



WAND UK NEWSLETTER JANUARY - FEBRUARY 2019

Empowering women to become agents for their own change

FEATURE:

What our users think of WAND UK

"Amazing people I met today, great stories to have an understanding of what goes on. Thank you for this training. This was really needed "

"I think the training was great. It was nice to interact with other people. They provided light refreshments which was nice and made me feel welcome. The staff were very friendly and made us all feel welcome despite we didn't all know each other. The course itself was great I managed to get a 95% pass which was good and I am also very grateful that WAND can provide these courses

The training that WAND provides is great . It helps me build my professional development. I can also use it for my day to day living to keep me and my children safe. This course was a big hit! Thank you for the opportunity Wand UK."



Dear All, welcome back after what we hope was a gentle and rewarding Christmas holiday.

Let's embrace 2019 with open arms and start it with a firm commitment and enthusiasm!

Together we look forward to more successes and new accomplishments to make.



WAND UK continues to support vulnerable women and to address the problems facing them through outreach services and regular networking events.

In this regard WAND organizes various activities to bring women together and ensure that they are not isolated and can participate in the community to make their voices heard:

- **Bring and share:** The event was a success! Another opportunity to bring our women together and to have a lot of fun. The variety of ethnic food was really fabulous.

- **North Kensington Health Recovery Project:** WAND UK in collaboration with West London Clinical Commissioning Group held a focus group discussion on key health issues identified through research and Community engagement in order to endorse their validity by residents.

Meet our volunteers

WAND UK

engage!

Core Message

- Accept who you are
- Eat Healthy
- Keep Active

To our beloved
Olinda
Many loving
caring thoughts
are with you
as you recover



Pamela (Pam)



Pam is the leader and the bridge-builder between the Kensington Palace and WAND UK. She does outreach whenever the organisation needs.

Pam is a committed person, she always develops initiatives that meet the needs of the local community. She has a heart for those who are vulnerable or in need. She always comes with bright ideas and she enjoys working as part of a team and she just helped us secure funding and a partnership with Turning Point



ZAKIA

"I am very fortunate to have been a regular volunteer in WAND UK I thoroughly enjoy every minute of working with the organisation. I had the opportunity to work in various fields which gave me the experience in different subjects. I got the benefit of joining different programmes, workshops and training which developed a lot my skills. Recently I was nominated to attend the Kensington Palace, a community Engagement Training and I learnt how to deal with the palace, how to deal with guests and how to organize visits. It was really nice. Thank you WAND UK"



CONTACT DETAILS:

Thank you again for your support and interest in the work that we do. We love to hear from you, please contact us here:

Address:

WAND UK
St Charles Centre for Health and Wellbeing,
Exmoor St, London,
W10 6DZ

Telephone: 0208 962 4132

Mobile: 0781 348 5607

E-mail: info@wanduk.org

Web: www.wanduk.org

Office opening hours:

Monday-Friday 12:00 - 5.00 pm

(By appointment only on Thursdays and Fridays)

Registered Charity No 1111925

Company Number 5427536



HOW WAND IS GOVERNED?

WAND is a charity and a company limited by a guarantee that has a board of trustees who are also directors of the charity.

WAND UK Board Members:

- o Asha Singh.
- o Eman Osman.
- o Frances O Connell.
- o Katherine Laurenson.
- o Nicola Ambler.
- o Gladys Jusu-Sheriff.

MEMBERSHIP:

Free membership open to all women.



PROJECTS:

1. Health Promotion and Awareness in most deprived areas.
2. Hammersmith & Fulham Cancer Awareness Project funded by HFCCG.
3. Hammersmith & Fulham Mental Health Awareness Project funded by Big lottery.
4. Our Health matters working with Portuguese Women funded by West London CCG.
5. Multilingual Emotional Well-being Project funded by Kensington and Chelsea Public Health
6. Art therapy Funded by Westway Development Trust.

