

WAND UK NEWSLETTER

WOMEN'S ASSOCIATION FOR NETWORKING & DEVELOPMENT

TRUSTED
CHARITY MARK
LEVEL 1

NCO Awarded:
October 2019

JANUARY - FEBRUARY 2020

Empowering women and girls to become agents for their own changes

Core Messages



Dear Nawal Lakhdar
congratulations for being a
part of our team. Our whole
team welcomes you. We are
looking forward for the
organization's success with
you.

Welcome aboard



Testimonies

"They have given me a very good insight into the importance of looking after and taking time out for myself. 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."

"Zumba sessions are a really great opportunity to have fun with other mums, move my body and get-well needed exercise because I don't feel with two children that I have the time to do it otherwise. Thank you, much appreciated."



If you are able, please think about supporting our work through a donation. Every single penny counts for a small charity like ours

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



Registered Charity No. 1111925
Company No. 5427536

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Our Projects

1. Gardening - The Kensington & Chelsea Foundation.
2. Community Lunch - City Harvest & Venture Centre.
3. 1. Young Girl Projects - The Avenues Youth Centre, Latymer Christian Centre, Dalgarno Community Centre, Youth Action Alliance.
4. Roads to wellbeing- Turning Point.
5. Emotional Wellbeing Support.
6. Dance Project - Turning Point.

Gardening:



The aim is to bring together young children and old people who are interested in learning how to grow or want to share their skills and knowledge.

Passionate about gardening? Want to express your creativity and help us look after our plot? Come along and let's get our green fingers dirty.

Roads to Wellbeing



The Roads To Wellbeing community asset map is an online resource, showing what activities are going on in your local area.

Following the principles of the 'Five Ways To Wellbeing' the map links directly to local activities and events that encourage people to connect, learn, be active, give and take notice of the environment around their own communities.

You can search for activities and events by postcode using the magnifying glass, or by simply typing a search term in the box on the left-hand side panel.

Happy Healthy Family Club

Monthly event that takes place every last Wednesday of the month from 10am to 2.00pm. Another sociable event where we meet our users, have a physical activity, chat, have a presentation on a specific topic and have a free lunch together.

29 January 20 - Energy deals

Fatima Community Centre, Commonwealth Ave. White city, London W12 7QR.

26 Feb. 20: Concessions, discounts and benefits for older people/ Disability benefits - Venue TBC

Self love workshop

Friday 14th of Feb 2020 from 10.30 to 13:00 and this is for all women living in London.

You are most welcome to Join our workshop.

Refreshments and snacks will be provided from 12:30-13:00

Computer Classes

Our digital skills courses will help you feel comfortable using a computer, tablet or your smartphone to perform basic functions and find the information you need.

Course are available for mixed levels (beginners, intermediate and advanced)

Come along and study in user - friendly environment!!!

£1.50 per session

E-learning courses

Every Wednesday from 11.00 am to 01.00 pm. If interested, it's easier than you think. Please call 0208 962 4132 OR book online by emailing us at INFO@WANDUK.ORG



All courses are CPD accredited.

Young Girls project - Girls aged 8-19 years

Our project is to help young girls reach their full potential by becoming agents of their own change.

WAND UK focuses primarily on BAMER (Black Asian Minority Ethnic Refugee) women and girls who are isolated, vulnerable or who do not engage with the community for various reasons and therefore have limited access to youth centres and youth services.

WAND's goal is to encourage girls to come along to the sessions, so that they can engage with other girls of their age, acquire new skills, discover new activities, spend time with their peers in a relaxing and friendly atmosphere and make friends.

WAND UK's goal is to promote Girls' wellbeing and healthy life style by disseminating three core messages: Accept who you are, eat healthily, keep active.

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 19, or your daughter or niece! Or if your organisation would be interested in working in partnership with WAND UK, please contact Ilaria at info@wanduk.org.



Every Wednesday at Venture Centre
(103A Wornington Rd North Kensington. London. W10 5YB) 12-00 - 2.00 pm.

Lunch available £1.50 per person.

A free food parcel is offered to take away to help you to get started...

Trips and Outing

WAND encourages its clients to get out and about (local museums, Kensington palace, Wallace collection, Royal Albert Hall) in order to help them enhance their well-being, raise their self-esteem, and reduce loneliness and isolation. We aim to involve you more closely in the local community, and keep you in touch. Everyone deserves time to relax, meet new friends and explore new places....

