

Newsletter



**Welcome to MHA Communities South London February 2022 Newsletter.
Let's embrace the winter with social and engaging activities at MHA
Communities South London.**

February – activities calendar

Date	Event Name	Time	Price
Wednesday 2 nd February	Green Care & Craft session at Downsvie Methodist Church	12pm – 1pm	Please enquiry
Thursday 10 th February	Coffee Morning at the Wilderness garden	10am – 12pm	FREE
Monday 14 th February	Green Care Open Day at the Wilderness garden	11am – 2pm	Please RSVP on Eventbrite
Wednesday 16 th February	Green Care for people living with Dementia at the Wilderness garden	2.30pm – 4pm	£2
Thursday 17 th February	Coffee Morning and Games at West Croydon Methodist Church	10am – 12pm	FREE
Monday 21 st February	Home-made soup and chats at the Wilderness	12pm – 2pm	£2
Wednesday 23 rd February	Green Care for all at the Wilderness garden	2.30pm – 4pm	£2
Thursday 24 th February	Wellbeing walk at the Wilderness garden	10am – 12pm	FREE
Friday 25 th February	Green Care & Wilderness Bulbs with expert	10am – 12pm	£3 Members £5 Non-Members

Green Care activities – February 2022

During the cold winter weather, the Wilderness bog garden is in full flood with snowdrops and snowflakes emerging everywhere while Daffodils are showing and one or two are out.

During **Green Care for people living with Dementia**, participants and their carers are invited to join a Nature Art and Mindfulness Walk session on **Wednesday 17th February**. During **Green Care for all**, participants will join a Potting Up activity and a Nature walk session on **Wednesday 23rd February**.

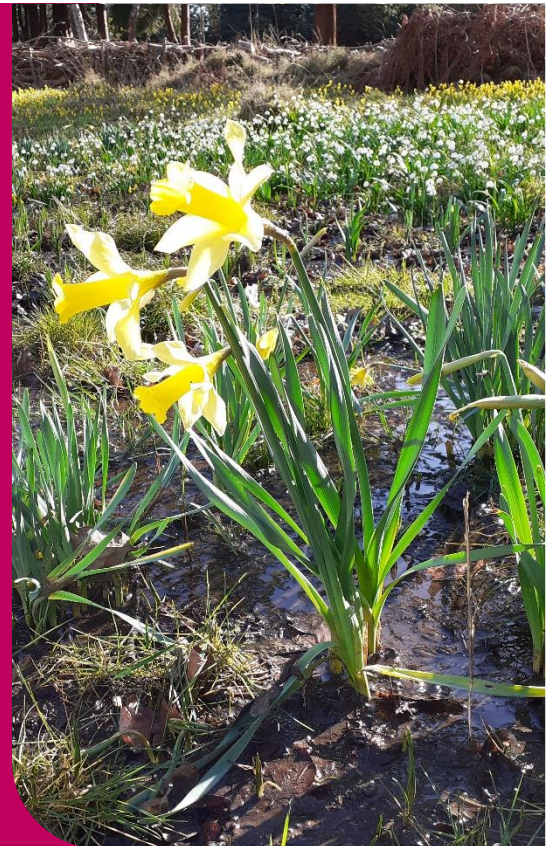
Please book your place by getting in contact with MHA Communities South London manager Marco Galli.



Green Care & Wilderness Bulbs – February 2022

We are pleased to share with you our initiative to discover the Wilderness garden bulbs and to join a green care workshop for older people living in South London. For this occasion, we will be joined by an expert who will share with us all the secrets about the Wilderness Bog Garden. For many of us, it is incredibly exciting to see flowers coming up and leading us into Spring. The session will start with a wellbeing workshop to facilitate connection in Nature.

Please reserve your place by contacting our team. More info below on our Events Calendar.





More activities in February 2022

In the meantime, this February at MHA Communities South London, participants and members are welcomed to join us in our monthly programme of activities. Please see activities details below in the Activity table. Our Coffee Morning at the Wilderness is becoming more popular, but did you know that we are doing a Coffee Morning and Games at West Croydon Methodist Church? If you live in Croydon, come and join us for a cup of tea, a delicious pastry and fun and games whilst being in a safe environment. Lastly, on Tuesday 25th January, MHA Communities South London met with local people and businesses to share their thoughts on how people through South London can live later life well. For those who missed the opportunity to join us, you can now re-watch our Live Session on the following link:

<https://www.youtube.com/watch?v=btuHyCd-VJQ>

if you want to work with us, please do not hesitate to get in contact with our team!

Green Care Open Day in February at the Wilderness

Visit us on **Monday 14th February from 11am until 2pm** at the Wilderness garden to discover more about our programme of Green Care activities. Local organisations, groups and members of the public are invited to discover more about MHA Communities South London Green Care activities and to experience our Social Therapeutic Horticulture initiatives. Please, reserve your free ticket here:

<https://www.eventbrite.co.uk/e/25028954175>

In the last 3 years, MHA have been busy restoring the Wilderness garden thanks to funding from the National Lottery Heritage Fund. We delivered a ground-breaking project and created an accessible and wheelchair friendly wild garden with facilities on site. We use Nature and engagement with Nature to improve participants' wellbeing and to experience the benefit of being in a green space. By attending our Open Day, you are invited to explore the benefit of outdoor and indoor green care workshops: experiencing the sound of nature and how to connect with the outdoor, and a nature-based craft activity inspired by the season.

The Open Day is FREE but please RSVP to our invitation.



Volunteering with us is very simple, play your part to support a local charity.

A dedicated team of MHA Regional Volunteer Coordinators will assist and support you through each stage of your application. They are very helpful and informative and will make you feel part of MHA's family as soon as you step in.

We offer great training opportunities and support your development through informal 1 to 1 with our MHA Communities Manager while guided by our Regional Volunteer Coordinator.

Join for the fun, join to help, join because you want to give something back to a local cause! Interested in active support and collect or deliver food? Join the fun in activities and events? We need your support. Email us

southlondon@mha.org.uk or give us a bell at [07597 135 220](tel:07597135220)