

# WAND UK NEWSLETTER

WOMEN'S ASSOCIATION FOR NETWORKING & DEVELOPMENT

TRUSTED  
CHARITY MARK  
LEVEL 1

NCHO Awarded:  
October 2019

NOVEMBER - DECEMBER 2019

## Empowering women to become agents for their own changes

### Core Messages

Accept who  
you are

Eat Healthily

Keep active

### Testimonies

"WAND is in me "

"I feel proud that I am given  
this opportunity to visit a  
place which was not  
intended from me"

"I would never have been  
able to afford to attend this  
exhibition without the free  
ticket - so huge thanks  
WAND!!



To P. Rossi

We would like to offer you  
and your family our  
deepest and most sincere  
condolences and may the  
soul of your father rest in  
peace.



From everyone  
at WAND UK, we  
wish you a happy  
holiday season  
and warm wishes  
for 2020!



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>



# WAND UK NEWSLETTER

WOMEN'S ASSOCIATION FOR NETWORKING & DEVELOPMENT



NOVEMBER - DECEMBER 2019

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

### 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.

**27 November 2019 - Sexual Harassment and Becoming Active Bystanders - Kelsey M. from Cradle Community Organisation - Small Chapel - St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ**

**12 December 2019:** Get together for Christmas - Tea and cakes - Kensington Palace 10am to 12 noon followed by Authentic Persian lunch in Kensal Green

### Computer Classes

WAND is running a new series of computer classes starting from scratch to help you gain very strong IT basics. Always supported by our team of friendly tutors!

Come along and study in user - friendly environment!!!  
£1.50 per session

### Girls project 8-13 year olds Cyberbullying Awareness Workshop

**Tuesday 3rd December 2019**  
**from 6:15 - 7.00pm at The Avenues - 3-7 Third Avenue, London, W10 4RS**  
information evening to explore issues and advice around cyberbullying

### Girls aged 11-19 years Upcycling Christmas cards

**Friday 6th December 2019**  
**from 04.00 - 06.00 pm at Latymer Christian Centre 116 Bramley Rd London W10 6SU**  
Come and have fun!!

### Healthy eating drop-in



Every Wednesday at Venture Centre  
(103A Wornington Rd North Kensington. London. W10 5YB) 12-30 - 2.00 pm.  
Lunch available £1.50 per person.  
A free food parcel is offered to take away to help you to get started...

### "Parents Thoughts" Session

**Wednesday, 04th December 2019**  
**from 10am to 12 noon at Bay 20 - 71 St Marks Rd, London W10 6JG -**  
WAND UK and Youth Action Alliance are delighted to invite you to a "Parents thoughts" session  
The Session will be an opportunity

- for networking
- sharing experiences, ideas and information....
- relaxing and enjoying healthy smoothies and energy balls...

### Dance Classes



Come along and join us!!! Try our new variety of dance classes (Contemporary, Street dance, Ballet, Samba)  
From 04/11 to 02/12 at Venture Centre  
(103A Wornington Rd North Kensington. London. W10 5YB) every Monday 1-2 pm.

Sessions in 2020 will be confirmed.

### 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....





## Our E-learning courses

### **Nutrition Awareness:**

To provide candidates with an introduction to nutrition awareness and how best to enable service users to choose and consume food and drink.

### **Mentoring for Mentors:**

To help people to clarify their own thoughts on the process and develop a model of mentoring that suits their specific context. The course also provides opportunities to tune up the necessary interpersonal skills that are essential for successful mentoring.

### **Mental Health Awareness:**

This course aims to build the capacity of health care workers in the field of mental health so that they are able to effectively respond to the mental health needs of their service users. Candidates will gain an understanding how to recognise the symptoms of mental disorders and how to understand that people experiencing possible mental disorders require appropriate services

### **Health and Safety:**

This online health & safety course will ensure that employer and employees will comply with health and safety legislation and raise the awareness needed to create a healthy, safe working environment.

### **Food Safety Level 2 in Catering:**

This course is designed to provide individuals that handle open food the essential knowledge and understanding of good food safety practice. The aim of this training course is to provide candidates with a fundamental knowledge of food hygiene and to enable them to apply this knowledge to essential practical skills in order to prevent food poisoning.

### **First Aid:**

This online course is suitable for people who are designated as an appointed person in the workplace. It will help meet the needs of those supporting a qualified First Aid at Work (FAW) practitioner. The content also fulfils the requirements for the FAW annual refresher.

### **Equality and Diversity:**

This online equality & diversity course will explore how equality and diversity can be compromised by candidates' own values, opinions, and prejudices and learn how prejudices develop and how they may influence people. Candidates will gain knowledge on how to promote equal opportunities for all, recognise the importance of diversity and be encouraged to take a proactive approach within the workplace.

