|  |  |  |  |
| --- | --- | --- | --- |
| Activities to keep busy  [Bankhead  Primary School](javascript:;) | | | |
| The Great Indoors | Ideas and activities to inspire young minds at home | <https://www.scouts.org.uk/the-great-indoors/> |  |
| Money Saving expert | Free or cheap ways to keep fit, stay entertained & more during lockdown | <https://www.moneysavingexpert.com/news/2020/03/coronavirus-help-and-support/#entertainment> | * Lots of normally paid – for things are now FREE * Keep fit for free via YouTube, Instagram etc * Watch free box sets and films * Must read Kindle books for free 9or 99p) * Big-name games for free on iPhone/Android * Free musicals and theatre performances |
| BBC Bitesize | Daily lessons in English and Maths | <https://www.bbc.co.uk/bitesize/articles/zn9447h> |  |
| Learn at BBC Scotland | Lessons specific to Scottish curriculum | <https://www.bbc.co.uk/programmes/p04yy4wy> |  |
| Support in discussing Coronavirus with children | | | |
| Coronavirus – a book for children | **Free** information book for primary school children explaining the coronavirus. From publishers Nosy Crow and illustrator Axel Scheffler. | <https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf> |  |
| NSPCC | Talking to a child worried about coronavirus (COVID-19) | <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/> | * Talk about feelings and worries * Keep in touch with family & friends and balance screen-time * Try to create structure and routine * Help give children a sense of control |
| Physical and Emotional Wellbeing during lockdown | | | |
| NSPCC | Coronavirus (COVID-19) advice and support for parents and carers | <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/> | * Working from home * Lockdown and separated parents * Taking care of your mental health * Supporting SEND children * Arguments, conflict and family tension * How to cope with tantrums * Online safety |
| PE with Joe | Daily PE lessons on youtube | Search PE with Joe on You Tube |  |
| British Journal of Sports Medicine - blog | Physical Activity for children and young people, provides information on how to motivate and where to find resources and links | <https://blogs.bmj.com/bjsm/2020/04/13/physical-activity-for-children-and-young-people-aged-5-18-years-during-covid-19-stay-safe-be-active/> | * Online yoga (google - Cosmic Kids/ The Yoga Crow) * Home-based activities (Active Schools, Change for Life) * Go Noodle * Make an action movie * Learn to juggle * Skipping * Build an obstacle course * Create dance routines * Balloon volleyball |
| Money saving Expert blog | How to keep fit for free via YouTube, Instagram Live, apps & more | <https://www.moneysavingexpert.com/team-blog/2020/03/how-to-stay-fit-at-home-with-apps-instagram-youtube-fitness-clas/> | * Yoga * Cardio workouts * Running apps * Fitness for kids |
| Mental Wellbeing | Tips to look after your mental health while you have to stay at home | <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> | * How to talk to your children about the coronavirus * Stress management * Eating a balanced diet etc |
| Every Mind Matters | Mental wellbeing while staying at home | <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> | * Your mind plan quiz * Anxiety * Low mood * Stress * Sleep * Urgent support etc |
| Young Minds | Information in supporting your child during the Coronavirus pandemic | <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/> | * Supporting your child if they’re worried * Supporting your family’s wellbeing during isolation * What to do if your child wont stay home |
| Samaritans | Information on what to do if you're feeling low or struggling to cope | <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/signs-you-may-be-struggling-cope/practical-ways-help-yourself-cope/> | * relationship and family problems * loss, including loss of a friend or a family member through bereavement * financial worries * job-related stress * college or study-related stress * worry about current events, such as the Coronavirus outbreak * loneliness and isolation, or struggling with self-isolation * depression * painful and/or disabling physical illness * heavy use of or dependency on alcohol or other drugs * thoughts of suicide |
| Financial/Employment and Benefit rights | | | |
| Gov.UK | Coronavirus support for employees, benefit claimants and businesses | <https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses> | * Changes to jobcentre appointments * For people already claiming support * For people who need to make a new claim for financial support * Employees and self-employed people * [New Style Employment and Support Allowance](https://www.gov.uk/guidance/new-style-employment-and-support-allowance) * [Cwhat to do if you’re self-employed and getting less work or no work](https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-self-employed-and-getting-less-work-or-no-work) * [Universal Credit advances](https://www.gov.uk/guidance/universal-credit-advances) * [what to do if you were employed and have lost your job](https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-you-were-employed-and-have-lost-your-job) * [what to do if you’re employed and cannot work](https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-employed-and-cannot-work) |
| Department for Work & Pensions | Employment and benefits support | <https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/?gclid=EAIaIQobChMIsPqpobeN6QIViLPtCh0rwg5sEAMYAiAAEgJcyfD_BwE> | * already claiming benefits * need to claim benefits * at risk of losing job as a result of coronavirus |
| The Money Advice Services | What you’re entitled to | <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you> | * Employed * [Self employed](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#self-employed) * [Your money](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#your-money) * [Car finance payments](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#car-finance-payments) * [Housing costs](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#housing-costs) * [Your bills](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#your-bills) * [Coronavirus if you have children](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#coronavirus-if-you-have-children) * [Moving home](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#moving-home) * [Travel insurance](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#travel-insurance) * [Pensions](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#pensions) * [Scams](https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you#scams) |
| Money Saving Expert | Coronavirus Life-in-Lockdown Help | <https://www.moneysavingexpert.com/news/2020/03/coronavirus-help-and-support/> | * Your rights on cancellations, subscriptions etc * Motoring & transport, incl MOTs, train tickets etc * Free or cheap ways to keep fit & stay entertained * NHS staff freebies & discounts * Help for those vulnerable or struggling * Warning – watch out for coronavirus scams |

