

24th April 2020

Dear all,

Here are just a few updates following my last email.

Contacting WAC. Although the building is closed you can still phone us on 020 7261 1404 on Mon, Wed, and Fri 10am-3pm. Val, our Advice Worker, will be here on Monday and Friday. She currently has a backlog of work but she may be able to help a few others, so if you live in Lambeth or SouthwarkSE1 and have disabilities, including those which come with the normal ageing process and need advice on a benefit matter Val may be able to help you.

A researcher from London South Bank University, Zsofia Szekeres, has asked us to forward details of a project she is running. "I would like to inform you about my project which aims to help older adults stay active while they are staying at home. It involves a telephone interview in order to find out how older adults cope with the isolation and how does it impact their physical activity level and emotional wellbeing. After this interview I would also discuss strategies with the participants about how they could be more physically active at home and I direct their attention to online exercise opportunities (for example NHS website, Silverfit@home)." See attached for more details.

Jean Leclerc is running Line Dancing and Rock 'n' Roll classes online. Afternoon line dance class are normally £5 and evening Rock 'n' Roll £10. But, in this difficult time, if you want to pay less Jean totally understand and anything you can afford is welcome. To see his calendar go to <http://www.parisrockclub.com/dance-class.html>

Laura, who runs Tai Chi at WAC, is running weekday half hour sessions, 10-1030 . These can be free but it helps if you can make a donation. More information on www.movingqi.co.uk

Phone scams are a common way for criminals to con people out of money. Met Police have produced a small booklet which I have attached with advice on recognising scams and how to deal with them. This is especially relevant now with more people self-isolating, often leaving older and vulnerable people alone at home.

Please do let us know if you are having any problems we might be able to help with or have ideas to share.

Best wishes Jenny