### **Diet and Nutrition:**

This online diet and nutrition course aims to give the delegates a strong understanding of how a person's diet and nutrition has a direct connection to their health & well-being. This e-learning course will explain the essential nutrients to sustain a healthy and active body and where to get these nutrients from.

### **Time Management :**

Our online time management course enables users to prioritise their work and manage it electronically, manage and plan their time to achieve goals in a manner that reduces stress, identify and eliminate time wasters and/or stealers and implement effective planning.

### **Substance Misuse Awareness Level 3:**

This course is about the misuse and abuse of substances such as drugs and alcohol that are used to change a person's state of body or mind, for reasons other than a medical need. Substance misuse often leads to addiction, which can be defined as the continuing and compulsive misuse of substances despite physical and/or psychological harm to the user, family or society and includes both legal and illegal substances.

### **Stress Awareness:**

This online course is to give you an overview of stress awareness at work. The module explains what stress is and how it is expressed physically and psychologically.

### **Safeguarding of Vulnerable Adults:**

Designed for any staff who work with vulnerable adults, this course will raise awareness of the importance of safeguarding vulnerable people. Staff completing this course will be in a better position to implement their company adult protection policy and know the procedures they should follow

### **Safeguarding Children Practice Level 3:**

Child abuse is illegal and is thought to be more widespread than previously acknowledged. It is important to note that whether the abuse is deliberate or not, the abused are affected in the same way. It is intended that the effects of harm and abuse can be minimised by raising awareness through programmes of study such as this.

### **Safeguarding Children:**

Designed to give everyone who works, or has contact with children, young people and/or their families an introduction to safeguarding. This course will give you the knowledge you need to safeguard children and inform you what to do when certain situations arise.

### **Paediatric First Aid Level 3 Theory:**

Developed for those who are working / wish to work with children and infants, this accredited course provides theoretical training in first aid techniques that are specific to infants aged under 1, and children aged from 1 year old to the onset of puberty.

### **Conflict Resolution:**

This online conflict resolution course will introduce you to managing conflict procedures to improve your ability to deal with difficult or emotional conflict situations in a more rational and professional manner.



All courses are CPD accredited.



If interested, it's easier than you think  
Please call 0208 962 4132 / 0781 348 5607  
OR book online by emailing 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](mailto: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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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?***

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you.

The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

Giving in even simple ways can help those in need and improve your health and happiness.

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 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



## Meet Our Volunteer



### **Patricia Brissett Outreach/Events Support**

Patricia is one of our Outreach volunteers. She is involved in different activities organised by WAND UK such as gardening and community lunch...

Thank you so much for all your hard work and help. You are always willing to be there for us whenever we need you. We appreciate your time and effort just to assist us. Thank you!

**With a lot of love.**



***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***



## 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, Youth Action Alliance, The Avenues, Dalgarno, Latymer Christian 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 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.

*Congratulations*

**In the last meeting in Cagliari / Italy all partners adopted the "Laughter Yoga" as a best practice.**

### The Benefits of Laughter Yoga:

**Body: It makes you feel relaxed and energized; stress and pain melt away.**

**Mind: Your mind becomes sharper and clearer.**

**Emotions: You feel more grounded.**

**Social: You feel more connected to the people around you.**

**Spiritual: It boosts self-esteem, making you feel more trusting and at peace.**





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NOVEMBER - DECEMBER 2019

## 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](mailto:info@wanduk.org)

**Web:** [www.wanduk.org](http://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.

Please get in touch !!!



## 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>



### FOLLOW US !



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**Instagram:** @wand\_UK



**Twitter:** @WANDCharityUK



**Youtube:** WAND UK



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



## Treat yourself to a healthy homemade vegetable soup

### Winter vegetable & lentil soup

#### Ingredients:

85g dried red lentils  
2 carrots, quartered lengthways then diced  
3 sticks celery, sliced  
2 small leeks, sliced  
2 tbsp tomato purée 1 tbsp fresh thyme leaves  
3 large garlic cloves, chopped  
1 tbsp vegetable bouillon powder  
1 heaped tsp ground coriander

#### Method

1. Tip 85g dried red lentils, 2 quartered and diced carrots, 3 sliced celery sticks and 2 sliced leeks into a large pan with 2 tbsp tomato purée, 1 tbsp fresh thyme leaves, 3 chopped garlic cloves, 1 tbsp vegetable bouillon powder and 1 heaped tsp ground coriander.
2. Pour over 1½ litres boiling water from the kettle, then stir well.
3. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
4. Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

Nutrition: per Serving

kcal	Fat	saturates	carbs	sugars	fibre	protein	salt
264	3g	1g	37g	11g	13g	16g	0.4g



*Make a suggestion!  
Your idea counts!!*

