

**THE
PIECE BY PEACE
PROJECT
AUTUMN SCHEDULE**



FLOW

ASPIRE
A Sundon Park
Initiative for
Recreation &
Education

These services are delivered in partnership with NINE RED Presents... (CIC), The Piece by Peace Project, Ray's Health and Wellbeing Assoc. Radiant Roots and NatureWay and are funded in part by BLCF Citizenship Fund and The National Lottery



PIECE BY PEACE

COMMUNITY GARDEN



WEEKLY SESSIONS
-
MONDAY'S 11AM – 7PM
BE HEARD
(MUST BE BOOKED
ONLINE)
-
TUESDAYS 11AM – 7PM
SEW, SOW & SO...

SCHEDULED SESSIONS

SEPTEMBER -
DECEMBER
2023

THE SUNDON SQUARE GARDEN.
LEAGRAVE PARK (SUNDON PARK)
SUNDON PARK ROAD
LUTON. BEDFORDSHIRE. LU3 3AL.

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SUBJECT TO CHANGE AND WEATHER

12 -14TH SEPTEMBER

RAY'S HEALTH &
WELLBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS,
AND AROMATHERAPY.

18TH SEPTEMBER

WOMEN'S LISTENING
CIRCLE WITH GUEST
HOST



19TH SEPTEMBER

SEW, SOW & SO...
(KNITTING, SEWING
CROCHETING, GARDENING &
POETRY TOGETHER
WORKSHOP)

THE COLOURS OF MORNING
(BEREAVMENT CIRCLE)

20TH SEPTEMBER

NATUREWAY FOOD
TALK

CARIBBEAN FOOD AND
NUTRITION

24TH SEPTEMBER

VOLUNTEER PARTY

NRP 20TH BIRTHDAY

26TH -28TH SEPTEMBER
RAY'S HEALTH &
WELLBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS,
AND AROMATHERAPY.

29TH SEPTEMBER

THE OTHER 33

CREATIVE AND DIGITAL
ART PROJECT
EXPLORING IDENTITY V.
CULTURE

1ST OCTOBER

QUEENDOM

SHAKTI - 17TH LUNAR DAY -

THIS IS A DAY OF
FLOWERING FEMALE
ENERGY, JOY AND INNER
LIBERTY.

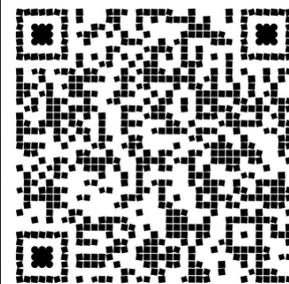
2ND OCTOBER

WOMEN'S LISTENING
CIRCLE WITH GUEST
HOST



PIECE BY PEACE

COMMUNITY GARDEN



3RD OCTOBER

SEW, SOW & SO...
(KNITTING, SEWING
CROCHETING, GARDENING
& POETRY TOGETHER
WORKSHOP)

THE COLOURS OF MORNING
(BEREAVMENT CIRCLE)

11 OCTOBER
RAY'S HEALTH &
WELLBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS,
AND AROMATHERAPY.

17TH OCTOBER

SEW, SOW & SO...
(KNITTING, SEWING
CROCHETING, GARDENING
& POETRY TOGETHER
WORKSHOP)

THE COLOURS OF MORNING
(BEREAVMENT CIRCLE)

25 OCTOBER
RAY'S HEALTH &
WELLBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS
MASSAGE, LIGHT,
COLOUR, SOUND,
VIBRATION, CRYSTALS,
AND AROMATHERAPY.

11 OCTOBER
RAY'S HEALTH &
WELLBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS, AND
AROMATHERAPY.

27TH OCTOBER

THE OTHER 33

CREATIVE AND
DIGITAL ART PROJECT
EXPLORING IDENTITY
V. CULTURE

31ST OCTOBER

TRICK OR TREAT
TREASURE HUNT

-
QUEENDOM (SHAKTI)
INTERNITY - ENERGY HEALING

6TH NOVEMBER

WOMEN'S LISTENING
CIRCLE WITH GUEST
HOST

8TH NOVEMBER
RAY'S HEALTH &
WELLBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS, AND
AROMATHERAPY.

14TH NOVEMBER

SEW, SOW & SO...
(KNITTING, SEWING
CROCHETING, GARDENING
& POETRY TOGETHER
WORKSHOP)

THE COLOURS OF MORNING
(BEREAVMENT CIRCLE)

22ND NOVEMBER
RAY'S HEALTH & WELBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS, AND
AROMATHERAPY.

24TH NOVEMBER

THE OTHER 33

CREATIVE AND
DIGITAL ART PROJECT
EXPLORING IDENTITY
V. CULTURE



PIECE BY PEACE COMMUNITY GARDEN



28TH NOVEMBER

SEW, SOW & SO...
(KNITTING, SEWING
CROCHETING, GARDENING
& WRITING WORKSHOP)

THE COLOURS OF MORNING
(BEREAVMENT CIRCLE)

30TH NOVEMBER

QUEENDOM

SHAKTI - 17TH LUNAR DAY -

THIS IS A DAY OF
FLOWERING FEMALE
ENERGY, JOY AND INNER
LIBERTY.

