



Lockdown Survival Guide

Updated May 2020

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Healthier, happier for longer
We make lives better



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WELCOME

Here at ABL Health our goal is to support everyone to lead **healthier**, **happier** lives for **longer**, whatever their background. During this peculiar time protecting our well-being is essential for thriving during this lockdown period.

This guide has been made to bring together all the resources that are available during this time. The **Five Ways to Wellbeing** is a theme which runs throughout this guide, describing how building these into your day to day life can enhance your wellbeing during the lockdown period and as we emerge from it.

The Five Ways to Wellbeing are:

♡ **Connect**

With people around you, family, friends, colleagues, neighbours. This could be at home, work, school or in your community.

♡ **Keep Learning**

Trying something new, discovering a new interest or picking up an old one. Signing up for a new course, learning new things builds confidence and keeps the brain stimulated.

♡ **Be Active**

Experiencing the benefits of physical exercise through walking, running, gardening, playing games. Finding activities that work for you.

♡ **Take Notice**

Being curious, catching sight of what's beautiful, remarking on the unusual, savouring the moment. Being aware of the world around you.

♡ **Give**

Doing something nice for a friend or a stranger. Thanking someone for their help or their time. Smiling, volunteering your time. This can also be looking inside yourself and focusing on your happiness. Supporting the wider community can be incredibly rewarding.

In this guide you will see links to resources, tools, ideas to enable you incorporate the Five Ways to Wellbeing into your daily life during this difficult time.

The list is not exhaustive, and we welcome any ideas or top tips you have for coping. Get in touch on our Social Media pages.



UPDATE

Since the last edition of the Lockdown Survival Guide, we have continued to discover some of the fantastic things which are being provided to support the community through this time. Take a look and see how you can connect, **keep learning, take notice, be active** and give.

- ♡ The greater Manchester Combined Authority have created new mental health services for people affected by social restrictions. This includes:
[Kooth](#) – an online counselling and emotional wellbeing platform for children and young people. Currently limited to Bolton, Manchester, Oldham, Rochdale, Trafford and Wigan, and will be extended to Bury, Salford, Stockport and Tameside by May 2020.
[SilverCloud](#) – an online therapy programme for people aged 16+ proven to help with stress, anxiety, low-mood and depression which launches Tue 7 April.
- ♡ [Home Festival Fun](#) is a Facebook page which has been created by a range of celebrities and has a daily schedule of activities for all ages. This includes dance and exercise classes, craft sessions, story time, cook along and many more.
- ♡ 2000 of the worlds museum collections are available to view in one central location click [here](#)
- ♡ [#OurHouseToYourHouse](#) is a YouTube channel showing performances from the Royal Opera House.
- ♡ [The Show Must go on](#) is another YouTube channel showcasing classic Andrew Lloyd Webber musicals for free streamed **every Friday** for three days.
- ♡ On Social Media, the ABL Health Lifestyle Coaches have been posting recipes for healthy meals! Remember to check them out
- ♡ [The Piano Works](#) have created a “can’t sing choir” which is encouraging a sing-along session on **Thursday 7th May 8pm (Elton John theme)** and **Thursday 21st May**. They also have many other sing along sessions all done via zoom. Head to the website to see their other options such as show tunes and music quizzes.
- ♡ If you have Instagram, [hatch](#) have created a daily schedule for parents which includes exercise, free time, studying and other ways to keep the kids entertained!
- ♡ Mini me mindfulness are hosting free mindfulness classes for kids at 9.30am each day. Click [here](#)
- ♡ The Royal Albert Hall are hosting exclusive music concerts every Thursday at 8.15 after the clap for our heroes. Click [Here](#). Browse their websites for other performances which can be viewed on demand.
- ♡ [#keepcookingandcarryon](#) is a weekly video by Jamie Oliver is a cook along class every day at 5.30pm.

CONNECT

Being in isolation during this lockdown has reduced the amount of contact that we can have with others. This can have an impact on our wellbeing and therefore this section of the guide will provide you with ways you can reach out, connect and stay in touch.



Video Conferencing

Video conferencing can enable you to see as well as hear your friends and relatives. There are many platforms for doing this which are listed below. Click on the platform to be directed to the website which provides an easy guide of how to use it.

This is not an extensive list and many more can be found online.

