

## Conversations on Wellbeing and Mindfulness at the Watford Peace Garden

Francoise Murphy  
March 17, 2018



By Françoise Murphy, The Watford Peace Garden is a project of the Watford Interfaith Association. Every Wednesdays morning and Sundays afternoon volunteers come together to create and maintain the Peace Garden in Cassiobury Park, a most loved park in Watford.

The vision for the peace garden was to create a place in the town where people from all faith and ethnic backgrounds meet and work together to create a unique space of beauty and tranquility.

You are warmly invited to an afternoon on Conversations on 'Wellbeing and Mindfulness' On Sunday 18th March 3 to 5pm

At The Multi-Cultural Community Centre 70 Durban Rd, Watford WD18 7DS



Our main speaker: Mrs. Gillian Heath, Governor at Laurance Haines Primary and Nursery School will speak on how the school adopted 'Mindfulness' to help the pupils to concentrate in classes and brought some very positive results.

We all go through times in our lives when we experience anxiety, worries and depression dealing with our family and the pressure of modern life. We will discuss tips on how we can help ourselves to keep a positive outlook on life and how to avoid getting into a downward spiral, losing control of our lives.

We will investigate different methods and techniques to keep calm and in control.

We will also have group discussions on 'Wellbeing and Mindfulness'.

Zhijun King will introduce us to 'Tai Chi' an ancient Chinese martial art that is integrated in traditional Chinese medicine which combines low-impact physical exercises and meditation with an aim to achieve physical and mental well-being.

It is a free event. Donations towards the cost of the hall or contributions towards refreshments are most welcome

Looking forward to hear from you and to see you on Sunday

Best wishes,

Françoise Murphy,  
Watford Bridge of Peace Coordinator.



P.S. If you need a parking space at the MCCC on the day, please let me know when you arrive and I can give you a special ticket giving you the permission to park on the MCCC car park. (this is a new policy)

Click here for the poster of the event. [Volunteering in the Community](#)



## Volunteering in the Community, impact and transformation

### The Watford Peace Garden by Françoise Murphy

The Watford Peace Garden is a project of the Watford Interfaith Association. Every Wednesdays morning and Sundays afternoon volunteers come together to create and maintain the Peace Garden in Cassiobury Park, a most loved park in Watford. The vision for the peace garden was to create a place in the town where people from all faith and ethnic backgrounds meet and work together to create a unique space of beauty and tranquillity. The land was given by the Council and an initial grant of £2,000 helped to start the project. With the endorsement of the Watford faith communities, organisations and individuals inspired by the project offered their support free of charge in many different ways. Borrás the building company involved in the improvement of Cassiobury Park did the main ground work free of charge, a young lady offered a bench in memory of her mother, garden designers offered their advices, the Green Gym lend us their tools on a weekly basis, TESCO sponsored our lawnmower and more. One of the main features of the Peace Garden is its labyrinth, a meditative walk or a stage for small performances of music or poetry, with people seated on raised banks. Lots of work need to be done to develop and maintain the Peace Garden. Thanks to the volunteers and a very dedicated coordinator the peace garden has developed beautifully since it started 3 years ago. Recently in October on the occasion of the Week of Prayer for World Peace, members of various faith and no faith were invited to plant bulbs and afterwards offered prayers and well wishes for peace in our world. Over 1,000 bulbs of daffodils, crocuses, bluebells, tulips and more were planted mostly donated by volunteers. We enjoyed afterwards a warm drink and snacks brought by everyone. Besides all the bulbs, an olive tree, a cherry tree, a yew tree and other trees were planted later on. On March 29<sup>th</sup> we will have the grand opening by the Elected Mayor of Watford, who has been our great support for the project. The Peace Garden is a gift to our town demonstrating the harmony and friendship between the great varieties of people living in Watford. We are looking forward to spring to see the result of all our hard work. It will be an amazing sight with all the flowers in bloom!

You can follow our progresses on our Facebook page: [Watford Peace Garden](#)