4TH DECEMBER

WOMEN'S LISTENING
CIRCLE WITH GUEST
HOST

6TH DECEMBER

RAY'S HEALTH & WELBEING
RADIANT ROOTS

CALISICE, HEALTH FOOD
TALK, NO HANDS MASSAGE,
LIGHT, COLOUR, SOUND,
VIBRATION, CRYSTALS, AND
AROMATHERAPY.

12TH DECEMBER

SEW, SOW & SO...
(KNITTING, SEWING
CROCHETING, GARDENING
& WRITING WORKSHOP)

THE COLOURS OF MORNING
(BEREAVMENT CIRCLE)





The Sundon Square Garden @ Leagrave Park



Free

OUR SERVICES

- Counselling & Therapy Services
- Gardening Club
- Sewing Circle
- Writing Circle
- Massage Therapies
- Light, Colour & Sound Treatments
- Cultural Services
- Health Talks
- Events & Workshops

These services are delivered in partnership with NINE RED Presents... (CIC), The Piece by Peace Project, Ray's Health and Wellbeing Assoc. Radiant Roots and NatureWay and are funded in part by BLCF Citizenship Fund.



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Radiant Roots

The Sundon Square Garden
@ Leagrave Park



Free

OUR SERVICES

- Light Healing
- Colour Healing
- Sound Healing
- Crystal Healing
- Aromatherapy Healing

Radiant Roots combines Art Therapy with ancient therapeutic techniques, such as light, colour, sound, vibration, crystals, and aromatherapy. Tapping into Nzinga's ancient African, Mesoamerican & Caribbean cultural traditions and history and then combining these with modern medical and scientific techniques.

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Queendom

The Sundon Square Garden
@ Leagrave Park



PIECE BY PEACE
COMMUNITY GARDEN

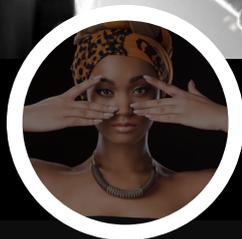
Free

DECRYPTING YOUR FEMALE POWER

- Explore your story.
- Speak your truth.
- Ignite your will.
- Commit to yourself.
- Celebrate your sexuality.
- Reclaim your strength and self-responsibility.
- Embody your wisdom.

Queendom is a Monthly gathering for women and girls of the global majority to share and support each other through the impacts of the following:-

- Sexual racism - A specific form of racial prejudice enacted in the context of sex and romance.
- Sexism related to Race - A specific form of sexism that is race specific. i.e., the historic portrayal of Black Females - overly sexual, overly maternal, overly strong, and the "mystically wise" stereotypes, we are expected to be all these things.
- Racism related to Gender - A specific form of racial prejudice that is gender specific.
- Sexist Racism - A specific form of racial and sexual prejudice that impacts Black Females but is hard to quantify
 - Our specific issues are not addressed, leading to our needs being placed in a sub-group without the resources or funding that the main group has access to
 - Our loyalties are constantly divided i.e. Gender V. Race
- Sexism and Racism all the time is resulting in Mental Health Issues



Book Now



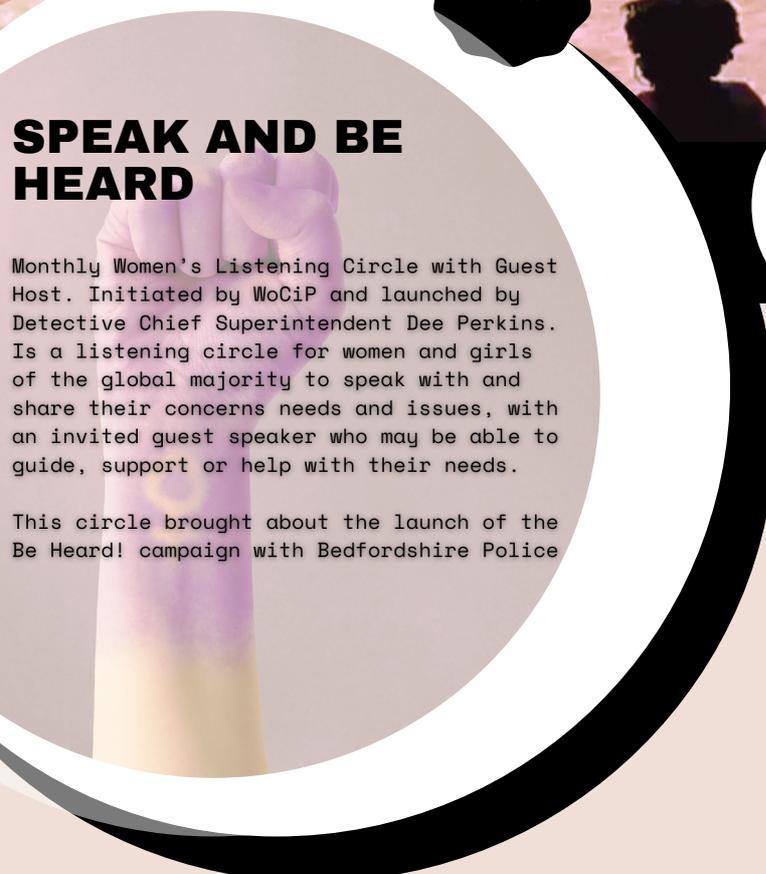
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Womans' Listening Circle

The Sundon Square Garden
@ Leagrave Park

Free



SPEAK AND BE HEARD

Monthly Women's Listening Circle with Guest Host. Initiated by WoCiP and launched by Detective Chief Superintendent Dee Perkins. Is a listening circle for women and girls of the global majority to speak with and share their concerns needs and issues, with an invited guest speaker who may be able to guide, support or help with their needs.

