

Monthly Newsletter

MAY
2023

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The W Community



Hello Buddy,

I am excited to wish you a Happy New month! How have you been? I hope the first four months have been kind to you.

My hope and prayer for you is that you will experience positive news and exciting opportunities throughout this period.

Back in April, we provided some useful tips on how to refresh your wardrobe, get ready for the rainy season, and more.

Additionally, we organized an informative webinar on Mobility featuring renowned experts who spoke on car maintenance and management.





If you were unable to join us for either of these events, don't worry, you can still catch up by following us on Instagram, Facebook, and Twitter *@thewcommunity*. To access the recording of the webinar, simply click the link in our bio, and you will be directed to our YouTube channel where you can watch it at your convenience.

Our May newsletter edition is brimming with a plethora of fresh and exciting content.

Grab a seat and your favourite drink as we dive in.





SIX WAYS TO ENSURE SAFETY FOR YOUR CHILD(REN)

Youngsters are incredibly fragile individuals. This is not solely because of their vulnerable disposition, but also because they represent the future. As a result, it is our collective duty as parents and adults in their lives to ensure that they are nurtured into becoming safe, healthy, and responsible individuals.

Overtime, we have heard of tragic situations that arise from neglect and mistakes on the part of adults that result in harm to children. Nevertheless, as we celebrate children this month, safeguarding their welfare should be the foremost concern of every adult who interacts with them.





HERE ARE SOME TIPS FOR KEEPING CHILDREN SAFE NOT JUST AT HOME BUT ALSO IN PUBLIC:

01. Spend Quality Time with them

Life can be very busy and overwhelming with other activities that we sometimes drift away from our children. However, bonding with them and having a heart to heart talk is very important.

Take out time to be your child's best friend, know how they feel, what they are going through and proffer solutions.

02. Teach Your Children About Stranger Danger

Without instilling fear or insecurity in them, make it certain that they understand how to say "no" and ask for assistance if they feel uncomfortable or threatened.





03. Install Child Safety Gates and Locks

Children are very curious by nature but this curiosity could endanger them. Warning them is never enough. Therefore, it is advisable to set up gates and locks designed for child safety in parts of your home that could be hazardous, such as stairways, balconies, and swimming pools.

04. Create a Safe Word

Safe words can help youngsters effectively communicate with you when they feel unsafe. Make sure they understand the importance of using it and that you will always take them seriously.

05. Monitor Your Children's Screen Time

Keeping tabs of the time spent on gadgets or television will help make sure that they are not exposed to inappropriate content or strangers online. Furthermore, setting rules around screen time and seeing that these rules are adhered to, will help monitor their screen time.

06. Keep Dangerous Items Out of Reach

Items such as cleaning products, sharp objects, and medication should be kept out of their reach and in locked cabinets. Also, when you visit public places such as parks, shopping malls, and playgrounds, keep a consistent watchful eye on children to ensure their safety.

By following these tips, you are able to keep their feelings in check and likewise ensure their safety and well-being both at home and in public.



 presents

The Baby Prep Masterclass

Join us for an exclusive masterclass that will help expectant Mums and Dads prepare for the arrival of their bundle of joy!

Get expert advice on:

- Pregnancy Trimesters & What to Expect
- Understanding miscarriage and lowering the risks in pregnancy
- Nutrition in pregnancy
- Preparing your body for Labour & Birth

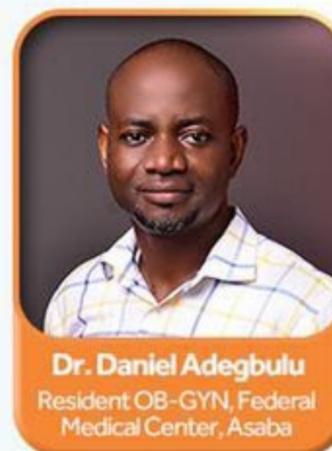
 Thursday, May 11th 2023

 4pm (GMT+1)

 Youtube

[Click here to register](#)

 **babymigo**



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DECLUTTERING YOUR HOME FOR SPRING

Have you ever had to declutter your space? Would you agree with me that it brings a refreshing feeling? Decluttering brings a whole new vibe of rejuvenation and newness. It won't be a bad idea to consider decluttering your home for spring.

I've prepared some tips for you :



01. Begin with a Plan

First off, come up with a plan. What would you want your home to look like? Divide your plan into smaller, more feasible tasks that you can tackle one by one. You can consult a professional if it gets confusing or overwhelming.

02. Declutter

Go through each room and get rid of anything that you no longer need or use. You can donate or sell items that are still in good condition, and lay off items that are no longer useful.

03. Clean and Create a Checklist

Give your home a thorough cleaning. Dust, sweep, mop, vacuum all surfaces, and don't forget to clean windows. Also, your kitchen appliances shouldn't be left behind, including the oven and refrigerator. For orderliness, create a list of the spaces in your home that require decluttering and rejuvenation.



