



West London Action for Children

Our birthday

Next year WLAC will be 100 years old. We are thrilled to be celebrating this milestone! We think it is a huge opportunity to raise awareness about our work and broaden our local support base.

Our services have never been in greater demand and we know that what we do works. We help children, teenagers and parents to respond more positively to difficult challenges in their lives. We listen. We show them that they are not alone. We help them to identify what *is* working and to build from there. We teach them new strategies and rebuild their confidence.

Please support our centenary events and help us spread the word.

Thank you,

Heather Boxer
Chief Executive



Please keep in touch via our website www.wlac.org.uk and social media



A huge well done to our 5 marathon runners – Kate, Jonathan, Tom, Freddie and Scott who all completed this year's London Marathon, covering 131 miles between them.

Together they have raised over £12,000, which hopefully makes up for the aching legs and blisters. Our thanks to all 5 runners for taking on this magnificent challenge for us!

It is never too early to start training for next year... If you are feeling inspired or can persuade a member of your family or one of your friends to run for us, please get in touch by emailing team@wlac.org.uk.

Our volunteer marathon co-ordinator, Bianca Sainty, a local qualified personal trainer, is ready to help!

Save the date!

**Lightning Talks
at Lumi Power
Yoga, W6**

1 Oct 7–9.30pm

Join us for a series of short talks by local people keen to share their passion

£20 invited donation

**Annual Quiz
at St Paul's
Girls School**

19 Oct 6.30-10pm

Tables of 8. Bring a picnic (wine glasses will be provided!)

£30 invited donation

**Postcards Anon
at
CHRISTIE'S**

10 - 14 Nov

Our tenth annual sale of postcard-sized art and auction returns to Christie's.

Private view: 10 Nov
Continues: 11–14 Nov

For more details and to book please email team@wlac.org.uk



Jigsaw

At WLAC we provide a range of counselling and therapy services to our clients, including running several groups.

Jigsaw is our weekly 'drop in' playgroup for local parents and under 5's.

We run this group in collaboration with the Chelsea Methodist Church.

Jigsaw provides a welcoming and friendly atmosphere where parents can share experiences, take part in activities and hear presentations on subjects such as learning through play, nutrition and child development. We are delighted that it is popular with so many local families.

We asked parents at Jigsaw to tell us how the group has been useful to them and their children.





West London
Action for Children

In partnership with
Chelsea
Methodist

Autumn Programme 2016

Time: 11:00am – 2:30pm

A Drop-In Group for parents
and children under 5

Venue: Chelsea Methodist
Church

JIGSAW CLUB

155a King's Road, Chelsea
(Opp. Habitat)
London SW3 5TX

**THERE IS NO CHARGE
FOR THIS SERVICE.**



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Join us this Autumn for a
range of play activities for
your little ones, including
weekly arts & crafts, song
time, a chance to meet other
parents/carers, share your
experiences and talk to
someone who can help

JIGSAW CLUB PROGRAMME

Wednesday Sept 14th
Bird Finder Binoculars
Wednesday Sept 21st
Make an Owl, plus Pilates
with Alejandra!
Wednesday Sept 28th
Milk Carton Bird Houses
Wednesday Oct 5th
Autumn Baskets
Wednesday Oct 12th
We're going on a Bear Hunt!
Make a Paper Bag bear
Wednesday Oct 19th
Halloween Paper Plate Crafts

HALF TERM (Wed Oct 26th)

Wednesday Nov 2nd
Straw Rockets
Wednesday Nov 9th
Modern Art activities
Wednesday Nov 16th
Silly Leaf Hair!
Wednesday Nov 23rd
Festive Masks
Wednesday Nov 30th
3D Paper Plate Christmas
Trees
Wednesday Dec 7th
Angels with cupcake liners
Wednesday Dec 14th
WLAC Client Christmas Party!
3:30pm Chelsea Theatre



WLAC was set up during World War I to help families in acute difficulty. Today our clients' needs are different but our aim and approach remain the same. Through counselling and therapy, we help local children and families in need.

Please support us to celebrate our centenary by taking part in

The WLAC 100 Challenge

Everyone is welcome to join in!

All you need to do is invent your own '100 Challenge' and ask your family and friends for sponsorship to raise money to support our future work.

Here are a few suggestions:

- learn 100 words in a new language
- cycle 100 miles
- draw 100 dinosaurs
- read 100 books
- bake and sell 100 cakes

Please contact us for a sponsorship form or download one from our website

https://www.wlac.org.uk/?page_id=940

Alternatively, you can set up your own fundraising page on an online site such as Virgin Money Giving.

There will be prizes for the most innovative challenges.....

We can't wait to hear about yours!



Frank is 8 and he lives in Hammersmith.

He has set himself the challenge of designing and making 100 lego models!

So far he has made twelve and has raised £20.

You can sponsor him at

<http://uk.virginmoneygiving.com/IsobelLeaviss>

Sign up and tweet us @WLACchildren to let us know about your challenge



West London Action
for Children



@WLACchildren

Fundraising News

Over the past few months we have been lucky to have been supported by various local organisations and events including Bramley's Big Adventure, who chose WLAC as their partner charity for their 20th birthday celebrations and The Royal Mid Surrey Golf Club who raised over £18,000 at their Charity Day.

Here are a few more highlights from the past few months.....

Fulham Feast

Firstly, a big welcome to our newest fundraising group, based in the Alphabet Streets in Fulham. They held their inaugural event in April. Guests at 'Fulham Feasts' enjoyed a three course meal in three different locations. The event raised nearly £2,000 and raised our profile in this area. Thank you to everyone involved including the sponsors, Marsh & Parsons.

On The Ball Tennis Tournament

Big thanks to Mahmuda Jafarey for running her Summer tennis tournament in aid of WLAC this year. It was a fun family event, with children and adults competing together. Thank you for raising £480 to support our work and congratulations to the Hartley brothers who won first prize!



Brook Green Neighbourhood Nosh

Eight local hosts created magical feasts for 68 guests, giving local residents a fantastic opportunity to meet and mingle whilst raising over £3,800. The Jennings Family hosted the initial drinks reception, and Louis Hook, a WLAC therapist, gave a heartfelt speech about our work. Thank you to the Brook Green Events Group and Bective Leslie Marsh for another very successful event.

Client flat painting

Teams from Lloyds Bank and the Junior League of London donated time and energy to paint two clients' flats. We were very grateful – and so were our clients. Both teams took advantage of volunteering days to help change the lives of local families. Please contact us if your organisation would like to do something similar.



Thank you to all our runners!!

Congratulations and well done to David, Linnea, Amanda, Gregg, Coralie and Claire who took part in the British 10K London Run, raising nearly £2,000 for WLAC.



And thank you to the 60 supporters who helped organise, made brunch and took part in our annual Three Bridges Fun Run. Together you raised over £600! Thank you to St Paul's School for hosting the event for the third year running.