

GRAPEVINE NEWSLETTER

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

VE Day Celebrations

In May, the Centre was a buzz with celebrations to mark the 80th anniversary of VE day, remembering the end of the second world war and the brave veterans. in the spirit of the occasion we decorated the Centre and everyone enjoyed a busy day with music, quizzes and of course, in Grapevine style - with plenty of cake! The theme continued into our weekly singing session, which included lots of well know songs from the era.

WHAT'S IN THIS ISSUE:

- Talks and Workshops
- Workshops for selfcare
- Upcoming Events



Micro Herbs

Our members spent a relaxing afternoon planting up micro-herbs in mini propagators for our windowsills. One of the good things about growing micro herbs is how densely you can plant them, getting lots out of a small space. This shows that you don't always need a garden to start planting things and that no matter what space you have at home there will usually be a spot where things will grow. Hopefully everyone who came to the session will have lots of green shoots to add into their salads, sandwiches and other dishes.

Evening Talks

'Lived Experience' Talks

Over the last few months, we have hosted our first 'Lived Experience' evening talks. Thank you to those who have been so open and generous with their story and for sharing them with us. The talks offer an opportunity to understand and learn more about different aspects of mental health from people with first hand experiences, sharing their personal insights.

Thank you to Sarah, Gavin, Alan and Matthew who have all given powerful talks about their experiences, covering topics of borderline personality disorder, addiction, finding a supportive LGBT+ community and a personal journey of mental health recovery. We are so pleased to be able to provide a platform for people to share their own experiences and connect with others. Thank you also to everyone who have booked tickets, asked questions and supported our speakers.

Buxton community at its best!



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

@Grapevine Project

Evening Talks

Mental Health Talks

As well as our 'Lived Experience' talks we have also been running our usual mental health talks delivered by local professionals. Kerry for a fantastic interactive talk on Self-Esteem. The feedback was overwhelmingly positive with so many people saying they will take away and use the tips and strategies she gave us. Everyone agreed that we could all do something to boost our own feelings.

Dr Caroline Clements delivered a talk about self-harming and its impact. The talk was fully booked and there was a lot of interest about this topic. It was great to hear about the research that is happening around self-harm in the UK and to provide a platform for some myth busting. Peoples feedback was very positive, such as "excellent delivery of a sensitive subject" and "I found the data and statistics helpful".

Dr Emma Ward from Liberty Menopause returned to her fascinating talk 'Menopause and Wellbeing', after it sold out last year. This was opportunity for more people to find out more about this important subject and find out ways to support women's health during this time. Again, we'd like to thank Dr Emma for the time she gives to answering questions following her talks.

All of our talks are free and subjects are suggested by our audience so that we know people in the local community can have an opportunity to get the information they need. To find out what talks are coming up and book a place head over to Eventbrite.



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Weekend Grapevine

Nature Connect at Heartwood Farm

Over this year we will be offering 3 weekend sessions at the beautiful Heartwood Farm, hosted by Rowan and Mary. Our first was in June and we have days planned in September and October. Each day will provide the opportunity to learn a different heritage craft while reconnecting with nature in the beautiful setting overlooking the Matlock countryside. All transport, lunch, refreshments and instruction for the craft session is included in the price. In June we took the opportunity to explore the farm, take in the beautiful views, enjoy a mindful moment and meet the very friendly animals before lunch and having a go at needle felting. These days are for people who work or are of working age who are carers. People who would like some time for themselves and who can not make it to our usual weekday sessions.

Feedback from the day:

"I really really loved the pause in nature - a chance to close my eyes and breath and relax. Other highlights... cuddling a sheep!"

"Taking time out for me. Lunch was awesome. It was nice to be able to walk in the countryside and craft without worrying about jobs that need doing at home."

We will be joining Rowan and Mary again at Heartwood Farm in September to enjoy more activities that connect us with nature, and we'll be having a go at a heritage craft. Keep an eye on our Eventbrite page as places are limited and expected to go fast!



Donations

Buxton Garden Trail

This year, Buxton Garden trail generously chose Grapevine Wellbeing Centre, alongside Zink and High Peak Foodbank to benefitting from the sales of garden entry wristbands. The Buxton Garden Trail is the perfect opportunity to get inspiration and talk plants to other enthusiasts all whilst getting the chance to look around unique gardens within our community. We would like to thank everyone who took part and for the kind donation from the day.

