

# Creative and Cultural Sector Coronavirus Handbook

 **Please edit this document to make it better** 

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This document is on a public platform and is crowdsourced. Please feel free to add information, start new subheadings and comment wherever you feel you can contribute. This is an open resource for all colleagues and organisations working in the Creative and Cultural sector and compiles many of the help sheets and advice already out there on the web in one place.

You may be interested to find out more about the independent, peer-led study - whether you're a freelancer losing work, a venue forced to close or a thought leader who'd like to support, we want to hear from you: <https://www.ccscoronaimpactstudy.co.uk>

If you have any questions please contact [ccscoronaimpactstudy@gmail.com](mailto:ccscoronaimpactstudy@gmail.com) and someone will get back to you as soon as possible.

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Understanding the impact of the crisis on our sector together

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

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# Isolation

 From NHS: [Tips for staying at home](#)

 [How to self-isolate if you think you have coronavirus](#)

A Vox article based on the best advice from medical professionals, officials, and experts.

 [The Dos and Don'ts of 'Social Distancing'](#)

An Atlantic article where experts weigh in on whether you should cancel your dates, dinner parties, and gym sessions.

 [Just Stay: A Simple Self Isolation Plan](#)

A self isolation toolkit written by Cameron Sinclair who has domestic and international experience working in disaster and crisis. This contains a list of things a person should stock and other tips.

[Self Help guide to Self Isolation](#)

Guide to self Isolation for people having to stay at home

# Mental health

## [Mind](#)

Mind is a charity that provides advice and support around mental health. They have published lots of helpful information to help support mental health during these uncertain times.

## [The National Trust's Open Gardens](#)

The National Trust has announced that, where possible and in locations where there is enough space for social distancing, they will keep their outdoor areas open to the public free of charge. That means although houses, cafes



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and shops will close to help the nation fight the spread of the coronavirus, you can still get some fresh air and exercise in some nice surroundings.

### ArtsMind

ArtsMind is a collaborative initiative from the British Association for Performing Arts Medicine (BAPAM), Equity, Spotlight and The Stage, set up to support people in the creative industries and to bring together in one place a raft of resources for performers and creative practitioners facing mental health issues.

### British Association for Performing Arts Medicine (BAPAM)

Deliver specialist health support and medical advice to help overcome work related health problems for professionals and students in any sector of the industry, not just performers.

### Playing Sane

Playing Sane is a mental health website dedicated to the relationship between mental health and acting. It aims to offer information and signposting to actors, their colleagues and carers across the industry.

### TALK

TALK is a community where anyone working in the industry can get together and discuss challenges or issues with mental health.

### Industry Minds

Industry Minds is a podcast created to discuss mental health for people in the creative industries and now offers free one to one counselling sessions over Skype.

### The Mental Health First Aid England

Guidance about supporting your mental health while working from home.

## Campaigns

[Petition: Include self-employed in statutory sick pay](#)



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Petition to the British Government to offer economic assistance to the events industry

Petition: Introduce a temporary universal basic income for freelancers

## Creative responses and inspiration

### **The ‘Social Distancing Gallery’**

<https://www.theartnewspaper.com/news/social-distance-gallery-gives-mfa-and-bfa-candidates-a-chance-to-exhibit-their-work>

### **‘The Social Distancing Festival’**

<https://www.socialdistancingfestival.com>

### **The Show Must Go Online!**

<https://twitter.com/robmyles/status/1239889863010406400>

The [#ShowMustGoOnline](#)! A live-streamed reading of [#Shakespeare](#)'s The Two Gentlemen Of Verona, introduced by a very special guest: [@bencrystal](#)

WATCH HERE: <https://youtube.com/watch?v=KOAj4ANGKw...>

### **Philip Ridley’s The Beast Will Rise**

A sequence of 15 online monologues written by Philip Ridley during lockdown and performed by the cast of his postponed play The Beast of Blue Yonder each week.

