

7th Sep 2020

Dear All,

I am sorry that I have not had time to write one of these recently. I am extremely busy.

WAC is beginning to re-open with a few things with reduced size of attendance and where social distancing can be assured. Whether this re-opening can continue to expand will depend on what happens in respect of the virus. As experts are advising we may be entering a more dangerous but unknown period with schools and universities restarting and the government encouraging return to work places.

The activities which have restarted in WAC are

- Children's ballet - more info from the tutor at dilektaptikdance@hotmail.co.uk

- Karate - info from renshinkanlodon@gmail.com

- Life drawing but they cannot run the usual drop in sessions so these are 3 day courses which have to be pre booked and with lower numbers have to be more expensive than the Drop-in classes
www.londondrawing.com info@londondrawing.com

- Sword fencing - but at present no beginners just existing members <http://www.southlondonfencingclub.co.uk>

- Tai Chi may be re-opening on Weds pms. The fee will have to be a bit higher than the previous sessional ones. . Contact laura@movingqi.co.uk . Priority will be given to previous attendees but we do not have contact details for all of these so it is important to contact Laura to register your interest.

Some activities are available or will shortly become available on Zoom. These are all free to users. If you are interested in learning more about these please contact David Andrews on wac.office1971@gmail.com or else just click in on them at their start time.

- Franck, a WAC Trustee and in normal times the volunteer on WAC reception on Thursday pms, is running a chat session on Thursdays at 2.30pm. Any WAC users are welcome to come on that. As with any zoom session you have to be registered on Zoom which is free and easy. After that you just need to click

on the <https://us02web.zoom.us/j/2696560548?pwd=am5hWjFpNVBReGZJUmtpR2> (Meeting ID: 269 656 0548. Password: Jean but you don't usually need those things).

- that chat between those who choose to come lasts 30 minutes. Then at 3pm automatically moves into a dance session led by Jean Leclerc which you can join in (good exercise) or just listen and watch. Based on music and dance from the 1960s-80s . Jean makes it very straightforward. Can be joined in sitting down as lots of hand movements. People who don't want to join in the 2.30 chat can join in at 3pm just for this.

- On Tuesday's at 3pm is another fun/ exercise session through dance and music led by Jean Leclerc. This one assumes many participants will be seated. Also lasts 30 minutes. Excellent.

- Gentle Exercise - Sheila Dickie is now running her class on line. Tuesdays at 10 for half an hour. Sorry to all those who tried to get in last week There was a hitch and it did not actually start until 10.20 by which time most people had understandably given up. However the 3 who survived said it was very good. Hopefully all will be well for the second session this week. To join click on <https://us04web.zoom.us/j/78622384546?pwd=MHJkeUdCb2dhWTExRjBRymlaeDdNZz09> at 10am Further details should you need them Meeting ID: 786 2238 4546 Passcode: wac10

- Gentle Yoga Morley College is offering to provide Nicola Mayne who usually teaches the weekly session at WAC to do so on Zoom during the Autumn. Sally Marullo is collecting names of people who would be interested . Please let David Andrews, WAC's Co-ordinator know wac.office1971@gmail.com. As with everything in this Zoom list new people are welcome to join.

Don't know how to use Zoom? Until 3 months ago almost no one did. if you have an IT device it is easy. Want help? Please let Chris Dann know on chrisdwac@gmail.com. He or Liam are 2 IT specialists we are employing 7 hours a week to help older people and younger people with disabilities improve their use of computers/ tablets/smartphones. The world is becoming more computerised and we are trying to help people who may be isolating now or might want to in the colder months. The grant from Walcot Foundation is a short term so act quickly if you need help. Currently there are 3 sessions a week at WAC Monday and Wednesdays 11-1 and Fridays 11.30-1. Each has only space for 5-6 even though we are using the Dance Hall. Must wear a mask. You have to book ahead with Chris. WAC has computers available but many people choose to bring their own PC/ Tablet/ smartphone as it is easiest to learn on our own device. Also in some cases it

has emerged that it is the device rather than the user who has the problem. The attention is individualised - whatever it is that you are most wanting to do via your IT device. Help can sometimes also be provided at home if people are too far from WAC or are isolating. This might be over the phone or in a suitable location. Once someone can use Zoom then helping them at a distance is very much easier of course because then the tutor can observe and show you things. However they have managed to help everyone so far.

It is amazing how being able to use an IT device or use it better has transformed some people's lives including things I would not have believed possible so quickly. The trick seems to be to just help people with what they most want to do. Not about learning all sorts of things you don't need.

We have also just started a class for beginners. This is full but if it is what you need a future beginners class please let Chris know. Include your phone number so Chris can get back to you.

Please continue to take care of yourself over the coming weeks.

Best wishes Jenny

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