



WomenZone



## LESBIAN WINTER WELLNESS for over 50s

We're delighted to announce that, thanks to funding from Swansea Council, we'll be holding a month of FREE winter wellness activities for lesbians over the age of 50 in March.

TIMETABLE OF EVENTS		ALL EVENTS ARE FREE	
WHEN	TIME	ACTIVITY	LOCATION
Sunday 20 March	10:30-12:30 followed with lunch	Sing, Stretch, Smile, Slow Down	Swansea
Sunday 20 March	1.30pm-4.30pm	Art on the Beach	Swansea
Saturday 26 March	10am-12pm	Creative Art/Sculpture workshop 2	Swansea
Saturday 26 March	1pm - 4pm	Cycle & Picnic	Swansea/ Clydach
Sunday 27 March	10am - 12pm	Foraging & Herb Walk	Swansea
Thursday 31 March	8pm - 9pm	Bouldering 3	Swansea
Saturday 9 April	10am-12pm	Creative Art (3)	Swansea
April (tbc)	2pm - 3:30pm	Copper Jack Riverboat Cruise	Swansea
Sunday, 15 May	11am-12.30pm	Rock Pooling	Swansea

Booking. Email Dee at [womenszonecymru@gmail.com](mailto:womenszonecymru@gmail.com)



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## **LESBIAN WINTER WELLNESS for over 50s**

Covid and lockdown has taken its toll on our community and we know many have suffered from isolation and the loss of regular social events. We hope our March programme will encourage everyone to emerge from lockdown, learn new skills, make new friends, create new networks and enjoy some fun and laughter together.

We think we have something for everyone, from axe-throwing, cycling and circus skills to art classes, foraging and a voyage up the Tawe aboard Copper Jack. The full programme is overleaf. All events are free and are open to lesbian women over 50.

We'd love you to come and join us for one or several of the events. They are open to all abilities and the leaders will do all they can to enable everyone to participate. We recognise that rural isolation can be an issue and we have a small fund that can help with travel costs for those who would not otherwise be able to attend.

The exact location for each event will be provided when you book your place, but all will be held in Swansea, Mumbles or the Gower.

### **Booking**

Please book all events in advance with us. Some events have a limited number of places available and those will be allocated on a first-come, first-serve basis.

Email Dee at [womenszonecymru@gmail.com](mailto:womenszonecymru@gmail.com) and tell us which events you would like to attend. Please provide a mobile number so that we can contact you in the event of having to cancel or change arrangements. And please, if you can't attend for any reason, let us know so that your space can be given to another woman.

### **Covid precautions**

Many of the activities will take place outdoors so that you can safely participate in the open air. For those who want to join indoor events, we ask that all participants are double-vaccinated and have had a booster and that everyone takes a lateral flow test on the day of the event. We want everyone to have fun in safety. FFP2 facemasks will be available for anyone who needs one and hand sanitiser will be provided.



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## THE PROGRAMME

### **Introduction to bouldering/ climbing**

This event may sound energetic but it's open to all abilities and it's a chance to explore something new. We have a female climbing coach whose aim will be to help everyone feel at ease and get the best out of the session, regardless of age, experience or ability. A third event is scheduled due to popular demand.

### **Art & Sculpture**

Absolutely no previous experience required! Come, enjoy and explore various drawing techniques. Move your drawings from paper to creating 3D sculptures in the follow up workshop later in the month. All sessions accompanied with tea, cake and lots of chat. Due to rave reviews from the first event, we have organised a 3rd Art activity in early April.

### **Rock pooling**

Our marine biology expert will lead you on an exploration of the secrets of our local rock pools. Low tide, vast beach and lots of rock pools teeming with wildlife to be discovered, identified and marvelled. A 1.5 hour session. Due to winter tides, this event has been rescheduled to May and an super low tide to reveal all the sea life at the low shore line.

### **Sing, Stretch, Smile, Slow Down**

Gentle yoga to stretch and release tension, simple songs to lift your spirits and guided relaxation to finish. Join us for a joyful, light-hearted workshop that should leave you smiling.

### **Art on the Beach**

Create amazing beach art with our inspiring and experienced workshop leader. Learn more about the available natural materials, birds, flora and fauna that inhabit this space.

### **Off-road cycle along the Tawe to Clydach**

Bring your own bike or try out one of our 5 electric bikes for a bit of extra pedal power. Bring your own picnic too.

### **Foraging and Herb Walk**

Our local herbalist and foraging expert will teach us what to look for and where to find it. Samphire? Wild herbs? With luck you'll go home with the ingredients for nettle and wild garlic soup, said to be great for the blood.

### **Copper Jack Riverboat cruise**

We end the events with a relaxing trip up the Tawe on the barge Copper Jack. Learn about Swansea's industrial history, hear from our very own Skipper about her experiences as a boat master. Bring binoculars to watch the wildlife and your plans for future events. Due to major repairs on the lock, a date for this event is yet to be confirmed. Please register your interest and we will let you know when it is happening.