



Pandemic lock-down activities and support

Updated 22 April 2020

Link or contact	Description
<p>glasgowlife.org.uk/libraries/m acmillan-glasgow-libraries 0141 287 2903 macmillan@glasgowlife.org.uk</p>	<p>Macmillan @ Glasgow Libraries Emotional support and the opportunity to talk about any questions or concerns about cancer.</p>
<p>nhsinform.scot/</p>	<p>NHS Inform A national health information service that provides accurate information to help you make informed decisions about your own health and the health of the people you care for.</p>
<p>accesstolearning@prisonerseducation.org.uk</p>	<p>Prisoners Education Trust Free resources for learners, free taster courses in Sport & Nutrition, Construction, Trades, and Health & Safety.</p>
<p>prisonerlearningalliance.org.uk /our-work/in-cell-activity-hub/</p>	<p>Prisoner Learning Alliance An In Cell Activity Hub, which brings together free resources from a range of organisations for prison and education staff to download and print for learners.</p>
<p>prison.radio/national-prison-radio-a-lifeline-during-the-covid-19-pandemic/</p>	<p>National Prison Radio Extra services and new radio shows during the lockdown.</p>
<p>wearefio.co.uk/fiopen2paperchallenge</p>	<p>Fio Fio's Pen to Paper Challenge. Revive a faded art form. Write whatever you wish . What would you tell your future self? Do you want to reflect on what's happening in the world? Do you want to reflect on how you're feeling and how you're coping? Do you want to just forget this whole thing is happening?</p>
<p>artsincriminaljustice.org.uk/watch-open-clasps-award-winning-prison-drama-online-for-free/</p>	<p>Open Clasp The Open Clasp Theatre Company's play 'Key Change' is available to view online for free. Key Change was devised with women in HMP Low Newton. It is a raw, illuminating and funny portrayal of women in prison.</p>
<p>musiceducation.global/bbc-announces-classical-music-content-as-part-of-culture-in-quarantine/</p>	<p>BBC Free classical music concerts – on radio, TV, and online</p>
<p>0141 345 0543 helpline@gcvs.org.uk/@GlasgowCVS</p>	<p>Glasgow Helps Community Hub A new helpline for people in Glasgow seeking support during the Covid-19 crisis. For members of the public seeking help, such as food delivery or mental health support.</p>

gnwcab.org.uk 0141 948 0204	Glasgow North West Citizens Advice Bureau Information and assistance in a wide range of areas , e.g. welfare benefits, money advice, housing and employment.
0141 944 2612 drumchapelcab.org.uk/	Drumchapel North West Citizens Advice Bureau Information and assistance in a wide range of areas , e.g. welfare benefits, money advice, housing and employment.
mentalhealth.org.uk/coronavirus	Mental Health Foundation Mental health and coronavirus advice.
samaritans.org/	The Samaritans Mental health crisis support.
mymodernmet.com/category/classes/	My Modern Met Online arts courses and free courses.
nhs.uk/live-well/exercise/10-minute-home-cardio-workout/	NHS Exercise Free home fitness workout.
0800 4 70 80 90 thesilverline.org.uk/	The Silver Line Free, confidential helpline providing information, friendship and advice to older people , open 24 hours a day, every day of the year.
nationaldahelpline.org.uk/	Refuge Domestic abuse helpline
cleanbreak.org.uk/members/	Clean Break - online programme Free, online programmes and classes on: health and well-being sessions; female theatre-makers; writing. Open for all, designed with women in mind.
info@oddarts.co.uk	Odd Arts Odd Arts has creative packs for vulnerable young people to help them do an arts award .
network.youthmusic.org.uk/events	Youth Music Online music courses aimed at young people and leaders supporting them.
charanga.com/wp-content/themes/assets/pdfs/VIP-Brochure.pdf?v=1586946838 sam.scott@youthmusic.org.uk	Charanga VIP Studio Sessions Free for young Good Vibrations participants during the pandemic. An online music production platform for young people , giving them the tools to produce digital music; spanning song-writing, beat-making, recording, mixing, releasing and promotion. To apply you will be required to fill out a short application form.
musically.com/learn/	Musically Free for young Good Vibrations participants during the pandemic - access to Musically's e-Learning Platform. The programme is aimed at emerging DIY artists and aspiring music professionals to help learn the ins and outs of the modern music business: publishing, labels, and distribution to how to get the best from streaming and social platforms.