

WAND UK NEWSLETTER

WOMEN'S ASSOCIATION FOR NETWORKING & DEVELOPMENT

MAY - JUNE 2019

Our Commitment

WAND's promise to all women is to help them empower themselves to overcome problems they are facing, to become agents for their own change and to make their voices heard.

Core Messages

- Accept who you are
- Eat healthily
- Keep active

Feature

Case study

"WAND have given me a very good insight into the importance of looking after myself and taking time out. I am going to put some of those things in place such as doing more visits to places I have wanted to go for a long time but haven't done so. It will be good for me."

"Going to WAND events helps me to forget my pain, I talk and laugh and the stress goes away. I like the dance class also. Wand is close to my home and that makes it easier for me to get to do a range of things"

- Receive our newsletter!
- Attend our training and events
- Volunteer opportunities
- Raise funds for WAND
- Donate

JOIN FRIENDS OF WAND



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Volunteers

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

"Every day, Londoners volunteer their time to improve the lives of friends and neighbours. By giving their time, volunteers make a real difference to their communities and help break down barriers by uniting people from different backgrounds and parts of our city."

— Mayor of London, Sadiq Khan

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

WAND is looking for dedicated volunteers to support the organisation's work. New opportunities have arisen and were published via Gumtree and social media, so please make sure you follow us on twitter and join us on Facebook and LinkedIn in order to receive regular updates.

WAND runs training courses on different topics throughout the year and awards its volunteers.

WAND UK thanks volunteers through **ValueYou and Time & Talent** to get a free discount card and a gift voucher.

Posted Roles:

- Treasurer
- Mentoring
- Outreach

Volunteers' Week

WAND will be observing this annual event which takes place between 1st and 7th June to recognise and celebrate the contribution made by our volunteers.

Come along and join us!! There will be a Barre & Ballet Class at Genesis Mind & Body, W14 ODA on 6th June, after which we will go for coffee around the area!! Call and book your place ASAP!! Places are limited.

Meet Our Volunteer



**Manal Ghalayani/
Outreach/Events
Support**

I Joined WAND on 7th October 2013. I came first as user and then I joined the volunteers team. I have thoroughly enjoyed my experience. I like listening and talking to people, giving advice or emotional support. Supporting other women is like the sound of my soul, I have to do it".

WAND gave me the opportunity to join different programmes, workshops and training which developed a lot my skills. Recently I was one of the nominees 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 organise visits. I also had the chance to visit Poland to share our experience with other communities. I had the best time of my life volunteering at The Walk for WAND! Thank you so much for giving me the opportunity to help! One of the hardest time I had was when I was assigned to work with affected victims of Grenfell at Al Manar Mosque

I do Volunteering at the gardens and for me it is the biggest joy to plant and see vegetables growing with other volunteers in our community garden where everyone shares the work and the harvest.

I ♥
Volunteering



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Our Projects

1. Roads to wellbeing- Turning point
2. Gardening - The Kensington & Chelsea Foundation
3. Community Lunch - City Harvest & Venture Centre.
4. Young Girl Projects - The Avenues youth Centre, Latymer Christian Centre, Dalgarno Community Centre
5. Dance

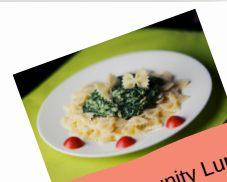


HHFC
Autism
26 June 2019
10 am - 2 pm



Gardening
-Visits to Olympia
Nurseries as advertised
-Russell Green Houses
Wednesdays

Charity Events



Community Lunch
Every Wednesday
12.30 to 02 pm



St Cuthbert's Children
Centre-Dance
21 May 2019
1.00am - 3.00pm



HHFC
Universal Credit
29 May 2019
10 am - 2 pm



June 2019
Date TBC



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

Coming Soon

NEW!

Spring into Dance!

A programme of free dance classes
you can try out with friends
To reserve your place:

Email info@wanduk.org, call 0208 962 4132 or pop into the office at St Charles Centre for Health & Wellbeing, Exmoor St, W10 6DZ, 12-4PM

We would ask that you register with WAND UK (if you have not already done so) and complete a feedback form for each activity, as this will help us develop our Dance Programme throughout the year.