<http://www.wearetramp.com>

“I’m constantly on the edge of throwing my hands in the air & saying I never want to see another online monologue in my life. Then a show comes along to change my mind.” ~ Lyn Gardner



“Powerfully haunting.” ~ The Upcoming

★★★★★ “Masterly. An imaginative celebration of the glittering dark.” ~ The Arts Desk

**Mercury Monologues by Mercury Theatre -**

a weekly writing competition in association with Josef Weinberger Plays

[more info](#)

**HOME in Manchester**

commissions Bryony Kimmings, Javaad Alipoor & others to create new work in isolation - [more info](#)

**64 Million Artists**

have set up a two week daily creative challenge which you can do with friends, family, children, community groups - anyone you like!

[It's free and you can do it remotely.](#)

**Virtual Reality Exhibition**

Exciting exhibition which is interactive and will keep you amazed and entertained with leading contemporary artists from across the globe - the launch of a new genre in Art

<http://www.degard.org/exhibitions-events/quintessence-of-consciousness/>

**UNPRECEDENTED:**

Headlong in association with Century Films - brand new digital plays from the state of isolation. Featuring work from a host of great writers, including former Tamasha Playwright, Sami Ibrahim.

**NATIONAL THEATRE AT HOME:**

watch some world class theatre from the comfort of your sofa

**LIVR:**

the home of theatre in virtual reality has never felt more needed than right now

**TAKE IT OR LEAVE IT SHOW**

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is a podcast about everything mental health and wellbeing for the Black British/Diaspora perspective. Feat Wofai from [Initiative.dkf](#) (one of our lovely Associate Companies)

### [Live Stream Archive](#)

will collate UK performances that are being streamed for free online

### [On The Boards](#)

are offering free streaming of their library of contemporary performance through to the end of April

### [We're Gonna Die](#)

Young Jean Lee's is currently available on her website

[The Price of Everything](#), [How to Occupy an Oil Rig](#), Daniel Bye's shows and the very apt

### [Going Viral](#)

are available on YouTube

Third Angel's [What I Heard About the World](#), and a collection of short films and videos, are on their website

Powder Keg's [Bears](#) is on Vimeo

Dead Centre's [Lippy](#) is on Vimeo (password: context)

The [Munich Kammerspiele](#) is putting a show online each day from 18th March

HAU's digital festival [Spy on Me](#) runs online 19th-29th March.

[The National Review of Live Art](#) have put up performances from 75 artists from their 30th anniversary event in 2010.

[Pananadem](#) is livestreaming at 7pm on Sunday 15th March – there's more international performance to watch on the [Howlround TV archive](#)

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YESYESNONO is livestreaming [the accident did not take place](#) on Sat 21st March (£6)

Theatre UnCut are livestreaming [Kieran Hurley's Bubble](#) on Mon 23rd March

[Cyprus Avenue](#) will be available to watch online, from Fri 27th March

[DanceSyndrome](#) is offering free inclusive dance workshops via YouTube to help people to stay physically and mentally well. These sessions are co-led by people with learning disabilities.

**Performing Arts Escape Plan: A Blueprint** - open document

<https://docs.google.com/spreadsheets/d/10XSJm8puU0T7FOEuIBOjRTkpSwGs22vc5D10GZuWHMg/edit#gid=347453840>

**Reinventing the Performing Arts post COVID-19** (fb group)

[https://www.facebook.com/groups/559083671701125/?multi\\_permaLinks=575013470108145&notif\\_id=1591454851534905&notif\\_t=feedback\\_reaction\\_generic](https://www.facebook.com/groups/559083671701125/?multi_permaLinks=575013470108145&notif_id=1591454851534905&notif_t=feedback_reaction_generic)

## Sector guidelines

### **Managing COVID19 in TV production (by ITV/Sky/Channel 4 etc)**

This document is intended as a high-level framework to provide guidance and support for the effective assessment and management of Coronavirus (COVID-19) risk in TV production. This should be read in conjunction with general guidance provided by the government about management of Coronavirus (COVID-19) risks in workplaces.

