

# GRAPEVINE NEWSLETTER

## WHAT'S IN THIS ISSUE:

- Crompton & Woodcock Award
- Talks and Workshops
- All things Winter and Christmas



## Crompton & Woodcock Award

We were thrilled to hear that not only had we been nominated for the High Peak CVS Crompton & Woodcock Award, but that we had actually come second overall. Thank you so much to them for this recognition and also the lovely cheque! This is from one of our nominations.

*"I've been attending monthly talks at the centre for over 12 months now. This has boosted my confidence and has given me the opportunity to get out and meet other people. I have also gained a lot of skills and knowledge from their community talks, I would love to keep attending these on a monthly basis, as there has been a wide range of topics, from menopause to OCD which I am grateful for, the Grapevine has been a lifeline for me, throughout my own mental health and wellbeing. This a vital service within Buxton, as it offers a safe space for members of the community to pop in for a friendly chat who are experiencing mental health difficulties."*

## Warm and Welcoming Space this Winter

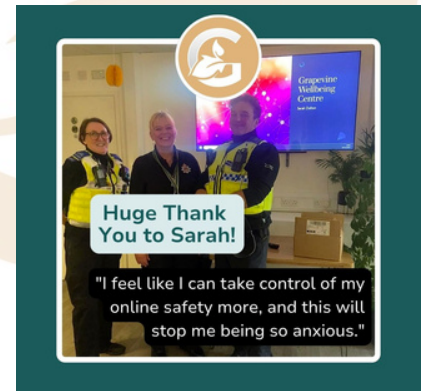
We have been successful in becoming a Warm Space this winter, so from November until the end of February we are offering a daily free hot drink and packet of biscuits to everyone who comes into the Centre. This is the third year we are able to offer free hot drinks and are looking forward to welcoming lots of new people to the Centre this winter.



# Evening Talks

## 'Community Talks

**Ashley Fulwood** from OCD-UK delivered a talk on "Intrusive Thoughts in the context of OCD". Ashley explained how intrusive thoughts occur, their impact, some of the misconceptions around intrusive thoughts, and what help is available for people who experience them. Feedback like this proved how needed information on this topic is. ***"Helped me recognise I am not alone and 'crazy'"***



**"Winter Depression (SAD) and how to survive it"** was the theme of psychotherapist, **Angela Williamson's** latest talk. Angela explained the symptoms of SAD, what the latest research shows, and shared some coping strategies. ***"I learnt about getting outside more in the winter months and looking up! I learnt about planning ahead with strategies to help"***.

As many of us started our online Christmas shopping, it was fantastic to welcome **Sarah Dufton from the Cyber Crime Unit of Derbyshire Police**, to talk about **"Keeping Safe Online"**. Sarah's presentation helped us feel more empowered and aware when doing online shopping, banking, and dating, and more confident at spotting scams. We were also joined by PCSO Cook and PCSO Woodruff who were kind enough to talk to some of our attendees before the talk started.

**Psychotherapist Catherine Parker delivered a fascinating talk on CBT and DBT**, giving us an overview of both Cognitive Behaviour Therapy and Dialectical Behaviour Therapy, how they developed, how they work, and who can benefit from them. ***"This was very very helpful and informative. This would be useful to hear/learn when people initially seek help or mental health intervention"***.



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

@Grapevine Project



# Evening & Weekend Grapevine

## CRAFT AND RELAX ON WEDNESDAY EVENINGS

We were thrilled to host Sara from Ivie and Luxe for a number of Autumn sessions for workers and carers, including Fabric and String Pumpkin making, where participants left with a variety of pumpkins to decorate their homes; and Handmade Christmas Gift Workshops, where participants created beautiful handmade gifts, including candy cane bath bombs, and lavender and rose petal bath salts. "Keep doing what you're doing, it's honestly amazing. It's very much appreciated and a massive blessing to have these workshops so close. It's been nice to learn new things."

