

8th July 2020

Dear All,

Government Guidance has now been published for community centres. <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities>. A lot of it is about how to maximise safety from the virus for users of buildings. That advice has been around for weeks and David has been working on this for us. What we were waiting for from the Guidance is what the Prime Minister meant when he said that community centres could start reopening from 4th July. The answer seems to be not very much more than we have been doing already. Any form of exercise, including dancing is still not permitted indoors. Over the next few days WAC will be looking at whether any of the groups which hire our halls can be allowed back yet. We will keep you informed.

In respect of older people the new document gives community centres this guidance ... *"Certain groups of people are at increased risk of severe disease from coronavirus (COVID-19), including all people aged 70 or over. Such individuals are advised to stay at home as much as possible and, if they do go out, to take particular care to minimise contact with others outside of their household."*

However we all know that if older people do not exercise they become weaker, and need sunshine during the summer months to stock up on Vitamin D and also fresh air and benefit from green spaces, from seeing and helping one another. So in real life everyone needs to be doing their best to get these things while facing the increased dangers of the streets being busier and some people being less careful about distancing than they were. People are allowed to meet in groups of up to 6 outside if distancing properly. You might want to make it less people, but if you are in a safe open space as near home as possible you might want to meet up with a friend or two. We know some people are doing this. It is excellent also that so many of you are keeping in touch with one another on the phone. In shops you might want to use gloves and masks. Others are likely to have touched the goods on the shelves. Please take care of yourselves as well as you can. One day we'll be welcoming everyone back.

Computers, smart phones, and tablets. From the 20th July WAC is hoping to be employing an IT specialist 14 hours a week for 3 months. We are grateful to the Walcot Foundation for funding this. The Job details and application form are on Waterloo Action Centre website. One of the things the IT specialist will be doing is helping older and vulnerable people improve their skills so they become able to use the IT devices they have at home for

more things. Seeing family and friends online, ordering goods, following up interests, talking to people in small groups, dealing with NHS appointments etc. Whatever you would like to do but cannot do now. If people's IT equipment is not working then WAC aims to try to help sort that out. And to try to help those without any usable IT devices get one.

This will help people be more at ease in a world which is increasingly relying on IT. Also if there is another spike in the virus or things are bad in winter it will give you a greater choice on whether you want to go out or do something from home.

WAC hopes to provide some IT training in small groups. Some by other means. If you would like to use this service in some way please let David know by replying to this email. Please say what you are mainly interested in.

From 20th July Jean Leclerc will be providing a half hour dance party online three afternoons a week on Zoom. This will be based on music and dance which includes a lot of hand movements so people who can't stand up well will join in. You will have to do something in your house to make each session feel like a party but Jean will do the rest. More details in the next Update. These classes will be free. Supported by the Walcott Trust.

Laura, the Tai Chi teacher, is continuing very kindly to provide free half hour Moving Qi sessions on Zoom. You can donate towards the cost if you feel able to. From now on they will just be on Mondays, Weds and Fridays 10-10.30. Laura is also running other courses including an outdoor one in Clissold Park. More info on <https://movingqi.weebly.com>.

Gentle Exercise - Sheila's classes will be starting on Zoom in late July. Same time and day (Tuesday 10.30) as when in WAC. Sorry there has been a bit of a delay. If anyone else needs Sheila's advice sheets on staying fit at home please let David know. Also he would need to know if you can print them off at home or if WAC needs to post the info.

The latest newsletter from Age UK Lambeth is [here](#). And Jean Leclerc's newsletter is attached.

Could you be a pen/email pal with a primary school age child? Invitation from the Old Vic. Can you help? The Old Vic is running a pen pals programme connecting primary school children and over 60s in the community with a letter every other week. You can choose to share letters by post or by email and we set a short creative writing task to help you get to know each other. This week, Pen Pals wrote an imaginary diary entry for a day that involved all their favourite things! We currently have primary school students waiting for a pen pal so would encourage you to sign up now and complete this short form

via the following link: <https://www.surveymonkey.co.uk/r/G35S5XN> Friends, family and carers can also sign up on your behalf and you will then receive a phone call to confirm. Kate Lawrence-Lunniss, who over the winter organised those Theatre trips to the Old Vic which began with sessions in WAC, is the person running this programme and can be contacted via the email education@oldvictheatre.com if you have any questions. Kate hopes you are well and is looking forward to meeting you all again.

From Oasis "Last year we launched Break the Cycle – a movement dedicated to tackling racism in schools and youth work. This year, due to the lockdown restrictions we had to postpone our planned event. However, in the light of the killing of George Floyd and the events and debate that has followed we decided to arrange a Break the Cycle online super seminar for Saturday July 18th.

We already have over 400 people booked in and would be honoured if you were able to join us. Tickets and registration are free at www.breakthecycle20.eventbrite.co.uk"

Thursday 9 July

- 7pm: National Theatre YouTube premiere of **The Deep Blue Sea** - masterpiece by Terence Rattigan

Saturday 11 July

- 11am: **Online tour of Roman London** - Dr Jane Sidell leads a virtual tour starting in Southwark's Roman necropolis

Monday 13 July

- 2pm & 7pm: **Wootton Street** development consultation
- 6pm: **Lambeth Ward Boundary Review Briefing** - find out about plans to redraw Lambeth's electoral map

WAC is continuing to answer the phone for queries on Mondays (Val and Jenny) , Weds (David and Jenny) Fridays (Val and David) all 10am-3pm Val and Carol can deal with new as well as existing benefit queries from Lambeth and Southwark residents over 65 and younger people with disabilities. Or queries including your name, phone number and brief bit about problem can be sent at other times to wac.office1971@gmail.com for David to pass on.

Have a good week.
Best wishes Jenny

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