FUTURE EVENTS



First Aid Training Wednesday 16th January 11.00 to 12.30	Community Lunch Venture Centre 30 January 12.00-02.00pm	HHFC Independent Health Complaints Advocacy Wednesday 30th January 11.20 to 12.45	Art Therapy Course Monday 28th January 10.30am to 1.00pm	Art Therapy Course 4th February 11th February 18th February 25th February	HHFC TBC Wednesday 27th February
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PARTNERSHIPS:

WAND UK believes that everybody can positively contribute to community life and society at large. WAND UK works in close partnership with local and national bodies, and delivers its services through volunteer-led interventions for a better future for women and their families. One of its strategic aims is to **become a widely sought-after and valued partner**

WAND is always interested in looking for new partnerships that meet the needs of our client groups and promote women's rights and awareness.

Proud Partners of:

We build partnerships with organisations to design and deliver projects of common interest.

BME Health Forum, BME Consortium (Musawa), ATEL, NHS and Turning Point.



VOLUNTEERS:



VOLUNTEERS ARE THE LIFEBLOOD OF MANY CHARITIES.

WHY NOT WORK WITH US AND GET INVOLVED

WAND is looking for dedicated volunteers to support the Organisation's work. We publicize new opportunities via social media, so please make sure you follow us on twitter and join us on Facebook in order to receive regular updates.

Our Volunteer needs:

- Treasurer
- Social Media
- Mentoring

What is Emotional Wellbeing Support?

The Emotional Wellbeing Support delivers a service where trained staff and volunteers provide emotional support and practical help to clients who are experiencing a difficult time.

This is a FREE and confidential service. The information you tell your emotional support worker will not leave the organisation except in an emergency situation if someone was in danger.

Emotional Wellbeing workers usually see clients for up to 4 sessions but this is flexible according to the client's needs and situation.

How we can help

We will listen carefully to you, understand your difficulties and help you to see things more clearly. Do you feel you want to talk openly to someone outside of your family and friends?

We do not judge we assist in exploring a range of different options or coping strategies.

Who can take advantage of this service?

We can help if you can't cope with feelings such as anger, sadness, grief, anxiety and depression. If you are feeling isolated, with no family or friend support. Low self-esteem, confidence or relationship problems. Self harm, trauma, bereavement and other issues that may be troubling you.

Benefits of Emotional Wellbeing Support

Emotional Wellbeing workers are here to provide you with information, emotional support, refer you to other services. However they cannot give you advice or tell you what to do.

About the Sessions

Service provides 4
Weekly sessions
lasting 1 hour each.



WAND UK



Make Appointment

Date: Time:

Refer a friend:

info@wanduk.org

0208 962 4132

0781 348 5607

WAND UK St. Charles
Centre for Health and
Wellbeing, Exmoor
Street, W106DZ

We Speak Your Language
Bangla
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Amharic
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Arabic

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Support WAND UK by Making a **DONATION** here:

<https://mydonate.bt.com/Charities/Wanduk>



FOLLOW US !

Facebook: WAND UK

Instagram: @wand_UK

Twitter: @WANDCharityUK

YOUTUBE: WAND UK

Blog: <https://greatwanduk.wordpress.com>

WAND

PPE GRANT PROGRAMME
2017-2018

Our Health Matters

£12,390



150
PARTICIPANTS
USERS OR PATIENTS



- 88% said their knowledge of health was good
- 18% found accessing GP services difficult
- 50% going to GP less

80%BME

20% WHITE



Long term conditions



- Depression
- Vision impairment
- Arthritis

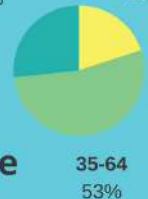
Gender



65 and over
27%

18-34
20%

Age range



Our Art Therapy Course

What is Art Therapy? and why use art?

A combination of art and talking psychotherapy.

Just a willingness to explore yourself with the aid of the art therapist in a creative way. Clients do not need to have any previous experience or expertise.

Art allows images to be created that hold complex, multiple meanings. Through the use of the art, a chance is provided to observe what you have created, which can be thought about in the art therapy session. This may help relieve difficult or painful feelings and can help increase general wellbeing.

Who is it for?

- * For managers and staff under pressure
- * For people who are generally stressed and overworked
- * Children in schools, young people, adults and the elderly. People with Autistic spectrum disorders. Refugees or seeking asylum.....



IT classes
Volunteer training

**To know More...Book a place
and join us starting from
28 Jan. 2019**

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