[https://lookaside.fbsbx.com/file/Industry%20wide%20-%20TV%20Production%20Guidance%20-%2018052020.pdf?token=AWz1XKA6AjCXllroxXKDD8hsSBYVUNDkhQnGnPAHgxDBxFFkbAk1DINVdbQUTPMuc5T50rS1VWutjcDHlxBcGnPPgdJNn\\_-Pdmr290kvlsr-4--kgEhRKW1QNWmtrrzp-BDfW6hHdXig4agHIZ4LL\\_MNWBgjsge\\_VuHCVMyt5Gxt4g](https://lookaside.fbsbx.com/file/Industry%20wide%20-%20TV%20Production%20Guidance%20-%2018052020.pdf?token=AWz1XKA6AjCXllroxXKDD8hsSBYVUNDkhQnGnPAHgxDBxFFkbAk1DINVdbQUTPMuc5T50rS1VWutjcDHlxBcGnPPgdJNn_-Pdmr290kvlsr-4--kgEhRKW1QNWmtrrzp-BDfW6hHdXig4agHIZ4LL_MNWBgjsge_VuHCVMyt5Gxt4g)

### **Zoom rehearsal etiquette**

For all kinds of rehearsal scenarios



[BOVTS Zoom rehearsal protocol v3.docx](#)

## Competitions and distractions

- [Papatango is asking for new monologues](#) (2-4 pages): the writers of 10 selected pieces will win £100
- [Farnham Maltings is offering commissions](#) for South East based artists to create theatre experiences for their local communities.
- Eve Leigh's [Workshop for a Digital Body](#) is open to everyone
- Apparently Shakespeare wrote *King Lear* while escaping the plague: don't let that put you off getting playwriting inspiration from The Bruntwood Prize's excellent collection of [online writing resources](#)
- Young Jean Lee is hosting a [free online playwriting workshop](#) on Sunday 22nd March

## Finance, income and HMRC support

### [Ruby Glaskin's COVID-19 income risk assessment template](#)

Producer Ruby Glaskin has shared a handy template for those wishing to assess and mitigate risks to their income.

### [HMRC Helpline](#)

HMRC has set up a dedicated helpline for freelancers and businesses who are worried about paying their tax.

### [BBC News article about Mortgage payments](#)

BBC News article on measures introduced for those who may not be able to cover their mortgage at this time.

### **Paying your bills - support and advice**

<https://www.bbc.co.uk/news/business-51958920>

### **Employment and Support Allowance**

Benefits for Freelancers struggling with Coronavirus cancellations, as announced yesterday in the Westminster Budget (you have to have paid NI contributions over last 2 – 3 years).

### **Understand Universal Credit**

**Equity's general advice** on Coronavirus can be found here:

<https://www.equity.org.uk/about/coronavirus-advice/>

**Theatre and Live Performance** workers Equity advice can be found here:

<https://www.equity.org.uk/about/coronavirus-advice/theatre-live-performance/>

**Recorded Media** Equity advice can be found here:

<https://www.equity.org.uk/about/coronavirus-advice/recorded-media-advice/>

**Variety, Circus and Entertainment** Equity advice can be found here

<https://www.equity.org.uk/about/coronavirus-advice/variety-advice>

## Emergency funding/benevolent funds

### **Musicians Relief Fund**

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**Equity Relief Fund**

<https://www.equity.org.uk/about/benevolent-fund/>

**Arts Council England Emergency Funding**

<https://www.artscouncil.org.uk/covid19>

**Yellow Earth**

have set up the BEA Freelance Theatre Hardship Fund; a fundraising page for BEA artists in need. Anyone is welcome to donate [here](#).



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## Links for general freelancers

### **IPSE a freelance union factsheet**

<https://www.ipse.co.uk/ipse-news/news-listing/coronavirus-ipse-activity-and-advice-freelancers.html>

## Links from NCVO for voluntary sector organisations

From NCVO: <https://www.ncvo.org.uk/practical-support/information/coronavirus>

## Links for independent venues

### **Advice for theatre spaces**

<https://www.itc-arts.org/blog/coronavirus-covid-19-guidance-for-itc-members>

### **UK Theatre guidance**

<https://uktheatre.org/theatre-industry/news/theatre-industry-coronavirus-advice/>

### **Independent Theatre Council blog and advice page**

<https://www.itc-arts.org/blog>

### **Bates Wells legal**

has produced [this blog](#) which includes useful employment operations advice

### **Unlimited**

has produced this excellent guide to best practice in access for staff with autoimmune conditions:



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

<https://weareunlimited.org.uk/staff-with-autoimmune-conditions/>

### **Asia Arts Activism**

Un-racialising the coronavirus epidemic:

<https://asia-art-activism.net/2020/02/21/un-racialising-the-coronavirus-epidemic/>

## Links for Arts Council England NPO's

\_\_\_\_\_ **ACE advice to NPO's** at this difficult time

<https://www.artscouncil.org.uk/covid19#section-2>

## Links for freelance performers and artists

<https://www.a-n.co.uk/news/coronavirus-covid-19-information-and-guidance-for-artists-and-arts-organisers/>

<https://theatresupport.info>

**Microsite set up by SOLT**

<https://www.ism.org/advice/coronavirus-stay-informed>

**Incorporated Society of Musicians info sheet**

## Coronavirus Good News whatsapp group

**Whatsapp group URL:**

<https://chat.whatsapp.com/Hs1WwgUVziI73BKziLFttEi>

## Peer Support and networks

[John Kirby's Twitter advice](#)

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John Kirby (Attenborough Arts Centre's Theatre Programmer) has set up a temporary new Twitter account to offer advice for artists and companies. Operating Monday – Friday between 9am – 5pm.

### **Nic Connaughton's – What Do You Need and What Can You Offer**

Nic Connaughton (Head of Theatre at The Pleasance) has started a popular Twitter thread for people working in the sector to ask for help and/or offer support.

### **In Good Company's – Off The Record Chats**

In Good Company are offering regular and confidential chats over Facebook Messenger and Twitter for artists and companies in need of advice.

### **Culture Central's statement and resources**

Culture Central is a leader and a collective voice for Arts and Culture in Birmingham. Director Erica Love has written a statement of solidarity for the city as well as collected together some useful resources.

### **Theatre Bristol**

Theatre Bristol is a laboratory combining collective action for the arts with open, generous, grassroots support. Helping create the conditions to make great art with as wide and diverse a community as possible. Theatre Bristol's team of professional theatre artists offers one-to-one artist support that's totally bespoke and completely free.

### **Equity Bristol and West General Branch**

The official Facebook group for members of the Bristol and West General Branch of Equity (UK), and anyone who wants to be kept up-to-date with its work.

### **UK Theatre's Industry Facebook Support Group**

A Facebook group for the performing arts industry to share news, tips, advice or anything helpful to do with the coronavirus and how it is affecting you and your business.

### **Anti-Viral work Facebook Group**

A Facebook group to support freelancers and small businesses during the coronavirus.

### [So&So Arts Club's #ArtistsHotline](#)

So&So Arts Club has started the Twitter hashtag [#artistshotline](#) for mutual artists' advice, support and opportunities.

### [Theatre Helpline](#)

A free, independent and confidential phone and email service that provides support to people working in the theatre industry.

### [Theatre Support](#)

A new microsite set up by SOLT/TMA and leading theatrical charities, to centralise information about how and where theatre professionals can access support during the Coronavirus outbreak.

## UK General Existing Support Groups

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

 [https://join.slack.com/t/mutualaidtech/shared\\_invite/zt-cod48mar-c6Wcj7zsOmZ8AcjRALk2LA](https://join.slack.com/t/mutualaidtech/shared_invite/zt-cod48mar-c6Wcj7zsOmZ8AcjRALk2LA)



Meta group helping other Mutual Aid groups around the UK get started.

  <https://www.policerewired.org/home/covid-19/communities>

 [@instantiator](#) [@hannah\\_o\\_rourke](#) [@policerewired](#)

Map of COVID-19 Mutual aid support groups. Mainly UK. Add your local support facebook group or online community to this crowdsourced map, driven by a simple sheet and developed by volunteers. Help each other by joining a group, checking in with others and making sure those most vulnerable have what they need. This map is embeddable.

  <https://freedomnews.org.uk/covid-19-uk-mutual-aid-groups-a-list/>

  <https://airtable.com/shrUCI7eE8xDqXLEx/tblFqGvhbICXwl493/viwenxDwDhhfOUiQu?blocks=hide>

Full and complete list as an airtable which people are curating and adding to.

  <https://localhelpers.org/>

 [nick@makesweat.com](mailto:nick@makesweat.com)

Help self-isolating neighbours. Super simple - either offer things you can do for others, or say that you need help. The platform matches clients with volunteers. Think deliver food, collecting urgent medicine, etc. Built specifically for the COVID-19 situation and non-commercial.

