



Pandemic lock-down activities and support

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Link or contact	Description
https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal	<p>NHS volunteer responders Need help from a Volunteer Responder? This site will provide you with further information if you are self-isolating and need support. Self-referral service.</p>
nationaldahelpline.org.uk/ 0808 2000 247	<p>Refuge Domestic abuse helpline. Free phone line.</p>
0800 254 0088 familiesoutside.org.uk Text FAMOUT to 60777 support@familiesoutside.org.uk	<p>Families Outside Support for people with a family member in prison - in Scotland. A helpline, web chat and texting service.</p>
mark@streetcones.org	<p>Street Cones Anyone currently feeling isolated, or bored, as a result of the #COVID19 restrictions is welcome to join one these free online creative workshops. During the sessions, moderators recreate a rehearsal room. Inside that SAFE SPACE we explore specific or general themes. We build fictional worlds and populate them with diverse characters. Often a script will start to emerge however the process is very much about the journey more than the destination. A wide range of creative techniques can be used but the online sessions tend to focus on creative writing and research.</p>
https://www.nationaljusticemuseum.org.uk/lettersofconstraint/	<p>Museum of Justice Letters of Constraint. The National Justice Museum is inviting you to write a letter that shares a personal insight into a time of confinement and isolation during the current Covid 19 pandemic. We would like to hear about your everyday observations and the feelings you're experiencing, along with the things and spaces that symbolise hope and comfort within your constraint.</p>
https://portal.rcs.ac.uk/waci/toolkits/gaelic-song/	<p>Royal Conservatoire of Scotland Learn to sing in Gaelic for free – an online toolkit.</p>
https://vimeo.com/creativebytes2020	<p>ArtLink Central Various, free, creative arts activities - online tutorials.</p>

<p>info@junction42.org https://dochub.com/info-vkir4z/P0B76b3K6xByJdjwn2y1Gg/ijunction-42-creative-in-cell-learning-packs-pdf?dt=s1kP6Te5wz6m5dntvzQb</p>	<p>Junction 42 In-cell Creative Arts curriculum - creative packs for prisons. Each pack focuses on a different technique incl. quilling cards, sketching, pad art, photo-frame making, calligraphy cards and match-stick modelling. Prisons can sign up individuals to the curriculum, and participants receive a different pack each week.</p>
<p>https://www.youtube.com/channel/UCPymCfi7W6UPusw0KfQI8_A</p>	<p>Sarasa Sound gong baths Find a comfortable place to lie down, where you won't be disturbed, and listen with decent headphones. The latest gong bath focuses on dreaming and journeying. The dreams and journeys people often have during gong baths or in their sleep afterwards can be so helpful, as well as enjoyable. We often come back re-energised and refreshed.</p>
<p>https://www.moneyadviceservice.org.uk/en 0800 138 7777</p>	<p>The Money Advice Centre Free and impartial money advice set up by the government. Advice and guides to help improve your finances. Tools and calculators to help keep track and plan ahead. Help with benefits. Support over the phone and online, and a budget planner tool.</p>
<p>https://www.themix.org.uk/</p>	<p>The Mix Coronavirus and money: An expert financial guide from MyBnk – an essential guide for under 25s.</p>
<p>https://www.myworldofwork.co.uk/getting-a-job</p>	<p>My World of Work – Job Finder Help to find and apply for jobs – from creating the perfect CV to giving a great interview.</p>
<p>https://www.myworldofwork.co.uk/learn-and-train/find-free-online-courses</p>	<p>My world of work – free online courses developing skills Are you a furloughed worker or want to develop your skills? Online courses are a convenient and flexible way to learn.</p>