

## Update on WHWC services during the COVID-19 lockdown

The Trustees and Staff at West Hampstead Women's Centre want to keep you all up to date with what is currently going on at the centre.

We are all working from home and we are available by email and telephone if you have any issues or need help.

The centre phone number is 020 7328 7389 and do leave a message if no one immediately answers.

Alternatively, our email is [info@whwc.org.uk](mailto:info@whwc.org.uk) and this is monitored regularly.

### Intervention, Support and Advocacy Service

Our three intervention workers are still available to support centre members remotely by phone or email.

To access this service, you can either email [info@whwc.org.uk](mailto:info@whwc.org.uk) or you will need to call one of the numbers below between 10am – 12noon and 2pm and 4pm.

07551 356 361  
Monday, Tuesday, Wednesday, Thursday, Friday

07393 404 398  
Monday, Tuesday, Thursday

*Somali and Arabic speaking clients please contact:*

07733 717 082  
Wednesday, Thursday, Friday

### Classes

Some of our classes and groups are still taking place and women keep contact with each other even though they are not meeting in person.

#### Yoga Classes

Our Wednesday Yoga classes are continuing online for existing class members, led by our volunteer Iyengar Yoga teacher Kristyan.

#### Asian Women's Group

Volunteer Sarojini is in regular phone contact with members of our AWG to check that everyone is alright and coping whilst self-isolating.

#### Irish Women's Group

IWG Facilitator Marian is in frequent contact with members of the group checking that they are all safe and keeping well.

#### Gardening group

Members have established a WhatsApp group so they keep in touch regularly.

WHWC wish you all the best and hope you keep safe and well. We will be in touch again soon to let you know if the situation changes.

Meanwhile, here are some beautiful flower photos from our garden for you to enjoy.

