

# Free Resources

Keeping occupied whilst staying at home...

## Update from Derbyshire Dales CVS Friday 26<sup>th</sup> June 2020

Added this week: -

The national Goldies sing alongs, available to everyone on Youtube – also Anna Everatt will be at the DDCVS Online Coffee Morning next week to talk about the local group.

<https://www.golden-oldies.org.uk/>

Ideas for outdoor learning and play, instructions to download covering all sorts of ideas including making charcoal paint; story-telling; making art works out of natural materials and, of course, den-building!

<https://www.ltl.org.uk/free-resources/>

## From Safe and Sound - For Young People

Lots of free things to do – books, virtual museum tours, learn a new language...

<https://bit.ly/2Wrr3sX>

Feeling anxious? Have a look at MindShift – <https://www.anxietybc.com/resources/mindshift-app>

This one was developed by game designers and helps you respond to difficult situations –

[https://www.superbetter.com/how\\_it\\_works](https://www.superbetter.com/how_it_works)

Free, safe and anonymous online support – <https://kooth.com>

Resources and advice on emotional wellbeing – <https://youngminds.org.uk>

## From Safe and Sound - For Parents / Carers

Safety advice and guidance on lots of apps and platforms – <https://nationalonlinesafety.com/guides>

Quizzes for children and young adults 5-16 around online safety – [www.telenor.com/digiworld-en](http://www.telenor.com/digiworld-en)

List of free things to do with children and young people online together – books, virtual museum tours, learn a new language... <https://bit.ly/2Wrr3sX>

A free online educational resource on children and young people mental health –

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

Resources and advice about emotional wellbeing for young people – <https://youngminds.org.uk>

### **Scouts! You don't have to be a Scout to take a look -**

"The great indoors" – activities developed by the Scouts for families –  
<https://www.scouts.org.uk/the-great-indoors/>

Also High Peak Scouting share their ideas for keeping busy and having fun.  
<http://www.highpeakscouting.org.uk/scouting-from-home/wallaboreehome/>

**Latin Lock-downs** from Wendy Sprakes and Phil Sprakes – Derbyshire-based musicians  
[www.youtube.com/wendykirkland](http://www.youtube.com/wendykirkland)

### **High Peak Community Arts**

Lots of different ideas on the High Peak Community Arts website including videos and templates on things like pom-poms as well as resources to download - looking at different artists and taking your own inspiration from their work. <https://www.highpeakarts.org/fridakahlo>  
<http://www.highpeakarts.org/pompoms>

**Babbling Vagabonds** - how to make a Mayan Mask, a Toilet Roll Character and a Shadow Puppet!  
<http://babblingvagabonds.co.uk/>

the Level – Online sessions in Visual Arts or Performing Arts for adults with a learning disability  
<https://levelcentre.com/online-projects-i/>

How well do you know Derbyshire?!

<http://www.freepubquiz.co.uk/derbyshire-quiz.html>

From Oxfordshire Age UK – a series of exercise videos  
<https://www.generationgames.org.uk/>

From the British Science Association a new library of science-based activities for children to do in line with the national curriculum during the lockdown period.  
<https://www.britishtscienceassociation.org/news/new-home-based-activity-packs-launched>

Long list of what's available to watch online, some just click and some you need to set up a free account with Marquee TV for the Royal Shakespeare Company, for example.  
<https://www.derbylive.co.uk/about-derby-live/news/theatre-shows-musicals-and-operas-available-to-watch-online/>

Music to listen to until 13 August – adapted from the play Kissing Miss Nightingale’s Shadow

<https://www.florenceightingale200.com/>

Also - <https://www.florence-nightingale.co.uk/200exhibits/>

Lots on the Pomegranate Theatre’s website about activities for children, links to various site include the Royal Opera House’s props department!

<https://chesterfieldtheatres.co.uk/shows/family-activities-to-do-at-home!.aspx#.Xr0VhmkKg2w>

Free yoga and meditation exercises

<https://www.ekhartyoga.com/articles/news/free-yoga-and-meditation-classes-to-relieve-stress-about-the-coronavirus>

**From last time: -**

**BBC Local Radio Make a Difference**

<https://www.bbc.co.uk/programmes/articles/3yrtgmkfHBbsXfQfYkjp7CF/make-a-difference>

**Free Radios for over 70s** <https://www.bbc.co.uk/mediacentre/latestnews/2020/dab-radios-coronavirus?fbclid=IwAR33PnLVXWtI0VF7knvpUpSQHGhlpLoG6eZEOOaFGWtt9YAnBv5DdSkqUtE>

**Languages**

<https://radiolingua.com/learnathome/>

*Bonjour, j’ai deux poissons rouge et un tortue.*

During the COVID-19 outbreak - free access to the High Five French course for teachers, parents, carers and learners.