  [Related twitter thread](#)

(It seems that most of the suggestions from the thread are covered in the website above, but might be worth looking through if your area isn't covered)

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

[Queercare](#) provides assistance for immunocompromised, asthmatic or otherwise at additional risk from COVID-19. You can also access useful resources and advice via their page. Queercare has volunteers nationally and is working on organising folk into more local groups and providing advice. A sign-up form is available [here](#).

  <https://www.ilovefreegle.org/covid>

Reuse- Freegle is a community reuse organisation in the UK. We have a lot of kind members across the country and are asking them to indicate whether they can help (or need help).

  <http://covidtechsupport.com/>

Covid Tech Support is a helpdesk for tech support queries for those helping to tackle the covid crisis. We're helping communities set up their IT systems, Covid projects access technical volunteering talent and charities address their digital needs.

## Working from home Toolkits and advice

**OMG I'm working remotely, now what?!**

 [omgwfh.com](http://omgwfh.com)

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

 <http://www.benedikt-lehnert.de/contact>


Best practices and tips to help you stay sane, focused and boost your productivity while working from home, a coffee shop or really anywhere in the world, because distributed teams are a reality and remote work is the future

### **Distributed / Remote Working**


 <https://edgeryders.eu/t/distributed-collaboration-manual/11263>

<https://edgeryders.eu/t/distributed-collaboration-manual/11263>

### **Edgeryders' guide to Distributed Collaboration**

 [Friction free collaboration in remote working organisations – Resilience Brokers](#)


### **Open Data Institute Remote Working Resources**

 [Open Data Institute - Resources to support working, collaborating and training remotely - #PUBLIC](#)

### **CAST/Catalyst guide to remote working for charities/nonprofits**

 <https://www.civilsociety.co.uk/voices/how-to-work-remotely-in-a-time-of-coronavirus.html>

### **How to work from home**

 [www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips](http://www.theverge.com/2020/3/11/21171349/remote-work-how-to-home-coronavirus-quarantine-productivity-tips)

 [kim.lyons@theverge.com](mailto:kim.lyons@theverge.com)

### **Working Remotely in Slack: Getting Started (webinar)**

<https://slack.com/events/webinars/working-remotely-in-slack-getting-started>

### **Basecamp book on remote working <https://coronavirus.techhandbook.com/>**

 <https://basecamp.com/books/remote>

Nb Basecamp have offered to refund any purchases of this book, as a contribution to the group effort - see [this tweet](#) for more information and discussion.

### **Help designers find jobs, inspiration and design specific remote advice**





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[https://docs.google.com/document/d/11gU0KThfomgY-697xsBi26s\\_P\\_5tOpYfV0y4leluhRg/edit?userstoinvite=anton%40designcalendar.io&ts=5e70e650&actionButton=1#heading=h.szqjw0pbtjee](https://docs.google.com/document/d/11gU0KThfomgY-697xsBi26s_P_5tOpYfV0y4leluhRg/edit?userstoinvite=anton%40designcalendar.io&ts=5e70e650&actionButton=1#heading=h.szqjw0pbtjee)

### **Doist's Twist Remote Work Guides**

[https://twist.com/remote-work-guides?utm\\_source=doist\\_blog&utm\\_medium=referral&utm\\_campaign=remote\\_work\\_guide](https://twist.com/remote-work-guides?utm_source=doist_blog&utm_medium=referral&utm_campaign=remote_work_guide)

### **Trello's Remote Work Guide**

[https://info.trello.com/hubfs/How\\_To\\_Embrace\\_Remote\\_Work\\_Trello\\_Ultimate\\_Guide.pdf](https://info.trello.com/hubfs/How_To_Embrace_Remote_Work_Trello_Ultimate_Guide.pdf)

### **1Password's Remote Work Guide**

<https://blog.1password.com/remote-work-tips/>

### **Help Scout's Remote Work Guide**

<https://www.helpscout.com/playlists/working-remotely>

### **Notes on hosting virtual meetings**

[https://docs.google.com/document/d/11EEmovZLlLjm0j2V3MGTVvwB\\_3L39I-63xB9wpvSiE/edit#](https://docs.google.com/document/d/11EEmovZLlLjm0j2V3MGTVvwB_3L39I-63xB9wpvSiE/edit#)

### **Voluntary Arts' Remote Working Briefing**

<https://www.voluntaryarts.org/remote-working>

The daily #creativenetwork conversation covers a different theme each day at 9.30am.

