# VOW MUMS

WOMEN OF WANDSWORTH

#### **Women of Wandsworth WoW Parent** SEPTEMBER 2024 ISSUE 202 WOWMUMS.COM

Forum is on every first Monday of the month from 12 - Ipm

**WoW Enterprise** Club Zoom networking every Wednesday from I0am—IIam

WoW weekly Inter-Generational food deliveries

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

NEXT MONTH:

**WoW Lunch** 

**WoW Karate** 

**WoW Forum** 

**EDITOR AND PUBLISHER:** 

**SENIA DEDIC** 

#### Women's Health Awareness



Community Health Champion Senia Dedic has asked the Worshipful Mayor of Wandsworth Cllr Sana Jafri to help with organising the Women's Health Awareness event at the Town Hall. Wandsworth Care

Alliance prepared an excellent speaker about prevention of Breast and Cervical Cancers in local women. We had a safe place to have an open conversation with women from all ages, races and backgrounds talking,

without judgment, about their struggles, embarrassments and obstacles for Cancer screenings. Event was so successful that we have been asked to organise another one soon. Thank you to Sandra Munoz Alvarez for the photo.

## **WoW Enterprise Club**

WoW Enterprise Club members have been invited to a regular business networking event, organised by Business Junction, at he New Moon Pub at the glorious Leadenhall Market in the City. We appreciated meeting new business owners, but especially having had a minute to introduce our work and our enterprise.



#### CooP Fair Trade



Photo:
Senia Dedic with CooP manger and Trustees

CooP supermarket is celebrating 30 years of Fair trade, as they started with introducing new Fair trade products since day one of this movement of responsible retailing. CooP has a range of 100% Fair trade bananas, coffee, cocoa and tea. We were very happy to have been invited to their Fair trade celebration day in their shop on Battersea Bridge. Women of Wandsworth are very grateful for their community grant to support our inter-generational

work in our community, support-

ing the elderly in local lodges.

**Diversity Food** 

THANK YOU TO
OUR FUNDERS
AND
SUPPORTERS

WoW Mums attended the International Food tasting event in KLS to celebrate the diversity in Battersea and global cuisines.

There were delicious dishes from Asia, Africa, South America and Europe, prepared by residents of Wandsworth.

Photo: Sandra, Senia and Victoria



### **Falcon Road Tunnel**

WoW Mums have proposed this sustainable solution to the cleaning of the Falcon tunnel, as these electronic ads will add colour and light to the dingy space. Additional bonus is that the electronic companies will clean the ad boards regularly and keep the tunnel walls clean.



#### Free Food Deliveries



Photos of regular, free food deliveries for our neighbors in John Kirk House and Holmleigh Court sheltered accommodation in Battersea.

Thank you to our funders, volunteers, supporters and lodge wardens for making the better life for elderly in our community.

#### **WoW Karate**



New Term of WoW
Karate has started in
St. Peter's Community
Centre this month.
We have 15 Juniors and 15
Seniors learning Karate
katas and getting fit.
Through rigorous training,
children develop strength,
flexibility and agility.
Regular practice helps the
child to develop muscle
memory, which is crucial

for spontaneous, quick reactions in self defence. Three top benefits of Karate are improving physical health, enhancing mental wellbeing and confidence, as well as increasing personal safety through self defence routines. WoW Karate classes are about friendship and learning new fun things.

## Cost Of Living

Women of Wandsworth attended the Cost of Living Crisis Conference, organised by Wandsworth Community Empowerment Network, to discuss the problems in housing, disabilities, homelessness and employment aggravated by this crisis. Aim of the conference was to increase the understanding of the impact of cost-of-living crisis on communities across Wandsworth and also how local organisations can work differently, individually and as a network to provide a better support to residents across the borough experiencing hardship.

Women of Wandsworth will continue to support our elderly by continuing to deliver free fresh food to them, especially over autumn and winter months.

