

WAND UK NEWSLETTER

MARCH 2021

Empowering women and girls to become agents for their own change.



COMMUNITY FOOD DISTRIBUTION

Our weekly community food distribution continues to provide essential food and fresh fruits and vegetables as well as sanitary products and incontinence pads. Last month we were able to support 200 individuals a week. A remarkable increase of 67% was witnessed in the number of beneficiaries since January 2021.

"I work part time and the money I get is not enough, I am really struggling financially to meet my family's requirement but at least the food parcels I get from you makes me less worried" Thanks for everything you do for us!"

If you require a food parcel or have a referral, please call **0781 348 5607** or email **info@wanduk.org**

If you are struggling and need food please come to Venture Centre every Wednesday between 10.30 am- 5pm

Hello to all and we hope that you find something useful and interesting in this edition of the WAND UK monthly newsletter!

WAND UK 's aim is to bridge the inequality experienced by women, including when it is confounded by age, race, religion, sexuality and disability. We exist to support, inspire and empower women and girls through training, building their self-confidence, raising their self-esteem and increasing their self-worth to enable them to participate in and contribute to their communities. Our projects offer volunteering opportunities, training and education to ensure that all women, particularly those from BAME communities, have a clear understanding of the system and how they and their families can improve their quality of life. We work holistically with our users disseminating three mental and emotional well-being messages: in all our projects:

- **Accept who you are**
- **Eat healthily**
- **Keep active**

PHYSICAL ACTIVITIES

NOTHING BETTER TO RELIEVE STRESS AND CONNECT YOUR BODY WITH YOU MIND.

We are offering free online yoga sessions from Monday to Friday.

The sessions are led by our lovely teacher ILARIA from 10.10 am to 11.10 am.

We also offer weekly dance classes every Thursday from 11am to 12 noon with all the family.

If interested please register to book your place:

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





INTERNATIONAL WOMEN'S DAY

International Women's Day has been observed for more than a century since it began in 1911. The day recognizes the social, economic, cultural and political achievements of women globally, and it's a call to action for gender parity.

Women of the world want and deserve an equal future, free from stigma, stereotypes and violence; a future that's sustainable, peaceful, with equal rights and opportunities for all. To get us there, the world needs women at every table where decisions are being made.

Women leaders and women's organizations have demonstrated their skills, knowledge and networks to effectively lead in COVID-19 response and recovery efforts. Today there is more acceptance than ever before that women bring different experiences, perspectives and skills to the table, and make irreplaceable contributions to decisions, policies and laws that work better for all.

*Given the pandemic, celebrations for this year's International Women's Day have gone virtual. and WAND UK is scheduling a day of activities to highlight and celebrate the contributions of women and girls on the **25th of March**. Come and join us for a special evening of entertainment!*

*For more info call **0781 348 5607** or email info@wanduk.org*



If you are feeling lonely and isolated and in need of support, we are here working hard to ensure that you know that YOU ARE NOT ALONE. Come and join the WAND FAMILY! Feel free to contact us



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" See the kids and parents have fun with the activities we prepared for them was a thrill! Their joy is our strength! "

"Marinella is an excellent reflexologist and offers a professional service. Her reflexology treatments are very relaxing and have helped me with my sleep problems and other stress related issues. I would definitely recommend reflexology with Marinella if you are having problems switching off!

FREE MATHS SESSIONS – NEW

To support families, WAND UK has organized free maths sessions especially for year 5 and year 6 groups. The idea is to give them the spare time to focus on the things that are important to them and whenever they are struggling with anything they are assured that there is a lot of help available.

Girls project – We are investing in tomorrow !!

At WAND UK we believe that every female, regardless of age, culture, religious or socio-economic status, should be entitled to the basic human right to live her voice out loud and become a leader in her own life.

We are here to amplify your strengths, to ensure you get the best support for your needs and help you to move forward. Part of the ethos is: to increase your self-confidence and your self esteem; to help you to become aware of negative body image, of prejudice and racial discrimination; and to help you cope with Peer-Pressure and Competition.

We are investing in tomorrow - Are you a girl between the ages of 5-13? Interested in science, workshops or math? Take part in WAND's workshops, meet new friends and participate in WAND building challenge and more!!!



Free reflexology therapy

WAND UK will resume its reflexology service in a safer and controlled manner starting 16th of April 2021. Our qualified therapist will be offering a free restorative 30 minutes foot massage.....Hurry up and book your place!! We'll be in touch again within a couple of working days to confirm that there is a place available for you.

Places are allocated on FIRST COME FIRST SERVED BASIS.

One to one emotional wellbeing

Lack of emotional wellbeing is widespread particularly amongst young girls, women and elders. Problems include long standing stress, depression, loneliness, domestic violence, grief and trauma with very limited knowledge in the community of what services are available.

Mental health problems are a taboo in many cultures, and community members do not speak easily of these issues. People try to deal with problems on their own, resulting in increased isolation and problems.

WAND UK to reach a wider audience and provide better services, has created HAPPY HEALTHY FAMILY CLUB as a discussion platform for the community members to come together, discuss different issues with others experiencing similar problems, providing support and peer advice to each and learn from each other.

Within the same framework, WAND UK provides multilingual ONE to ONE support and advocacy and this could range from drop in advice to more extended casework, and would include interpretation/translation, accompanying people to appointments and negotiating on their behalfs with service providers.

WE ARE HERE TO LISTEN CAREFULLY TO YOU, UNDERSTAND YOUR DIFFICULTIES AND HELP YOU TO SEE THINGS MORE CLEARLY!



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Free Multilingual Telephone Befriending

Our fantastic group of volunteers is here to provide company for people who would simply like some friendly support in getting out and about. Whether it is due to age or health concern you may simply benefit from enjoying the friendly atmosphere of our organisation.

We pair volunteer 'befrienders' with an individual who may otherwise be at risk of isolation to meet regularly for a chat. We hope to promote the social integration and independence for all our members, including those who are the most vulnerable members of our community

WE ARE CURRENTLY DELIVERING ALL OUR ONE TO ONE SERVICES VIA THE PHONE.

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

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.

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 our social media (Twitter, Instagram, Facebook and LinkedIn).

We provide our services for free, but as a charity we rely on donations and grants to fund our work. Every single penny counts for a small charity like ours

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

For registration as a service user please click here:

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

For more information call 0781 348 5607 or email us at info@wanduk.org

Please follow us! You can see more pictures and videos and hear more about what we are up to. Thank you



Roles needed:

- Digital Literacy
- Driver
- Social media support
- Youth worker

