

Monthly Newsletter

MAY 2024 EDITION

Join the W Community in her special Mother's Day cooking contest featuring your Fave, *Chef T*

Read more on how to participate in page 9...

Interesting topics:

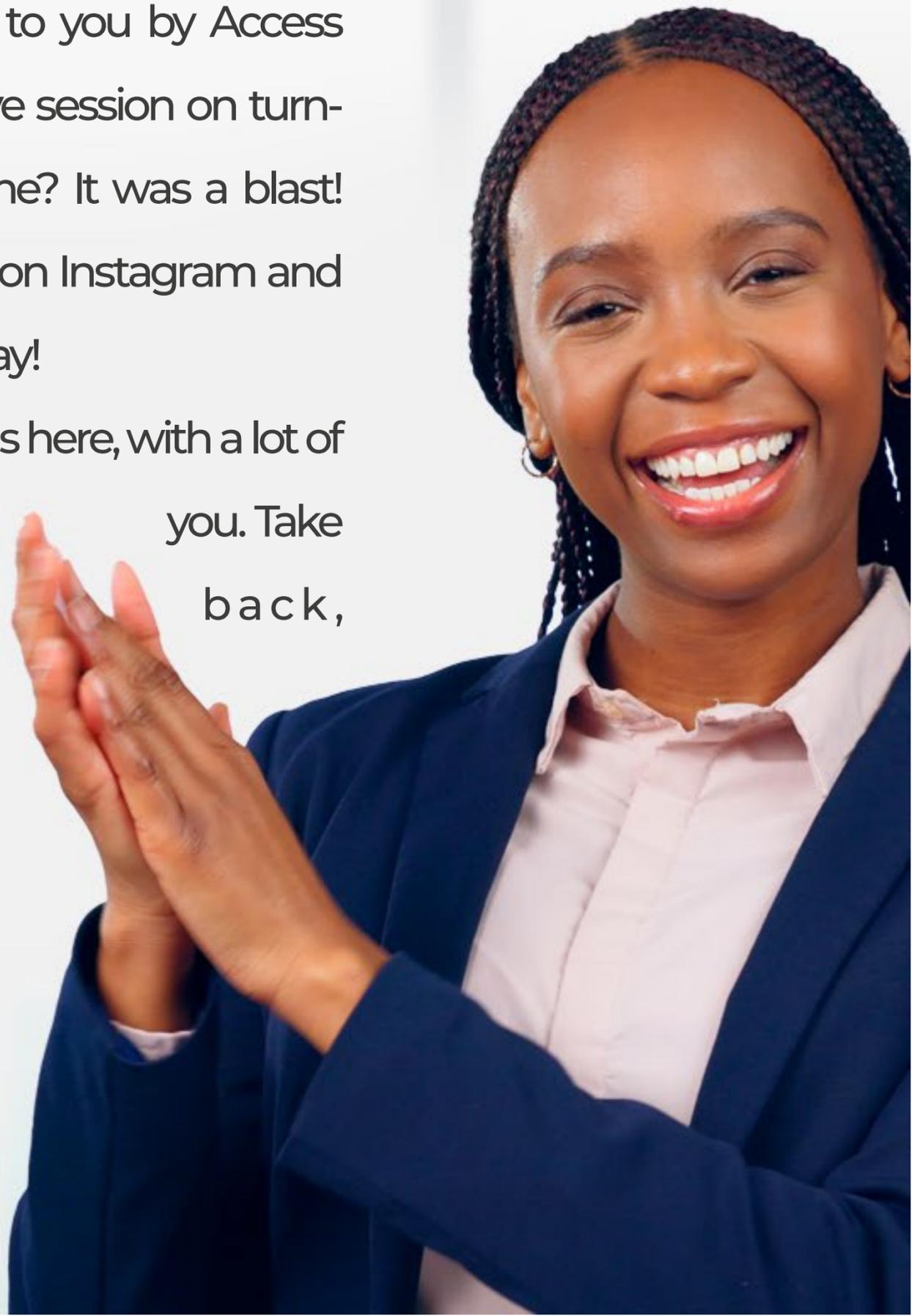
Nurturing your mental health as an expecting mother

Hey sis, can you drive a vehicle?

Hello Ladies

We are excited to wish you another Happy New Month! In April, we provided some useful tips on how to take your business to the next level, nurturing your body and mind, healing from your past and information about the youthrive initiative brought to you by Access Bank. Did you join our IG live session on turning your passion into income? It was a blast! Kindly visit any of our feeds on Instagram and Facebook to watch the replay!

