

## **Dear Volunteers, we miss you all x**

We know what a bunch of talented, caring and helpful bunch you are so after spending the last few weeks looking after everyone else in your life, just step back and spend a few minutes looking after you!

That could be a bubble bath, sitting in the garden with a cup of coffee listening to the birds or watching funny things cats do on YouTube!

Keeping busy can be useful to help set a routine and provide some level of control in our lives but there is a risk that we don't give ourselves enough space to just relax. Not being busy and relaxing are two very different things!

These pages will be updated with fun and distracting things to do, new skills to learn and updates from the volunteering team.

BUT, if things are getting a bit tough (and for most of us they will at some point!) then please pick up the phone, text or email us. We will always be happy to chat and help where we can.

This edition includes

**Wellbeing - Where to find help**

**Entertaining things to do**

**Useful contacts for when things get overwhelming or you are worried about how to help and support someone that you care about.**

### **Mind**

A fantastic website full of resources and useful information. They have phone, text and web based chat as well as facebook and twitter

Infoline: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Text: 86463

<https://www.mind.org.uk/>

They also have a learning disability support section

## **Anxiety UK**

Helpline: 03444 775 774 Text Service: 07537 416 905

<https://www.anxietyuk.org.uk/>

## **Refuge – Support for domestic abuse**

Helpline: 0808 2000 247

<https://www.refuge.org.uk/get-help-now/>

## **Addaction**

Help for everyone effected by substance misuse or dependency

<https://www.wearewithyou.org.uk/>

## **Mencap**

So many useful resources and easy read guides for helping to support the learning disability community

Helpline 0808 808 1111.

<https://www.mencap.org.uk/advice-and-support>

# Things to do

## To all those book worms out there

As we are not able to get to the book shops, charity shops or library right now, there are a couple of online resources that you might want to explore

### **Borrow Box**

If you are a member of Herefordshire library services and have a library card, you can access their online content. Download the Borrow Box app and there are thousands of ebooks and audio books to borrow

[https://www.herefordshire.gov.uk/info/200149/libraries/71/ebooks\\_eaudio\\_books\\_and\\_online\\_resources](https://www.herefordshire.gov.uk/info/200149/libraries/71/ebooks_eaudio_books_and_online_resources)

Not everyone want to download apps so there are also some websites that give you access to ebooks and audio books for free.

<https://www.gutenberg.org/>

<https://www.digitalbook.io/>

### **Free courses**

There are lots about at the moment.

This one is a free wellbeing and mindfulness course

<https://learning.mindful.org/p/daily-mindfulness-free/?fbclid=IwAR2L9hzCvG3lZRCHz0OwJ6PSn5qbiVOeTdK3JtKlyw4FY5JeF4fnHtpROTM>

If you find one you think other people would enjoy, let us know and we can add it to the page.

## Entertainment

**Lots of artists and musicians are providing free concerts online.**

Many theatres and concert halls are releasing pre-recorded shows. The Royal Opera House and the National Theatre are releasing things every week.

National listings pages

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

<https://www.glamour.com/story/coronavirus-all-the-artists-offering-free-online-concerts-while-youre-stuck-at-home>

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

If you follow your favourite bands on Instagram and facebook, many are hosting live chats and concerts for their fans. Coldplay, Ariande Grande, Fall Out Boy, Madonna, Diplo, Garth Brooks to name a few.

## Virtual tours

Google arts are listing all of the free 365 degree tours of museums and art galleries around the world.

<https://artsandculture.google.com/partner?hl=en>

or

Some places are also opening up either web cam feeds.

Spend some time with some penguins and pandas at the zoo

<https://www.edinburghzoo.org.uk/webcams/panda-cam/>

## Free stuff

Free knitting and crochet patterns

<https://hobbii.co.uk/product/search?search=free+patterns>

Free teach yourself a foreign language resources

<http://www.bbc.co.uk/languages/>

Learn to play the guitar

<https://try.fender.com/play/playthrough/>

There are also lots of other musical and crafty how to guides and resources on youtube. If you find a really good one, let us know so we can share it with others.

## Games

Board games, memory games, puzzles even online jigsaws!

<https://en.boardgamearena.com/>

<https://world-geography-games.com/world.html>

<https://www.jigsawplanet.com/>

<https://www.puzzleprime.com/>

<https://disabilityhorizons.com/2018/05/10-fun-accessible-game-and-activity-apps/>

Check back next month – we will be adding more resources to the page and please get in touch if you find something you think we would enjoy!

**Denise and Claire x**