## Online meetings and virtual convening resources

### **Slack Channel for Event & Community Managers:**

[fieldandeventftw.slack.com](https://fieldandeventftw.slack.com) (Big Thanks to [Danny Hutto](#) of Gong.io!)

### **Open Source Guide to Running Conferences Online**

<https://www.taxjustice.net/2020/03/05/lessons-learned-from-organising-our-first-virtual-conference/h>

## **Simple Way To Set Up Virtual Event Registrations**

<https://events.com/faq/article/how-do-i-offer-a-virtual-event/>

## **Event Organizer Overview: Event Planning as it relates to Coronavirus (COVID-19), Health & Safety, Emergency Plan Options, Addl. Resources**

<https://events.com/faq/article/coronavirus-covid-19-updates-for-event-organizers/>

## **Guide for Online Facilitation from Acumen**

<https://docs.google.com/document/d/17aRkZbsQtojvitvhVjFxNeByJyS9Ht0UDUbIVv4FMLY/edit#heading=h.kn2bInv7nhky>

## **Unlocking the power of virtual convening**

<https://access.conveners.org/best-practice-series-3-unlocking-the-power-of-virtual-convening/>

## **Jitsi - Open Source video conferencing**

“100% free, open source, and WebRTC compatible.”. In browser and mobile app (Google play / Fdroid)

[Jitsi.org](https://jitsi.org) - develop and deploy full-featured video conferencing

## **Nextcloud (Talk) - Open Source collaboration, file share and comms**

“Screen-sharing, online meetings & web conferencing” In browser and mobile app (Google play / Fdroid)

<https://nextcloud.com/talk/>

## **AppRTC - Open Source point to point video calls**

Easy to use, just pick a room and go - no log-in or registration, data goes from point to point, not through any central servers - in-browser

<https://appr.tc/>

## **SIPML5 - Open Source web video phone**

HTML5 SIP client prototype - requires SIP server (such as Asterisk) - for the advanced user / developer

<https://www.doubango.org/sipml5/>

## **In The Ether**

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### [In the Ether](#)

In the Ether is an approach to fully remote meet-ups, meetings, conferences and events. It is a remote first approach to bring like minded people together from across the globe, to discuss, share and learn about topics they care about.

### **Crowdcast.io**

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

live video Q&As, interviews, summits, webinars and more.

### **Konf.co**

 <https://konf.co>

Online events platform (launching soon)

### **Hopin.to**

 <https://hopin.to/home>

Online events platform

### **Run The World**

 <https://www.runtheworld.today/>

Online events platform

### **5 Ways to Take Your Events Virtual with Splash**

 <https://splashthat.com/blog/splash-virtual-events>

### **Crisis Management Resources for Event Organizers**

 <https://blog.socio.events/coronavirus-resources-for-event-organizers/>

### **Employer's guide to switching from offline to online events**

 <https://empower.agency/offline-event-into-online-virtual-conference/>

### **The Comprehensive Event Planners' Guide to COVID-19**

 <https://blog.socio.events/event-planners-guide-to-coronavirus/>

### **Virtual Summits**

 <https://digileaders.com/its-time-for-a-virtual-summit/>

### **Virtual Rooms**

<https://hubs.mozilla.com>

### **Sansar - Social Virtual World**

<https://atlas.sansar.com/>

### **SmartEvents - Digital Alternatives to Face to Face Events**

<https://ludicconsulting.com/services/smartevents>

### **Collective Agency Livestream Fundraising, Galas & Events**

<https://docsend.com/view/dkypg6v>

## Relaxation and Mindfulness Resources

Isolation may feel daunting, but it may also be a perfect opportunity to take time for yourself. You may be saving time that you would have spent in daily commutes or in now-canceled events. If you are not working or have extra time because of working from home, think of it as a holiday at home, some much deserved time off from the demands of everyday life. Remember this will all blow over, nothing is forever. But in the meantime be patient, kind and gentle with yourself.

