

17th May 2020

Dear All,

Sorry we did not get an update to you last week- rather busy.

More people are asking to go on the mailing list. If you know others please let me know (just reply to this email) . And we have also put the newsletters on the Waterloo Action Centre Website at <http://www.waterlooactioncentre.co.uk/newsletters> .

We know lots of you are keen to come back to WAC. David, Val, Wasim and Chris and WAC Trustees are keeping it ready for your return. Chris, who is very local, did some of the weekend caretaking and is now looking after WAC security and cleaning. All other staff remain furloughed until we can open up again.

Unfortunately the Government's recent announcement was clear that Community Centres can't reopen yet. Nor gave a date when this is allowed. There has been more loosening up on some other fronts including opportunities for more **outdoor** exercise. Further info: <https://www.gov.uk/government/news/coronavirus-guidance-on-access-to-green-spaces>.

We all still need to keep safe distance from others. People with some pre-existing conditions and older people are wise to take special care because the illness tends to be more difficult for us. However there is also increasing stress on the importance of people taking exercise (which can of course be at home) and enjoying being in green spaces and sunshine if you can safely. So if there is a safe sunny green space available you should consider using it. Sadly not everyone has this. There is also more talk about the value of opening windows as the air outside is often fresher. Presumably again that won't work for everyone.

Laura Ichajapanich who runs the Tai Chi sessions at WAC, is now doing even more online on Zoom. See her webpage <https://movingqi.weebly.com> . This still includes the session each weekday from 10-10.30 which you can do free or can make a donation. Laura always seems to make it easy for beginners to join in. On her website click on the blue label Free Qi-gong classes. That gives you the code for these half hour sessions.

An increasing amount of things to do are available on zoom. I tried in my last letter to explain how to get started on Zoom. It is very easy once you have done it once, like most things. Still stuck? Zoom has clear free teaching videos online. Or if you are still stuck please reply to this email and let us know. One of WAC Trustees (Franck) has been doing a very good job of helping people get into zoom. Those who come into WAC on Thursday PM will know Franck because he is the volunteer on reception then.

Franck has also arranged 2 sessions on zoom for people involved in WAC. If you would like to be included OR if you want to find out how to create a group yourself to talk to and see friends on Zoom please let WAC know. We will find someone to help you.

I was surprised more people did not attend Jean Leclerc's Rock n 'Roll on Zoom. Next one will be Line dancing.

See <http://www.parisrockclub.com/zoom-class.html> for more details. In the meantime Jean has a range of classes for the general public which you can see on his website <http://www.parisrockclub.com>.

Catherine, one of our trustees, has sent this talk from Woman's Hour on "Relationships between the generations during lockdown" which others may also find interesting <https://www.bbc.co.uk/sounds/play/m000j2tt>

Abel Solomon of West London Mission suggested we pass on "Improve your digital skills with free online courses. From beginners getting started in using a computer, to learning how to do a video call or improve your CV, have a look at <https://theskillstoolkit.campaign.gov.uk/> . They also have beginners everyday maths classes. And there are advanced courses in coding and digital marketing. Now might be the time to boost your skills."

Like to learn / improve a language? There are free opportunities on www.duolingo.com . Other free courses are available on www.futurelearn.com

On Mondays Val and I are in WAC, Weds David and I, Fridays David and Val. All 10-3. Last week WAC's phone was out of order. But very sorry it just sounded engaged. We tried all week to get it fixed. It isn't yet but there is now a message and hopefully during the opening hours it will transfer you to David's mobile. He will continue to harass the phone company.

Val still has some time to help Lambeth and SouthwarkSE1 residents over 65 or with disabilities with queries about Universal Credit, Attendance Allowances, PIP, etc. Val's email address at WAC is. advicewac1@gmail.com Please include a phone number.

WLAS If anyone has an ongoing case with Waterloo Legal Advice Service and you need to contact them see http://www.waterlooactioncentre.co.uk/legal_advice. They are also dealing with a limited amount of urgent new cases.

You are welcome to send in thoughts and updates for next newsletter.

Hope everyone is keeping well.

Best wishes

Jenny