

GRAPEVINE NEWSLETTER

Welcome to the Grapevine Newsletter.
It's been a busy few months, we hope
you enjoy reading!

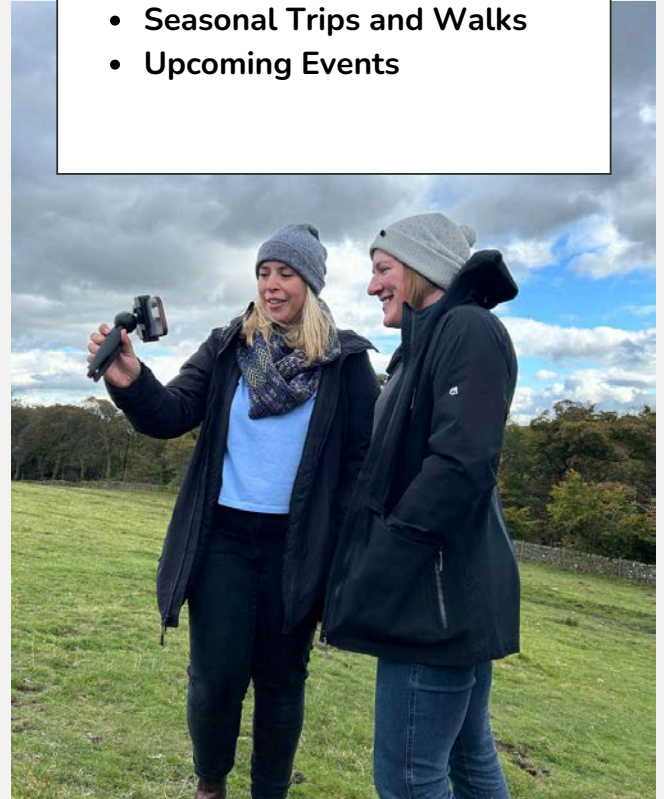
BBC Countryfile

In October we were very surprised to be contacted by BBC Countryfile! Having heard about our wellbeing walks with the Peak District Park Rangers through our connections at Chatsworth House we were invited to have a remote chat with John Craven. During the interview we chatted about the benefits getting outdoors has for both physical and mental health. Eventhough we didn't make it to the final programme it felt really important to know that the work that we do as a charity is being shared and talked about across the community. A huge thank you to the members, staff, trustees and volunteers who joined us on the windy Corbar hill for the interview.



WHAT'S IN THIS ISSUE:

- Talks and Workshops
- Seasonal Trips and Walks
- Upcoming Events



Fundraising

Georgina, who runs local business 'For the Love of Tidying' took part in the Chester Marathon and we were delighted to be her chosen charity! Georgine completed the route in a very impressive 4 hours and 57 mins and raised a huge £682! This money will go towards continuing the work that we do in the local community. Thank you again!
If you would like to fundraise for us, please get in touch!

Evening Talks



LGBTQ+ and Mental Health

In October we welcomed Christine House to the Centre to talk about Mental Health and being LGBTQ+, such an important topic and we were thrilled to have such a great turnout. The talk was really well received and we look forward to working with Buxton Pride in the future.

"Very Interesting and thought-provoking. I feel like I have more insight and will be able to apply some more knowledge. Good to be in a safe comfortable space. Thanks Grapevine and Christine."

"it's nice to be in a safe and non-judgmental space"

MENOPAUSE AND WELLBEING

Dr Emma Ward delivered a fascinating talk on Menopause and Wellbeing. It was so interesting to learn and understand more about how our hormones and so many elements of life interconnect, having an impact on how we will feel during the menopause.

There were so many questions for Emma it was really apparent that this is a huge topic and different for everyone.

We had such a huge response to this talk, don't worry if you did not get a place this time, we will be welcoming Emma back to the centre in the spring. Keep an eye out for details on Facebook and Eventbrite for new dates.



COPING WITH THE STRESS OF CHRISTMAS

In November we invited Angela Williamson, psychotherapist and motivational coach back to the centre to give a talk which focused the expectations of the festive period and how to ensure we are looking after ourselves during this time.

Christmas can be a stressful or daunting time for many of us for lots of different reasons. Angela gave tips and advice for managing and coping with the pressures and build up of this time of year as well as navigating Christmas day itself.

Angela will be returning in January to give a talk on coping with the new year.



TO FIND OUT MORE ABOUT FUTURE TALKS OR TO BOOK A PLACE VISIT OUR **@Grapevine Project** EVENTBRITE PAGE:

Weekend Grapevine

Fungi Walk with the Peak District National Park Rangers

In October we went to Longshaw Estate to meet up with Tom and the other Rangers to learn all things fungi. We found so many! Once you got your eye in they were everywhere. The sun shone, as we strolled around the estate chatting and relaxing. Huge thanks to Tom and all the Rangers for making the day so great and thanks as always to the utterly brilliant Connex Community Support for the transport.

As with our sessions in the centre these days are designed to help busy people slow down and relax, which judging by this feedback, was achieved.

"[best part of the day was] getting outside and being active on a gorgeous day. It was peaceful! Learning about the world around me, seeing all the different types of mushrooms. It was nice not having any responsibilities."



Lino Printing Workshop

At the end of September we welcomed Beki from Oakley Crafts back to the centre to host a fabulous Lino Printing Workshop as part of Weekend Grapevine. These sessions are open to people who work during the week or care. It was great to see the Centre full, listening to lots of chatter and seeing so many gorgeous creations being made. This quote from one of the participants sums up perfectly why we run Weekend Grapevine.