Select
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Event	Date	Location	Time	Maximum Number	Cost
Tea Dance	Wednesday 15 th May	Clore Ballroom, Southbank Centre, Belvedere Rd SE1	1.30-3pm	unlimited	Free
City Academy Taster Day - a day full of different dance	Saturday 18 th May	Sadler's Wells Theatre Rosebery Avenue EC1R 4TN	9am -6pm	Booking required	£3 per taster – please ask for more info
Mental Health Dance Sessions	Sunday 26 th May	Pineapple Dance Studios 7 Langley St., WC2H 9JA	10am-12 midday	10 places reserved	£5 refundable deposit
Tango in Hyde Park	Monday 27 th May	The Bandstand, Serpentine Rd, Hyde Park	4-8pm	unlimited	Free
Bolly Fusion Dance	Friday 31 st May	2 Finsbury Avenue EC2M 2PA	7-8pm	5 places reserved	£5 refundable deposit
Salsa	Thursday 13 th June	Spitalfields, Brushfield Street, E1 6AA	12-4pm	unlimited	Free
Tea Dance	Wednesday 19 th June	Clore Ballroom, Southbank Centre, Belvedere Rd SE1	1.30-3pm	unlimited	Free
Step into Dance	Monday 24 th June	Southbank Centre, Belvedere Rd SE1		Unlimited	Free



A wonderful group of GoodGym runners skillfully delivered over 100 WAND flyers face to face around Lancaster West Estate. The group's mission was to explain that WAND UK was not a stick used to conjure spells but a charity that addresses the problems facing women in isolated and excluded communities through drop-in sessions, outreach services and networking events. They are heroes..... a charity, helping a charity.



12 runners ran 9.0km to help WAND UK in Hammersmith and Fulham.

Partners

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

Proud Partners of:

BME Health Forum, BME Consortium (Musawa), Alternatives Trust East London, K&C Foundation Turning Point, City Harvest and Venture Centre.



Historic Royal Palaces



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Contacts



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 1.00 pm to 4.00 pm

By appointment on Thursdays and Fridays.

Registered Charity No 1111925

Company Number 5427536



Membership

Free membership open to all women

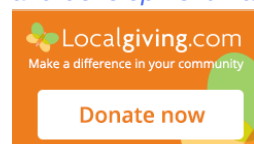


Our online donation platform is changing.

BT MyDonate, our online giving platform, will be closing on 30th June 2019. If you are a regular donor with us, we have contacted you to let you know how to switch to our new platform, which is LocalGiving. If you have any questions about how to do this, please do let us know – we appreciate that changing the way you donate is inconvenient, but it will ensure that you can continue to support our work.

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

<https://localgiving.org/donation/womens-association-for-network-and-development-wand-uk>



FOLLOW US !

Facebook: WAND UK

LinkedIn: [linkedIn/in/wand-uk-wand-uk-8b8262185](https://www.linkedin.com/company/wand-uk)

Instagram: @wand_UK

Twitter: @WANDCharityUK

YOUTUBE: WAND UK

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

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:

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



What is Emotional Wellbeing Support?

Emotional Wellbeing Support is 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 in which someone is 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; -you are feeling isolated; -you are without family or friend support; -you have low self-esteem, confidence or relationship problems; -you are suffering from self-harm, trauma, bereavement; -or you have other issues that may be troubling you

Benefits of Emotional Wellbeing Support

Emotional Wellbeing workers are here to provide you with information and emotional support and to 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.**

Need more information or details about us or our services?

Please feel free to call or visit us!

We will be more than happy to assist you
and help promote you to a better lifestyle!

Email: Info@wanduk.org

Tel: 02089624132 or 07813485607

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



We Speak Your Language
Bangla
Portuguese
Amharic
Arabic

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Arabic



Mindfulness

"Mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment" says Professor Mark Williams, former director of the Oxford Mindfulness Centre.

"It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour," he says.

"An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

"Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment.

"It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives."

Can mindfulness treat mental health problems?

Studies show that practising mindfulness can help to manage common mental health problems such as depression, some anxiety problems and feelings of stress.

Some structured mindfulness-based therapies have also been developed to treat these problems more formally.

Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression in people who have had 3 or more bouts of depression in the past.

How to be more mindful

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

Notice the everyday

"Even as we go about our daily lives, we can notice the sensations of things, the food we eat, the air moving past the body as we walk," says Professor Williams. "All this may sound very small, but it has huge power to interrupt the 'autopilot' mode we often engage day to day, and to give us new perspectives on life."

Keep it regular

It can be helpful to pick a regular time – the morning /lunchtime walk – during which you decide to be aware of the sensations created by the world around you.

Try something new

Trying new things can also help you notice the world in a new way.

Watch your thoughts

This involves sitting quietly and focusing on your breathing, your thoughts, sensations in your body and the things you can hear around you. Try to bring your focus back to the present if your mind starts to wander. Different things work for different people, so if you don't find one exercise useful, try another. You can also try adapting them so that they suit you and are easier to fit in with your daily life.

Different mindfulness practices

As well as practising mindfulness in daily life, it can be helpful to set aside time for a more formal mindfulness practice.

Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander

Yoga and tai-chi can also help with developing awareness of your breathing.

Where to find more info:

<https://bemindful.co.uk/>

*Make a suggestion!
Your idea counts!!*