Dance Classes

Come along and join us!!! Try our second programme of dance classes (Contemporary, Street dance, Ballet, Samba)

From 23 Jan till 27 Feb 2020 at the Curve (10 Bard Rd, Notting Hill, London W10 6TH)

Time to be confirmed.





LAUGHTER YOGA

Laughter yoga is a practice involving prolonged voluntary laughter along with breathing techniques that originate from Yoga. It is a very powerful health and wellbeing tool and probably the most fun way to release stress. Laughter yoga is generally experienced in groups, with eye contact, yogic breathing and playfulness between participants.

Laughter Yoga lifts your mood, releases endorphins, lowers stress levels, boosts connection and enhances creativity and much more!!



DANCE CLASSES - NEW!!!

A new dance project funded by Near Neighbours will start soon! when? where? ...Will keep you posted..... stay tuned!!





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 the support of family or friends; -you have low self-esteem, or 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

Mob: 07813485607

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

We Speak Your Language
Bangla
Amharic
Arabic

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Volunteers

**Let's ALL make a real difference to the lives of those around us!!
WHY NOT WORK WITH US AND GET INVOLVED?**

For WAND UK whatever your reason we're here to help. If you have a free hour a week or you're looking for something more long term, we will assist you in finding a volunteering role tailored to your needs.

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

WAND UK is also delighted to be partnered with a volunteer recognition scheme called ValueYou which rewards volunteers who have given over 100 hours of their time with a certificate and discount card to be used in a number of local shops, cafes and restaurants within London. Volunteers who have given over 100 hours of their time to the organisation are eligible for this scheme.

If you are interested in volunteering with WAND UK, please get in touch with us to find out what opportunities are available and are suitable for you. Take a look at the available opportunities through Gumtree and our social media (Twitter, Instagram, Facebook and LinkedIn).



Posted Roles:

- Mentoring
- Outreach support
- Social media support
- Youth worker
- IT tutor
- Gardener

Don't delay, come and join us!!!

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.

We are proud and pleased to work with all of our partners:



WAND UK ERASMUS + Project: "YES WE CAN" 01 November 2018- 31 October 2020

The project involves 8 organisations from 6 countries:

- The Dom Foundation (Coordinating Organization-Poland),
- Women's Association Networking and Development (Great Britain)
- Towarzystwo Wolnej Wszechnicy Polskiej Oddział w Lublinie(Poland),
- Comunitatea Armana din Romania - filiala Bucuresti (Romania),
- Agape Social Cooperative Onlus (Italy),
- Centro Provinciale Di Istruzione Per Adulti Nuoro (Italy),
- Maison d'Afrique (Luxembourg),
- Pancyprrian Association of Single Parent Families and Friends (Cyprus).

About the project:

In the context of the European socio-economic crisis and an increased risk of social exclusion, one of the most important tasks of social policy towards adults and the elderly / disabled is to promote personal skills, create conditions for actions and strengthen personal attitudes. The problems being addressed by this project were identified as the result of the analysis carried out with the partners during the meeting in Warsaw. Living in different realities, we all agreed that we need to include a group of weak individuals in society. The goal of this project is to define, exchange and implement good practices to include them.

Project Aim:

Project aim is investigating and implementing at least 1-2 new approaches towards the inclusion of people in danger of social exclusion from partners' organisations of different scope. These should be suitable to implement in the organisation's everyday work and of benefit to their beneficiaries.



Expected Outcomes:

Production by 8 partners of a Guide of Good Practices explaining how each partner is a) tackling social exclusion, b) promoting inclusion and integration into communities and c) reducing isolation. The guide will include videos, reports, photos and suggested websites.

Results:

Results of the project will be a) integration of participants of the project (professionally or socially), b) good practice exchange during the meetings, c) English language improvement, d) internationalisation of the activities of organisations participating in the project and e) the possibility of establishing a network of organisations permanently cooperating with each other after the end of the project.



European Union



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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.



How WAND is governed?

WAND is a charity and a company limited by a guarantee with 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
- James Oluwaseye

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

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



Membership

Free membership open to all women.

Please get in touch !!!



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>

*Make a suggestion!
Your idea counts!!*



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