

2nd June 2020

Dear All,

Community Centres, which WAC is, are not yet allowed to open for group activities. Nor do we have a date when the Government will allow this.

With some recent easing in lockdown it is may be a bit easier to get exercise and enjoy green space and sunshine and see others. However please everyone use your brain about how you can do this safely, distanced from others and things which may have germs. You can read latest information from Age UK Lambeth which goes into a bit more detail [here](#).

This is the lead to the Government guidance <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Many involved in WAC are helping one another

- by phone calls to each other
- Laura from Tai Chi is running a growing number of classes online including a session each weekday from 10-10.30. Class is free or you can donate. See <https://movingqi.weebly.com/moving-qi-gong-online.html>
- Jean Leclerc is not holding a dance party this Saturday but info on his dance classes on zoom is on <http://www.parisrockclub.com/zoom-class.html>
- Franck, a WAC Trustee has organised a weekly session on Zoom on Thursdays at 2pm. So people who know one another from meeting on Tuesdays and Thursdays at WAC can see one another and chat. The number of participants grows each week. if you would like to join please reply to this email.

If you do not yet know how to get zoom on your smartphone, tablet or computer, please let WAC know by replying to this email. We will try to find someone to help you over the phone. It can be done. We have helped several people already.

- Sheila Dickie, who runs Gentle Exercise at WAC, has provided us with attached sheet of exercises you can do at home. If you manage to do these for half an hour a day in the 10 minute slots she suggests, for a whole week, please let us know by replying to this email. It would be good to know how many well organised people there are keeping themselves fit to return to WAC. After 2 weeks we will publish the score. If you don't have the resistance band for the last daily exercise Sheila says a long scarf will do. Anyone who has been going to Sheila's class will know these exercises and Sheila has great faith that some of those people are doing them at home already. Are you?

Hopefully on Tuesday 9th June at 10.30 am Sheila is starting a weekly Gentle Exercise session on Zoom. This is for the regular attenders in her group and anyone else interested. If you would like the code to get on and have not got it please look at the front page of Waterloo Action Centre website. David will put it there as soon as we know it.

- Val can deal with some new cases of welfare benefit claims and appeals for residents of Lambeth or Southwark-SE1 who are over 60 or have disabilities. From next week Carol will be able to catch up with her previous cases as she will be volunteering from home.
- Waterloo Legal Advice Service may be able to help you with legal advice online if it is an urgent problem. You would need to e-mail them with the problem on wlasadvisorcontact@gmail.com

It has been suggested that more people would like to do Quizzes online. If you know a good free one please send us the details.

Lambeth Archives has new local history talks on Zoom coming up - this Thursday at 6.45pm *Vanishing Act, The River Effra in Lambeth* with Jon Newman, and on Tuesday 9 June at 1.15pm *A Walk Around South Lambeth* with Len Reilly. To book a place and receive login details, email archives@lambeth.gov.uk.

BLAM UK is a not for profit organisation championing black British cultural capital and creativity, the well being of people of African descent and a decolonised approach to history and education

The **National Theatre** is streaming [This House](#), about the battles in the hung Parliament of 1974. **The Old Vic** is streaming [The Greatest Wealth](#), a series of monologues about the NHS. And [Tate Lates Night In](#) features recent **Tate Modern** artists Kara Walker and Wolfgang Tillmans.

Learn about the [Lambeth Cholera Outbreak](#).- a new book . Not a new outbreak. it was in Victorian times.

Generate a walking route to learn about [trees near your home](#)

We haven't got everyone's e-mail address. If you know anyone who is not getting these updates but would like to please ask them to send their e-mail address to David at wac.office1971@gmail.com

Have a good week.

Jenny



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Created and managed by the local community since 1973