



WOW MUMS

Women of Wandsworth

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W.O.W Parent Forum
every Thursday (term time) 5pm -6 pm in Caiuis House and on every Saturday (term time) from 10 am—12pm in KLS

W.O.W Enterprise and Work Club every last Friday from 11am—1pm in John Morris House

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

NEXT MONTH:

Easter Egg Hunt

Drama Class

Karate Class

WoW Parent Forum

WoW Curry House

EDITOR:

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WoW Mums in House of Lords

WoW Mums have been invited, as a very active voluntary organisation, to a special reception in House of Lords by Lord Fred Ponsonby with Will Martindale, Labour MP candidate for Battersea and Sheila Boswell, Labour MP candidate for Putney. This reception has been organised to thank the local community groups for the contribution they have given to the society and to share the best prac-

tics, but especially to thank the volunteers for their hard work. It was interesting to find out that Battersea is the

seventh richest area in the country and yet the volunteers have to fill in the gaps in the Council services.



Senia, Lord Ponsonby, Sheila Boswell and Syeda

WoW Mums in City Hall

International Women Day event in City Hall this month was a poignant reminder of women's unequal rights in UK and in the world. WoW Mums were one of the guests who were invited because of our persistent work in helping the parents, but mostly because majority of our members are single Mothers, who have to struggle for progress because of lack of family support and very expensive childcare. With closure of Children's Centres, playgrounds and One O'clock clubs, lone parents are forced to leave the jobs and stay at home with their children.

Other invited organisations, such as Daughters of Eve and Refuge had to deal with even worse injustices towards women, where men treat women violently and torture them with FGM. Emma Barnett, host of BBC Radio 4's 'Women's Hour' chaired this event and informed us of the constant complaints from her

radio callers about unfairness of women earning less than men, because they are paid less and about older women's struggle to care for their elderly parents and their grandchildren at the same time, because of the expensive childcare and lack of homecare workers.



Sandra, Senia, Syeda and Una

WoW Tea Party in John Kirk House

WoW Mums have expanded our unique intergenerational project and organized a Tea Party in John Kirk House this month.

It was great to see the residents from Haven Lodge joining us as well, because our guest speaker was Shelly Hastings from Battersea Art Centre introducing their 'Like Mother, Like Daughter' project.

This sparked a lovely conversation about importance of family throughout people's lives, whilst

enjoying tea, coffee and strawberry cakes.

Photo by Sandra Munoz



Jennifer's Parachute Jump for MS

WoW Mum Jennifer Patterson is jumping from 12,000 feet with a parachute in June 2015 to fundraise for Multiple Sclerosis research. Please click here to support her cause and improve her quality of

life, as she suffers from MS herself:

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

Jennifer had all doctor's checkups and is fit to continue training and make the jump.



WoW Donation

WoW Mums donated this Fairy Castle to The Railway Children's Nursery in Katherine Low Settlement. The castle has been decorated and constructed by thirty WoW Kids during regular, weekly and free WoW Arts & Crafts workshops in Katherine Low Settlement.

WoW Kids and WoW Mums have already enjoyed Origami class, Making Spring Carnival

masks, Making Loom Bands, Stringing beads, painting and decorating the Easter eggs during this class with David for the fantastic annual KLS Easter egg hunt in Fred Wells Gardens.

Right: Nursery Manager and Senia Dedic, WoW Mums Founder and KLS Trustee

Photo and article by Sandra Munoz Alvarez



Persian New Year

Nowruz marks the first day of spring or Equinox and the beginning of the new year in the Persian calendar. It is a festival which connects humans to nature. It is calculated exactly every year as the length of daylight equalises with the length of night time.

Equinox has been celebrated by people from diverse ethnic communities and religious

backgrounds for six thousand years. It is a secular holiday and it is celebrated by people of several different faiths.

Nowruz was officially registered on the UNESCO's List of the Intangible Cultural Heritage of Humanity in 2009 at the United Nations Inter-governmental meeting for safeguarding the intangible heritage. WoW Mum Syeda Islam is hosting and cooking Chicken and Berry Pilau with traditional Korma Shabzi (lamb stew) for the inter-generational Norwuz celebration in Haven Lodge on 30th March. We are expecting the Mayor of Wandsworth Cllr Stuart Thom as our guest.



WoW Karate

WoW Karate Course, led by Sensei Andrew Beech, Black Belt, Third Dan is the most affordable self defence class in Battersea, because it is heavily subsidised by WoW Mums and Thomas's Schools Foundation.

At this course we have been training and grading our WoW Karate Kids for the last 3 years with great success. We have had Yellow, Orange, Red and Black belts sparing fights at the regular Karate Championships, organised by WoW Mums and Buna Kazuku Karate School in Caius House. New WoW Karate term starts on Saturday, 25th April in KLS. If you would like to join our next term, please register on 07703723236. WoW Mums are grateful to Thoma's Schools Foundation for their funding.

WoW Curry House

WoW Mum Syeda Islam is continuing with Curry cooking lessons in Caius House on every Wednesday evening from 5pm—7pm. Last week Syeda cooked Koran Curry and the week before WoW Mum Jeanette Wickham cooked scrumptious Malaysian Curry from scratch with coconut milk. During these cooking lessons the children learn how to use the knife properly for chopping, how to season the food adequately and how to cook nutritionally balanced plate for a scrumptious meal. All welcome.



WoW Enterprise Club



WoW Mum Sandra Munoz Alvarez has organised a networking event for all local freelancers as part of Enterprise Club in John Morris House Community Centre. This workshop attracted all local residents, but most importantly self employed Mothers.

We discussed the benefits of attending business fairs such as the one organised by Business With Excellence in York Gardens Library this month, where local small businesses could hire a stall and have a

business bonding lunch after the fair for extra networking. Workshop on importance of media was very interesting and beneficial for small business marketing. Sandra's next workshop is on 24th April in John Morris House.

Photo: WoW Mums Sandra Munoz, Lorraine Rees, Senia Dedic and others with Sharon Mclean at the Smart Women's business fair