Our May newsletter edition is here, with a lot of exciting content just for you. Take a moment to unwind, sit back, and prepare to immerse yourself in all that awaits you!



The Rainy Season

HAS GOT NOTHING ON YOU WITH THESE TIPS!



01

The rainy season is here! A time to enjoy cozy moments with family and loved ones. Even though it calls for excitement, the rainy season comes with some hazards such as mosquito infestation, increased risk of accidents, cough and catarrh, etc. This letter will help you care for yourself in the rainy season, making it a memorable one.

THE RAINY SEASON HAS GOT NOTHING ON YOU WITH THESE TIPS!

01

Stay Dry

Invest in good quality rain gear, such as waterproof jackets, umbrellas, and rain boots, to stay dry when going outside. Wet clothes and shoes can lead to discomfort and increase the risk of catching a cold or flu.

02

Keep Your Home Fumigated

Constant rain gives room for stagnant water, pest infestations, disease transmission, property destruction and so much more. Fumigating your home is a proactive measure to protect your health, preserve your property, and maintain a comfortable living environment for you and your loved ones.

THE RAINY SEASON HAS GOT NOTHING ON YOU WITH THESE TIPS!

03

Stay Hydrated

Drink plenty of water throughout the day to stay hydrated, even if you don't feel thirsty. The rainy season can be humid, and it's easy to become dehydrated without realizing it.

04

Practice Good Hygiene

Wash your hands frequently with soap and water, especially after being outside or using public transportation. Keep hand sanitizer with you for times when you don't have access to soap and water.

05

Take Care of Your Skin

The rainy season can be harsh on the skin, leading to dryness and irritation. Use a moisturizing lotion or cream to keep your skin hydrated. Don't forget to apply sunscreen, even on cloudy days, to protect your skin from harmful UV rays.

06

Stay Active

Staying active will help you maintain good physical and mental health. Don't let the rain dampen your motivation to stay active. Find indoor workout routines or activities that you enjoy, such as dancing, indoor cycling, or yoga. We can navigate the rainy season with ease and maintain your overall health and well-being. Remember to listen to your body, prioritize self-care, and be kind to yourself during this time.

The *W* Debit card... **exclusive for every woman**

Women can access special rewards
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Nurturing your mental health as an **expecting mother**

02

Pregnancy can trigger different emotions, from excitement and happiness to stress and worry. Hormonal changes, physical discomfort, and the anticipation of childbirth and parenthood can all impact on your mental well-being.

This is why you have W to share some tips on how to navigate mood swings, anxiety, and depression during this amazing phase of life.

01 Open Up

Every pregnancy phase comes with its uniqueness. Usually, the first-trimester phase comes with a mix of emotions, the second trimester comes with some relief and anticipation of the baby because the bump becomes more visible. The third trimester comes with discomfort due to the growing size of the baby. Overall, pregnancy can be a rollercoaster of emotions as you navigate every phase, taking care of your well-being is crucial for both you and your baby.

Don't hesitate to share your feelings with your partner, family members, or healthcare provider. Talking about your emotions can help alleviate stress and provide you with much-needed support.

02 Practice Self-Care

Take time for yourself to relax and unwind. You can take a warm bath, go for a walk, and search for activities that will help you feel calm and fresh.

03 Stay Active

Regular exercise can boost your mood and energy levels. Talk to your healthcare provider about safe exercises during pregnancy, such as walking, swimming, or prenatal yoga. You can also consider vlogging your process of hospital visits, shopping for baby clothes, preparing your child's room and so much more.

