



# Pandemic lock-down activities and support

Updated 22 July 2020

Link or contact	Description
<b>Courses, Learning and creativity</b>	
<a href="https://www.koestlerarts.org.uk/koestler-awards/2020-koestler-awards/art-aid-activities/">https://www.koestlerarts.org.uk/koestler-awards/2020-koestler-awards/art-aid-activities/</a>	<b>Art Aid Weekly</b> have developed arts activity sheets for use in secure settings.
<a href="https://www.roundhouse.org.uk/home/round-your-house">https://www.roundhouse.org.uk/home/round-your-house</a>	<b>The Roundhouse</b> has created a series of #RoundYourHouse resources for the young people who access its studios and the general public. Access podcasts and other inspiring resources for young people, artists, makers and those working in the arts sector.
<a href="https://www.ted.com/playlists/129/ted_under_20">https://www.ted.com/playlists/129/ted_under_20</a>	Inspiring <b>Ted talks</b> for teenagers.
<a href="https://www.bbc.co.uk/programmes/articles/1d96N36cJhm1SlyDMJVq0X7/proms-at-home">https://www.bbc.co.uk/programmes/articles/1d96N36cJhm1SlyDMJVq0X7/proms-at-home</a>	<b>BBC Proms</b> music performances and family activities to get involved at home starting 20 <sup>th</sup> July.
<a href="https://healthinnovationnetwork.com/wp-content/uploads/2020/04/Maintaining-Activities-for-Older-Adults-during-COVID19.pdf">https://healthinnovationnetwork.com/wp-content/uploads/2020/04/Maintaining-Activities-for-Older-Adults-during-COVID19.pdf</a>	An interesting collection of resources and creative activity links designed for carers of older adults with dementia but also includes links of interest to all.
<a href="https://www.nhm.ac.uk/take-part/try-this-at-home.html">https://www.nhm.ac.uk/take-part/try-this-at-home.html</a>	<b>Natural History Museum</b> with live talks, creative ideas, videos and virtual tour.
<a href="https://ed.ted.com/earth-school">https://ed.ted.com/earth-school</a>	<b>Earth School</b> have created 30 quests for students around the world to celebrate, explore and connect with nature.
<a href="https://caboodle.nationalbooktokens.com/local-offers">https://caboodle.nationalbooktokens.com/local-offers</a>	<b>National Book Tokens</b> presents online book discussions and events near you, competitions including win a book token.
<a href="https://www.bbc.co.uk/sounds">https://www.bbc.co.uk/sounds</a>	Tune in and download a broad range of podcasts, talks and music on <b>BBC Sounds</b>
<a href="https://www.bbc.co.uk/sounds/category/childrens">https://www.bbc.co.uk/sounds/category/childrens</a>	Free activities in music and drama for children on <b>BBC Sounds</b> .
<a href="https://www.sarasasound.com/bitesizecalm">https://www.sarasasound.com/bitesizecalm</a>	Immerse yourself in relaxing and therapeutic <b>Gong sound baths</b> online in your own time..
<a href="http://www.nymaz.org.uk/">http://www.nymaz.org.uk/</a>	A range of music activities for young people
<a href="https://new.youthmusic.org.uk/youth-music-charanga-competition">https://new.youthmusic.org.uk/youth-music-charanga-competition</a>	Electronic Music Competition judged by BICEP Create a dance track. Open to young producers under 25 deadline 31 <sup>st</sup> August
<a href="https://homemcr.org/article/creative-activities-for-children-in-lockdown/">https://homemcr.org/article/creative-activities-for-children-in-lockdown/</a>	Drama, music, dance and storytelling activities for young people online.
<a href="https://www.charitytoday.co.uk/pen-demic-pals-write-through-the-loneliness-of-covid19/">https://www.charitytoday.co.uk/pen-demic-pals-write-through-the-loneliness-of-covid19/</a>	Enjoy writing? Light up someone's day through <b>Pen-demic Pen Pals</b> call for letters.

