

**12<sup>nd</sup> June 2020**

Dear All,

I hope you are keeping well and active. If you have problems with which you think WAC could help please send an email or you can phone WAC on 020 7261 1404 on Monday, Wednesday or Friday 10am-3pm. Further information about help from WAC was in last week's update. All newsletter updates are available at <http://www.waterlooactioncentre.co.uk/newsletters>

Exercise is very important. If you don't think you are getting enough, one way forward is Sheila Dickie's suggestion for 30 minutes a day - divided into 3 slices of 10 minutes. That was sent out last time as an attachment. On the WAC website you go to the [newsletter update](#) for 2nd June and click on the word "enc" to see it. Exercise is so important that if you would like to do these but do not have a printer, reply to this email asking us to send you the exercises in the post.

There was a hiccup with getting Gentle Exercise going on Zoom last Tuesday. The free online class led by our usual tutor Sheila Dickie will now commence at 10.30 Tuesday 16th. This is exactly the time the class starts when in WAC but slightly shorter. The code to click on to get in on Zoom is <https://us04web.zoom.us/j/8623597557?pwd=ZG9Remo1SHJMT1N4YWVRQld3VnpRdz09> . The Meeting ID 773 3541 3510. It would be helpful for you to have your long rubber band to hand. If you do not have a rubber band a long scarf will do.

Many things are on Zoom now. It is simple to use once you have succeeded once. You need to be signed in to start with which is free to do. Once signed up to Zoom you can then click on the hosts link just before the event. Like the one to Sheila's class above. Some things charge but many of the things we draw attention to are free because the time is given by the organisers. I have tried to explain in previous newsletters how you get on to Zoom. If you put Zoom into the computer, you can also find their own excellent guides to how you sign in and then how to use Zoom. Zoom can be used on smartphones as well as on computers or tablets. If you are still having difficulty, reply to this email saying so and WAC will try to help.

Other tutors from WAC are also doing weekly events on Zoom - see front page of WAC website. Jean Leclerc now has 5,000 joining in one of his recent classes! He sends this invitation to you.

**"Hi Guys Saturday 13th June 9pm - 10pm Rock 'n' roll  
virtually party on Facebook and Zoom. We will play**

**strolls\* and Jives\* alternatively for one hour so no one will left out.**

\*Stroll is a form of line dance you can do on your own, based on what's was around the 50/s & 60's Eg: Hand Jive - Twist - Maddison - Bop.

\*Jive is a partner dance on Rock 'n' Roll, Rhythm & Blues, Doo Wop, 50's Soul, Rockabilly & East Coast Swing.

Jean usually dresses up the Dance (main) Hall at WAC and he suggests you might find something at home to remind you of that period and also get yourself a drink and light refreshments ready to enter into the spirit of the party.

You can participate in going to Facebook/parisrockclub

Or visiting jean's

website <http://www.parisrockclub.com/zoom-class.html>

It is FREE but any contribution are welcome [PayPal.me/parisrockclub](https://www.paypal.com/paypalme/parisrockclub)

See you later Alligator!

Jean Leclerc

[parisrockclub@gmail.com](mailto:parisrockclub@gmail.com) " Jean is also running on line dance classes on zoom and facebook.

Morley College has free online courses that we will be starting over the next few weeks. For more info see attached.

'Search for Help' lists a wide range of things , click- [HERE](#) It has lots of pages. You click on the numbers on the bottom to turn the page.

There is a green and melodious blessing to Ireland and the world beyond from 300 Irish churches

on [https://www.youtube.com/watch?time\\_continue=12&v=TascswZPj8U](https://www.youtube.com/watch?time_continue=12&v=TascswZPj8U)

The Irish Cultural Centre <https://irishculturalcentre.co.uk/> has things people can join in online or over the phone.

492 Korna Klub Celebrate the Windrush Generation - put that into Google and you will find Lambeth based people wanting contacts from the Windrush generation with memories. The plan is to create a Video to record and celebrate that generation.

SE1 remains an excellent source of news and local activities for things in this postcode To be put on the free weekly mailing list ask

[James.hatts@banksidepress.com](mailto:James.hatts@banksidepress.com)

If you go to the National Theatre website, you can click on a play being shown free online. The one for the week starting on 11th June is The Madness of George III. Sara Bredemear who volunteered with Waterloo Legal Advice Service and then was Chair of WAC for many years plays Lady Pembroke. In this, Sara uses her maiden name Powell when acting (Sara married one of the lawyers she met while volunteering with WLAS and has 2 children) <https://www.nationaltheatre.org.uk/shows/nt-at-home-the-madness-of-george-iii>

Jon Newman's talk on [Lambeth in Literature](#) is now available to watch on Instagram

You can read the June newsletter from PAIL (Positive Ageing In London) [here](#).

Also, Carol, the very experienced welfare benefits advice volunteer is now back as her family responsibilities are no longer as pressing. If you were being helped by Carol and want to contact her, particularly if you are a Lambeth or north Southwark resident with disabilities or are over 65, please reply to this email giving contact your phone number and a brief bit about your concern. David will then pass it on. You can still also contact Val by this method.

Last but by no means least WAC received a donation of over £1,000 this week. A very kind legacy from the will of Ann Crichley who died in the winter before the Corona crisis. Ann was helped in her last illness by another local resident, Terri, who has also cared for some others who have been involved with WAC such as Holly. Thank you Ann, Terri and all who help others.

Best wishes Jenny