- ♡ [Skype](#)
- ♡ [Zoom](#)
- ♡ [Microsoft Teams](#)

People across the world are thinking of creative ways to use these platforms to keep **connected**. Some of the activities people are doing include organising quizzes, keeping bookclubs and other clubs running by meeting online.

Click [Here](#) for a free quiz maker!

Websites such as "[Wheel Decide](#)" can even spin an online wheel and give you some exciting activities to do, what film to watch, what book or album to review!

Data allowance caps on current fixed broadband services have been lifted by some network providers. Mobile data packages are also being reviewed to give people more access to the internet during this time! Speak to your provider to find out more.

Phone Calls

Picking up the phone is an easy way to connect with others during this time, especially for those with reduced access or ability to access the internet. Checking in on family, friends any others in your community can keep us **connected**.

- ♡ [Whatsapp](#) is an online instant messaging service, where you can send photos, videos, voice notes to anyone across the world. You can create groups to keep **connected** with
- ♡ [Silverline](#) is a 24/7 helpline for older people with a campaign to combat loneliness. The number is 08004708090

Letters & Cards

Writing a letter or sending a card is a great way to keep **connected**.

- ♡ [Moonpig](#) is an online card sending website which allows you to send personalized cards for any occasion.
- ♡ [Touch Note](#) is an online platform which allows you to upload photos from your mobile phone, computer or tablet and send “postcards”
- ♡ Writing a letter to a family member or friend is another way to stay connected and may make that person’s day! This is a great activity for children or adults to contact someone they might not see for a while.

Useful Apps for your phone

If you have a smart phone, you can use the “play store” on an android phone, or the “app store” for any IOS (apple) phone to download the following apps which are great ways to stay in touch!

♡ [Netflix Party](#)

Netflix is an online streaming platform which has many Movies and TV Shows available to stream. If you use this service Netflix party is a new way to watch! This app synchronises video playback and adds group chat to your favourite shows. Click on the link for an easy guide of how to do this.

♡ [Kast App](#)

Kast is another way to share movies, TV shows, games and whatever you want with 100+ people. It is a real time video sharing app with screen capture, voice, text and video chat to help you **connect** with friends wherever they are. Click on the link for more information

♡ [House Party](#)

Houseparty is a face to face social network. It is an app which lets you connect via video chat to friends and family, play games, do quizzes and **stay connected**.

Social Media



Twitter:
@ABLHealth



Facebook:
@ABLHealth



Instagram:
ablhealth1



LinkedIn:
ABL Health



YouTube:
ABL Health

Social Media is a great way to stay in touch. The icons above list the most common social media platforms where you can instant message, share text, videos and follow what others are doing.

At this difficult time ABL Health are posting regularly on social media with ideas, tips, and tricks to help you improve your wellbeing! Check us out, and **connect** with friends, family and your favourite celebrities.

What are the ABL Health staff up to!

- ♥ Our fantastic Healthy Lifestyle Advisors are offering **free** online group exercise sessions through our Social Media platforms.
- ♥ ABL Health are supporting the community with Stop Smoking advice and guidance at this time following the Public Health England announcement that smokers are at increased risk of complications of Covid-19. Check out our social media pages above for this information.
- ♥ ABL staff are sharing their homemade healthy recipes on social media to help you keep healthy during this time!!
- ♥ Keep checking the ABL Health social media pages and website for exercise videos, cooking tutorials and general wellbeing advice!

KEEP LEARNING

Keeping our minds active during this time is really important to our wellbeing. What better time to sign up to that course, learn a new skill or encourage children to expand their minds. In this section you will find a library of resources with relevant links to help you identify some ways to **keep learning!**

Kids' education

♥ [Twinkl](#)

Twinkl is an online resource with teacher created planning and assessment materials and teaching resources. It has Primary resources, Secondary resources and resources for Parents.

♥ [Quizlet](#)

Quizlet is a resource with learning tools and flashcards. It has guidance for learning languages, arts and humanities, social sciences, science, math's and many more. It is a student and teacher online learning community.

♥ [Learn the basics of computer coding](#)

Codebreak is a weekly interactive classroom engaging students to learn the basics of computer coding. Young people can take part in weekly challenges with options for beginners, experienced students and even students without a computer.

