

WFWP Scotland: Monthly Wellbeing Hub - Paper craft and Sharing

Harumi Currie
October 2025



WFWP Scotland holds a monthly Wellbeing Hub on the first Wednesday of the month in Edinburgh to enhance the well-being of women and offer an opportunity to meet new friends in a safe environment.

In October, we held a paper craft event on the 1st at the Southside Community Centre in Edinburgh. Harumi led the workshop, and all participants made a note folder with their own design. Everyone enjoyed what they could create with various embellishments and admired others' creations. Then, everyone tried Origami hearts. It was the first experience of Origami for some participants, and they learned the Japanese traditional craft.

Very relaxed sharing was followed by sweets and teas.

WFWP Scotland invited some participants; some brought their friends, and some just dropped in after seeing the notice board in the centre. The participants are of various ages, nationalities, backgrounds and various abilities, but they enjoyed each other's company. They felt the event was very inclusive and a safe place for anyone.





Women's Federation for World Peace Scotland

Monthly Well-being Hub

Every month we meet for a different activity
to enhance wellbeing for women.

November event

REFLEXOLOGY

Reflexology involves applying pressure to specific points on the feet and other parts of the body to enhance circulation and support the body's natural healing processes.

SOUTHSIDE COMMUNITY CENTRE,
117 NICOLSON STREET, EDINBURGH, EH7 9ER
5TH NOVEMBER 2025, START AT 12:30 PM