We had the pleasure of meeting Steve, who took part in the Buxton Garden Trail who kindly donated the money raised from his garden, specifically to Grapevine. Steve's garden is dedicated to his daughter, Nicola, who passed away in 2022 as this was a place she loved, it also helped him find hope and purpose whilst coping with bereavement. Steve generously shared his story, including his own experience of depression and her recovery journey. Steve worked for many years in the fire service and in mountain rescue, even helping in India following the earthquake. Steve is keen to raise awareness that mental health does not discriminate and can affect anyone at any time.

In only a few years he's been able to create a tranquil space for contemplation, reflection and feeling connected to Nicola. Steve tells her story and his own in the hope that stigma will reduce and people will feel able to seek help when they most need it. The money raised from his garden, and in Nicola's name, will go towards the work we do at the Centre, supporting the local community. A portion of this money will go to supporting the new men's group based at the Grapevine Centre and hosted by the wonderful charity Mentell.

Thank you for Steve for his generosity, openness and kind donation.



Community Connections

Derbyshire Time Swap

Lindsey and the team from Time Swap Derbyshire will be hosting a monthly session at the Grapevine Centre, the first Thursday of each month, 10:15 am – 12 noon. Everyone is welcome to come along to find out more about the service that they offer or to do some crafts.



Time Swapping is an initiative which allows members of the community to 'swap' their time to help somebody else. This support can range from assistance with gardening, to teaching I.T skills, or giving cookery lessons. In return for this, a member of the community earns back time which they can spend doing something they want to - like learning a new skill or receiving help from another member. Members can even donate time they have accrued to other members if they wish.

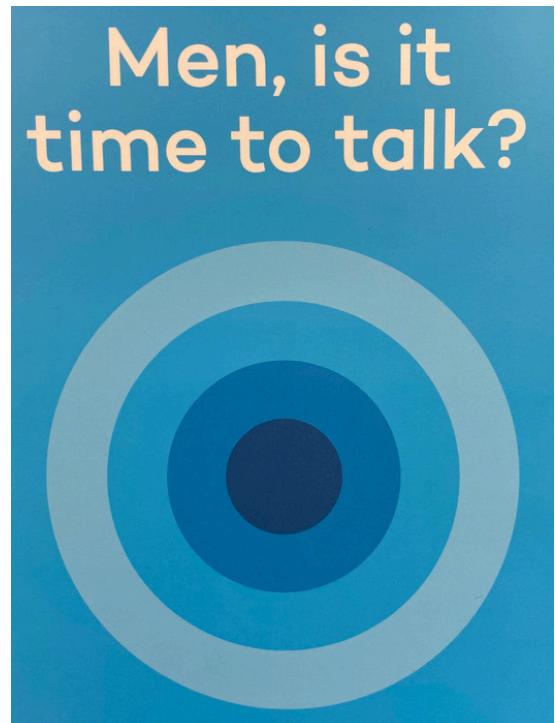
To find out more: www.derbyshiretimeswap.org.uk

Mentell

Grapevine is very pleased to be hosting the charity Mentell and their new weekly men's group. The group will be starting every Thursday 7-9pm, starting on the 31st of July

Mentell is a UK charity that provides men's groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement. Mentell's mission is to ensure men have places to connect, by offering every man the opportunity to talk.

More information about Mentell and the work that they do can be found on their website - www.mentell.org.uk



GOOD BYE AND GOOD LUCK TO SARAH!



We are sadly saying goodbye to Sarah, who joined Grapevine in 2021 and has been such a valued member of staff and all-round good egg ever since.

Sarah is moving to take up a job in the NHS after finishing her Master's degree this summer. We all wish her the very best of luck and know she will absolutely smash this next chapter of her career.

However, the good news for all of us is that we will still be seeing Sarah at some of our Weekend and Community Grapevine events.

Meet Mary Worth - Trustee / Treasurer

Hello! I have recently joined the board of trustees at the Grapevine Wellbeing Centre as Treasurer. I am delighted to be associated with this excellent project and look forward to being able to assist with the smooth running of the charity.

I recently retired from my job as Chief Executive of the Mounted Games Association of Great Britain which is a national equestrian organisation that I have worked for since 1994. Part of this job involved dealing with all the financial affairs of the company. About a month after I retired my daughter saw an advert in Higher Buxton Post Office saying that Grapevine were looking for a new Treasurer and we both felt that it would be ideal for me. I am extremely impressed by the excellent work that Grapevine does for the community of Buxton and the surrounding area and I am keen to help and support them in any way that I can.



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

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@grapevinewellbeingcentre



Grapevine Project

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