<a href="https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown">https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/keeping-kids-entertained-during-lockdown</a>	Fun activities for kids at home-making, cooking, dancing, laughing and more.
<a href="https://timberfestival.org.uk/soundsoftheforest/">https://timberfestival.org.uk/soundsoftheforest/</a>	Record and share the sounds of your local forest and take an audio journey through the forests of the world.
<a href="http://www.writingeastmidlands.co.uk/events/the-write-space-writing-for-wellbeing/?fbclid=IwAR1re0hVo1-3JYCu-0A63Y4G9AXA3aeMmUD-WEF-B1hliSz7PxZBuAbtsoo">http://www.writingeastmidlands.co.uk/events/the-write-space-writing-for-wellbeing/?fbclid=IwAR1re0hVo1-3JYCu-0A63Y4G9AXA3aeMmUD-WEF-B1hliSz7PxZBuAbtsoo</a>	Writing for wellbeing online Free zoom sessions course with <b>Cathy Grindrod and Writing East Midlands</b> . Preference to Nottingham City council residents, but open to wider audience if spaces available 14 July – 14 December
<a href="https://enrolonline.wea.org.uk/online/coursesearch.aspx?_ga=2.245760516.1060312154.1594849208-1484814409.1594849208">https://enrolonline.wea.org.uk/online/coursesearch.aspx?_ga=2.245760516.1060312154.1594849208-1484814409.1594849208</a>	Learn a new skill from a wide range of courses including creative, arts and employability. <b>The WEA</b> opens enrolment for new courses 20 <sup>th</sup> July and its free to become a member. Some courses are currently online and free to join.
<b>Support and Advice</b>	
<a href="https://www.moneyadviceservice.org.uk/en/articles/coronavirus-if-youre-self-employed">https://www.moneyadviceservice.org.uk/en/articles/coronavirus-if-youre-self-employed</a>	<b>Money advice service</b> covering debts, tax, redundancy, Self- Employment government support
<a href="https://www.gov.uk/government/publications/changes-to-the-coronavirus-job-retention-scheme/changes-to-the-coronavirus-job-retention-scheme">https://www.gov.uk/government/publications/changes-to-the-coronavirus-job-retention-scheme/changes-to-the-coronavirus-job-retention-scheme</a>	Changes to government Furlough job retention scheme from 1 <sup>st</sup> July
<a href="https://www.gov.uk/guidance/claim-a-grant-through-the-self-employment-income-support-scheme">https://www.gov.uk/guidance/claim-a-grant-through-the-self-employment-income-support-scheme</a>	2 <sup>nd</sup> stage Self- Employment government support scheme SEISS opens August 17 <sup>th</sup>
<a href="https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-you-can-get/">https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-you-can-get/</a> <b>03444 111 444</b>	<b>Citizens advice</b> help and advice on benefits
<a href="https://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/preparing-for-after-redundancy/">https://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/preparing-for-after-redundancy/</a>	Redundancy support and rights
<a href="https://england.shelter.org.uk/legal/housing_options/covid-19_emergency_measures/homelessness#5">https://england.shelter.org.uk/legal/housing_options/covid-19_emergency_measures/homelessness#5</a>	Homelessness and housing advice and support England and Wales
<a href="https://groundswell.org.uk/coronavirus/">https://groundswell.org.uk/coronavirus/</a>	Advice for people experiencing homelessness during coronavirus.
<a href="https://www.samh.org.uk/">https://www.samh.org.uk/</a>	Mental health support in Scotland
<a href="https://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown">https://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown</a>	Looking after your mental health while coming out of lockdown
<a href="https://www.mentalhealth.org.uk/coronavirus/coping-with-loneliness">https://www.mentalhealth.org.uk/coronavirus/coping-with-loneliness</a>	Support and advice on coping with loneliness during lockdown.
<b>Police:</b> 999 press 55 when prompted if you can't speak  <b>Refuge UK wide 24-hour helpline:</b>  0808 2000 247	Domestic abuse helplines

<p><b>Welsh Women's Aid Live Fear Free 24-hour helpline:</b> 0808 80 10 800</p> <p><b>Scotland National Domestic Abuse and Forced Marriages 24-hour helpline:</b> 0800 027 1234</p> <p><b>Northern Ireland Domestic Abuse 24-hour helpline:</b> 0808 802 1414</p>	
<p><a href="https://uksaysnomore.org/safespaces/">https://uksaysnomore.org/safespaces/</a></p>	<p><b>UK Says No More</b> to domestic violence. Safe spaces have been set up with some pharmacies including Boots, Superdrug and Morrisons pharmacies during Covid-19</p>
<p><a href="https://www.glasgowhelps.org">https://www.glasgowhelps.org</a> Monday – Friday 9-5pm 0141 345 0543 E-mail: <a href="mailto:helpline@gcvs.org.uk">helpline@gcvs.org.uk</a> Twitter: <a href="https://twitter.com/GlasgowCVS">@GlasgowCVS</a> Text: 07451 289255</p>	<p>Glasgow links to services and organisations including weekly check-in services, food parcels, mental health - available in different languages.</p>
<p>0808 1000 900 9am -9pm Mondays- Thursdays 9am-5pm Fridays <a href="https://www.stopitnow.org.uk/">https://www.stopitnow.org.uk/</a> <b>The Lucy Faithfull Foundation</b></p>	<p>Stop It Now! Confidential helpline providing support to anyone concerned with any aspect of child sexual abuse prevention, online or offline.</p>
<p><b>Scotland</b> <a href="https://www.gov.scot/coronavirus-covid-19/">https://www.gov.scot/coronavirus-covid-19/</a></p> <p><b>England</b> <a href="https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do">https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do</a></p> <p><b>Wales</b> <a href="https://gov.wales/coronavirus-regulations-guidance">https://gov.wales/coronavirus-regulations-guidance</a></p>	<p>Latest government advice covid-19</p>
<p><a href="https://www.nhsinform.scot/test-and-protect">https://www.nhsinform.scot/test-and-protect</a></p>	<p><b>NHS Information</b> on where to get tested for Covid- 19 and track and trace in Scotland</p>
<p><a href="https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/">https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/</a></p>	<p>Asylum seekers changes to resettlement Policy in response to covid-19</p>
<p><a href="https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts#arts-5-3">https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts#arts-5-3</a></p>	<p>Government guidance for safe working in the performing Arts</p>