### CHRISTMAS WAX MELT WORKSHOP

Christmas Wax Melts. It was a fabulous session with lots of lovely conversations and some even better creations. Everyone left with a beautiful Christmas gift for themselves or friends and family. "[It's] nice to have some 'me time' and not worry about having to occupy the kids or do housework for a few hours." "It has been really lovely spending a morning being creative and talking to people."



### NEEDLE FELTING

We held two great needle felting workshops - one for the over 65's and one for people who work. Participants left with a few seasonal felted cards to send to friends and family. Both sessions were lively with lots of chat and laughter!



### CHRISTMAS SOAP MAKING WORKSHOPS

Our Christmas soap-making workshops, for lone workers, home workers, and those who work Monday to Friday were perfect to create a beautifully scented gift to treat themselves or as a perfect Christmas gift for others.







## WOODWELL OUTDOORS NATURE CONNECTION CRAFT DAY

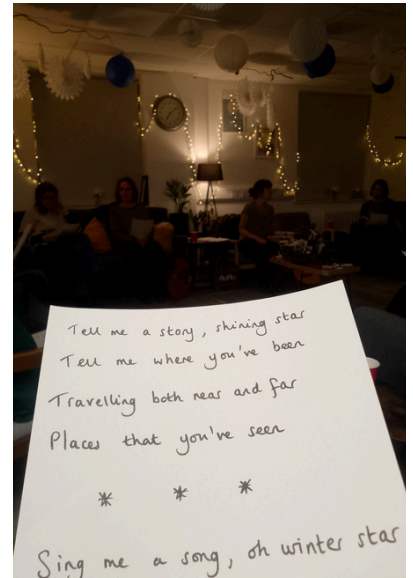
We enjoyed a fabulous autumnal walk along Cromford Canal, under the stone bridges, and spotted the dinosaur on the other bank! After completing the walk, we settled in for lunch and a bit of craft. We used the foraged treasures we'd gathered along the walk to make Autumn wreaths. The next walk with Woodwell Outdoors is on Tuesday, 27<sup>th</sup> January 2026. Call the Centre to book your place,



Huge thanks to Kate and Matt of Woodwell Outdoors, and to Connex Community Support for our transport.



# Winter Solstice Singalong



After the success of the Autumn Singalong, we were very pleased to welcome back Vic to lead us in an evening to celebrate the first day of Winter. We joined together to sing a series of nature-inspired songs in a gentle celebration.

We tucked into some very tasty winter tiffin and enjoyed mulled fruit cordial to help us sing. A lovely time was had by all.

"I've had such a great time this evening, it felt so calming to sing in a group"

# Christmas Eve Party at Grapevine

We had a full house on Christmas Eve. The party started with a Christmassy film, *Scrooged*, an oldie but a goodie, followed by a very large buffet, I think almost everyone left with a doggie bag for later! Lastly, what was a friendly Christmas Quiz turned into quite the competition!

The bonus round of 'Guess the end of the cracker joke' made us all realise we had missed our calling in life, as everyone came up with much better punchlines than the official answers!

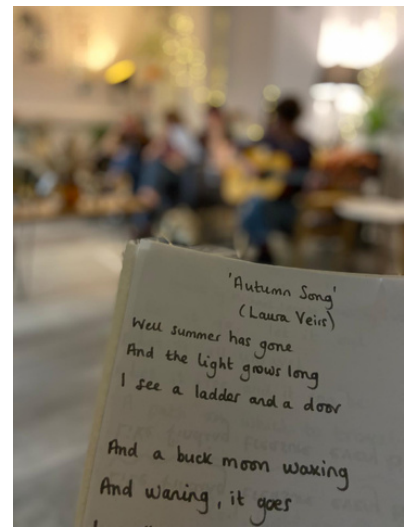


At the end of the party, everyone left with a bag of gifts and a bag of lovely treats to eat on Christmas day. Thanks to everyone who came and made it such a good Christmas Eve!



**2025!**

2025 has been a packed year for Grapevine, with almost twice as many people coming through our doors as last year: some for our weekday drop-ins and groups, some for our Community Talks, and some for our Evening and Weekend Grapevine for those who work.



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

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Grapevine Project

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