This circle brought about the launch of the Be Heard! campaign with Bedfordshire Police



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Be Heard

The Sundon Square Garden
@ Leagrave Park



Free

OUR SERVICES

- Counselling
- Art & Holistic Therapy
- Helpline
- Advocacy
- Creative & Artistic Projects

Working in partnership with WoCiP and Bedfordshire Police, to highlight and challenge all forms of violence against women and girls. Providing services to allow them to regain their power and gain control over their lives.

Counselling & Therapy
A range of counselling & holistic services

Helpline
A free and confidential helpline to speak with an advisor.

Advocacy
Be Heard advocacy services aimed at helping Black and minoritised women live free from all forms of intersectional discrimination, violence and abuse.



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The Other 33

The Sundon Square Garden
@ Leagrave Park



Free

OUR SERVICES

- Museum & Archive Project
- Preserving Oral History
- School & Community Projects
- Online Archive
- Creative & Artistic Projects.

The Other 33 - Monthly gathering for Caribbean descendants. to share and showcase their island's culture and discuss issues affecting Caribbean descendants whose culture, traditions, language and history is omitted from the mainstream notion of "Caribbean" culture.

Discussing the impact of having an island culture and history where British Middle Class values were enforced, leading to the challenge of being born and raised in England to parents and elders expecting their children to adhere even more so to those middle-class values, when mainstream society only permits one dominant Caribbean culture and fails to recognise the other 33 Caribbean Cultures across the other 33 Caribbean islands.



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Sew, Sow & So...

The Sundon Square Garden
@ Leagrave Park



Free

JOIN US

Sewing Circle

Do you want to learn some new techniques? Are you seeking inspiration? Are you new to sewing? Or do you just want to spend time with others doing what you love? Then a sewing group is the perfect place for you. The recent economic crisis has seen people turning to sewing as a way of saving money and wanting to learn how to make or repair their own clothes instead of having to buy more.

Gardening Club

Whatever type of gardener you are or if you are just interested in gardening, the Gardeners Club is for you. The Gardeners Club is a free to join club for everyone with an interest in gardening and gardens.

By also joining our online garden club you'll be able to share your pictures, share your tips and tricks, share your gardening experiences, share your views on gardening and share your knowledge.

Writing Circle

The goal of a writing circle is to improve one's own craft by listening to the works and suggestions of others in the group. It also builds a sense of community, and allows new writers to become accustomed to sharing their work.

This group will also produce the quarterly Sundon Park Newsletter.
<https://artundefined.com/sundon-park-newsletter/>



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The Colours of Morning

The Sundon Square Garden @ Leagrave Park



Free

JOIN US

It's called "The Colours of Morning" because there is a reason why the word "mourning" sounds like "morning". It signifies a new dawn and a new beginning. This is a Narrative Psychology & Art Medicine-based Bereavement Circle.

The session provides a therapeutic environment which promotes relaxation, self-care and time for participants to replenish and nurture their well-being.

During these sessions, we let our thoughts, feeling, and behaviours flow in a loving and serene atmosphere. We talk, make candles and plant trees.

These are sessions focused on self-love and self-care. We are providing participants with creative experiences in a therapeutic & nurturing environment.

The Morning Garden
The Colours of Morning Memorial Garden that accompanies the circle invites participants of The Colours of Morning Circle to plant a tree, plant or shrub in the garden as an act of remembrance or release.



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Ray's Health & Wellbeing

The Sundon Square Garden
@ Leagrave Park



Free

RHWB SESSIONS

Food and Health Talks
covering Type 2 diabetes - prevention and reversal
Obesity & weight loss, Benefits of restricted eating.
Whole v. Processed foods.

Light and Sound Therapy
the use of colour, sound and movement for physical and
emotional healing.

No Hands® chair massage
(attendance by appointment only.)
*Please note NO HANDS is not offered as a standalone
activity, it is only available when taking part in Food
Talk Workshops and Light & Sound Therapy



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Natureway

The Sundon Square Garden
@ Leagrave Park



Free



OUR SERVICES

- Caribbean Healthy Eating
- Natural Hair & identity
- Sewing On A Budget
- Natural Hair, Skin & Products
- Healthy Eating Tips & Frugality

Book Now



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The purpose of Natureway's Group Workshops are to hold events that give an outline into activities, build confidence, wellbeing and better understanding of community.