One of the most kind and beneficial things one can do for oneself is to learn to relax more easily and more deeply. Luckily there are almost infinite resources online which can help one learn this skill. In fact you're spoilt for choice, so I've included below a few short videos which I've found to be the greatest introduction to the practice. Even done once, these practices can have a radical effect on your mental and physical health and wellbeing. I hope you enjoy them.

- **[Mindfulness based stress reduction body scan](#)**

This short video walks you through awareness of your body, it can be done laying in bed, or on the floor and only takes 30 minutes.

- **Mindfulness based stress reduction.**

These two very gentle and very easy yoga classes can be done by anyone, on the floor or seated, each one is only 30 minutes and provides enough

movement to feel yourself in your body and reconnect with what matters in the present.

- [Class 1](#)
- [Class 2](#)

- **Kelsang Jampa Guided Meditation**

A [15 minute minimally guided meditation](#) which can be done seated or lying on your back.

- **Virtual Breathwork Groups: Grounding Anxious Energy** by donation on [Tuesday evenings at 8pm PST](#) held over Zoom with Aria Diana.

- **Speeko app** has visualization and mindfulness exercises for public speaking nerves to prep for presentations and virtual meetings (<https://apps.apple.com/us/app/speeko-public-speaking-coach/id1071468459>)

- **Free yoga nidra app**

[This app](#) is very simple, it has a single button you can push for a ten minute body scan meditation that can be done lying down in bed or on the floor. I recommend doing this just before you sleep and/or when you first wake up. Even one use is enough to feel deeply relaxed but daily practise is where the lasting benefits are found.

- Bunch of apps that are listed from Tara Brach loving kindness to the more commercial Headspace and Calm apps:

<https://www.heromovement.net/blog/free-guided-meditation-resources/>

- **Diaphragmatic Breathing.** Simpler than meditation for those who have not practiced it and effective in relaxation.

- [Youtube Video 1.](#) Belisa Vranich teaching basic breathing techniques
- [Youtube Video 2.](#) A less hectic alternative

- <https://www.anxieties.com/102/self-help-practice-4-create-worry-time>

## Helplines

Country	Org	Description	Phone



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UK	(multiple)	NHS comprehensive listing of all mental health helplines in the UK <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	
UK	SANE	SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone 16 yrs + affected by mental illness, including family, friends and carers. We are open every day of the year from 4.30pm to 10.30pm <a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	0300 304 7000 4.30pm to 10.30pm
UK	<u>Samaritans</u>	Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.	116 123 free phone 24/ 7
UK	Young Minds	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	0808 802 5544
UK	<u>The Mix</u>	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline. <a href="https://www.themix.org.uk">https://www.themix.org.uk</a>	0808 808 4994
UK	<u>Shout</u>	<u>Shout</u> is an affiliate of Crisis Text Line® in the UK that provides free, confidential support, 24/7 via text. It's the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere. Shout is available in England, Scotland, Wales, and Northern Ireland.	Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer.
Ireland	<u>Samaritans</u>	<a href="https://www.samaritans.org/ireland/samaritans-ireland/">https://www.samaritans.org/ireland/samaritans-ireland/</a>	



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Ireland	Pieta House	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a> Pieta provide free counselling to those with suicidal ideation, those engaging in self-harm, and those bereaved by suicide	
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## Resources for child care

[150+ Enrichment](https://coronavirustechhandbook.com/isolationActivities) <https://coronavirustechhandbook.com/isolationActivities>  
[for Children While Parents are Working Remotely](#)

This google sheet provides a list of activities that children can do while they stay at home. You can also add activities to the list.

[Suggested Daily Schedule](#)  
and a more [realistic alternative](#)

[Home Learning UK](#)

This is a new repository of Home Learning Resources, curated by UK educators, and coordinated by EdTechUK.

