



Pandemic lock-down activities and support

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Link or contact	Description
Courses, Learning and creativity	
http://www.synergytheatreproject.co.uk/news-item/lockdown-dramas-calling-all-prisoners-ex-prisoners/	Synergy Theatre Playwriting competition Write a play! Looking for short stories relating to lockdown experiences from prisoners and ex-prisoners in England and Wales. The deadline for submissions is 30th June.
https://www.futurelearn.com/courses?filter_category=9&filter_course_type=open&filter_availability=started&all_courses=1	Future Learn Provides a large selection of courses in creative, digital, language and much more with many that are currently free to join.
https://www.wea.org.uk/	The WEA Is currently offering free online courses until the end of July - a large range of courses in arts, crafts and wellbeing.
https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown	Creative ideas for children Fire up their imagination while they're at home with activities for children at different ages and stages.
https://www.unhcr.org/news/press/2020/4/5e8ecd44/childrens-storybook-released-help-children-young-people-cope-covid-19.html	Help children cope with coronavirus 50 humanitarian organisations have produced a story book for ages 6-11 available online and as an audiobook in 24 languages here .
https://makemusicday.co.uk/coronavirus/	June 21st Make music day! Get involved, listen and learn in this global music making day with online sessions, performances and more for all.
https://www.youtube.com/channel/UCYfVi1Q2DP-NkY2lolquRwA	Royal Scottish National Orchestra performances Friday night viewings of footage never seen before and there's fun musical challenges to try too.
https://www.thesofasingers.com/	The sofa singers Join in free and weekly online singing events bringing together hundreds of people from around the world to spark joy and human connection with James Sills.
https://vimeo.com/creativebytes2020	ArtLink Central Various, free, creative arts activities - online tutorials.
https://pad.philharmoniedeparis.fr/gamelan.aspx	Learn about Gamelan music Have a go at learning Gamelan music online with this interactive app
https://challengenottingham.co.uk/	Challenge Nottingham A range of creative arts activities for 0-18 years
http://www.nymaz.org.uk/	Online music activities for families at home
https://www.duolingo.com/	Learn a language with Duo Lingo Try this for free!
https://www.ageuk.org.uk/derbyandderbyshire/about-us/news/articles/2020/letters/#	Write a letter of friendship Light up someone's day.
Well-being	
https://www.sarasasound.com/	Gong Baths

	Bite-Size Calm are 5-10 minutes. Enjoy the therapeutic and relaxing benefits of a gong bath, please make a donation if you can.
https://coronavirustechhandbook.com/older-people	Well-being for older people Links and communication ideas
https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/ Young people https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/ 0300 123 3393 Email: info@mind.org.uk Text: 86463 Post: Mind Infoline, PO Box 75225, London, E15 9F	MIND Well-being support and information including support for key workers, self-isolating, young people, parental support along with practical advice and support links available in England and Wales.
https://product.soundstrue.com/resilience-in-challenging-times/	Soundstrue Develop resilience in challenging times a digital care package including online broadcasts with mindfulness, compassion and presence.
Advice and support	
https://www.covid19parenting.com/	A resource on parenting during Covid-19 The Parenting for Lifelong Health project is available in over 50 languages.
https://www.gmcvo.org.uk/Coronavirus/BAMESupport	Government BAME community support Information, sources of support and resources for Black, Asian and Minority Ethnic (BAME) communities.
https://www.gov.uk/guidance/coronavirus-covid-19-information-for-individuals-and-businesses-in-scotland	Government support and guidance for individuals and businesses in Scotland.
https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19	Government support during Covid-19
http://www.sps.gov.uk/Corporate/Information/covid-19.aspx	Scottish prison service updates Information and guidance FAQs regarding prisoners and visits .
0800 254 0088 familiesoutside.org.uk Text FAMOUT to 60777 support@familiesoutside.org.uk	Families Outside Support for people with a family member in prison - in Scotland. A helpline, web chat and texting service.
https://www.frameworkha.org/services 0115 8417711	Framework Offers support and care in housing, health and social care, employment support across the Midlands region.
Scotland Citizens Advice Bureau https://www.cas.org.uk/ 0800 0281456 Mon - Fri 9-5pm England and Wales https://www.citizensadvice.org.uk/ (England): 03444 111 444 (Wales): 03444 77 20 20 Textphone: 18001 03444 111 445	Citizens Advice Bureau Free financial, benefit and legal advice.
https://www.moneyadviceservice.org.uk/en 0800 138 7777	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.

https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/	Women's Aid Domestic abuse advice and support
https://www.nationaldahelpline.org.uk/ 0808 2000 247	National Domestic abuse helpline Free and confidential advice, 24 hours a day.
https://www.imkaan.org.uk/ info@imkaan.org.uk 020 7842 8525	Imkaan A London based women's organisation addressing violence against black and minority women and girls including support links to migrant survivors, asylum and NRPF (No Recourse to Public Funds).
https://www.gov.uk/guidance/coronavirus-covid-19-advice-for-uk-visa-applicants-and-temporary-uk-residents usually reply within 5 working days. Your email must be in English Telephone: 0800 678 1767 (free within UK) Monday to Friday, 9am to 5pm	Coronavirus Immigration Help Centre for visa related issues affected by Covid -19.
https://www.gov.uk/guidance/nhs-entitlements-migrant-health-guide#main-messages	NHS entitlements: migrant health guide Public Health England information for migrants translated into different languages available to download.