
Women's
Association for
Networking
and
Development



Empowering women to become agents for their own change

Welcome to the June edition of

The WAND UK Newsletter!

Welcome to WAND Newsletter! Please keep reading to hear all about the services that we provide at WAND, what we have been up to over the last few months as well as opportunities and ways in which you can support us. We'd also like to thank everyone for your continued partnership – none of this would be possible without you!

The WAND UK team

Welcome to the third WAND Newsletter of the year! Please keep reading to hear all about the services that we provide at WAND, what we have been up to over the last few months as well as opportunities and ways in which you can support us. We'd also like to thank everyone for your continued partnership – none of this would be possible without you!

The WAND UK team

What have we been up to?

We have been very busy here at WAND UK over the last few months, running our weekly services and hosting guest speakers and professionals in our Happy Healthy Family Club sessions. We also had our Easter Break during which we organised activities, arts, and crafts, dance sessions, and more for the community of children and young adults.

Most recently, the WAND UK team came together to celebrate International Women's Day.

In other news, we are looking to hire new members for our board of trustees, to find out more read on!

As the weather continues to get warmer and the demand for our services continues, we will continue to share the work we do over on our social platforms, see the links below to follow us or feel free to reach out to us if you have any queries.



Lunch with our trustees



WAND has organised a lunch where staff, volunteers and service users had the opportunity to have lunch together, chat, wind up and create a fantastic way to listen to each other and share ideas, future plans and ways to help the charity to grow.

A better working atmosphere leads to a happier and more productive workforce.

WAND UK Food Distribution

Catch our food bank every Tuesday between 10am-2pm at St Michaels Church W10 5SR and if you're interested in becoming a volunteer please get in touch! We're not just sharing food; we're sharing hope, compassion, and community spirit.

Thanks to our amazing volunteers and donors!



Green Shoots



Every second Thursday we hold our gardening sessions at St Charles Centre for Health and Wellbeing. Alternatively



WAND offers a range of engaging, practical and fun workshops to meet different requirements. .

The project is led by RBKC community gardeners from the ecology Service.

Reflexology, Beauty & Wellbeing



We offer a range of beauty and self-care service led by our amazing professionals. A natural treatment that improves circulation, reduces stress, and boosts energy levels and well-being





Weekly WAND Family dance sessions



We offer free online and face to face dance sessions every Thursday at 11am. WAND UK is delighted to offer weekly dance sessions in Princess Louise Nursing home, an amazing opportunity for participants to experience creative movement and dance with others. Classes focus on stimulation of the brain through movement, improvement of social interaction, and reduction of feelings of isolation and loneliness.

Holiday Activities and Food Programme (HAF) - Easter Break



HAF is funded by the Department for Education. It provides a programme of free activities during the school Easter, summer, and winter holidays, for people who receive benefits-related free school meals. Activities include sports, arts, music, trips personal development, and more.

Children and young people also receive a free balanced meal as part of their day.

There are no programmes during the half-term school holidays.



We celebrated Easter Break with several days of crafts, activities, food, and more for our community of young people.

Young Girls Project



We run sessions with The Young Girls Project that are designed to empower them with life skills and have fun at the same time.

Testimonial:

“Since my daughter joined the program, she developed wonderful skills after she was very shy and attention seeker. In my last meeting with her teacher, she said “K” became very good in advocating herself” she clearly communicates her thoughts and desires to others” I am proud of her. Without your program she wouldn’t be able to reach that point. I hope you will continue with this; you are doing an amazing job in strengthening the future of this community”.

Fundraising - Royal Park's Half Marathon by Katherine Laurenson



Our aim is to promote and improve the quality of life of our community by raising self-esteem, health and well-being, offering sessions that engage our young girls and children giving them the opportunity to socialise. Acquire new knowledge and skills in a relaxing friendly atmosphere, while gaining voice in their communities.

For the most vulnerable of them, mental health support is also available.

WAND works with girls between the age of 7-16 years.



We are proud of Katherine here at WAND!

Katherine Laurenson is one of our adorable and dedicated trustees she recently ran a half marathon and successfully raised £2,348.75

A VERY BIG THANK YOU!

Collaborating with Small Businesses



We continue our collaboration with Megan from The Laser Lounge who created an option in her booking system where people can donate to WAND UK. Additionally, Megan has also set up a physical donation box in the salon!

Visit The Laser Lounge website [here](#).

Megan introduced the work of WAND UK to collection4clothes organization and partnered with them

<https://www.collection4clothes.co.uk/partner-charities/wand-uk>

We are super appreciative of the support from The Laser Lounge and collection4clothes. We urge any other small businesses to get in touch if you'd like to learn how you can get involved.



**Collection
4 Clothes+**
clothes, toys, bric-a-brac & more!

Small Financial Grants



WAND UK in partnership with St Marks Church Hamilton Terrace and Acts 435 provide small grants to help people who are in desperate financial need.

This service is to help support DV victims, asylum seekers, refugees, and vulnerable people with their personal finances.

Building healthy relationships



WAND and in collaboration with Grenfell Health and Wellbeing Service (GHWS) have agreed to deliver six 2 hourly sessions to a group of women focusing on relationships.

The aim of the project is to gently and creatively explore the impact of different relationships and work towards identifying and exploring abusive relationships and harmful practices in individual lives & community through interactive activities and group discussions in a safe and supportive environment.

Also offer psychological wellbeing advice and signposting as appropriate

Sessions are fortnightly.

Community health check service



The GNHS is offering a free Enhanced Health Check service at the foodbank on Tuesdays from 10.00am to 2.00pm to WAND's clients.

The service has proven very popular and successful.

Domestic Violence Support



WAND UK is working to build a future where domestic abuse is not tolerated.

We are here to support and encourage women to not suffer in silence! We offer online awareness sessions in partnership with Domestic Violence Intervention Project **DVIP** and community conversations with **Community Living-well**.

Women are encouraged to talk and share experiences in safe environment.

If any of these service interest you and you would like to learn more, then please send us an email: info@wanduk.org

Boat trip to little Venice



Our dream trip along the beautiful Regent's Canal from Camden Town to Little Venice.

We brought together a diverse group of amazing women for a day full of laughter, conversations, yummy food and picturesque views. It was an incredible journey, we all had a splendid time.

LAND A HAND FOR OTHERS

VOLUNTEER ESLI



**ESLI HELPS US IN OUR WEEKLY FOOD
BANK FROM RECEIVING TO SETTING UP
AND DISTRIBUTING THE FOOD.
ALWAYS COMMITTED AND HAPPY TO
HELP OTHERS**

Become a volunteer

We are always on the look out for volunteers to help out with our various projects, sessions and general running of the organisation. Whether you have previous experience working with a charity or not, we welcome anyone to join our team. Currently we are looking for:

- **IT literacy volunteer**
- **Youth volunteer**
- **Outreach volunteer**
- **Foodbank driver volunteer**

Please use the button below to sign up or drop us an email at info@wanduk.org to become a volunteer.

We are also looking to hire new members for our board of trustees:

- **Trustee**
- **Chair of Trustees**

If you are interested in one of our roles, or know someone who might be, please get in touch by dropping us an email info@wanduk.org or giving us a call 0781 348 5607.

Volunteer

Make a donation!

Here at WAND UK your support means so much to us as it allows us to continue to provide necessities and services to the people that require our help. No matter how big or small, every donation contributes to improving the lives of women in our community and it is greatly appreciated!

If you wish to donate, please click the button below!

Donate

WAND UK

"Empowering Women to become agents for their own change"

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Mobile: Mobile: **07736 932038**

www.wanduk.org

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