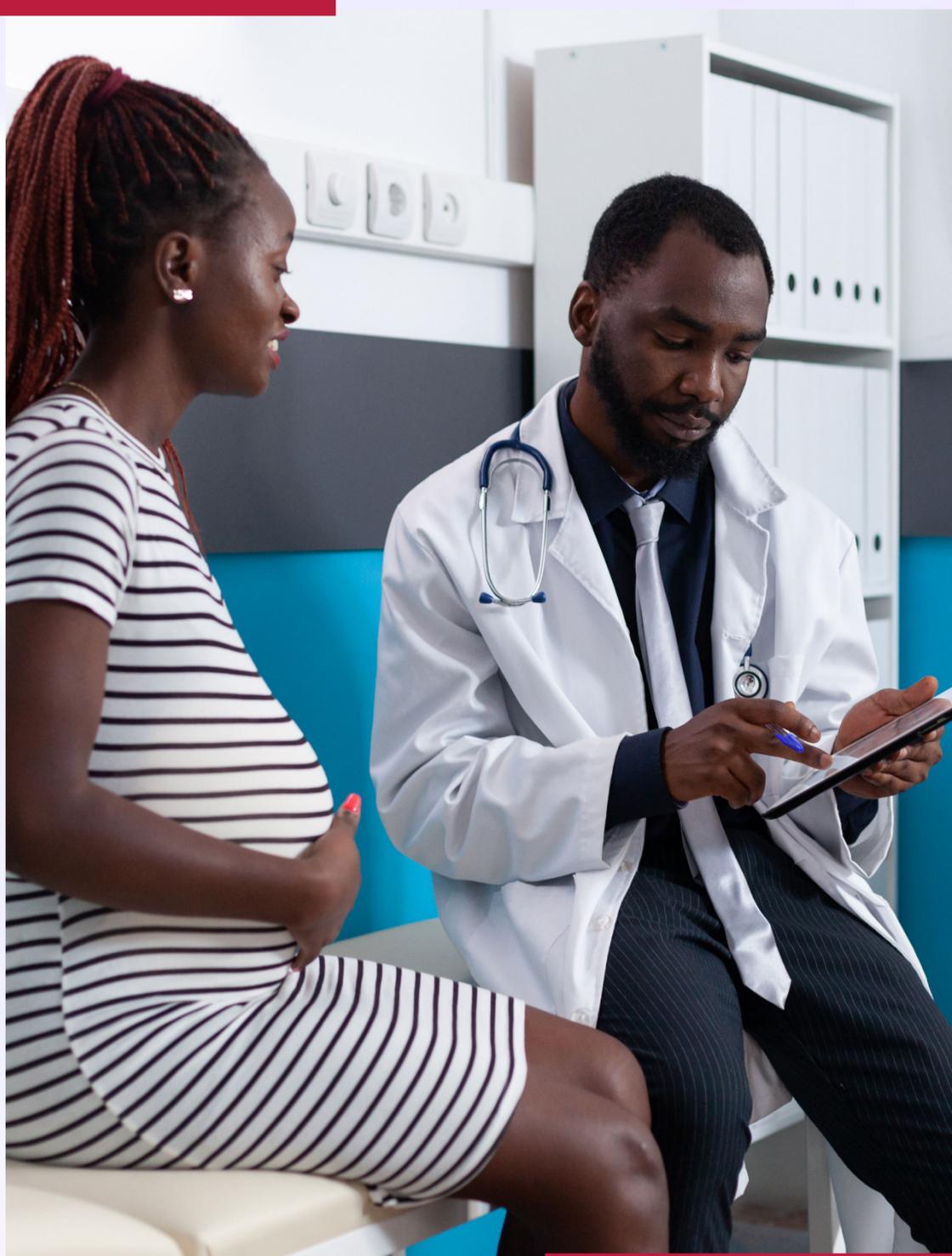


NURTURING YOUR MENTAL HEALTH AS AN EXPECTING MOTHER

04

Connect with Other Moms

Sharing experiences and listening to tips from other moms-to-be can be incredibly reassuring. Joining a support group or online community for expecting mothers can help you get enlightened and stay on top of the latest. Furthermore, you also gain knowledge from experienced mothers.



05 Seek Professional Help

If you're struggling with persistent feelings of sadness, anxiety, or being overwhelmed, don't hesitate to seek professional help. Your healthcare provider can offer guidance and connect you with resources, such as counselling or therapy.

Conclusively, pregnancy can be an overwhelming journey but also enjoyable when you have the right support. Remember, a healthy you is a healthy baby.

If you are looking to be an expecting mom, worry less because with the W MHSS loan, you can finance your fertility procedures and pay back with ease. Kindly send an email to wcares@accessbankplc.com to get started.

Join the W Community in her special Mother's Day cooking contest featuring your Fave **Chef T**

#WMothersDay2024
#cookformum

Hey Besties,
Join the W Community in her special Mother's Day cooking contest featuring your Fave,
Chef T



f X @thewcommunity

#WMothersDay2024
#cookformum

How to Participate

Recreate Chef T's dish or your favourite dish with your mum or child(ren).
Sounds like a blast, right?



f X @thewcommunity

#WMothersDay2024
#cookformum

Who Will Win

- The W Community will be selecting 20 winners randomly!
- To get a shot at winning, follow and tag @diaryofakitchenlover and @thewcommunity on Facebook, Instagram, and X.
- Post your video using the #cookformum #WMothersDay2024. Don't forget to tag @thewcommunity!