♥ [Learn how to design "Roblox"](#)

Roblox education is a great way to introduce kids to learn the basics of coding, designing multiplayer maps and learning about how online games are made and designed. They are offering online lessons with no cost to sign up or play.

♥ [Learn how to draw with Steve Harpster](#)

Steve Harpster is currently doing easy "how to draw" every day on his YouTube channel at 6pm! It includes tutorials of how to draw animal favourite and characters from games such as fortnite.

♥ [Learn to play the guitar](#)

Fender are offering a 3-month free trial to learn how to play the guitar! So, if you have one lying around, now could be the time to take up a new hobby!

♥ [Learn about basic engineering](#)

Primary engineer brings engineering into Primary school curricula. They offer courses and programmes for teachers through to school children ages 4-18 teaching the basics of engineering.

♥ [Siemens DIY Challenge for kids](#)

Siemens have created a portal for kids to watch and recreate DIY science videos with household items.

♡ [Audiobooks for kids on Audible](#)

Audible is offering **free** access to kid's audiobooks. You can stream a collection of stories including titles in 6 different languages. All stories are free to stream on a desktop, laptop, phone or tablet.

♡ [The math's factor](#)

The math's factor is currently offering math lessons with Carol Vorderman. Usually £2 per week, currently **free**! It is suitable for children age 4-12 and matches the national curriculum. It is an online resource supporting children to learn at home whilst schools are closed.

♡ [A story a day with David Walliams](#)

Every day at 11am you can listen to one of David Walliams Worst Children stories. They are around 20 minutes, and all are available to catch up online until the following Sunday.

♡ [Music Lessons with Myleen Klass](#)

Myleen Klass is creating videos to teach children music lessons with interactive sessions which you can join in with a pan and a wooden spoon. She also posts Disney themed lullabies for babies, and more traditional child friendly music lessons!

♡ [Free Lego Workshop](#)

Inspiring and educational workshops led by Legoland Discovery Centre Manchester's Master Model Builder, James Windle is running a series on its Facebook page every Tuesday and Thursday at 3pm throughout April.

♡ [ExpeRimental Live!](#)

Explosive science videos for young people aged 7 – 11. The Royal Institution is hosting weekly science sessions for parents and carers and their children on Facebook Live, followed by a Q&A. They are live every Thursday at 2pm.

♡ [Hear stories told from the International Space Station](#)

A good story sounds even better when it's read in microgravity. Story Time from Space sends children's books to the International Space Station (ISS), where the books are read on video by astronauts as they orbit hundreds of miles above Earth.

♡ [Information for Children in Military Families](#)

Little troopers are a registered charity supporting children with one or both parents in the military. During this time, there is lots of activities and information for empowering your kids no matter where you are based.

Adult education

[Open Learn](#)

Open learn is a catalogue of free courses provided by the Open University. They are available for you to access immediately; you can work through them at your own pace and great to **keep learning**.

[Audible](#)

Audible is a massive catalogue of audiobooks available to stream. You can access a 30-day free trial, after that, there is a monthly subscription.

[TED talks](#)

TED talks are free influential videos from expert speakers on education, technology, creativity and more. It shares lectures and discussions on hot topics which are thought provoking and share ideas!

[YouTube](#)

YouTube is a video sharing platform but is also great for learning a new skill, picking up a new hobby and provides easy “how to” tutorials with everything from how to repair a puncture to how to knit for beginners and so much more.

Languages

[Lingvist](#)

Lingvist is a course which allows you to learn at least 4,000 words in a selected language. As educators around the world face the demands of teaching virtually, Lingvist are offering educational tools free of charge to educators until July 31.

[Duolingo](#)

Duolingo is an online free language course offering you access to interactive games and resources to help you master a new language it is free of charge and available on desktop or mobile devices.

[Open Culture](#)

Open Culture can help you learn a popular language like English, French, Spanish, Italian, Russian, or Mandarin. But there is a total of 48 language options listed on this portal to free language course downloads. Farsi/Persian, Estonian, Icelandic, Gaelic and many other languages are available here, often as free mp3 downloads you can load up and listen to later.

[Live Mocha](#)

Livemocha gives you access to free lessons for 35 languages, but also offers a vibrant community of native language speakers from 190 countries you can connect with to practice your speech.