04. Level Up Your Decor

Trade out heavier harmattan decor for lighter and brighter spring decor. You can do this by switching out throw pillows, blankets, and curtains. You could also hang spring-themed art or prints on your walls.

05. Organize

Once you've decluttered and cleaned, it's time to organize. Utilise storage solutions like baskets, bins, and shelves to keep everything in its place. Labeling containers is also a good idea that can help you stay organized.

06. Bring in Some Colorful Stuff

Spring is characterized by blooming flowers. Bring some indoor plants into your living space to infuse it with some color and vitality. Consider incorporating fresh flowers as well for an extra burst of vibrant hues.

07. Enjoy Natural Light

As the days get longer, take advantage of the natural light. Uncover your curtains and blinds to admit as much sunlight as possible. If you have dimly lit areas, think about incorporating mirrors or light fixtures to help illuminate them.

Implementing these suggestions will help you revitalize and declutter your living space for the spring season, producing a neat, orderly, and welcoming ambience to relish.

EXPLORING NEW HOBBIES EQUALS MORE SELF-DISCOVERY. TRUE OR NOT?

Have you ever found yourself in a situation that enabled you to uncover a new aspect of your identity? As life progresses, it is crucial to continually grow and develop. Trying out new hobbies can be an excellent means of acquiring fresh skills, forging new relationships, exploring novel interests, and fostering personal growth.

Here are some innovative suggestions to assist you in initiating this process:





01. Try an Online Tutorial

Numerous online tutorials and how-to videos are available for free on platforms like YouTube, providing you a great opportunity to acquire new skills or hobbies from the comfort of your home.

02. Join a Club or Group

There are numerous club or associations focused on different hobbies or interests. Such groups can serve as an excellent opportunity to connect with individuals who share similar passion. You will also gain insights from seasoned hobbyists.

03. Attend a Workshop or Class

Look for workshops or classes in your area that offer hands-on instruction in something you are really interested in. This could be anything from painting to cooking or even dancing.

04. Take a Day Trip

Plan a day trip to a nearby town or city that offers you the opportunity to explore a new hobby. For example, you could visit a sculpting studio or take a guided nature walk to learn more about nature.

05. Give Your Time

Consider volunteering your time with a local or non-profit organization that aligns with your interests. This can serve as a fantastic means of growing your network, acquiring fresh skills, and contributing to the growth of your community.

As I round off, please don't be afraid to start small when exploring new hobbies. You don't need to invest a lot of time or money upfront. Instead, start with simple projects or activities that you can do in your spare time and gradually work your way up to a more complex or time-consuming hobby. The most important thing here is to have fun and enjoy the process of learning and growing.





introducing PreggClass

PreggClass provides you and your partner with the support and resources you need throughout your pregnancy journey and up to 3 weeks post partum.

Benefits include:

- 24/7 Access to nurses and gynaecologists
- Weekly live classes
- Connect with mums in similar birth clubs

Enjoy 30% discount when you pay with your W debit card.



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THE PERFECT MOTHER'S DAY GIFT

Drum rolls!! Drum rolls!! Let me have the honor of introducing to you the PreggClass! Are you an expecting mama? Are you a member of the W Community? Do you know someone who should be a part of this class? Then you should keep reading.

The W Initiative of Access Bank and Nigeria's leading pregnancy and parenting community, Babymigo are proud to present a PreggClass at a discounted rate.

Every W Community member gets 30% off, for the PreggClass covering the entire period of pregnancy and three weeks postpartum! Interesting, isn't it?

The PreggClass is an online antenatal program for expecting mothers. It is also designed to support your hospital antenatal experience with access to local and foreign medical experts with decades of experience and a community of other expecting mothers.





HERE ARE A FEW KEY BENEFITS YOU STAND TO GET BY JOINING PREGGCLASS:

- Tailored online antenatal care for you and your baby
- 24/7 access to medical experts
- Weekly live classes including practical sessions
- Expert-led information and training to prepare you for motherhood
- Community support from other pregnant women
- Exclusive resources and much more!



The PeggClass goes for N10,000 only and the exciting part is that you get to enjoy a 30% discount, meaning you will be paying N7,000 only with your W debit card. If you would like to get a W debit card, kindly send an email to wcares@accessbankplc.com

If you are not a member of the W community, we'd like to connect with you. Begin by opening an account here <https://diamondxtradigitalaccount.accessbankplc.com>

Follow us [@thewcommunity](https://www.instagram.com/thewcommunity) on all social media platforms to enjoy this offer and much more.

I promise, it takes just one minute to sign up!



Bye Ladies

This month and beyond, don't miss out on all the valuable offerings W has for you. Be a first participant by turning on your post notification, follow us on our social media platforms [@thewcommunity](#) and subscribe to our YouTube channel [@TheWInitiative](#).

Remember, [#childrenareourfuture](#) and it is the responsibility of every adult within their reach to safeguard them.

