

WAND UK NEWSLETTER

JUNE 2021

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



Welcome to WAND UK's newsletter. Please keep reading to hear all about what we've been up to over the last few months, as well as what we are looking forward to in the coming days.

Thank you for your continued partnership – we couldn't do it without you! 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**



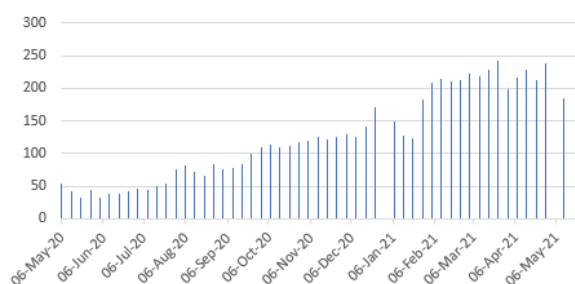
COMMUNITY FOOD DISTRIBUTION

We all know that the coronavirus pandemic has made it very difficult for many people to financially or physically access food. This includes those on no or low incomes, older people, those with disabilities, asylum seekers and migrants with no recourse to Public Funds. WAND UK, since day one and to present, continues to support those who are in need.

Alongside food parcels we provide additional services to help people address the underlying issues behind their crisis. We welcome everyone and if, you want to know more about what we do, come and see us between 10am and 4.30pm every Tuesday at St Michael's Church, 35 St Lawrence Terrace W10 5SR.

Between May 2020 and May 2021, WAND UK helped more than 781 people, comprising 68% females and 32% males by providing fresh fruits and vegetables, milk, oil, eggs, juice, biscuit, spreads,....We couldn't accomplish this without our generous donors, *Holy Trinity Brompton*, *City Harvest* and *Bloody Good Period*, as well as our amazing staff and volunteers.

**Community Food Distribution
May 2020 - May 2021**



"I enjoy helping out at the community Food distribution, It really makes my day when I am able to help others. It is fulfilling but at times heartbreaking to see people who are suffering!"

" I never thought I will need to come here, I lost my job and I have a six year old child at home. I really feel embarrassed to ask food support but the kindness of the volunteers and staff made me feel more relaxed and less anxious."

We continue to deliver virtual workshops, online focus groups, our Monthly Happy Healthy Family Club and more. We are keen to understand women's and girls' needs, experiences, feelings, thoughts...to support them to control their own lives, improve their health and well-being, increase their self-esteem and to make their voice heard.



GREEN SHOOTS

GREEN SHOOTS EVERY THIRD THURSDAY OF EACH MONTH COME ALONG AND JOIN US!

Monthly online / Face-to-face botanical workshops led by expert gardeners who share their knowledge and help us to learn to grow fresh products on our own. Our workshops include:

1. Soil prep, weeding and planning with some seed sowing: Lettuce/beetroots/radishes/beans
2. Planting seedlings such as tomatoes and chat about companion planting. Pests and diseases
3. Thinning out. Harvesting early crops
4. Cropping, weeding seasonal planting

Possible classroom talks

1. Question and answer session
2. House plant care
3. Herb/tea workshop. Using herbs for healing
4. Making balms and bath bombs
5. Plant focused such as Chilli workshop.



PHYSICAL ACTIVITIES

WHILE YOU ARE HAVING FUN MOVING TO MUSIC AND MEETING NEW PEOPLE, YOU'RE GETTING ALL THE HEALTH BENEFITS OF A GOOD WORKOUT!

Join our free online yoga sessions from Monday to Friday 10.10 - 11.10 am.
The sessions are for all the family members and are led by our lovely coach ILARIA.

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/>



Do you feel that you need some friendly support in getting out and about? Because of age, health or concerns, you may simply benefit from enjoying the friendly atmosphere of our organization. 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.



WAND UK NEWSLETTER

JUNE 2021

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

"I'm hugely grateful for the help you provided."

"The teacher's work was beyond my expectations and I loved the way she explains."



FREE MATHS SESSIONS – EVERY SATURDAY

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 !!

We are investing in tomorrow - Are you a girl between the ages of 8-13? Interested in science or maths? Take part in WAND's workshops, meet new friends and participate in WAND building challenge and more!!!



On 14th June girls and parents met at Maxilla's gardens to remember those who tragically lost their lives four years ago in the Grenfell Tower fire.

The girls expressed their sympathy by participating in making clay green hearts with artist Paprika.

Forever in our hearts

Free reflexology therapy

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. We want everyone to have the option to take time they deserve, when they need it....

"Marinella is an exceptional massage therapist and really knows her stuff!!

