

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:

PARENT FORUM

WoW KARATE

FREE FOOD DELIVERIES

WoW TRIP TO WAYMOUTH

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SENIA DEDIC BEM

Wimbledon T-shirts



Photo:
WoW Karate Kids with their T-shirts

WoW Mums gifted the Wimbledon Tennis Championship T-Shirts to our Karate Kids to wear them during the tennis tournaments for women, men, Juniors and the wheelchair competition, in hope that they might get interested in this sport.

Chamber of Commerce Awards

Congratulations to Wandsworth Chamber of Commerce Business Awards winners. We are so proud of Sandra Munoz Alvarez, CEO of Keepsake Videos for winning two awards at this ceremony. Wandsworth has 20,000 businesses and this is a great achievement to be recognised so highly at this event.



Free Food For Elderly

Food shopping becomes more difficult in later life. One in five people aged 80-84 say they have difficulty shopping for groceries. This rises to 60% for those aged over 90. Older people face a number of barriers to food shopping: difficulty getting to food shops, particularly in cold and very hot weather; Store layouts can be difficult due to high and low shelves; It's difficult to carry heavy bags home;



WoW



Some struggle with bulk shopping and prices, etc. That is why these free food deliveries are crucial. Photos: Residents in John Kirk Lodge and in Holmleigh Court

WoW Karate

Karate is a type of martial art that helps your child to defend itself in any situation or conflict. There are different techniques taught in Karate class including punching, kicking and blocking. These are exactly the skills your child needs as a self defense

skill. Karate teaches respect and only defense moves and teaches children to manage their anger. Karate is a full body workout, using arms, legs, abdominal muscles and all other muscle groups whilst training. These full

body exercises help improve the child's flexibility and balance, as well as posture.

WoW Karate lessons for children are on every Saturday in St. Peter's Centre (term time). Contact info@wowmums.com

