



# GRAPEVINE NEWSLETTER

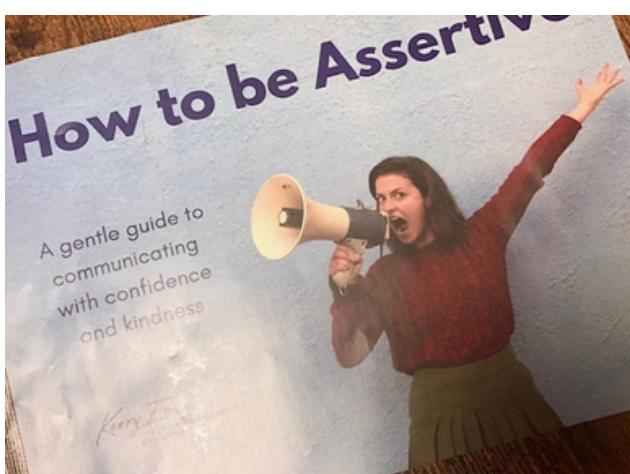
## Nature Walks with Woodwell Outdoors

We had a fantastic day with Woodwell Outdoors visiting Tittesworth Reservoir.



We were concentrating on the sounds, colours and shapes in nature as well as enjoying the sunshine.

We finished off by making a natural mandala in the woods. Huge thank you to Kate and Matt for organising such a special day.



## Assertiveness Morning with Kerry Fox

Our weekday members came together for a fantastic half-day event with Kerry Fox from Riverside Wellbeing on 'How to be Assertive'. Kerry taught us so many tips and techniques for how to communicate clearly and how to project your point of view without getting into conflict.

The session was very well received with feedback such as this.



"Really love the way it was delivered. So valuable to have the opportunity to practice scenarios. Lots to think about and practice"

"I found it very informative and good advice to change my perspective in everyday life situations. Learning to not feel guilty about saying no, and learning to address people in a polite, assertive way"

# Evening Talks

## 'Community Talks'



Dr Emma from Liberty Menopause came back to deliver her amazing talk on the 'Menopause and Wellbeing' after last year's talk sold out. Another great evening. **"Really informative and useful. Emma explained the menopause and hormones so well - far better than any other professionals I've known/been referred to"**



Sian from Therapy & Lifestyle Clinic delivered another excellent talk on how to improve our sleep. Sian's detailed talk provided numerous tips and techniques on how we can all make small changes to enhance the quality and quantity of our sleep. We had great feedback from everyone who attended.

**"This is the best talk I have been to at Grapevine. Perfect delivery and such helpful information. Good audience interaction. Loved it"**

Psychotherapist, Karen Woods' talk on 'Understanding the biology of Trauma, and how to start to heal' proved to be very popular. **"Really good practical ideas to calm down and release tension. Useful to know that it's possible to get over being stuck in trauma"**. It was great to be able to welcome Karen to Grapevine as a first-time speaker.



Natasha gave an excellent lived experience talk on 'Finding healing with reiki and yoga.' **"Natasha is inspirational, loved hearing her personal journey and the way she explains how Reiki works"**

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

**@Grapevine Project**

# Weekend Grapevine

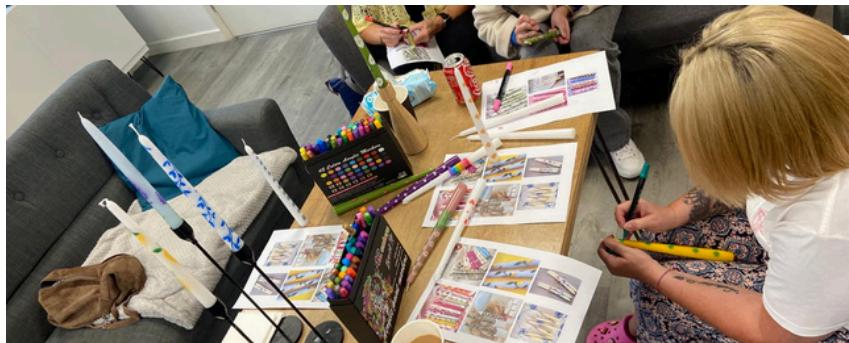
## Soap and Candle Making Workshops

Our Weekend Grapevine continues to grow from strength to strength, with a few morning sessions held at the Centre: one focused on making and decorating candles, one on making soap, and one on amazingly scented wax melts. The Centre smelled great as all the essential oils mixed together. We had some lovely feedback, too.

