

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

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WoW Karate



Karate is a very good skill to have, not just as a physical activity, but as martial art, especially for children in transition from Primary to Secondary school, as it increases vigilance, self defence and focusing. Thank you to our funders Thomas's Foundation.

New term for WoW Karate classes for children started this month in St. Peter's community centre. Classes are on every Saturday from 10am-12. Please contact WoW Mums if you wish to join the class. info@wowmums.com



NHS Vaccinations

While children are in Karate class, WoW Mums talked to parents about vaccinations and protection against HPV infection to help reduce the risk of cancer. HPV vaccine is offered in schools to boys and girls in year 8, before they become sexually active. It is a part of the NHS vaccination schedule.



Free Food Deliveries



helps with both of those problems, thanks to volunteer driver Joe Wieczorek, who helps with buying the food, driving it to John Kirk lodge, delivering it and then also to Holmleigh Court, sheltered housing as well. It is a process done every week for our elderly friends in Battersea. We would like to thank the A&P Foundation for their funding, without which we would not be able to continue with this project and help our community in need seamlessly. It is very reassuring to have the continual, weekly support for our elderly thanks to our funders.

WoW Inter-generational project has changed over the last 5 years, because of the emphasis on helping the elderly through the high-cost-of-living crisis. Free food deliveries help them with some non perishables and with fresh meat, fruits and vegetables. It is not easy to afford all the food and on top of that have the difficulty with bringing it home. This project



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THOMAS'S
FOUNDATION
FOR THE GRANT
AND THANK
YOU TO A&P
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DONATIONS

