



Old Windsor Flower Club

Daisy Chain

October 2020

Dear Members

We are well & truly into Autumn it seems with shorter days & a drop in the temperature. Sadly, the situation with COVID-19 doesn't appear to be improving, with that in mind the Committee has made the disappointing decision that the Flower Club will not be resuming in person this year. However, we are continuing our meetings online with the help of Zoom technology each month.

Our next Zoom is Wednesday 14th October 2020 with as many as possible entries for the BB&O Harvest themed competition **-Harvest – Halloween – Fireworks**, you can do one of these or all three!

The Private Meeting Identity: **281 934 0127** & passcode **8Cq4Lu** for those of you able to join in the Zoom meeting, maybe visit a friend, socially distanced of course, and login together.

For those of you unable to join us online but still fancy having a go at showing us what you've made please do send me a photograph of your flower design.

Here are some by our own members **Meryl Lillis & Geraldine Shircore**. I'm sure you'll agree they are perfect for our Autumn theme.



Another member, **Lynn Moran**, shared this article with me & thought I ought to share it all with you too as to why flower arranging is good for you!

Why you should arrange flowers to lower your heart rate

By Madeleine Howell, Health Writer

Finding it hard to stay upbeat? A bunch of blooms might be the fix you need. We've all experienced the mood-lifting power of flowers to cheer us up and trigger happy emotions when times are tough, but according to research, blooms really do have a positive effect on the brain, lowering stress levels, blood pressure and heart rate.

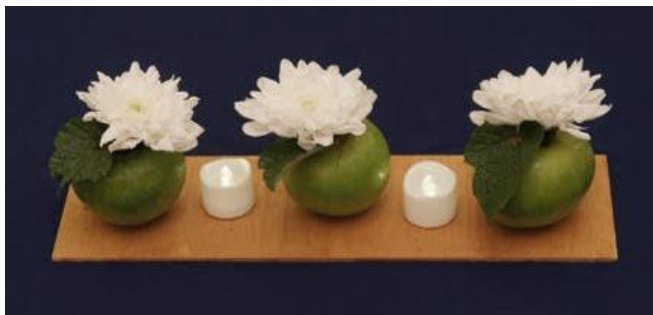
"When we're stressed we release cortisol, the stress hormone - but engaging with flowers, smelling them, and being mindful with arranging them can reduce the levels of cortisol and help you feel more relaxed," says Lowri Dowthwaite, a lecturer in psychological interventions at the University of Central Lancashire.

In one study published in the Journal of Complementary Medicine, the effects of viewing red roses were investigated and found that doing so induced both physiological and psychological relaxation. When a total of 15 female university students viewed fresh roses for 3 minutes, a "marginally significant decrease" in heart rate variability, associated with sympathetic nervous activity was recorded, as was a significant increase in perceptions of feeling 'comfortable,' 'relaxed,' and 'natural'.

Online florist Bloom & Wild decided to put this to the test, sending flowers to 17 people and asked them to monitor their heart rates on Fitbits; they report that on average, 30 minutes of flower arranging made their heart rates drop by 7.17 bmp. Of those surveyed, 90% said they found focusing on something creative helped to reduce their stress levels, and 68% said they felt more focused when arranging flowers.

I Couldn't agree more.

Here are some lovely photographs of **Alison Mount's** last demonstration/teaching session on Zoom, with the theme 'Colour' in mind. It was an excellent presentation by Alison where we all learnt a bit of colour theory; whether it was to do with polychromatic, monochromatic, tints, tones & shades it was very informative. Thank you Alison.



Our aim is to continue the Zoom demonstration with **Alison** for November on what would be the normal club night i.e. 4th November

Then in December we aim to have you all doing something with a bit of sparkle for your own Christmas table, i.e. an online teaching/workshop with me, **Sandie**.

Meanwhile stay safe & keep well,

Sandie

