



# WOW MUMS

## Women of Wandsworth

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**W.O.W Parent Forum**  
every Thursday  
(term time) 4pm -6  
pm in  
YGL and on every  
Saturday (term  
time) from 10 am—  
12pm in KLS

**W.O.W Enterprise  
and Work Club**  
every second Friday  
11am—1pm in  
Pennethorne House

**W.O.W  
Inter-Generational  
Coffee Morning  
Every First  
Wednesday 11am—  
1pm in Haven Lodge**

### NEXT MONTH:

**Pancake Day in  
Haven Lodge**

**Valentines Day  
in KLS**

**Cooking Class**

**Visiting Big Ben**

**Trip to Coral  
Reef**

**EDITOR:**

**SENIA  
DEDIC**

## WoW Kids in Houses of Parliament

Jane Ellison MP has kindly invited teenage WoW Kids to a tour of Houses of Parliament to learn about the history of Westminster Palace and the evolution of British government. The tour was led by a very knowledgeable Blue Badge guide and included visiting the House of Commons

and House of Lords, as well as Westminster Hall Banners Exhibition, offering a unique combination of thousands of years of history, modern day politics and stunning art and architecture. We would like to kindly thank Jane Ellison for the free tickets.

'This 90 minutes tour took us to Queen's Robing Chamber, Royal Gallery, Prince's Chamber, Lords Chamber, Moses Room, Central Lobby, Members' Lobby, Aye Lobby, Commons Chamber and St Stephen's Hall.' said Una Dedic, 18.



Right: Una by the Queen's Throne in House of Lords

Left: Una 18, Zee 19 and Nina 16 in front of Houses of Parliament



## New Years Party in Haven Lodge

Annual WoW Mums New Years celebration in Haven Lodge was fun and festive, with roast dinner and home made Gingerbread house skillfully decorated by WoW Mum Sanna Levonoya. Residents were looking forward to seeing children again, who enjoyed dinner with them and played the newly-tuned piano. Our next event in Haven Lodge is on Tuesday,

17th February for Pancake Day. All welcome.

Janet, Sandra and Alan



# Cooking with Jamie Oliver

WoW Mums and Falcon Estate Residents Association have sponsored the Christ Church school children to attend the Jamie Oliver's cookery school in Notting Hill. This was an extension of their joint work on securing the estate allotment for the school's use as a kitchen garden. The children have grown a lot of fruits and vegetables from seeds in this garden over the least 5 years and were ready to learn how to cook them. At Recipes Cookshop they cooked Ravioli from scratch with the spinach, which they have grown in their school

Secret Garden. Jamie's recipe was salt and fat free, with only a bit of Parmesan cheese and good olive oil used for seasoning. The children have mastered dough making, as well as using the pasta machine within an hour. This experience is an incentive for the children to start cooking with fresh ingredients and see how the food was prepared before it became commercialised and pre-cooked. Children enjoyed learning and eating tasty food, which they have cooked themselves, but they were even more proud of their home-grown vegetables being used in their cooking.

They all received a gift to take home as a souvenir- a Jamie Oliver wooden spoon to encourage them to continue cooking. This has been made possible through Senia Dedic, their school Governor and KLS Trustee, tirelessly networking with the local community organisations to help the children extend their horizons and get exposed to things that they wouldn't have had a chance to do otherwise. Thank you to KLS for letting us use their community van for free and thank you to Rex Wickham from Media 2020 for driving us there.



## EcoLocal

EcoLocal, environmental sustainability organization delivered a workshop at WoW Mums Parent forum with emphasis on local food markets, local food growing and cycling. A short slideshow presentation showed the EcoLocal's enthusiasm for sustainability

and campaigning for healthy lifestyle initiatives. WoW Mums engaged in the workshop on energy and waste minimization through sensible food preparation and food growing. We have seen what impact our food choices have on the economy.

Other EcoLocal projects cover issues of saving money on energy at home, eco-footprint and discussions on One-Planet-Solution to our energy problems. This workshop raised the awareness of inter connection of our life style with the environment, economy and our food.

# Parachuting for MS

Please support Multiple Sclerosis Trust by donating to WoW Mum Jennifer Patterson's link below. She is going to jump out of the plane with a parachute to fundraise for MS research.

<http://www.virginmoneygiving.com/jenniferpatterson1>

[jenniferpatterson1](#)

WoW Mums are going to celebrate this even in June in Reading during her jump. We are already supporting charitable and brave WoW Mum Jennifer Patterson by promoting this event to help her in her quest to raise the funds for continuing research into causes of MS, modifying treatments, impact of MS medication and prognosis for the future in curing MS.

We hope that our community will fund Jennifer so she can accomplish her cause and help her raise the funds to improve her quality of life, as she suffers from Multiple Sclerosis herself.



Local residents and WoW Mums were invited by William Martindale to celebrate London's Diversity with Keith Vaz MP and Chair of the Home Affairs Select Committee. Mr. Vaz has been an MP since 1987 and said that he is impressed how diverse Battersea is. That makes it special. We should all be proud to live together here and continue to work jointly on improvements and joy.



Keith Vaz MP, Senia Dedic and Will Martindale, MP Candidate for Battersea, Balham and Wandsworth

# Wandsworth Muslim Women

WoW Mums, as a multicultural organisation, have been invited to the Town Hall to a coffee morning organised by Wandsworth Muslim Women's Network hosted by Houda Al-Sharifi, Director of Public Health in Wandsworth. Houda is a senior director in Wandsworth Council and the most senior Muslim member of staff. This informal meeting was an opportunity to have a casual

conversation with Houda and discuss challenges affecting Muslim women locally. It was interesting to talk to Muslim ladies who just came to London and also to the second and third generation of Muslim young girls to hear about their experiences and opinions of following Islam. Mayor of Wandsworth Stuart Thom kindly welcomed us to his Parlour.



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## WoW Karate

Regular WoW Karate course for children starts on:



Saturday, 17th January 2015

in KLS, 108 Battersea High Street

Children aged 4-7y start from 10am-11am

Children aged 8-13y start from 11am-12

Please register on: 07703723236



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## WoW DRAMA

Regular WoW Drama course for children starts on:



Thursday 15th January 2015

in York Gardens Library

Age group 5-7yrs runs from 16:30 to 17:30

Age group 8-11yrs runs from 17:30 to 18:30

Please call 07940401366 to register