

*Empowering women and girls to become agents for their own changes*

## **VOLUNTEERS' WEEK 2020**

*In these challenging times, we wanted to thank you for your amazing support. WAND UK absolutely can't thank you enough for all your tremendous support and dedication; it means so much to us! Can't wait to see you all again soon!*



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



*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>



## Keeping Women Connected During COVID-19



### 🌸🌸🌸🌸🌸 Online Yoga Classes 🌸🌸🌸🌸🌸

We understand the impact of self-isolation on mental health and general wellbeing for all of us. To help people maintain their own wellbeing WAND UK is offering free online yoga programme.

We want to help everyone in these difficult times by:

Reducing stress/ anxiety - Keeping physically active

Reducing isolation and increasing social connections

Lessen the risk of depression - Creating a better balance with our mental, physical and emotional wellbeing

We are offering three types of session:

**1. Adult's only** – online yoga three times a week for one hour, on Tuesdays 10-11 am, Wednesday 6-7 pm and Thursdays 5:30-6:30 pm.

**2. Mums and kids** online yoga once a week for 30 minutes on Mondays 5:15 - 5:45 pm.

**3. Italian speaking** – online yoga every day for adults at 4:00 pm, mums and kids at 5pm.

Please register with us to book you place: <https://app.upshot.org.uk/signup/be794aa2/>

### 🌸🌸🌸🌸🌸 Food Delivery 🌸🌸🌸🌸🌸

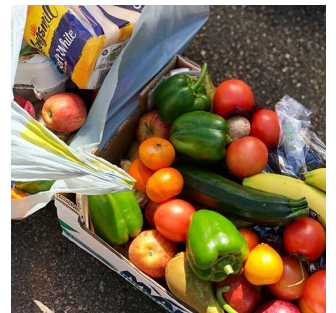
We know that food security and accessing food is an immediate priority.

WAND UK has been and will continue working in partnership with Venture Centre and City Harvest to deliver our weekly Goody Bag (fruits, vegetables, bread, meat, milk..) every Wednesday from 2:30 to 4:30 pm to the local disadvantaged people in our community in Kensington and Chelsea.

WAND UK has been working to deliver a warm food distribution food project with SOBUS, Yellow Panda Pub Co, Smile Brigade, GMGG Food support, and City Harvest to coordinate a food delivery project. The aim is to reach and identify people in urgent need focusing on the category of most vulnerable people. If you need help or know someone that need help please refer them to us, you can use our referral online system or contact us on Mobile: 0781 348 5607 or email [info@wanduk.org](mailto:info@wanduk.org).



HUGE thank to the wonderful Hayley at [@absolute-flowersandhome](https://www.absolute-flowersandhome.co.uk) for donating beautiful bouquet of flowers for people who are totally housebound and in isolation in their homes. Acts of kindness have never been more important, and it's small, local businesses like Absolute Flowers and Home who are making a huge difference by supporting people in their local communities by adding some welcome colour and sunshine to their homes.



## ***Keeping Women Connected During COVID-19***



 **Online Dance Classes**

***Again to help our women maintain their own wellbeing, feel better about themselves, reduce their isolation and stress WAND UK is offering free online dance sessions every Wednesday at 11:am.***

***If you are interested or know someone that would like to join our free dance classes please register with us to book your place!!***  
***<https://app.upshot.org.uk/signup/be794aa2/>***

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## Multilingual Telephone Befriending



***WAND UK is offering women and young girls multilingual telephone-befriending service. The aim of the project is to help women and young girls in these difficult times to become less lonely and less isolated by offering a friendly voice to chat with, guidance to each individual and signpost them to relevant agencies. WAND UK is ensuring that everyone is aware of who to call for emergencies and urgent help and informed of what is going on in their community and area.***

***WAND UK is offering phone calls regularly to its service users and keeping a close eye on the issues that are arising, putting in place structures and processes to monitor the service they are providing.***

**For more information please contact us on Mobile:**  
**0781 348 5607** or email [info@wanduk.org](mailto:info@wanduk.org)



***Mental Health  
Support***

***In these difficult times of Covid -19 it is crucial to help people maintain their own mental health WAND UK is offering women telephone-befriending service.***

***WAND UK will continue to provide person-centred, outcome focused services for people aged 18 and upwards who experience low to moderate mental health conditions as well as people living with long-term chronic mental illnesses. WAND UK will continue offering a multilingual one to one service. We will continue offer this service, but we will use telephone or Skype to deliver one to one sessions.***

<https://app.upshot.org.uk/signup/be794aa2/>



A BIG THANK YOU  
TO ALL DONORS WHO  
GENEROUSLY DONATED AND  
HELPED US DURING THE COVID-  
19 CRISIS.

THEY REALLY MAKE A  
DIFFERENCE FOR US AND FOR  
OUR WOMEN IN THE COMMUNITY.

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



**WAND UK  
WOMEN'S ASSOCIATION FOR  
NETWORKING &  
DEVELOPMENT**



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

Registered Charity No. 1111925  
Company No. 5427536

Women's  
Association for  
Networking  
and  
Development







## TESTIMONIAL

Thank you so much for arranging the free yoga classes during this awful covid crisis.

I've enjoyed both the adult classes to help me unwind, and the children classes which I do with my 3 year old son. He enjoys the classes and repeats the exercises learnt throughout the day. Ilaria is a very kind and patient teacher as well as fun and entertaining for the children.

Thanks again!!  
Melisa (and Fabian)

I started following the practice of yoga, suggested by my sister, with many doubts because of my dynamic personality, and i have to say that I was immediately intrigued and i liked it. Very important was the approach with Ilaria who, with her grace, her sweetness, her simplicity, and her positivism attracted me. The beautiful group she created was important too and now I am very happy and I wait for the daily meeting.

Clelia Montemurro

Thank you very much for your generosity. It was greatly appreciated and the meals were delicious. Valerie

I just had a food delivery of two hot meals and a bag of other great groceries such as 5 different kinds of cheese, fresh mushrooms and onions amongst other things delivered to me by WAND UK and a lovely volunteer! I think the hot meals ( in my case a vegetable stew and mash & vegetable curry and rice) come in either a vegetarian or meat option (although I don't think the meat option is halal) and is available to people on low income, elderly, people with medical issues and the extremely vulnerable.

Nashir