

**Virtual WoW**  
Parent Forum on  
every  
Tuesday term time  
from  
12-1pm

**WoW Enterprise**  
Club Zoom  
networking every  
Wednesday from  
11am-1pm

**WoW**  
Inter-Generational  
food deliveries  
weekly

**WoW Karate**  
Every Saturday  
term time from  
10am-12

### NEXT MONTH:

**WoW Karate**

**WoW Food**  
Delivery

**International**  
Woman's Day

**EDITOR AND  
PUBLISHER:**

**SENIA  
DEDIC**

## WoW Karate



WoW Mums' partnership with Thomas Foundation is continuing in lockdown. Our WoW Karate classes for children are online, with very good attendance by juniors and seniors.

Sensei Andrew Beech is delivering comprehensive lessons to both age groups, with relative ease, as children focus on the

screen and follow Sensei's instructions in unison.

Lessons are on every Saturday, term time, from 10am-12.

Please contact WoW Mums on 07811660580 to get the zoom code.

Photos: WoW Karate junior class



## WoW Enterprise Club

Article about WoW Mums solution to catch 22 problem appeared in Education Choice Magazine, as an example of a good support for single Mothers. It is not fair that some women have to make an unfair

choice between a successful career and bringing up their children within their culture and speaking mother tongue with their children. WoW Enterprise Club offers help to all potential entrepreneurs with writ-

ing their Business plans and any other constitutional documents and policies, so they can start running their small business and doing what they are skilled to do by working from home with their children.

# WoW Mums in John Kirk Lodge

WoW Mums continue delivering fruits and vegetables, as well as non-perishable food to our elderly friends in John Kirk lodge. We have delivered hot cooked food as well, skillfully cooked by professional chefs from Ferloughed Foodies organis



Photo: from left Senia and residents Lauralee and Joseph



# WoW Mums in Haven Lodge

CCG

WoW Mums continue supporting our elderly friends in Haven Lodge. This is the 50th week of delivering free food weekly to them. We delivered fresh tangerines as it is a tradition for celebration off Chinese New Year and Flora Yu made pancakes for them to celebrate Shrove Tuesday.

We are very pleased that all of them are in good health and have sufficient food supplies.

We hope that all of them had their vaccines and that they are protected from the virus. All of

them are looking forward to our annual WoW BBQ in their garden.



Photo: From left Joyce, Brian, Senia and Brenda

Women of Wandsworth have been invited to Clinical Commissioning Group's Thinking Partners meeting this month to discuss the dissemination of NHS information about the vaccine against Covid 19 and virtual wellbeing support for people with mental health problems. Success stories about Open Space were discussed, as well as London Vision with Bhavani Makwana.

Digital Inclusion was at the top of the agenda to help elderly join the zooming population and not miss out on the events and new information by being digitally excluded.

Next CCG Thinking Partners meeting is on 7th April.