



WAND UK NEWSLETTER

March-April 2019

Empowering women to become agents for their own change

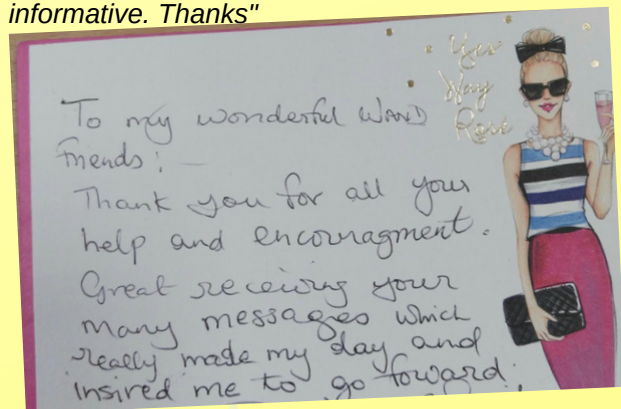
FEATURE:

What our users think of WAND UK

"The first Aid training was very useful. We need more time and actual practicing"

"I think the presentation was great. Keep up the good job and we would like to have similar topics in the future"

"I receive information through my email. Very informative. Thanks"



Danut's Memorial



Danuta Middleton was one of our regular service users. She was known among the group for her generosity and kindness. May her soul rest in peace

*Sadly missed along life's way,
quietly remembered every day...*

*No longer in our life to share,
but in our hearts, you're always there.*

WAND's promise to all women is to help them empower themselves to overcome problems they are facing and to make their voices heard. The organization through outreach services and regular networking events tries to bring women together and ensure that they are not isolated and encourage them to participate in the Community.

Art therapy one of the activities WAND introduced to members available since it has been known for long to have therapeutic properties. Sometimes words can't be used or found to describe thoughts and feelings. The process involved in image making and the images themselves can help to do so.

Community Lunch organized in partnership with City Harvest and Venture Centre to advise on how to eat healthily on a small budget, and exchange of recipes. We offer goodie bags to take away, to help you get started.

Happy Health Family Club (HHFC): Monthly events where we meet our users, have a physical activity, chat, have a presentation on a specific topic and have a lunch together.



Core Message
• Accept who you are
• Eat Healthy
• Keep Active

Volunteer Away Day

Was a good opportunity for the entire team to be in one place, away from the office for a couple of hours. The aim was to nurture team spirit, know more about the policies and procedure encourage reflection and review team progress.

Thank you to all who attended and to the Organizing team. ❤️ ❤️ ❤️



Meet our volunteers



Dativa Moshi

Our work would not be possible without the work of our dedicated volunteers. Dativa is our Accountant since September 2013 she always assists us in so many great ways, she makes effort to the end without getting drenched.

Dativa is interested in helping empowering women, cooking, reading and studying as well as travelling.

Dativa we want you to know that you haven't gone unnoticed.





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 10 am to 6.00 pm

Drop in Services:

Monday-Wednesday 01.00 pm to 4.00 pm

By appointment 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:

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

MEMBERSHIP:

Free membership open to all women.



PROJECTS:

1. Roads to wellbeing- Turning point
2. Gardening - The Kensington & Chelsea Foundation
3. Community Lunch - City Harvest & Venture Centre.



Art Therapy Class
03 March 2019
11.00 am to 01 pm



Community Lunch
Every Wednesday
12.30 to 02 pm



HHFC
Immigration in Brexit
24 April 2019
10 am - 2 pm



Computer class
4 Week Course:
18 March 2019
2 slots from
11.00am to 1.00pm
2.00pm to 4.00 pm

the future is
FEMALE

HHFC International
Women's Day
March 27, 2019
10 am - 2 pm

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:



WAND is looking for dedicated volunteers to support the Organisation's work.

Volunteering is an excellent way to boost your career prospects, learn new skills, it gives you the opportunity to be a part of something bigger than yourself and use your civic responsibility to empower people around you and be a part of the community.

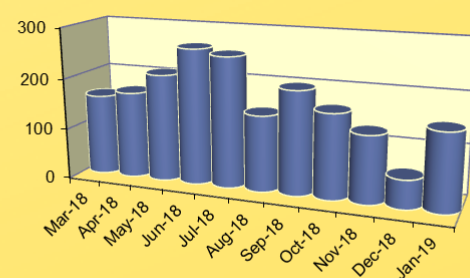
Volunteering lets you meet people from all walks of life. It gives you the chance to form real relationships that can have an impact on your life.

New opportunities have arisen and were published via Gumtree & social media, so please make sure you follow us on twitter and join us on Facebook in order to receive regular updates.