BE ACTIVE

Keeping active is essential during this time. Whether it's going for a walk or (once a day only in line with current recommendations of course), spring cleaning or a spot of gardening no matter your fitness level there are things you can do to keep moving! The benefits of doing so are not only physical but also mental which adds to overall **wellbeing**. This collection of resources can help keep you moving.

♡ [Jo Wicks PE lessons](#)

Recently renamed "the nations PE teacher", Jo Wicks is holding daily PE lessons on his YouTube channel at 9am. It is suitable for the whole family. Joe Wicks also offers High Intensity Training sessions on his channel.

♡ [Oti Mabuse Kids Dance Lessons](#)

Strictly Come Dancing's Oti Mabuse has teamed up with her Husband to create free online classes for kids and adults. They are taking place across social media platforms, but you can catch up on the YouTube channel linked!

♡ [NHS Instructor led workouts](#)

The NHS has published a variety of instructor led work out videos. This includes aerobic exercises, strength and resistance, Pilates and yoga. There are 24 in total and range from 10 to 45 minutes.

♡ [Workout with Chris Hemsworth aka Thor!](#)

Chris Hemsworth better known for playing "Thor" in the Marvel Universe has a 6-week fitness programme. The exercises range for 20-40 minutes and include yoga, High Intensity Training, boxing and more. **It is currently free for 6 weeks.**

♡ [BBC Gardening tips](#)

The BBC have a wide range of gardening tips and advice. Gardening can be a great way to get moving.

♡ [Sport England 10 Minute workouts](#)

Sport England have launched a campaign with the #stayinworkout. On their website there is a range of easy to follow 10-minute workouts which you can do from the comfort of your own home.

♡ [Free Yoga App](#)

Downdog yoga is a free app which is currently offering **free subscriptions until May 1st for adults and July 31st for kids!** It provides a range of Yoga and other classes easy to follow in your own home.

♡ [Free bodyweight beginners' course](#)

The School of Calisthenics have made their bodyweight basics course **free** if anyone wants to start getting into body weight training!

TAKE NOTICE

Taking notice can be as simple as being curious, catching sight of what's beautiful, remarking on the unusual, savouring the moment. Being aware of the world around you. Looking inwards and working out what makes you happy! It can include meditation, mindfulness, relaxation or looking out the window and appreciating the changing of the seasons. These resources and ideas can enhance wellbeing simply by **taking notice**.

Mindfulness Apps

♡ [Headspace](#)

Headspace is a guided meditation app which can be accessed on mobile devices. It encourages a healthier, happier mind and includes bedtime and sleep exercises. **It is free for 2 weeks.**

♡ [Calm app](#)

Calm is a mindfulness app aimed to encourage you to sleep more, stress less and live better. It is a collection of sleep, meditation and relaxation guides. It also has music libraries aimed to help focus and relax. On this app you can also watch video lessons on mindful movement with gentle stretching.

Animals and Nature

♡ [European Wilderness Project](#)

During this time, nature is changing! The European Wilderness Society are holding a photo competition on their website linked above. They are asking for photos of how nature goes wild! Upload your photos following the 5 easy steps on the website.

♡ [Hunt the Northern Lights](#)

Lights over Lapland has created 360-degree videos to view the Local Arctic wilderness, meet local huskies and reindeer, go dogsledding and even join a Northern Lights hunt.

♡ [Chester Zoo virtual Zoo day](#)

Chester zoo are welcoming you to take a virtual tour of the zoo. Different enclosures are being streamed at specific times! You can watch live on Facebook and YouTube and catch up if you have missed it on this link [Click Here!](#)

Top tip! Now is a great time to start birdwatching. Click [here](#) to look at some of the common garden birds with information about their sounds and behaviour.

Music and the arts

♡ [Virtual tour of Le Musee de Louve, Paris](#)

The Louvre art museum is currently showcasing a collection of their artwork via a number of virtual tours. Click on the link above to see some of the work on display!

♡ [British Museum, London](#)

The British Museum in London has teamed up with Google Arts & Culture to offer an interactive tour. Click on the different artifacts to see them up close, read the history and hear more information with an audio guide.

♡ [Rijksmuseum, Amsterdam](#)

The Rijksmuseum in Amsterdam has launched a new interactive experience which allows you to virtually visit the home of the Rembrandt's *The Nightwatch* and Vermeer's *The Milkmaid*. They have also collaborated with Google and give viewers at home the chance to view 11 exhibits.