**Duolingo** – very many different language courses for free <https://www.duolingo.com/>

**Say Something in Welsh** – initial course is free

[www.saysomethinginwelsh.com](http://www.saysomethinginwelsh.com)

**Fitness**

Free NHS at-home fitness videos, from beginner level, including Pilates, Yoga, Aerobics and basic strength workouts:

[www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio)

Derbyshire Dales District Council - Active Dales links: [www.facebook.com/activedales](http://www.facebook.com/activedales)

DDDC staff are videoing challenges and exercises that people can get involved in. These are on YouTube – just search Active Dales.

Active Derbyshire - <https://www.activederbyshire.org.uk/active-at-home>

### **Open University**

<https://www.open.edu/openlearn/free-courses/full-catalogue>

[www.futurelearn.com](http://www.futurelearn.com) - Free online courses in a range of subjects

[www.learnmyway.com](http://www.learnmyway.com) - Free online learning courses to learn basic Digital Skills. Courses to learn Social Media/Video calling might be useful for those wanting to keep in touch.

### **Theatre**

The National Theatre is going to stream a free play every Thursday night

<http://ntlive.nationaltheatre.org.uk/productions/ntlout99-national-theatre-at-home>

Shakespeare – Rob Myles – live read throughs

<https://robmyles.co.uk/theshowmustgoonline/>

### **Pub Quiz!**

<http://www.freepubquiz.co.uk/derbyshire-quiz.html>

QUIZit New Mills – facebook group

Hosting a virtual pub quiz every Thursday at 9.00...Doors open 8.30

<https://derbyshirepubquizleague.wordpress.com/>

Lots of links here including University Challenge quiz (that might take a while), how much do you know about the 24 Championship Teams, plus the Great British Art Quiz set by Derby Museum.

### **Art 'n' Galleries**

Ceramic Art

#virtualCal – via facebook lots of art to look at! New artist each week.

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

### **Children and Young People–**

<https://www.wizardingworld.com/collections/harry-potter-at-home>

Bringing Hogwarts to you – free audio book, lots of activities and chance for teachers to read online!

[https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR1mqh3eUieddRI-zDvrUfnjek0y3jj1eClq0pO6otZTFDE\\_J\\_19Opn18](https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR1mqh3eUieddRI-zDvrUfnjek0y3jj1eClq0pO6otZTFDE_J_19Opn18)

<https://www.livescience.com/coronavirus-kids-activities.html>

<https://www.activityvillage.co.uk/>

PE with Joe Wicks – free on YouTube Monday-Friday at 9am (Search The Body Coach TV)

10.00am - Maths with Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)

11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>

1.00pm - Music with Myleene Klass

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell

<https://twitter.com/diversedancemix/status/1241098264373592065>

4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri)

<https://www.instagram.com/theocooks>

Non-daily events include: Science with Professor Brian Cox, Robin Ince & Guests

<https://cosmicshambles.com/stayathome/upcomingschedule>

50 free revision resources for 11+, GCSEs and A-Levels:

[http://www.eparenting.co.uk/education/50\\_free\\_revision\\_resources\\_for\\_gcse\\_a\\_level\\_11\\_plus\\_and\\_sats.php](http://www.eparenting.co.uk/education/50_free_revision_resources_for_gcse_a_level_11_plus_and_sats.php)

Is it a Turner, Turnip or Turtle?! <https://www.tate.org.uk/kids/games-quizzes>

Colour the collections <https://library.nyam.org/colorourcollections/>

Art, buildings plants, animals - so many museums and galleries have made content based on their collections available to print and colour

### **Derbyshire Libraries**

Story Time every Monday at 10.00

<https://www.facebook.com/DerbyshireLibraries/>

Join Derbyshire Library and download PressReader and access 1000s of national and international newspapers and magazines

Also free audio books from Derbyshire Libraries too and an online reading group! Fri 24<sup>th</sup> April is Margaret Atwood's The Penelopiad

### **Craft**

Derbyshire Crafters sharing what they are up to at home via [facebook.com/derbyshirecrafters](https://www.facebook.com/derbyshirecrafters)

### **Books n Writers**

<https://www.lifewire.com/download-free-books-3482754>

<https://www.facebook.com/groups/WritersGoForth/>

### **Music**

<https://www.theguardian.com/music/2020/mar/16/classical-music-opera-livestream-at-home-coronavirus>

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

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

<https://decca.com/greatbritishhomechorus/>

Youth Brass - <https://www.facebook.com/KearsleyYouthBrassBand/>

<https://nevisensemble.org/livingroomensemble/>

Including parts to download for different instruments

Digital Concert Hall with the Berliner Philharmoniker - <https://www.digitalconcerthall.com/en/live>

### **Gardening**

<https://www.youtube.com/user/RoyalHorticulturalSo/>

<https://www.gardensillustrated.com/feature/gardening-in-isolation-hobby-coronavirus/>