



The winter chronicles

WOMENN.ONLINE

NEWSLETTER - WINTER 2024

WOMENN SPOTTED LEAVING THE NORTH POLE



Hold onto your Santa's bells (pun absolutely intended)—Womenn has officially departed the North Pole after shaking things up in true iconic fashion. While Santa and his elves were busy with their same-old gift list, we've been out here shattering cultural chains and breaking social isolation like it's nobody's business.

This winter, we've brought communities together, sparked conversations, and probably made a few folks uncomfortable with all this empowerment.

Check out our end-of-year newsletter to see what we've been up to—it's guaranteed to jingle your bells.





🎉 To kick off our winter shenanigans...

We dove straight into the chaos with a trip to Monster Mayhem soft play. Honestly, at this point, we've been there so many times we might as well start forwarding our mail there. At least the kids had a blast while the adults finally had a chance to breathe (or pretend we weren't stuck in the ball pit trying to keep up).

It was the perfect start to a season full of shattering cultural chains, breaking social isolation, and building stronger communities—because nothing says bonding like crawling through padded tunnels and dodging flying foam blocks!



Our next collaboration...

We teamed up with the ladies at Just Straight Talk, who do amazing work supporting mental health. Together, we brought the ladies together for some artful wonder sessions—a chance to unwind, connect, and let creativity take the reins.



The first session? Calligraphy! Because nothing says relaxation like gracefully turning blank pages into works of art... or at least trying to (let's just say some of us have a unique interpretation of elegant lettering). Either way, the vibes were unmatched, and the laughter flowed as freely as the paint!





Next up...

We rolled up our sleeves for some air-drying clay fun! The mission? Create pots and sculptures—though, let's be honest, some of our masterpieces resembled something... kind of. But hey, art is subjective, right?

The real win was the positive feedback from the ladies, who shared how these sessions had a drastic impact on their mental health. Turns out, getting your hands messy and having a laugh with others is a recipe for wellness. Win-win all around!



Introducing "Mindful Moments with Womenn"
We're excited to present our 4 Weeks of Wellbeing Activities calendar,
your newest companion for self-care and personal growth.



December 2024

MINDFUL *Moments* WITH WOMENN

FOUR WEEKS OF DAILY MINDFUL ACTIVITIES

Womenn.online

1 Buy a team member a coffee	2 Use kind words in every day conversation	3 Compliment someone	4 Offer to complete a task for someone	5 Acknowledge someone's efforts	6 Let a friend know you're thinking of them	7 Spend the evening device-free
8 Meditate	9 Think of three things you're grateful for	10 Take a moment just for you	11 Journal your worries	12 Forgive someone	13 Soak in a warm bath	14 Call someone you haven't spoken to in awhile
15 Complete a random act of kindness for another person	16 Acknowledge the beauty around you	17 Practice mindful breathing	18 Focus on what you can see, hear and feel	19 Have a rest from social media for a day	20 Complete some yoga poses	21 Tense and release different muscles in your body
22 Enjoy a leisurely family walk	23 Eat mindfully	24 Listen to or play some soothing sounds	25 Complete some mindful coloring	26 Watch a sunrise or sunset	27 Treat yourself and fill your own bucket	28 Make peace with imperfections



This calendar has been carefully curated to inspire daily wellbeing activities that promote mindfulness, self-reflection, and physical health. It complements our counselling services, encouraging women to take small, meaningful steps towards their wellbeing goals.

Let's work together to tick off a goal every day and make self-care an achievable, joyful part of your life.

Your wellbeing matters – let's begin this journey together.

Next up...

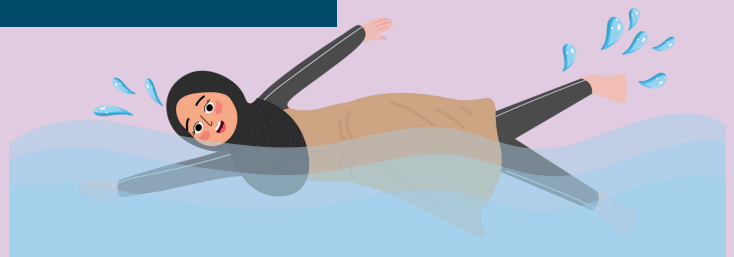
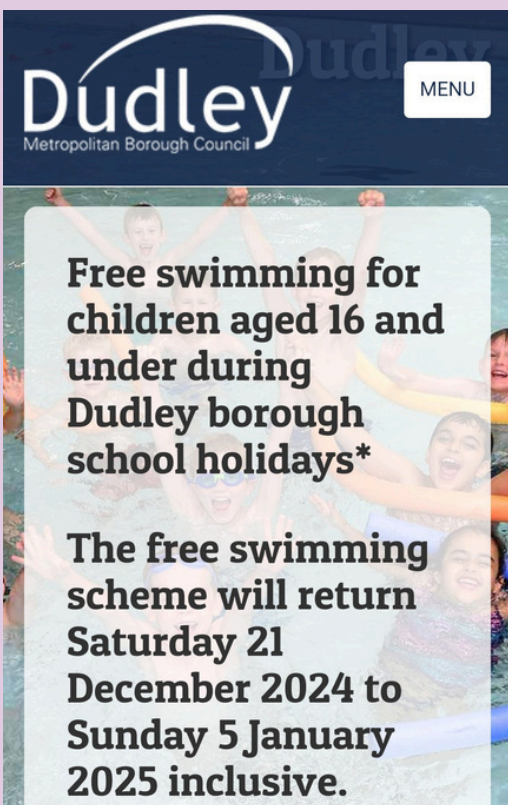
We had an amazing collaboration with HealthWatch Dudley and the lovely Ruksana Begum, who work tirelessly to support individuals facing challenges with the NHS, their doctors, or any health-related concerns. Here's the best part: our voices are heard here.

