

14th April 2020

Dear All,

We hope you are well.

We are sorry that we did not have time to write before, it has been very busy, but will now do our best to send an updating email regularly. This is going to people involved in the day time groups at WAC whose email addresses WAC has, and reception volunteers. If you have ideas which you would like to share for our next email please send them to me and we will try to include them.

Waterloo Foodbank is now working with other food banks in Lambeth. Further details email foodbank@oasiswaterloo.org or phone 020 7921 4205. However food banks are there for people who cannot AFFORD food. They are very busy and should not be phoned if your problem is just that you cannot get to the shops.

If you are having difficulties getting food or medicine let WAC know and we will try to find someone in your area who can help you. There are lots of people who are offering in Waterloo and Kennington but we could find links to other areas too.

As you will know meetings of groups of people are not allowed under present Government regulations but two of the people who run groups at WAC have put theirs online so anyone can join in. They are Laura Ichajapanich who runs the Tai Chi who is doing sessions on weekdays 10am-10.30am on Zoom. Laura's code for the week is <https://us04web.zoom.us/j/370504259?pwd=ZTRvYkxsMTM4V3dMY0ZkMDhYUFoUT09> Password (if you find you need it) is : Moving4. More info can be found on www.movingqi.co.uk where you can also donate towards the costs class if you can afford to and as you would like to. This class is on Moving Qi about which more on the website. And Jean Leclerc who runs line dancing and rock and roll classes at <https://www.facebook.com/Parisrockclub>.

If anyone else has set up a network on What's App or Zoom or another computer programme which is open to others please let us know. Also please let us know if you would like to set up such a group with your friends at WAC who have computers or i-pads.

The WAC staff whose work is mainly about Hall Hire (Alan, the Hall hire Manager, and Jeanette and the caretakers except the most local one who is providing ongoing care for the building) have been furloughed. That is the Government scheme to protect the jobs of people whose work has been closed by the Government regulations. The Government will, we hope, help pay their salaries for the coming weeks. Furloughed is a form of leave by which your job is preserved for later but you do not do any work in the gap. We do not know how long it will last. That is up to the Government.

WAC has retained its other staff to keep the organisation going and ensure we can re-open as soon as possible. That is David, the Centre Co-ordinator and Wasim (our part-time finance worker who is working from home). So it is a very small team. Also Val, the advice worker who is partly paid by a grant WAC obtained and partly volunteers is continuing to run her project which is to help people with disabilities and older frail people in Lambeth and Southwark claim their welfare benefits. Carol who volunteers on the project is also offering some help, although less than she was able to before as she has

increased family responsibilities. Val/Carol cannot see people in person but if you have an ongoing case with them which you are worried about please let us know, including your phone number in the message. They may be able to deal with a few new welfare benefits queries from users of WAC who have disabilities or are frail and who live in Lambeth or Southwark, but we can't promise that.

We aim to keep Waterloo Action Centre website updated as David has time. Also there will be more leads to sources of help and entertainment. If you have found things you enjoying online, especially free things, please pass the link on.

WAC is of course respecting Government rules about isolation. However for some tasks it is essential to access to the building. So we have set up a regular time for this so you can phone in if you would like to need to. Mondays, Wed, Fridays 10-3pm. 0207 261 1404 The doors are not open and no one is allowed in. The rota is just people who have to be there for a bit of the week anyway to keep things going, including efforts to help those most in need. The rota is restricted to Val and Jenny on Monday; David and Jenny on Wednesday, Val and David on Friday. Chris, the caretaker/ security person, also has access to WAC at other times.

Some possibly useful numbers:

Homeless people - many have been accommodated in hotels. anyone who is still street homeless and not receiving support at this time should be reported to outreach teams via Streetlink online https://www.streetlink.org.uk/Streetlink_faq, or by telephone 0300 500 0914. They will need to know the exact location where the individuals are sleeping and they should receive support in 1-3 days.

Domestic violence 0800 2000 247 <https://www.nationaldahelpline.org.uk/>

Free entertainment online includes

[The National Theatre at Home](#)

You can take also a virtual tour of the [Andy Warhol exhibition](#) at Tate Modern. Morley College is continuing lunchtime concerts online - every Tuesday at 1pm, then on catch-up, free via [Facebook Live](#) (you don't need a Facebook account). And take your pick of music on 1901 Arts Club's free [YouTube](#) playlist.

But those are just some 'local' offerings. [Culture Fix](#) is a fantastic new website collating many of the plays, musicals, operas, concerts and more you can 'get out' with during the lockdown.

Please keep safe - we want to see you all back in WAC as soon as possible.

Jenny Stiles
Vice Chair, Waterloo Action Centre