Winners will get a Mother's Day gift worth N50,000



f X @thewcommunity

#WMothersDay2024
#cookformum

Welcome to the battle of the most amazing cooking video contest.

We cannot wait to feed our eyes on the interesting videos from you all.



f X @thewcommunity





is here; make your young ones happy!

Can you remember a special memory from your childhood? How did it make you feel? Would you agree with us that these memories in every way still add to the spice of your life as an adult? Children are the future, we all have a role to play in making children's day worthwhile for them. To make Children's Day worthwhile, consider implementing these thoughtful and fun ideas we have put together for you!

CHILDREN'S DAY IS HERE; MAKE YOUR YOUNG ONES HAPPY!



01

Plan a Special Outing

Take your children to a local park, zoo, museum, or amusement park for a day of fun and exploration. To make it even more exciting, let them choose the destination.

02

Arrange a Fun Activity

Plan a craft session, movie marathon, or outdoor game day at home or in your backyard. Get creative with DIY projects or themed activities that cater to their interests. You can also bake treats together. This will help you spend quality time with them in the kitchen baking cookies, cupcakes, or other delicious treats with your children. Let them decorate their creations and enjoy the sweet rewards together.



03

Host a Playdate with Surprise Gifts

Arrange a playdate with your children's friends or classmates. Organise games, crafts, or a picnic to keep them entertained and encourage social interaction. Additionally, surprise your children with small gifts or treats that they've been wanting. It could be a new toy, book, or their favorite snack to make them feel special on Children's Day.

04

Plan a Family Day

Dedicate the entire day to spending quality time together as a family. Disconnect from screens and distractions, and focus on bonding activities like storytelling, board games, or a family picnic.

05

Support a Cause

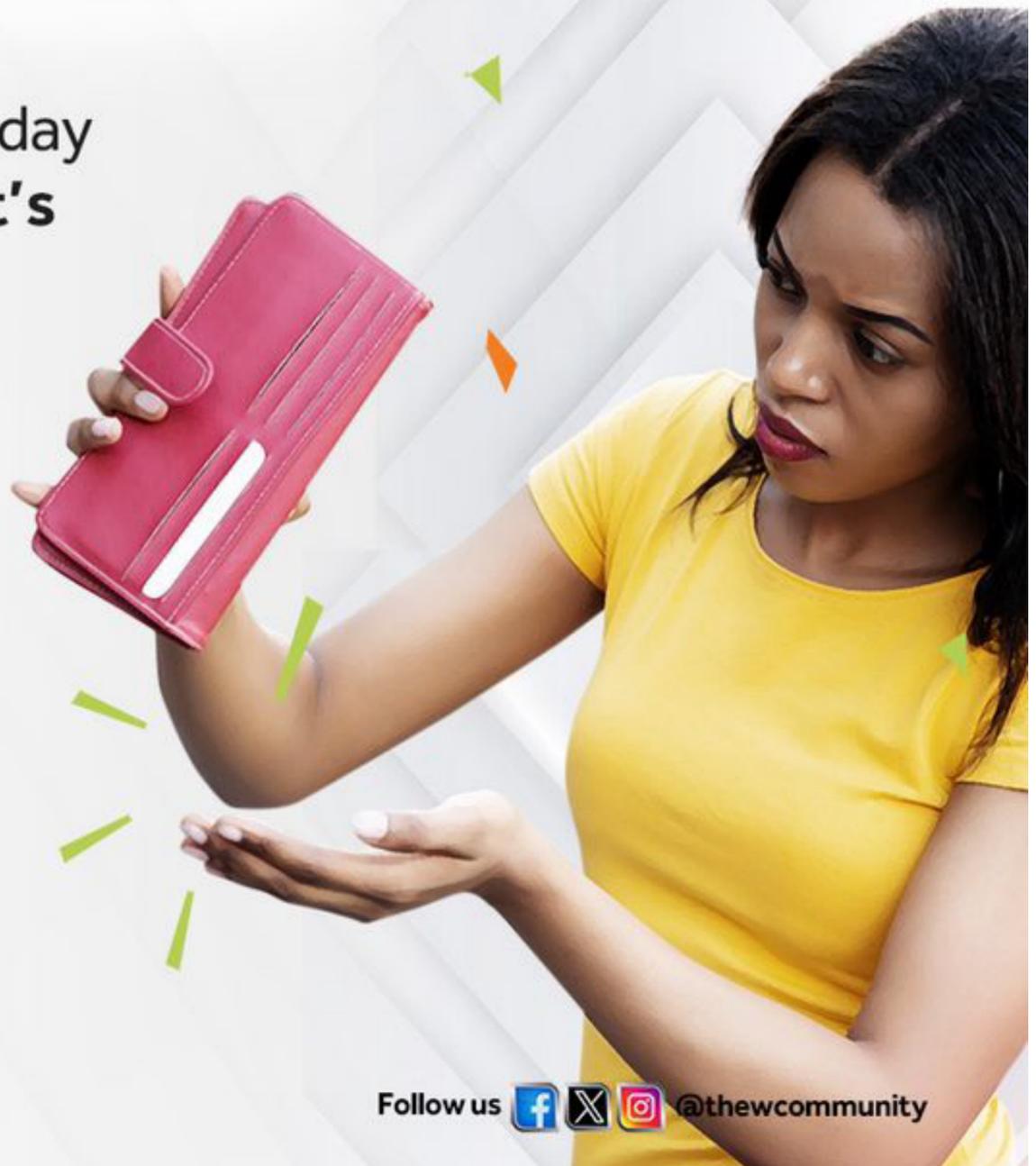
Teach your children the importance of giving back by involving them in charitable activities or volunteering opportunities that benefit other children in need.