♡ [Guggenheim, New York](#)

This iconic gallery has a Google Street View tour where you can look at the works of this museum up close!

♡ [#Stayathomesessions Stream 2019s best DJ sets from Ibiza](#)

An open-air club in Ibiza have launched the #Stayathomesessions. This Facebook page is streaming 2019s best DJ sets.

♡ [Cirque Du Soliel performances](#)

Cirque Du Soliel are uploading 60-minute special performances, as you cannot go to them, they come to you each Friday on their YouTube channel.

♡ [Nantwich Museum](#)

A Nantwich Digital Museum has launched on Facebook, visit online to look at some of their fantastic exhibitions and galleries such as looking at salt making, clock making and the shoe and clothing industries. Click [Here](#) to view their virtual museum.

♡ [Senhouse Roman Museum](#)

Saturday 11th April - Sunday 31st May - A Cabinet of Curiosities: The weird and wonderful in the Museum's collections. A virtual tour around some of the stranger objects that can be found in the Museum's reserve collections. Also, **Saturday 18th July - Monday 31st August** the Treasures of the Senhouse Roman Museum campaign is taking place. This exhibition spotlights objects that are special for someone. Anyone can nominate their favourite object for this exhibition. Images of a selection of objects will be posted on the Museum's Facebook page, Twitter feed and

on the Gallery page of this website from 1st June onwards. Download the form on the website linked above to nominate an object.

[The Harris Museum and Art Gallery](#)

The Harris Museum in Preston is offering free virtual tours to view the beauty of the historic building by moving around each floor digitally!

[Lakeland Arts](#)

Lakeland Arts is one of the most significant arts and heritage organisations in the North of England with a national and international reputation for the quality of its historic buildings, museum and gallery collections and programming. Across all of its sites they are offering a variety of virtual activities. They have collaborated with [Second Canvas](#) – An app to see the museum from your own home. Search “Abbot Hall” to view some of their brilliant pieces. They also have some top tips of things to do at home with the kids!

They are also running a campaign with the #ArtsAtHome #CuratedatHome #MuseumfromHome looking for the public to submit pictures of a special object or collection in your home that’s important to you!

Landscapes

Israel is promoting a whole series of virtual tours including one that takes you around Jerusalem’s most famous sights! They have a voiceover tour with 360-degree views to make it more real!

♥ [Cliffs of Moher, Ireland](#)

Through this link you can watch the sun set over the peaks. You can take a virtual tour of the famous Irish landmark which has 360 views.

♥ [Central Park, New York](#)

You can now tour Central Park online. It shows you the sites, it comes with a guide and talks you through significant events in the history of the park.

♥ [Visit the Grand Canyon, Arizona](#)

A Virtual reality tour of this iconic landmark is now available letting you learn more about the history behind the formation of the features!

♥ [Yosemite National Park, California](#)

Experience this natural wonder in real time by clicking through to its webcams. The views include Yosemite Falls, the view of the Half Dome from the floor of Yosemite Valley, and vistas from the High Sierra captured at 8,000 feet.

♡ [View Mars with a 360 view!](#)

If you're feeling really adventurous, you can visit the surface of Mars in a spectacular high-resolution, 360-degree photo tour, created from images captured by the Curiosity rover.

Top tip!

[Click here to visit YouTube](#)

YouTube have lots of high quality “walk throughs” of every city you can think of. It is footage of someone walking through the city centre of some of the world’s busiest and most interesting cities so you can feel like you are there. Here you can walk the streets of Tokyo! [Click here!](#)

Top tip!

If you are going for your daily walk, try and count the rainbows drawn by children in the windows! **It makes a normal walk into an adventure...**

GIVE

Giving back is important during this time as not everyone is able to access the same resources. In this section we have put together some ideas and suggestions of how you could give back during lockdown.

- ♥ This has designed a postcard aimed at helping people to look after their neighbors if they are self-isolating. Posting this through postboxes to let others know you are there is one way you can **give**. Print this template if you want to use it!

