

WFWP South London, UK: Women's health and Mental health

Mitty Tohma
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A gathering organized by the Women's Federation for World Peace South London on 17th September 2025, focused on Women's health and Mental health.

Two speakers shared insights and encouragement to improve well being.

Miho Fortune (GP nurse, Sutton): Delivered a talk with a PowerPoint presentation on well being - what to do and how to maintain and improve it.

Renu (mentor for parents and young adults): Introduced herself and shared experiences from working with families for many years, offering hope, self- confidence, and joy.

Pot-luck lunch was shared by 20 attendees.

A Charity collection for Macmillan Cancer Support, were raised £70 in donations.

The event combined educational content, personal empowerment, and community-building.