

21st May 2020

Happy Eid al-Fitr, which follows Ramadan, to Muslims who will be celebrating it this weekend.

Monday 25th is the usual late May bank holiday. Val and I will not therefore be at WAC. Val is however here with David this Friday and next Friday and then back to Mondays & Fridays as normal. Phone answering 10-3 or you can email Val on advicewac1@gmail.com if you have issues concerning a benefits claim or tribunal appeal for anyone from Lambeth or North Southwark who has disabilities or is over 65.

There have been problems with WAC's phone over the past few days which have been traced to being at the telephone exchange. All problems now fixed and phones back to normal.

Attached is:

- an email advert from Bobtail Fruits. That is the small local company which provides free fruit for Tuesday and Thursday groups at WAC. They are selling and delivering online during the lockdown.
- a list of free activities and learning opportunities which Morley College is providing online.
- information on Health and Social Care from Lambeth Together.

Jean Leclerc is inviting us all to another party this coming Saturday "ARRIBA PARTY" Latin Step Dance Party 21.00 - 22.00 on Zoom Meeting ID: 269 656 0548 Password: Jean. Why not join in? Apart from being fun and learning something new, exercise is extremely important. Muscles waste without it What better way to get it than dance? Details of this, and his other dance classes, on his website at <http://www.parisrockclub.com/zoom-class.html>.

Many of these things are on Zoom. This is straightforward to use if you have access to the internet on a laptop, tablet or smartphone that has a speaker, microphone and camera. You need to register on zoom which is free. Once registered you just need the code for a particular event to enter it. Zoom can also be used by you to set up a one to one meeting with a family member or a small group. I tried to explain in the Update of 4th May how one can register on Zoom. This and all previous update letters can be seen on Waterloo Action website.

However if you are still stuck let WAC know and as soon as possible we will find someone to advice you over the phone.

Best wishes,

Jenny



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