

WAND UK NEWSLETTER

WOMEN'S ASSOCIATION FOR NETWORKING & DEVELOPMENT

SEPTEMBER - OCTOBER 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.

For many years, WAND UK has been empowering women, including elderly women, to improve their wellbeing by challenging their minds and building up their confidence. In this regard, WAND UK organises many events that bring together people from various backgrounds. The activities WAND UK offers include a weekly community lunch, a garden project, physical activity classes, computer and e-learning courses, cultural outings, and a monthly 3-hour event aiming at doing, learning and networking together. WAND also provides 1-to-1 emotional support sessions.

Core Messages

- Accept who you are
- Eat healthily
- Keep active

Testimonies

"I go to different community centres but with WAND I feel more comfortable and more relaxed"

"The picnic was very good. I was pleased to be invited and able to introduce my clients to WAND"

"To tell you something: This is the best food ever I had since. Thank you"-
Community lunch beneficiary

**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>



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Our Projects

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



Community Lunch
Every Wednesday at Venture
Centre
12.30 to 02 pm



Passionate about gardening? Want to express your creativity and help us look after our plot. Please contact us or visit us.

Bring your children along and lets get our green fingers dirty!

OUR INTER-GENERATIONAL GARDENING PROJECT!

WAND UK's beneficiaries will meet the pupils of Loyd Williamson School on Thursday 03 October 2019 in St Charles Health and Wellbeing Centre garden between 10 and 11.30 am.



Homefield Children Centre-Zumba / Nutrition Mondays 23 & 28 September 2019 2.00pm - 3.00pm

St Cuthbert's Children Centre-Zumba / Nutrition Tuesdays 24 & 29 September 2019 2.00pm - 3.00pm

Roads to Wellbeing

Do you want to find fun activities for you, your family and friends?

WAND can help you!!

Come along to one of our sessions to learn how to use the Roads to Wellbeing map to find relevant and interesting activities.

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 you 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. You can also select or deselect topics of interest using the check-box next to the icons.

Call us or email to find out more

Phone: 0208 962 4132 Mobile: 0781 348 5607

info@wanduk.org

mapping for change



WAND UK offers new E-learning courses as well very detailed training on basic computer skills covering different subjects.

E-learning: Every Friday from 11.00 am to 01.00 pm
Computer class: Every Monday 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

"INSPIRED BY THE EAST"

BRITISH MUSEUM
SUNDAY OCTOBER 6TH 2019
AT 2.20 PM
HOTUNG GALLERY
ROOM 35, LEVEL 1
GREAT RUSSELL STREET,
LONDON, WC1B 3DG

WAND UK
info@wanduk.org
www.wanduk.org
TEL: 0208 962 4132
MOBILE: 0781 348 5607
Registered Charity No: 1111928
Company No: 5427436

EXHIBITION ON NOW

WAND UK is delighted to invite you to share a special day all together!

BOOK NOW
YOU DON'T WANT TO MISS THIS ONE!

Please call Kiki at WAND UK on 07813485607 or 0208 9624132



HHFC- Breast Awareness Wednesday 30 October 2019 10.00am - 2.00pm

HUMAN RIGHTS HUMAN WRONGS
HHFC- Brexit: Human rights - Human wrongs Wednesday 25 September 19 10.00am - 2.00pm

Young Girl Project

The aim of the project is to bring young girls who are not accessing any youth centres out of their isolation and to ensure that they have access to information, fun activities and people in a similar situation.

To know more, please contact us at info@wanduk.org



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



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?

"Three keys to more abundant living: caring about others, daring for others, sharing with others." William Arthur Ward

We all know that when more people are involved that more gets done; WAND UK has a small core staff and relies on the support and involvement of its volunteers to really make a difference to the community.

Our volunteers' contribution is priceless and valued by everyone at the organisation and in the community.

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 and 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



Do you have green fingers? Keen to work with plants? Enjoy the freedom of working outdoors? Then come and help us keep our plot neat and green by volunteering with WAND UK



Meet Our Volunteer



Linda Lai

Outreach/Events Support

Linda is one of our Outreach volunteers who is always ready to help and draw a smile on others' faces despite the circumstances she is going through. She is involved in different projects organised by WAND UK such as gardening, HHFC, community lunch...

Linda is our beauty advisor, besides her talent in cooking delicious international dishes with a lot of love.

Thank you, Linda, with a lot of love.



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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.



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),
- Pancyprian 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 their everyday work and for benefit of 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.

Coming Soon:

Next mobility /meeting is scheduled to take place in Sardinia / Caliga for the period from 17th to 22nd of October 2019.



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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



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 Adeniya

Membership

Free membership open to all women.

Please get in touch !!!



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-wand-uk-8b8262185)

Instagram: @wand_UK

Twitter: @WANDCharityUK

YOUTUBE: WAND UK

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



**Keep it easy with this simple but
delicious recipe**

Peanut Soup



Ingredients

Serves 10

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 large red peppers, chopped
- 4 cloves garlic, minced
- 1 (700g) jar passata
- 2L (3 pints 10 fl oz) vegetable stock
- 1/4 teaspoon black pepper
- 1/4 teaspoon chilli powder (optional)
- 170g (6 oz) crunchy peanut butter
- 85g (3 oz) uncooked brown rice

Method

Prep: 10min Cook: 50min Ready in 1hr

1. Heat oil in a large stockpot over medium high heat. Cook onions and peppers until lightly browned and tender, stirring in garlic when nearly done to prevent burning.
2. Stir in passata, vegetable stock, black pepper and chilli powder. Reduce heat to low and simmer, uncovered, for 30 minutes.
3. Stir in rice, cover, and simmer another 15 minutes or until rice is tender. Stir in peanut butter until well blended, and serve.

*Make a suggestion!
Your idea counts!!*