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

- ♥ If your local food bank is open, donating suitable food is a great way to give back
- ♥ COVID-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak. Click [here](#) to find your local group or to find out how you can help.
- ♥ Many organisations are selling hampers to be delivered to loved ones, family, friends and those who are more vulnerable during this time. [Not On the High Street](#), [Funky Hampers](#), [Hamper.com](#) and many more are offering free delivery with any purchase. If you want to view a wide range of options, try googling “Gift hampers delivered”.
- ♥ Having a clear out? Why not have a look through your wardrobe and anything you no longer wear or have never worn, why not donate to a refuge, charity or have a “virtual swap shop” with some friends!

FOOD AND DRINK

During this time, we may find ourselves eating and drinking more than usual! It can also be a time to be creative in the kitchen and use this time to try new things. In this section we have included some kitchen hacks, recipes, ideas and fun for all the family.

- ♥ **Freeze what you don't use!** This can include milk, bread, cheese, cooked pasta, chocolate, chopped fruit and vegetables!
- ♥ **Pasta Recipe** Did you know you can make pasta from scratch with four ingredients, it takes under 10 minutes. [Click here for the recipe!](#)
- ♥ **Use up old to make new** Items such as old jam jars can be used to make a whole batch of things such as tealight holders, mini vases or keeping food in.
- ♥ **Pancakes are a family favourite** if you don't have all the main ingredients, you can try this easy banana alternative. Just mash one banana, blitz a handful of oats into a flour consistency, mix them together and then fry in a pan. It's also vegan friendly.
- ♥ **Age UK – Age UK Oldham** are offering Freshly cooked frozen meals; they will deliver a 7-day meal pack to your doorstep. This will include 5 frozen home cooked meals (3 meat dishes, 1 fish dish and 1 vegetable dish) plus two portions of homemade soup for **£15**. Diabetic and vegetarian options are available. If you are in Oldham and interested contact Teresa.griffiths@ageukoldham.org.uk
- ♥ **Food recipe boxes** - Many companies offer boxes delivered to your doorstep which include all the ingredients you need to make a variety of meals. Check out some of the following, *Mindfulchef*, *Simplycook*, *Simplyfresh* and many more. There is a fee for this service which differs from site to site.

SHOPPING INFORMATION AND CURRENT OFFERS

All of the information below is subject to change, please check the relevant website for up to date information

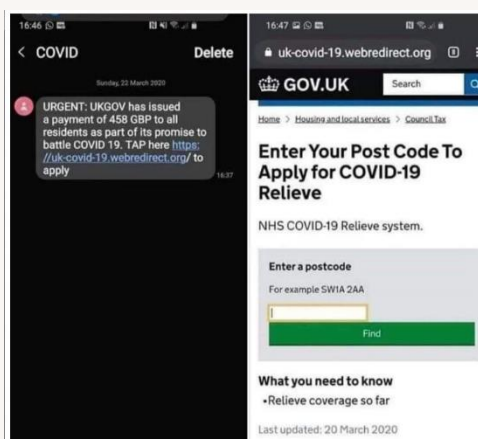
- ♥ Over the last few weeks many supermarkets have altered their opening times and have implemented ways to ensure social distancing and the protection of their staff. All major supermarkets are continuing to have dedicated time for key workers, so check the website of your preferred shop to find out the times as they are frequently updated.
- ♥ If you have a medical condition that means you are classed as “clinically extremely vulnerable” to coronavirus, you may have received a letter asking you to shield at home. Whether you have received a letter or not you can see the full list of medical conditions listed [here](#). If you qualify you can register [here](#). By doing this you can get help to get essentials such as free deliveries of food parcels, medical supplies, and basic care needs.
- ♥ You can also register with supermarkets to access priority slots if you are vulnerable. Each supermarket has its own policy so check the website to find out more.
- ♥ There are many companies offering discounts to **NHS staff**, here is some of the offers currently ready to be used!
- ♥ The AA is offering free breakdown service to and from work during the coronavirus crisis if you are an NHS member of staff. [Click here](#) to check out this offer.
- ♥ NCP have a free parking scheme for NHS Heroes. [Click here](#)
- ♥ EE are offering free unlimited data for NHS Staff. [Click here](#) to see the offer.

Martin Lewis has created a page of information with key facts on, detailing when supermarkets release their online delivery slots and information about keeping safe whilst shopping. Here is [the link](#)

SCAMS TO BE AWARE OF!