Volunteering can make a real difference to your own life and the lives of those around you.

WHY NOT WORK WITH US AND GET INVOLVED

Volunteer's working hours



Our Volunteer needs:

- Treasurer
- 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?

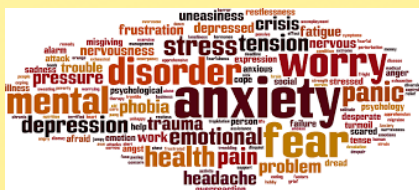
We can help if you can't cope with feelings such as anger, sadness, grief, anxiety and depression. If you are feeling isolated, with no family or friend support. Low self-esteem, confidence or relationship problems. Self harm, trauma, bereavement and other issues that may be troubling you.

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.



Email us at Info@wanduk.org

You can reach us through these numbers:
Tel: 02089624132 or 07813485607

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



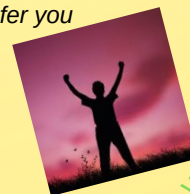
BME
healthforum



Make Appointment

Date: Time:

Refer a friend::



We Speak Your Language
Bangla
Portuguese
Amharic
Arabic

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Bangla
Portuguese
Amharic
Arabic

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Bangla
Portuguese
Amharic
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Amharic
Arabic

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>



Eat a balanced diet

With at least five portions of fresh fruits and vegetables each day.

How much is a portion?
In most cases, a 'portion' is a typical serving or decent-sized helping of fruit and vegetables. For example, an apple, a cupful of grapes, a glass of fruit juice.

What's included?

Fresh, frozen, tinned, dried and cooked fruit and vegetables	all count
Fruit juice	only counts once per day, however much is drunk
Fruit and vegetable dishes	can count - if they have a good portion of fruit and vegetable
Beans and pulses	count, but only once a day
Potatoes, squashes and other fruit drinks	don't count

Keep physically active

Doing any moderate activity for 30 minutes a day will help control your weight and benefit your health.

Examples of moderate exercise includes:

- Brisk walking (3-4 miles/hour)
- Cycling (for pleasure and transportation)
- Swimming (moderate effort)
- Conditioning exercise (aerobics)

Walking up stairs, housework gardening, dancing, playing actively with children can also contribute to the 30 minutes per day total, if performed at an intensity corresponding to brisk walking.

Don't smoke. If you can, stop. Cut down if you can't.

Be sensible in alcohol consumption.

A unit of drink contains 8g of alcohol. This is approximately the amount of alcohol contained in:

- 1/2 pint of ordinary strength beer or cider
- 1/4 pint of extra strong beer or cider
- a glass (50ml) of sherry or port
- a single pub measure (25ml) of spirits

Sensible drinking means a man who drinks 21 or less units per week, or a woman who drinks 14 or less units per week.

Manage stress well

Dealing with stress at work:

- Start each day with a clear desk. Brighten it with flowers and plants
- Manage your time well with a few simple systems e.g. "to do" list, planning tasks
- Take a five minute break from your work every hour or so
- Learn how to communicate effectively
- Make time to relax

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

TAKE NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

Your time,
your words,
your presence

Young Girls Project

WAND UK aim is to meet the needs of women of any age. We want to hear from young women, aged under 25 what we can do for you! Do you have enough information about sexual health? Do you know where to go for support if you are bullied in a relationship? If you are feeling low? who do you turn to? If you are under 25, or your daughter or niece! Or if your organisation would be interested in working in partnership with WAND UK, please contact **Jackie** at info@wanduk.org.

Roads to Wellbeing

Digital Asset Map and Innovation Funds

The Road to Wellbeing map encourages people to explore activities and services that support the 5 ways to Wellbeing and reducing social isolation across the London Borough of Hammersmith & Fulham, the Royal Borough of Kensington and Chelsea and Westminster City Council. The map is free to use and all local services are encouraged to add their opportunities to the map. The only criteria is that they are:

- Free or accessible to people on low incomes.
- Takes place within one or more of the following boroughs: London Borough of Hammersmith & Fulham, the Royal Borough of Kensington and Chelsea or Westminster City Council.
- Meets one or more of the 5 ways to Wellbeing <http://bit.ly/2gclg7W>
- Mid/Long term regularity (unfortunately. One off or very short term activities cannot be approved.

You can access the map here www.roadstowellbeing.com

Computer Class

We are pleased to inform you that we have a beginners computer course starting on the 18th of March 2019, please call to book your place:

04 Week Course:

- 2 Slots from 11.00am to 1.00pm
- 2.00pm to 4.00 pm

Why not start something new?? Join us!!!

Limited Spaces