

Dear All,

Jean Leclerc has an additional Zoom session for us - dance movements aimed at people sitting down. Another charity has provided the funding. They have invited any of us to join in free:

Wednesdays - DISCO to Chair based or standing up.

12.30- 13.30 The session as been organised by Southwark pension group and it is FREE See the zoom address below:

<https://us02web.zoom.us/j/82272356879?pwd=eldPNnlQMFRuZlBwN01VNjNtQlhDUT09>

Meeting ID: 822 7235 6879

Passcode: 834949

The other zoom sessions are set out in the attachment to the 14th Jan newsletter and still available at <http://www.waterlooactioncentre.co.uk/newsletters>.

We appreciate that many (most) people are thoroughly fed up. One useful thing you can do is send us your favourite recipe. We could then put them together to give to Alan when he leaves in a few weeks or when he comes back to see us when WAC is back in action. We could put them together for others too and in the meantime send them around as attachments to future newsletters. With so many different cultures to draw on we should be able to get interesting recipes from around the world this way. If you can send us one or two please do.

An organisation is doing research on whether watching nature programmes on TV helps people feel better, like being out in nature in real life does. However anyone could try this for themselves. Watch more nature programmes? David appears to be using WAC's CCTV to watch the pigeons in WAC's garden at present but I suppose he is more likely to be looking for something else.

ONE DAY - everyone will be back but do take care! One thing which most people seem to be finding is that their memory has been getting worse during these long isolation periods. I haven't heard this being mentioned by the media but it seems widespread among those of us who usually come to WAC. So don't worry too much. Hopefully it is one of those things which will improve when people can interact with others. People simply aren't designed to cope with this much loneliness. Please help by continuing to make phone calls and do anything you can to help one another. Those of you who have completed learning Chinese during lockdown could perhaps try another interest now? I hope everyone who usually comes to WACi Arts is practising hard as some definitely are improving their drawing and painting skills. The National Gallery and many other Art Galleries and Museums can be accessed free online.

Last Thursday's WAC Zoom chat (2.30 PM) suggests the roll out of the vaccine is varying across our patch- some people having had jabs and others, even over 80, not having heard yet. Why not join in this half hour chat for a session? Entry code <https://us02web.zoom.us/j/2696560548?pwd=am5hWjFpNVBReGZJUmtP2NlUldmZz09>. You just have to be on Zoom (easy and free) and if you don't know how to you can contact Chris [chrisdwac@gmail.com](mailto:chrisdwac@gmail.com), one of our IT specialists but Zoom themselves have clear instructions you can look up on Google.

Please find these attachments

DASL (Disability Advice Services Lambeth) are inviting people to participate free in a range of weekly activities on Zoom ....

WLM (West London Mission) have vacancies for their free online Money Champions course

Hope to receive a copy of your favourite recipe.

Best wishes Jenny.

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Jenny Stiles BA, MSc (Social Policy Analysis and Development), Post Grad Diploma in Social Work (LSE), Post Grad Diploma in Social Administration.

Vice Chair, Waterloo Action Centre

14 Baylis Road, London SE1 7AA

020 7620 1257 / 020 7261 1404

[jennystileswac@gmail.com](mailto:jennystileswac@gmail.com)

[www.waterlooactioncentre.co.uk](http://www.waterlooactioncentre.co.uk)

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