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The W Community Monthly Newsletter

December 2022



Didn't November start just yesterday? Well, welcome to December. If you are a December born, here's my special shoutout to you; Welcome to your birth month!

Last month, we explored the following premium content; Creating a side hustle through Access Closo, networking, dangers behind the excessive use of smart phones and nutrition. Missed out on these? You don't have to worry.

Catch up on our social media pages on Facebook, Instagram and Twitter @thewcommunity.

It's been twelve months of writing fresh and amazing content to you in 2022, and I trust that they have actually served your needs throughout this year. Let's dive in!



HOW TO HAVE A MEMORABLE CHRISTMAS

Christmas brings an increased energy to reflect on the good times from the previous months of the year. The holiday also helps to create time for self-care and bonding with friends and family.

This month more than ever, you should do your very best to cherish every moment by making them memorable. You may have been doing fun activities already but trying a few new ways to celebrate Christmas could add to your fun.

Let's make your Christmas more memorable with these four tips!



i. Plan a Family Photoshoot

A family photoshoot is a good avenue to get the extended family together. Plan a fun family photoshoot that you'll look back on for years. Don't forget to provide chocolate, ice creams and pizzas to keep the kids smiling through the end of the session.

ii. Give Back to the Society

Giving back to the community is a fun way to celebrate the season. There are many ways to help out around the holiday. You can do this by donating to NGOs who are making lots of efforts in the society, orphanages, giveaways, or even helping buy or wrap gifts for others. Putting smiles on the faces of others is a good way to celebrate the season.

iii. Dispense Intentional Gifts

Have you ever received a gift and felt like: "This person actually thought of me". Sometimes, people are not touched by what a gift costs rather, they are keener on how much of their needs it meets or the intentionality that came with the gift.

This year, come up with new ideas for your gifts. Instead of guessing what people want or will use, why not ask them to

make a wish list of practical gifts? You might get gifts suggestions such as clothes, shoes, gadgets, etc, depending on the person you are gifting.

iv. Decorate your home

What is Christmas without the lights, trees, hats and other decorations. In fact, ceramic Christmas trees have made a big comeback, and there are some really affordable options you can buy online. Decorations are also a good setting for a family photo shoot.



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Christmas came early with 

We are cooking
something for you!

CAN YOU GUESS?



CLUES:

- An easier way for women to better their financial lives
 - An avenue to carry out better transactions
- It's something only women in our community can partake of

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FOUR THINGS YOU SHOULD DO BEFORE 2023

You don't want to carry over this year's task into the new year. It can be overwhelming, thereby leading to possible anxiety and depression.





i. Assess your goals in 2022 and set new ones

Measuring your progress is very mandatory; it helps you improve your strategies, reveals how close you are to accomplishing your goals and motivates you to keep going. You can assess your goals by; carrying out an evaluation, checking milestones you have achieved so far, documenting and scrutinizing your goals.

In all, remember that your goals have to be specific, measurable, achievable, realistic and timely.

ii. Reconnect with that friend

Most of us are very good with relationships, but sometimes, life gets so busy. If you have lost touch with a friend or family member this year, or even years back, find time to reach out to them to keep in touch.

iii. Schedule a physical appointment with your doctor

If it's been a while since your last checkup, get to the doctor to make sure you are well informed about your health, so you can make healthy decisions as you approach the new year.



iv. Give yourself a treat

Having scaled through 2022, am I the only one who thinks you deserve a treat? Think of the milestones you've achieved, be grateful for the failures and plan for the future. Visit the spa, go for a dinner date, just do something fun that makes you happy. You deserve this.

While you give yourself the much desired treat, do not forget to make strategic decisions and financial planning for the new year. Planning is always a great step to becoming an achiever.



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THREE SKINCARE TIPS FOR THE HARMATTAN SEASON

As we all know, December sets the tone for the harmattan season which runs into January. You do not want to be 'caught unfresh' or looking all white. Here, you'll get guides to keeping your skin intact even in harmattan.



i. Drink more water for smoother skin

Harmattan comes with a dry weather. This also implies that, you might find yourself thirstier than usual. Drinking a lot of water is the best thing for your skin during the harmattan period. This is because drinking water keeps your skin moisturized.

ii. Moisturize

One of the effects of the harmattan season is the dryness of the lips, feet, and palm, that comes with it. This is so, because the skin of the hand, lips, and feet have less oil which makes them highly susceptible to cracking. To care for your feet, palm and lips you must moisturize them always. As for the lips, it's advisable to use a non-sticky lip balm.

Your legs, hands, lips, knees, arms, feet, and elbow are very sensitive parts of your skin; they are more prone to looking dry and cracked. Ensure to use moisturizers that come with natural oil.

iii. Bathe with lukewarm water

People tend to bathe with hot water during the cold windy harmattan season. However, this is a wrong conception. Hot water doesn't just make you catch more cold; it also denies the skin of its natural ability to retain oil that keeps the skin moist. Instead of hot water, go for warm or lukewarm water when you bathe.

iv. Be Mindful of your Cloth choices

It is advisable to wear clothes that cover your skin appropriately. This will protect the skin from the dryness of the air. The covered parts of the body would be more protected against dryness of the skin than the uncovered parts. Put on natural fibers like cotton and silk, avoid wool-like materials as they will irritate the skin and trigger a reaction.

As the harmattan season approaches, take care of your skin. I'm sure these tips would help you.



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MAKE YOUR DREAM VACATION A REALITY

No one can deny that periodic vacations make us feel happier, more productive and fulfilled. How much more going on this vacation with loved ones?

Aisha has been saving money right from the beginning of the year so she could go on a vacation to Cape Town, South Africa with her friends. In fact, they created a saving platform for this purpose. However, they didn't see some unforeseen expenses coming such as; buying beach wears, sneakers, plenty of clothes, and the worse part was that they had now changed their vacation location to Dubai!



Let me also tell you a story of Mr. George who had promised his family a vacation in London. His two children didn't stop reminding him every day. This holiday was super important to him. Growing up as a child, he didn't have such privileges so he had promised himself to give his kids the experiences he always craved for as a child.

Aisha and Mr. George kept feeling overwhelmed until they came across Vacation Finance!

Should I cut this soap for you? Of course I will! Let's continue. Vacation Finance is brought to you by Access Bank, an avenue where you get us to finance your trips while you travel to any destination of your choice, without stress or pressure. I mean anywhere on planet earth! Isn't this amazing?



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What's stopping you from going for your dream vacation?
Aisha and Mr. George have made their vacation dreams a
reality! How about you?

To get started, kindly visit the nearest Access Bank Branch for
more details. Terms and conditions apply!



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Bye Ladies!

It's been an amazing ride with you throughout 2022. I sincerely look forward to wishing you a happy new year and writing to you again in 2023. Spread love and happiness this Christmas, make it memorable! What's more? There would be a special giveaway! Don't forget to follow us on our social media pages **@thewcommunity**.