This Children's Day, create meaningful experiences that bring happiness and laughter to your children or the children around you. Don't forget to take plenty of photos and videos throughout the day to capture precious moments and create lasting memories together.

ladies let's drive
2.0

Are you tired of daily calls for urgent 2k?

- ▶ Empower a women today through the **Ladies let's drive Initiative**



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04

HEY SIS, CAN YOU DRIVE A VEHICLE?

Driving is beyond a lifetime skill, it is also a survival skill that gives you confidence, convenience, independence, and so many more advantages.

It is our goal to see every woman drive and thrive at the W Community. This is why “Ladies Let’s Drive,” brought to you by the W Initiative of Access Bank has specially curated this plan to ensure that as a woman, you can learn how to drive at your convenience.

We have partnered with FRSC-accredited driving schools to ensure you have a premium driving school experience. With this mind-blowing offer, over 1,000 women have acquired this amazing skill with the Federal Road Safety Corp (FRSC) accredited driving schools.

Here are some testimonials of phenomenal women who have enjoyed the ladies let's drive initiative;

Testimonial 1



Abibat Adeola Thompson



After my husband's brain surgery in Luth, we spent two weeks in the hospital. We went for a check-up. My husband's cousin drove us to the hospital that day. Two weeks later, we went for a check-up.

Suddenly there was a clash between police officers and bike men during the ban on okada riders.

They threw tear gas into the hospital and my husband was there. Everyone was running for their lives but my husband could not move.

I could not drive that day, I was calling people to help me.

Now, I am bold to say that I am a good driver.



Testimonial 2

Victory Elunwa



The experience was amazing. It has been impactful in my life, I have always wanted to drive but it was so unaffordable. The W initiative gave us a subsidised amount.

Being a beneficiary of this amazing initiative is exciting. It is more like a dream come through for me. I appreciate the W community for all they are doing for women all around Nigeria.

**HEY SIS, CAN YOU
DRIVE A VEHICLE?**

You too can enjoy;

- Experienced and certified driving Instructors
- Flexible driving schedule
- Driving Certificate
- An Auto Loan in 72 hours for brand-new or pre-owned vehicles.

If you'd love to learn how to drive, W is here for you. Send us an email - wcares@accessbankplc.com or visit any of our social media platforms on Facebook, Instagram and Twitter @thewcommunity, click the link in our bio to sign up.

This might just be the perfect opportunity you have been waiting for!

Goodbye Ladies,

Thank you for reading our **May Newsletter edition**, we hope your read was a smooth one.

This month and beyond, don't miss out on all the valuable offerings W has for you. Be the first participant by turning on your post notification, follow us on our social media platforms on Instagram, Facebook and X, **@thewcommunity**. subscribe to our YouTube channel @TheWinitiative. Remember, **#childrenareourfuture** and it is the responsibility of every adult to create meaningful memories for them.





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