Unfortunately, during this time, many are reporting scams which are exploiting the current situation. Here are some common ones to watch out for!

- ♥ **Fake texts or emails** claiming to be from “The Government” issuing correspondence about fake tax rebates. They can look very realistic but HMRC only informs you about tax refunds through the post or through your pay via your employer.



- ♥ **Email scams.** Action fraud has warned about common scams via email which are known as “phishing”. These may look very convincing, but if you suspect it is a scam you can contact the “[reporting suspicious emails](#)” website set up by National Cyber Security Center which can support you.
- ♥ **Fake requests for payment to access Covid-19 information.** You may receive requests from organisations who are claiming to be with the center for disease control and prevention or the World Health Organisation claiming to provide new information. To access this, you may be asked to click on a link which will ask for a donation. **This is a scam do not click on this or pay any money.**
- ♥ **Scam competitions and “free vouchers”** Bogus emails offering free vouchers or competitions, usually claiming to be from well known supermarkets are now using Covid-19 to draw victims in. They will offer free online shopping vouchers in exchange for personal information. **This is a scam do not click!**
- ♥ **Door to Door scams.** National Trading Standards have warned of scammers approaching our homes do not answer to door to individuals trying to sell things door to door at this time!
- ♥ **“Good Cause”** scams. Action Fraud are reporting large numbers of emails asking for donations to the NHS. The NHS will **never** ask you to send money directly to a bank account or make a payment using Bitcoin.

If you suspect something is not legitimate, do not enter any of your details or click on any links!

SELF-CARE

Self-care can be different to everyone. It is important to our well-being to know how to look after ourselves. Humans are like cars and need the right fuel and care to thrive! In this section we have put together some ideas of how you can take care of **you!**

- ♥ Having something that brings you comfort in each day. This might be a fresh pair of pajamas, a hot chocolate, an old teddy, a favourite smell, a favourite food. It might be listening to your favourite song or looking at photos of your favourite holidays.
- ♥ Journals are a good way to keep note of how you are feeling and enables you to check in and reflect on your emotions. It is also a good way to look back and see how your emotions have changed during this time.
- ♥ Finding things that relax you. This could be mindful colouring, ready motivational quotes or getting stuck into a new book.
- ♥ Find ways to pamper yourself. This could be taking a hot shower or bath. If this isn't for you, finding things that make you feel peaceful is an important task
- ♥ Meditation / Mindfulness. More about this can be found in the "take notice" section above
- ♥ Exercise!
- ♥ Get a good night's sleep
- ♥ [Psychological Wellbeing support for Healthcare Workers](#) Nottingham University have put together a document set out to support the psychological well-being of Healthcare staff on the front line. This document looks at self-care strategies, rest and work breaks, coping with night shifts, the importance of sleep and many more.

KIDS BOREDOM BUSTERS

- ♥ **Performing arts classes online** Your child can enjoy Theatretrain's performing arts classes online every Saturday. Head to [Facebook.com/TheatretrainSchools](https://www.facebook.com/TheatretrainSchools) for a 10.30 am start Sessions stay available online after the live broadcast too.
- ♥ **Grow something!** Kids love growing their own veg! If you are lucky enough to have some outside space, a balcony or even a window box, now would be the perfect time to let your children have a go at growing their own veg. Click this useful link [here](#) for some easy tips!
- ♥ **Cheap and Easy things for kids to do at home!** This link will provide you with entertaining ideas for kids which cost nothing or very little, require minimal preparation and don't make too much mess!
- ♥ Khan Academy, a free online learning resource offering lessons, exercises and quizzes, has daily schedules for organizing at-home learning for students ages 4 to 18 years. On weekdays, Khan Academy is also offering daily livestreams on Facebook, YouTube and Twitter to help parents and educators best utilize the website's tools and resources.
- ♥ **Color Our Collections** offers free PDF downloads of coloring pages created from art in the collections of 117 institutions, including The New York Academy of Medicine Library, Art Museums of Colonial Williamsburg, RISD Museum, the North Carolina Museum of Art, The Canadian Canoe Museum and The Royal Horticultural Society libraries.
- ♥ **Write your name in Hieroglyphs** : Children in grades 3 to 12 can learn to write their names in ancient Egyptian hieroglyphs, in this step-by-step guide from the Royal Ontario Museum in Canada.

Get in touch!

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