



Pandemic lock-down activities and support

Updated 17th August 2020

Link or contact	Description
Courses, Learning and creativity	
https://www.booktrust.org.uk/books-and-reading/have-some-fun/	Looking for something fun as a family? free online books and videos, play games, win prizes, test your knowledge in book-themed quizzes, or even learn how to draw some of your favourite characters.
https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html	Resources to help your child's well-being during lockdown- dealing with change and staying connected
https://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub/local-and-national-coronavirus-support-initiatives/help-in-getting-online Email Clicksilver@bitc.org.uk (open 24 hours) Telephone 07725 638 007 or 07921 494 069 (Monday to Friday 9am to 5pm). Complete the referral form and provide a brief description of what help is required. A call will be arranged within 48 hours to discuss further.	Help and support using computers and learning how to get online, use Facebook, join community online groups. The Clicksilver Connections programme offers participants access to four weeks of one to one mentoring with a volunteer business professional. Each session takes place on a Wednesday afternoon between 12pm and 1pm. Participants can either self-refer or be referred by an organisation. Registration can take place in a few ways.
#CovidSings To participate, contact Dr Hield via: www.twitter.com/tradsongtues or email f.hield@shef.ac.uk	Join or tune into an online amateur folk singing group primarily set up for older people but open to all. Sing songs, share folk-related stories or simply listen to others and feel part of a club. Each session is also livestreamed and saved on a Facebook page for those who want to tune in, listen and watch as the singers perform some of their favourite folk songs. led by Dr Hield every Tuesday evening between 8pm-10pm on Zoom.
https://www.aileyextension.com/keepdancing?ga=2.220543064.1736758454.1597239118-361144960.1597239118	Love to dance? The world leading Alvin Ailey dance company is offering a range of free online classes for adults and young people including Hiphop, West African dance, Belly dance, Ballet and more.
https://www.bbc.co.uk/programmes/articles/1d96N36cJhm1SlyDMJVq0X7/proms-at-home	Get involved with the BBC Proms at home project. Create a poem, dance, body beats and more including the Irene Taylor Trust Lullaby project.
https://www.tate.org.uk/kids	Tate Kids have an inspiring range of arts projects to get involved with from home.
https://www.britishmuseum.org/collection/galleries?_gl=1*1 pif6e*_gcl_aw*R0NMLjE1OTc2ODAwODkuQ2p3S0NBancxZW01QlJCaEVpd0FmSHloM	The British Museum can be explored via Google Street View. Take a tour of and visit the Museum.

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https://firstsite.uk/art-is-where-the-home-is/#	Arts activity packs for all, from artists including Grayson Perry, Antony Gormley, Sarah Lucas, Gillian Wearing, Idris Khan, Cornelia Parker, Jeremy Deller, Vanley Burke, and many more.
https://aaa.nhcarnival.org/index.html	Bring Carnival to your home – Nottinghill Carnival goes online. 30 th -31 st August register to tune into the sounds, stages, parade and more.
https://www.edfringe.com/learn/news-and-events/a-fringe-reimagined-how-were-supporting-venues-and-artists-during-crisis#friday	The Edinburgh Fringe festival may have been cancelled, but the Fringe on Fridays is streaming every Friday evening 14 th , 21 st , 28 th August. Showcasing a range of genres, including comedy, music, dance and cabaret
https://www.sarasasound.com/bitesizecalm	Immerse yourself in relaxing and therapeutic Gong sound baths online in your own time.
https://www.nymaz.org.uk/for-young-people/discover/create-digital-music	Learn to create digital music online -a useful list of programs to use.
https://new.youthmusic.org.uk/youth-music-charanga-competition	Electronic Music Competition judged by BICEP Create a dance track. Open to young producers under-25 deadline 31 st August
https://homemcr.org/article/creative-activities-for-children-in-lockdown/	Drama, music, dance and storytelling activities for young people online.
https://www.meetup.com/	Discover events including online for all the things you love, connect with people and socialise online.
https://www.charitytoday.co.uk/pen-demic-pals-write-through-the-loneliness-of-covid19/	Enjoy writing? Light up someone's day through Pen-demic Pen Pals call for letters.
https://www.bbc.co.uk/teach/skillswise	Develop English, maths and employability skills through these online adult learning videos and worksheets.
https://free2learn.org.uk/?fbclid=IwAR1qTmubOLUZleOSqiwLWgwIGwJPyWZMqBXAIsCk11e7GovUpwA48NWLA	If you are unemployed and looking to learn, check out these free courses and skills development training with Free2learn.
Support and Advice	
https://www.moneyadvice.service.org.uk/en/articles/coronavirus-if-youre-self-employed	Guidance and support for Self Employed during and after Coronavirus
https://www.gov.uk/government/publications/changes-to-the-coronavirus-job-retention-scheme/changes-to-the-coronavirus-job-retention-scheme	Changes to government Furlough job retention scheme from 1 st August.
https://www.gov.uk/guidance/claim-a-grant-through-the-self-employment-income-support-scheme	2 nd stage Self- Employment government support scheme SEISS opens August 17 th .
https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-you-can-get/	Citizens advice help and advice on benefits
03444 111 444	

https://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/preparing-for-after-redundancy/	Redundancy support and rights
https://england.shelter.org.uk/legal/housing_options/covid-19_emergency_measures/homelessness#5	Homelessness and housing advice and support England and Wales
https://groundswell.org.uk/coronavirus/	Advice for people experiencing homelessness during coronavirus.
https://www.samh.org.uk/	Mental health support in Scotland
https://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown	Looking after your mental health while coming out of lockdown
https://www.mentalhealth.org.uk/coronavirus/coping-with-loneliness	Support and advice on coping with loneliness during lockdown.
https://www.equalityadvisoryservice.com/app/help TEL 0808 800 0082 TEXT PHONE 0808 800 0084 Monday – Friday 9am-7pm Saturday 10am-2pm	Equality advisory service information and advice relating to equality and human rights, across England, Scotland and Wales.
Police: 999 press 55 when prompted if you can't speak Refuge UK wide 24-hour helpline: 0808 2000 247 Welsh Women's Aid Live Fear Free 24-hour helpline: 0808 80 10 800 Scotland National Domestic Abuse and Forced Marriages 24-hour helpline: 0800 027 1234 Northern Ireland Domestic Abuse 24-hour helpline: 0808 802 1414	Domestic abuse helplines
https://uksaysnomore.org/safespaces/	UK Says No More to domestic violence. Safe spaces have been set up with some pharmacies including Boots, Superdrug and Morrisons pharmacies during Covid-19
https://www.glasgowhelps.org Monday – Friday 9-5pm 0141 345 0543 E-mail: helpline@gcvs.org.uk Twitter: @GlasgowCVS Text: 07451 289255 (available in different languages)	Glasgow links to services and organisations including weekly check-in services, food parcels, mental health -available in different languages.

<p>0808 1000 900 9am -9pm Mondays- Thursdays 9am-5pm Fridays https://www.stopitnow.org.uk/ The Lucy Faithfull Foundation</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>Scotland https://www.gov.scot/coronavirus-covid-19/ England https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do Wales https://gov.wales/coronavirus-regulations-guidance</p>	<p>Latest Government advice covid-19</p>
<p>https://www.nhsinform.scot/test-and-protect</p>	<p>NHS Information on where to get tested for Covid- 19 and track and trace in Scotland</p>
<p>https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/</p>	<p>Asylum seekers changes to resettlement Policy in response to covid-19</p>
<p>https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/performing-arts#arts-5-3</p>	<p>Government guidance for safe working in the performing Arts</p>