[Has this workshop helped with your wellbeing?] “Yes - not just for the morning! I’ve looked forward to it, knowing it’s coming. I’ve been calmer and peaceful. I’ve also not thought about work at all!”

These workshops are designed for individuals who are unable to attend our weekday sessions due to work or caregiving responsibilities. We always want to support as many in our local community as possible at the Centre. Having spoken to many people about what they would like to see offered at Grapevine, we are now planning workshops for specific groups, including the over-65s, lone workers, and individuals living with ME/Chronic Fatigue Syndrome, Long Covid, and Fibromyalgia. If you have any further suggestions, please let any of the staff at the Centre know, and we will do our best to facilitate them.

We also run a very popular monthly Craft and Relax evening with Sara from Ivie and Luxe. Every month is a different craft, with the focus on socialising and unwinding. [Has this evening helped your wellbeing?] “Yes, yes, yes! It has felt so healing to spend time with lovely people who are so welcoming and allow myself to be creative”.



# Welcome to Mentell



# Mentell

## Buxton Mentell -

A full house in Buxton for their first meeting, and this has now proved to be a popular spot on a Thursday evening. Buxton is Mentell's 10th circle, and we are thrilled it is being well attended.

Such an incredible turnout and proof that spaces like this are needed more than ever.

Since then, the group has seen consistently high numbers of men showing up for each other. We at Grapevine are so pleased to be able to offer our space, free of charge, to this excellent charity.

You can book your place at the next circle on Mentell's website or simply turn up on Thursday, and you will be met at the door and welcomed in. No pressure to talk, but a safe space if you need it.

Circle Reminder

Buxton



**Every Thursday**  
**19:00 - 21:00**

Excluding bank holidays



Grapevine Wellbeing Centre  
Eagle Parade,  
Buxton,  
SK17 6EQ

Register at [mentell.org.uk/signup](https://mentell.org.uk/signup)

# Community Connections

## Community Cuppa

It was great to host Derbyshire Time Swap's Community Cuppa event in celebration of World Mental Health Day. The Centre was packed with people all keen to find out more about what is on offer in their local area to help support their wellbeing.

A big thank you to all the professionals who generously shared their time, and to all the members of the public who took the opportunity to learn more about the wonderful services we have locally, in order to support our wellbeing better.

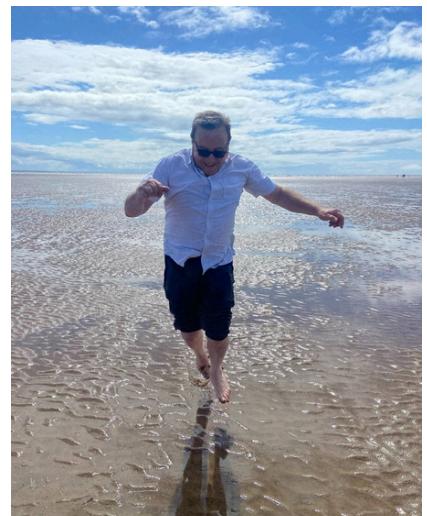
But most of all, a huge thank you to Lindsey for organising the event so beautifully. Lindsey holds a drop-in session at the Centre on the first Thursday of each month, where you can find out about Time Swap. You'd be very welcome.



To find out more:

[www.derbyshiretimeswap.org.uk](http://www.derbyshiretimeswap.org.uk)

# Summer Outing to Lytham St Annes



## Lytham St Annes

What a fantastic day we had visiting Lytham St Annes in August for the Grapevine summer trip! Thank you to everyone who came and for making it such an enjoyable day. We were really blessed with the gorgeous sunshine. It was so nice to have a day away, enjoying ice cream, fish and chips and walks along the promenade, and even some paddling in the sea!



This autumn, we said goodbye to the fabulous Vic, who has led our singing group for over 11 years!!

Vic, you will be so missed, but we have nothing but gratitude for all the effort and love you have shared with us through song.

Thankfully, we will see Vic again as she is holding our Winter Solstice Sing-along on the 22<sup>nd</sup> December, 6:30 - 8 pm

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

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Grapevine Project

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