Most of the Links below taken from this viral Facebook post:

<https://www.facebook.com/jean.worsley/posts/10156608078391076>

Site	Description	Who for
<a href="#">Khan Academy</a>	Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.	Adults YA Kids
<a href="#">BBC Learning</a>	This site is old and no longer updated and yet there's so much still available, from language learning to	

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	BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.	
<a href="#"><u>Outdoor Classroom Day UK &amp; I</u></a>	Hundreds of ideas for outdoor play and taking lessons outdoors. Make sure if children are being home-schooled you include 15 mins recess for every 45 mins instruction. Use this time to get #natureconnected (Resources in 15 languages)	3 - 18
<a href="#"><u>Futurelearn</u></a>	Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).	Adults YA
<a href="#"><u>Seneca</u></a>	For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.	
<a href="#"><u>Openlearn</u></a>	Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.	Adults YA
<a href="#"><u>Blockly</u></a>	Learn computer programming skills - fun and free	
<a href="#"><u>Scratch</u></a>	Creative computer programming	
<a href="#"><u>Ted Ed</u></a>	All sorts of engaging educational videos	
<a href="#"><u>National Geographic Kids</u></a>	Activities and quizzes for younger kids.	Kids



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<a href="#"><u>Duolingo</u></a>	Learn languages for free. Web or app.	Adults YA Kids
<a href="#"><u>Mystery Science</u></a>	Free science lessons	Kids
<a href="#"><u>The Kids Should See This</u></a>	Wide range of cool educational videos	Kids
<a href="#"><u>Crash Course</u></a>	YouTube videos on many subjects	
<a href="#"><u>Coursera</u></a>	Learn the latest skills like business analytics, graphic design, Python, and more <b>Note:</b> We're joining with our partners to provide <b>free access to Coursera for Campus for any college or university impacted by COVID-19</b> . See link <a href="#">here</a>	Adults YA
<a href="#"><u>Crash Course Kids</u></a>	As above for a younger audience	Adults Kids
<a href="#"><u>Crest Awards</u></a>	Science awards you can complete from home.	
<a href="#"><u>iDEA Awards</u></a>	Digital enterprise award scheme you can complete online.	
<a href="#"><u>Paw Print Badges</u></a>	Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.	
<a href="#"><u>Tinkercad</u></a>	All kinds of making. "...a free, easy-to-use app for 3D design, electronics, and coding. It's for teachers, kids, hobbyists, and designers..."	

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<a href="#"><u>Prodigy Maths</u></a>	Is in U.S. grades, but good for UK Primary age.	Adults Kids
<a href="#"><u>Cbeebies Radio</u></a>	Listening activities for the younger ones.	
<a href="#"><u>Nature Detectives</u></a>	A lot of these can be done in a garden, or if you can get to a remote forest location!	Kids
<a href="#"><u>British Council</u></a>	Resources for English language learning	
<a href="#"><u>Oxford Owl for Home</u></a>	Lots of free resources for Primary age	Kids
<a href="#"><u>Big History Project</u></a>	Aimed at Secondary age. Multi disciplinary activities.	YA
<a href="#"><u>Geography Games</u></a>	Geography gaming!	YA Kids
<a href="#"><u>Blue Peter Badges</u></a>	If you have a stamp and a nearby post box.	
<a href="#"><u>The Artful Parent</u></a>	Good, free art activities	
<a href="#"><u>Red Ted Art</u></a>	Easy arts and crafts for little ones	
<a href="#"><u>The Imagination Tree</u></a>	Creative art and craft activities for the very youngest.	
<a href="#"><u>Toy Theater</u></a>	Educational online games	
<a href="#"><u>DK Find Out</u></a>	Activities and quizzes	
<a href="#"><u>Twinkl</u></a>	Printable worksheets. Some free downloads, unlimited use requires subscription. Free month subscription using this code: UKTWINKLHELPS	Kids (EYFS, KS1, KS2)

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

<a href="#"><u>Education.com</u></a>	Printable worksheets and online learning games, k-5, including touch typing. Some free downloads, unlimited use requires subscription.	Kids (K-5)
<a href="#"><u>Lynda.Com</u></a>	Free in Canada with a library card. In UK most Unis and big business have corporate membership. Otherwise you can pay to access online course on coding to photography to leadership etc.	Adults YA
<a href="#"><u>Learn My Way</u></a>	Free online courses to help adults learn to use the internet. Includes useful resources to interact with your GP online. Bought by LinkedIn, thus, requires a LinkedIn login.	Adults