"It hasn't just help [my wellbeing] today, it has helped me all week. Knowing a pause is coming. The space was so calm and lunch felt luxurious. I didn't realise at first that these workshops were for working people. The pricing meant I could enjoy some time out and peace without 'taking' too much from the family. Thank you so much. It felt like a treat."



Terrazzo Workshop

Thank you to everyone who came to our Terrazzo Workshop, delivered again by Beki, Oaklea Crafts. This was a craft new to everyone in the group and it was great to see all the different ideas.

Our Weekend Grapevine workshops are designed to provide a creative space to recharge, unwind and socialise, aimed specifically for people who work or have caring responsibilities. We really value the feedback from these sessions -

'Really good steady pace, these workshops make you feel looked after'.

*'Absolutely brilliant, really enjoyed the activity and the setting!!'
'It was brilliant, thank you so much. So nice to have time to relax, chat and enjoy doing crafts'*



Autumn and Winter Wreath Making



WREATH MAKING WORKSHOPS

During October and December we held 4 wonderful autumn and winter wreath-making sessions with Sara from Ivie & Luxe in Whaley Bridge. These workshops were so popular extra dates had to be added! These workshops are aimed specifically for those who work or care during the week as an opportunity to relax, get creative, and recharge from busy lives.

The feedback was overwhelmingly positive and we are so pleased to offer these opportunities for self-care.

"A lovely evening and environment to be expressive. With supported artistic direction by a skilled tutor. Uplifting and a great outlet."



"Really lovely gentle atmosphere. Even though it is difficult not to - it was really generous to be told at the start of the evening not to worry about tidying - that this evening was for us just to create and relax. Helpful encouragement and suggestions too."

"Love that its taken me away from home and that I've achieved something I wouldn't usually consider doing -really enjoyed it!"

"I loved it! Fabulous space, very welcoming and nice to have some time to myself with friends, thank you!"



Wellbeing Walks with the Peak District Park Rangers

In November we went on our last walk of the year with the Peak District National Park Rangers to Longdendale. Matt took us on a beautiful autumn walk around the reservoir before brewing up over a campfire. It was the perfect way to unwind and reconnect with nature.

Huge thanks to all the Rangers and Volunteer Rangers who have made our monthly walks this year so brilliant. Your knowledge and enthusiasm really make every walk so special.



Meet our Trustee - Lousie Brooks

I'm thrilled to have recently joined the board of trustees at the Grapevine Wellbeing Centre in Buxton. My journey with the Grapevine began through a project called Drawing on Buxton's Heritage, which opened my eyes to the incredible work this organisation does to support mental health and wellbeing in our community. I'm honoured to be part of their mission, bringing my own background and experience into this important role.

My professional life has been rooted in education. I have a background in primary teaching, and I currently teach one day a week in Whaley Bridge. In addition to this, I am the Head of Engagement and Education at the Buxton Crescent Heritage Trust. Both of these roles allow me to nurture and inspire others, whether by fostering curiosity in young students or by connecting people with Buxton's rich heritage.

Living here in Buxton, I can see just how valuable the work of the Grapevine is to the wellbeing of our community. The support they provide is essential, and I'm eager to contribute to their work.



Chairbased Yoga

In September we began offering a free, weekly 40 min chairbased yoga session delivered by yoga instructor Katie. The class is set to a gentle pace and different skills and abilities are catered for.

It doesn't matter if you are a complete beginner or you're more experienced you'd be more than welcome to come along and give it a go.



Christmas Carols at Haddon Hall care home



In Decemeber we were delighted to visit Haddon Hall Care Home to spread some festive cheer and to sing Christmas Carols with the residents. The wonderful Vic, who leads our weekly singing group, was on hand to play the piano and run the session, making sure we were all in tune (almost!). We were even joined by trainee guidedog puppy, Ulanda.

Christmas Meal at the Kings

We were delighted with this years attendance at our Christmas meal. 28 people joined us this year to spend time together and enjoy the festivities. It was great to see some new members attend this year as well as people who have joined us before and it is always a real highlight of the year.

A huge thank you to the Kings Head on Buxton market place who hosted us again this year, for the 8th year! As always the food was delicious and the staff were so lovely and friendly.



Thank you's and our year in pictures!

We would like to give a big thank you to our staff, trustees and volunteers for all that they do for us during the year. Thank you to everyone who is a friend of Grapevine's who has supported us throughout the year, we are so grateful and appreciate every single one of you!

We also want to say a big thank you to our members, you continue to make Grapevine welcoming and supportive place for everyone. Lastly we'd like to say a huge thank you to Ana for commitment and hard work in making Grapevine the place it is.



New for 2025..... New look Grapevine!

Over the last few months we have been busy working with the very talented David Bowyer from MM&B studio to redesign the Grapevine logo. After such a successful year in reaching more people in our community we felt it was a good time to pay some attention to our branding and incorporate the different aspects of the work that we do, our day to day Grapevine, our evening talks and our weekend workshops. We hope that you like it and look out for more changes to come in the new year!



Grapevine

WELLBEING CENTRE

**We look forward to seeing you soon and sharing more news
The Grapevine Team!**

Grapevine Wellbeing Centre, 2B, 11-13 Eagle Parade, Buxton,
Derbyshire, SK17 6EQ

Tel: 01298 72965 email: welcome@grapevine.com



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Grapevine Project

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