I went to her today in agony with pain all the way across my legs and left feeling pain free and relaxed. Thank you, Marinella. You are a star!! Thank you WAND for this opportunity, honestly I couldn't afford to pay private reflexology massage sessions!" D.K

One to one emotional wellbeing

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

Our qualified staff and volunteers can provide information, support and signposting to overcome some of the factors which may have a negative impact on your emotional wellbeing, such as poor housing, economic disadvantage, abuse, bereavement or isolation. We can help with volunteering opportunities in a wide range of settings that could assist you to build self esteem, confidence and combat isolation.

Complete the online referral form now <https://www.wanduk.org/refer-to-wand/> or call us on **0781 348 5607 / 0773 693 2049** to see if we can help – remember, all of our services are free and confidential.



'I feel a difference in my quality of life. WAND UK has helped me with issues, made me feel safe and less lonely.' O.L

WAND UK NEWSLETTER

JUNE 2021

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



Free Multilingual Telephone Befriending

The aim of the project is to help our service users to cope with their circumstances, to open up a range of activities for them to feel less isolated and, most importantly, to let them that they are not alone. Our regular checks dramatically increased their self-esteem and self confidence.

Our fantastic group of staff and 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 concerns, you may simply benefit from enjoying the friendly atmosphere of our organization.

There are lots of ways you can do your bit to help lonely or socially isolated people in your community. Please get in touch if interested.

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

Free laughter yoga sessions

Laughter Yoga is the wellbeing workout trend; it brings smiles back to faces. Indeed it is a great way to aid stress release, lift moods and feel more connected to those we laugh with. Join us every third Thursday of each month and get in touch with your happy self!!!



VOLUNTEERS NEEDED

- Digital Literacy
- Social media support
- Youth worker

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>



WAND UK NEWSLETTER

JUNE 2021

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



The Revd Jamie Johnston writes (Newsletter of the Anglican Chaplaincy of All Saints' Marseille with Aix-en-Provence and the Luberon - June 2021):

Like other churches, the Covid pandemic resulted in our developing an online community, extending beyond the geographical borders of our chaplaincy in France. In November, during a Zoom conversation after our weekly online service, Gladys Jusu -Sheriff from WAND UK mentioned that the food distribution centre she is involved with in West London was facing unprecedented demand for its services during the pandemic. A member of our congregation responded by suggesting we try to help them at Christmas by making a donation to buy 100 chickens for the centre. Many people collaborated to bring the project about. One of our online members in Yorkshire works in food distribution and was able to source a refrigerated van for the day in West London. We got to know representatives from WAND UK and the Lancaster West Residents' Association and were aware of the other organizations taking part. Although the amount raised was small in terms of the centre's needs (a donation of £1,000 from a church of around 40 members), a sense of emotional connection developed between our congregation and clients of the centre. We were glad to be able to support the centre at a special time of year when so many were in need.

Christmas Hampers

Abbas Dadou (Lancaster West Residents' Association Newsletter - May 2021):

We wanted to celebrate the new year as a community, so we felt this was the best way to safely reach out to residents – it was a huge success. We put together over 400 Christmas hampers in collaboration with WAND UK, Bay 20 (NK Hearts and Minds), Unity Grove, NK Community Kitchen, All Saints Anglican Church Marseille and the Christmas Collective.

As part of these Christmas food packages, we gave out 200 fresh chickens, fresh fruit and vegetables, chocolate, crackers, mince pies, dry food and face masks, amongst other things. After our request for volunteers, many residents came forward who helped distribute and deliver these packages to other residents.

Gladys Jusu- Sheriff (Women's Association for African Networking and Development WAND UK Newsletter - June 2021):

For us at WAND UK, Christmas would not have been Christmas without responding to the needs identified on the door steps as we distributed warm meals in North Kensington and other areas during the first Covid19 lockdown. Needs met and support offered included, basic food, neglect and longing for care support, reducing loneliness and isolation, smiles from a volunteer, receiving a bar of chocolate in a food bag and emotionally acknowledging "someone cares for me out there", despair and hopelessness and reaching out for comfort and compassion. And so, when on that night the congregation of All Saints Marseille decided to donate £1000 towards a special Christmas feeding there was the emotional tear of joy shed for hitting a jackpot. We want to use this opportunity to thank the generous donors in the rural Anglican Chaplaincy in France, Lancaster West Residents Association and team partners for making a dream come true. Recognizing that the strength of our partnership lies in meeting the needs of our community and is embedded in the words on the food bag illustrated below: Faith Hope Love , as we in unity conquer the Covid Challenge.

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

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

www.wanduk.org

WAND UK Facebook page

@wand_uk on Instagram

@WANDCharityUK on Twitter

