogs into champions.

Local Bus Driver

Jellington's adventures took an unexpected turn when he subliminally became involved in the local bus service. It started innocently enough, with Jellington observing the bustling activity at the bus depot from his nearby hiding spot.

One day, when the regular bus driver fell ill at the last minute, the frantic dispatcher spotted Jellington nearby and, in a moment of desperation, asked for his help. With a mischievous glint in his transparent form, Jellington agreed, morphing into the shape of a bus driver and stepping behind the wheel of the double-decker bus.

Creative Writing

To the amazement of the passengers, Jellington confidently navigated the busy streets, his wobbly form somehow maintaining perfect control of the vehicle. His shape-shifting abilities allowed him to seamlessly adjust to the demands of driving, adapting to the curves and turns of the road with ease.

As the journey progressed, whispers spread among the passengers about the mysterious substitute driver who seemed to possess an otherworldly talent for manoeuvring the bus. Some speculated that he was a guardian spirit watching over the city's transportation system, while others simply marvelled at the novelty of being chauffeured by a shape-shifting jelly.

Time and time again, Jellington was called into action as a stand-in bus driver, each time leaving the passengers astounded by his remarkable control of the double-decker bus. His unexpected involvement in the local bus service became the stuff of legend, with tales of the "jelly driver" spreading throughout the community.

Though his tenure as a bus driver was brief, Jellington's impact on the local bus service was undeniable. He had not only provided a reliable and entertaining ride for the passengers but had also reminded them that sometimes, magic could be found in the most unexpected places.

Creative Writing

Finally becomes a Diplomat

Jellington, now the quartermaster in the United Nations Flag and Logo Department, embarked on a mischievous yet impactful endeavour to shake up the world of national flags. With his shape-shifting abilities and irrepressible sense of humour, he began subtly altering the formats and layouts of international flags, creating a phenomenon that would soon be known as the "Jelly Flag."

One by one, national flags underwent unexpected transformations under Jellington's playful influence. Some flags sprouted wobbly tentacles, while others shimmered with a translucent sheen. The colours danced and shifted, reflecting the vibrant diversity of the world's nations.

The Jelly Flag quickly gained attention worldwide, sparking a whirlwind of humour, despair, and debate. Some nations embraced the whimsical alterations, seeing them as a light-hearted celebration of unity and diversity. Others expressed frustration at the perceived mockery of their national symbols.

Jellington's creations sparked countless discussions about the significance of flags and the power of symbolism. People debated whether the Jelly Flag represented a new era of inclusivity or a disrespectful distortion of national identity.

Creative Writing

As the controversy raged on, Jellington remained unfazed, continuing to craft new variations of the Jelly Flag with boundless creativity. His playful interventions injected a sense of levity into the often-solemn world of diplomacy, reminding people that laughter and imagination were powerful tools for fostering understanding and connection.

In the end, the Jelly Flag became more than just a quirky phenomenon—it became a symbol of the ever-evolving nature of identity and the importance of embracing humour and creativity in the face of global challenges. And Jellington, with his wobbly charm and irrepressible spirit, remained at the forefront of this colourful and thought-provoking movement.

Jellington's story created by Sharon and NJW - Addressing current affairs and social values with his unique shape shifting style . A fictional story. Thank you.

Creative Writing

Ladybird's site seeing needs to explore ...



She has no fear with the Machine ...

Creative Writing



She could do with some of these lovely vegetables. ...

Creative Writing



She would like to join in ...

Creative Writing



Nice camouflage for the colony..

Picture credits go to Nick . Thanks

The Links page

All feedbacks, ideas and enquiries are welcome through

info@womensculturalarena.org.uk OR

<https://womensculturalarena.org.uk>

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Sociability and Fun



Thank you .

Media team, WCA

Think of Facts

- In the UK , 2023 was the worst year on record for shoplifting , with more than 430,000 cases recorded – Observer, 2nd June 2024
- One quarter of Britons aged 18 to 34 say they have never answered their phone ; if it rings they ignore it and respond by text. – Metro , 7th May 2024
- Without London, GDP per capita in the UK would be below that of Mississippi , the poorest state in the US. – Financial Times, 11th August 2023

Source: Desk research by WCA media unit July 2024

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.

Think of Facts

Self-social prescribing at the allotment growers breakfast club

In the early morning light, where the dew is still fresh,
The allotment growers gather, no need to impress.
With spades and hoes, and baskets in hand,
They arrive at the breakfast club, the happiest band.

"Oh, the joy of the soil!" old Tom declares,
As he munches on toast, without any cares.
Betsy brings jams, all homemade and sweet,
While Fred serves tomatoes, a juicy red treat.

"Prescribe me some laughter," says Daisy with glee,
As she pours the hot tea, so fragrant and free.
"Let's dig up some friendship," says jolly old Jack,
With a wink and a nod, and a pat on the back.

Think of Facts

For here at the allotment, no worries can stay,
As we hoe and we plant, all our troubles away.
With carrots and cabbages, the worries do fade,
In this green, leafy haven, where friendships are made.

So come to the breakfast club, don't hesitate,
Self-prescribe a good time, and fill up your plate.
For the best kind of medicine, with no bitter pill,
Is a morning of gardening, and a hearty good will.

By Shanthi – July 2024

For your Diary

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

1st Tuesday (from January 2024 onwards) 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.

See page 26 @ 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

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

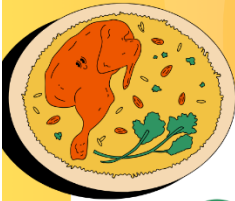
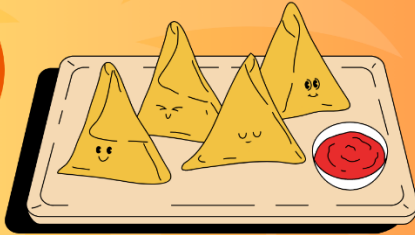
We want your help with creative writing , poems , pictures and stories. Let's be mindful and creative. Please write to us info@womensculturalarena.org.uk or text to us on 07747623010 please.

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

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

For your Diary

ENTRY
£1



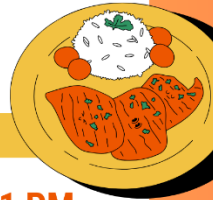
JOIN THE FUN AT OUR



SUMMER COMMUNITY MEAL

SAVE THE DATE

8TH AUGUST 2024, 11 AM - 1 PM



LOCATION:

Community Friendly Fridge,
Oakridge Baptist Church,
HP11 2PH

SPONSORS



Please contact us on 07557440567

For your Diary



COMMUNITY
FUND

Marlow BOAT TRIP

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

**ENTRY
£2**

Book Now 07557440567 | info@womensculturalarena.org.uk