

WoW Parent Forum is on every first Monday of the month from 12-1pm

WoW Enterprise Club Zoom networking every Wednesday from 10am-11am

WoW weekly Inter-Generational food deliveries

WoW Karate Every Saturday term time from 10am-12

#### NEXT MONTH:

**FREE FOOD FOR ELDERLY**

**PARENT FORUM**

**WoW KARATE**

**MAYOR MAKING**

**EDITOR AND PUBLISHER:**

**SENIA DEDIC**

## WoW and NHS

WoW Intergenerational project, supported by NHS SW London ICS, run by Women of Wandsworth (WoW) is bringing together older and younger generations over tea and board games to learn from each other and forge new friendships, at the same time as sharing vital health information and beating social isolation. These sessions are an opportunity for conversation about health and well-being in communities. WoW runs activities that help families, strengthen



communities and offer a better starts for children. Group founder Senia Dedic explained: "We started this project in 2010 to solve the problem of isolation and loneliness in older people in Wandsworth, but we soon realised that our children feel isolated also,

as their extended family lives abroad and they miss the joy of learning from a grandparent about their culture and family history. That is why this project has an opportunity to connect our neighbourhoods by bonding elderly people from sheltered accommodation with children with families who live abroad. Children especially love teaching older people digital tips and tricks on their phones and elderly like to spend time with them and share the food.

## WoW Enterprise Club

WoW Enterprise Club has helped yet another Mother to become an entrepreneur and solve her employability problem by becoming a self employed business woman using her skills and talents to better the community. WoW Mums helped her write her Constitution and essential workplace and regulatory policies.

Photo: Rochelle and Senia



# WoW Karate For Children



techniques taught in Karate class including punching, kicking and blocking, which are needed for your children to protect themselves in a dangerous situation. These are not the things that would encourage any child to initiate the fight, because Karate teaches defence skills and how to manage anger and maintain respect for others in any situation. As children grow, they need to learn to balance their emotional and physical energy. Contact us through [info@wowmums.com](mailto:info@wowmums.com) to join the class.

WoW Karate fulfils a child's need for an extracurricular activity, but it also gives them an outlet to explore their mental and physical capabilities. Karate is a type of martial art that helps the children to defend themselves in any situation or conflict. There are different



# Free Food For Elderly



WoW Intergenerational Project started in 2010 to help our elderly neighbors to be less isolated by including them into our community life. WoW Mums have visited local lodges and sheltered accommodations regularly to cook for them and to socialise with them to break the loneliness pattern. The enjoyment of a home-cooked meal doesn't have to stop when you can no longer solely cater for yourself. It is also more enjoyable to eat as a group together with your friends and neighbors.

Since pandemic, we started delivering free fresh food to Doris Emmerton, Haven Lodge, Holmleigh Court and John Kirk lodge on a weekly basis to help the elderly with high cost of living.

We have organised the next hot lunch with elderly on 9th May at 1pm in Holmleigh Court, sheltered accommodation.

Thank you to all our volunteers who helped us over the years and to our regular funders and supporters.