We're absolutely thrilled about this partnership and can't wait to see where this venture takes us. Let's just say, there are some very exciting things brewing. Stay tuned and... watch this space!



Have your say

Whether you have had a good or a bad experience with health or social care services in Dudley borough or would like to share your views, Healthwatch Dudley would like to hear from you.

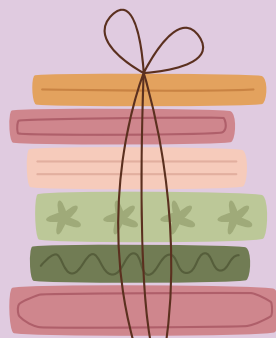


Free Swimming for Children at Dudley Leisure Centres

Children under the age of 16 can benefit from free swimming at participating Dudley Leisure Centres. This initiative provides an excellent opportunity for young people to stay active and enjoy swimming in a safe and welcoming environment.

Please note that children under the age of 8 must be accompanied by a responsible adult at all times.

To register and take advantage of this opportunity, please visit the Dudley Council Website for further details and sign-up instructions.



Who knew becoming a Pakistani elf would be on my résumé this winter? There I was, knee-deep in wrapping paper, ribbons flying, and tape stuck to places it definitely shouldn't be—wrapping up 25 gifts for the grotto. Halfway through, I was convinced Santa's workshop must run on biryani and chai because this elf needed backup... and caffeine. But we pulled through, armed with sheer determination and the questionable decision to use "just one more layer" of tape. If the gifts don't scream festive joy, they'll definitely say, "Good luck opening this!"





We had an absolute blast at Santa's Grotto during our community day! Donna the magical elf was in full festive mode, whipping up jingle sticks like a pro and dishing out reindeer food to keep Rudolph and his crew well-fed. Once we'd finished writing our letters to Santa (some of us getting very specific about our wish lists), we went to post them—only to be ambushed by the big man himself. Yes, Santa Claus! Disclaimer: This is a rare, once-in-a-lifetime moment where we allowed a man into our sacred Womenn circle... but let's be real, it was only because he came bearing gifts and didn't overstay his welcome!



We were then invited to Top Church in Dudley, truly one of the most beautiful buildings I've ever seen. Every time my children pass by, they stop and stare, completely struck with awe—it's that kind of place. So, when Vicar Esther kindly invited us to join in some Christmas festivities, we couldn't contain our excitement! This is what the spirit of community looks like, and honestly, nothing brings me greater joy than moments like this. Pure love.





We also hosted a Community Gingerbread Decorating Day, and let's just say it was a beautiful chaos of sugar highs and sticky icing everywhere. The creativity was flowing (as was the icing onto our hands, tables, and faces), and the results were nothing short of sweet genius. You should've seen what one of our admins created—an absolute masterpiece that was almost too good to eat... almost. It was such tasty fun, and the best part? Great memories were made, even if some of us are still finding sprinkles in random places!





A rare moment of peace without our children—while the offspring were safely at school, us ladies snuck away for a well-deserved hot and spicy Chaii date with a side of lunch. Believe me, we needed the break, we needed the laughs, and we definitely needed the company. This wasn't just any meetup; it was a moment to reflect and celebrate, marking a day to honour my mother, your mother, all mothers. Because let's face it, they deserve more than a round of applause... and we'll take any excuse for a good chai and a great chat!





Where to Find Support with Food

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For many, Christmas dinner is the highlight of the holiday season, but the cost-of-living crisis has made this tradition unrealistic for millions.

The Department of Work and Pensions reported that 2.1 million people relied on food banks in 2021/2022, and food insecurity has doubled since 2022, affecting 17% of households in June 2023. With the rising cost of necessities, many families are struggling to put food on the table this Christmas.

Support is available for those in need. Families may be eligible for up to £60 in food vouchers per child through local councils, distributed by schools or nurseries. Food banks, including The Trussell Trust and the Independent Food Aid Network, provide food parcels to those with referrals from schools, doctors, or social workers. For those who qualify, the Healthy Start Scheme offers a preloaded card to buy essentials like milk, fruit, vegetables, and pulses, as well as vitamins for pregnant women and young children.

Additional resources include free weekly hot meals from Foodcycle, Christmas lunches and food parcels from the Salvation Army, and initiatives from Feeding Britain. If you're struggling, the Money Wellness Benefits Calculator ensures you're claiming all financial aid available. This Christmas, there are many ways to access support and alleviate the strain on household budgets.

We wish you all a happy holiday and a beautiful Christmas celebration surrounded by your loved ones. A heartfelt thank you to everyone who has supported and helped us thrive during these challenging times—it means the world to us.

As we step into the new year, we hope you have a fantastic start filled with joy and positivity. Plan some realistic New Year's resolutions if you want—or don't! Remember, you're absolutely fabulous just as you are. Cheers to an amazing year ahead!

All my love - Mehvish