

4th May 2020

Dear All,

Hope you are all keeping well.

It is great that so many people are maintaining contacts with one another by phone or computer.

Some points on staying in touch with WAC:

- If you have the email address for others who would like to get this letter please forward it to them or, with their consent, their email address to David (wac.office1971@gmail.com) so he can add them. Thanks to Bea - one of the people we know has been forwarding our mailings to others.
- Our welfare benefits experts Val Roach, and Carol who volunteers from home, now have some time to help new or returning clients. This is for residents in Lambeth or Southwark-SE1 who are 60+ or with disabilities. You can email Val on advicewac1@gmail.com. Please include your phone number as well as some info on the problem. Val is currently employed by WAC 2 days a week She can be phoned on the WAC number (020 7261 1404) on Mondays and Fridays 10-3 and can pass things on to Carol.
- WAC staff who deal mainly with hall use have been furloughed under the Government's job retention scheme as meetings and group activities are currently banned. They are not allowed to work for WAC while furloughed. However as well as Val, we still have David (Centre Co-ordinator), Wasim (part-time finance worker) and Chris (security and essential cleaning) working for us. This is to ensure that WAC is sustained so all the users, other staff and volunteers can come back as soon as Government guidance permits.
- At present the phone (020 7261 1404) is being answered Monday, Weds , Fridays 10-3 but the doors remain firmly shut and only the minimum of people come in to look after emergencies and keep WAC going for the future. These are the Government's rules.
- A few activities are now online - this includes Laura's Tai Chi class. She currently focuses on Moving Qi which is particularly helpful to lungs .The sessions are free (although you are very welcome to donate towards her time and costs if you can afford to do so). Mondays - Fridays 10-10.30. Complete beginners can join in. Classes are on Zoom. Further info www.movingqi.co.uk . Then go to the third (last) blue bar along the top- Free Moving Qi-gong class Mon-Fri. Click on that and it will give you a code. You need to click on that code just before the class starts to join in. You do need to be register on Zoom if you are not already.
- Registering on Zoom. Zoom has become very popular recently as a place for online activities. This is partly because it is easy and free to use. You can find out more about Zoom online. To sign up you put Free Sign Zoom into a search engine (eg Google). Zoom will request your name, date of birth, email

address and ask you to choose a password. Once you are registered you should then get into Zoom whenever you want to. Zoom have a help line into which you can type any queries about entering/ using Zoom They reply quickly but if you are still stuck you can contact WAC and we aim to find someone to help you join up - but that will only be when we have time. While Zoom is free to join, organisers of any event may charge a fee but you would know this ahead because it is a two part operation

- you have to be registered with Zoom (which then remains ongoing unless you cancel it)
- you have to register with the organiser of each event and get the code for the event from them. You need this at the time of the event to get into it.

There is also a third stage which is not terribly difficult either - you can organise events/chats on Zoom yourself. Probably try using it for events others have organised once or twice first.

There are other computer products which have similar roles.

- Jean Leclerc, who like Laura usually runs classes at WAC, has now also chosen Zoom for his online classes. On his website <http://www.parisrockclub.com/> under Dance there is a calendar listing for May of his line dancing and rock and roll classes. If you click on any of the events in the calendar you get more info about them. At full price afternoon classes cost £5 and evening ones £10 but Jean is clear that he realises than many cannot afford this and asks people to give what they can afford. You can call or text Jean Leclerc on 07944 775 556 if there are questions about his classes or email him at parisrockclub@gmail.com

Some other sources of community info.

- If you live in SE1 there is a very useful website 'SE1' which includes local news and also other local things eg a discussion page. If you would like to receive the online newsletter each week you can ask the editor james.hatts@banksidepress.com to add you to the mailing list.
- Now there are no face to face meetings SE1 is including more online ones. Last weeks included a link to Lambeth Archives who are running free weekly zoom sessions on local history. Coming topics:
 - Tues 5th May 13.15 - 14.00 A Place of Public execution. The gallows at Kennington and other former execution sites in Lambeth. (Jon Newman).
 - Thurs 14th May 18.45 - 19.30 Lambeth in Literature How this part of South London has been represented by writers as diverse as William Blake, Charles Dickens, Jake Arnott and Alex Wheatle. (Jon Newman)
 - Tues 19th May 13.15 - 14.00 Lambeth's history online. An introduction to some of the main online sources for researching Lambeth's history and

how to access them. (Len Reilly)

- Thurs 28th May 18.45 - 19.30 A walk around Waterloo. A virtual walk around the Waterloo area. (Len Reilly)

They are free but to get the code to get on Zoom to see them you need to register with Archives@lambeth.gov.uk

- **Next door neighbours** is a website on which local people put their comments and queries. It is national, perhaps international, but when you sign up for it you have a choice of which local area you are interested in. People put on very local matters eg lost animals, does anyone know where you can get a bag of plain flour (hottest current topic on our local one), people needing help with things, offering help. It is free. If you want to put something on they insist on you using your real name, but just viewing is anonymous. To sign on nextdoor.co.uk. Next door members are also starting a wide range of interest groups which you can opt to join eg people born in a particular other country or an interest in cooking. The list of these specialist groups grows every day.
- **Southwark Playhouse** have full length productions to watch online. See <https://southwarkplayhouse.co.uk/> for details.

One of the Bishop Ward councillors, **Cllr Ibrahim Dogus**, has launched a petition suggesting all NHS staff should be offered British citizenship <https://www.change.org/p/uk-parliament-offer-unconditional-citizenship-to-all-non-british-nhs-workers>. Bishops Ward is where WAC is located, so is St Thomas's Hospital.

Thanks to those who let us know that they enjoyed things mentioned in previous mailings. Please send in things which you feel those attending WAC would be interested in.

Keep well and active as much as you can. Sunshine is good for you, so get as much as you safely can.

Best wishes

Jenny