**COVID Health and Wellbeing Team**

**Local Support**

[](javascript:;)

**Project *31***

[***www.project31.co.uk***](http://www.project31.co.uk/)

*Based in Rutherglen, Project 31 is an organisation which seeks to enrich the experiences of children and their familied to engage them in play and other recreational activities. They have been given a grant from Cash for Kids (amongst other funders) and are offering help with play materials (e.g. Lego, games, a football, books) to any families who are struggling financially. They can also provide and recommend materials which may help children who are finding this situation difficult e.g. mindfulness diaries.*

**No18**

[**www.number18venue.org.uk**](http://www.number18venue.org.uk)

*Currently coordinating with local politicians, agencies and local community organisations from Cambuslang and Rutherglen, to help residents and communities with what they may need in these difficult circumstances. Useful links from Child & Adolescent Mental Health Services (CAMHS) via the NHS, for young people & parents. They are also offering a new telephone helpline is offering psychological support and advice to Lanarkshire people during the COVID-19 pandemic. It aims to help those with anxiety, low mood or other mental health issues in relation to COVID-19.*

**Healthy and Happy (working alongside No18)**

[**www.healthynhappy.org.uk**](http://www.healthynhappy.org.uk)

*Currently offering support, advice, a chat or supplies being delivered. Request form available on website. Offers links to online baby classes and advice on financial matters.*

**Rutherglen and Cambuslang Foodbank**

[**https://www.facebook.com/rutherglencambuslangfoodbank/**](https://www.facebook.com/rutherglencambuslangfoodbank/)

*For anyone needing help or support, a form can be filled out at* [*www.camglencovid.org*](http://www.camglencovid.org/?fbclid=IwAR0yXRJk-IPVwIHlqq76gKY880ieXhQkMEOqLpZ4XuegcDKlVuDWl_WOhxM) *or call the Wellbeing Helpline on 0303 123 1009.*

**Rain or Shine**

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

*Based in Cambuslang and currently operating restricted hours. Their aim is to reduce the amount of waste going into landfill by recycling (selling) your unwanted children's clothes, accessories and toys. This money is then reinvested into an ongoing fund offering a community hub with classes, play and activities for all. They sell pre-loved children's clothes, shoes, toys, and books.*

**Rutherglen - Universal Connections**

A variety of activities to involve children and young people. [rutherglenuc@yls.org.uk](mailto:rutherglenuc@yls.org.uk)

**South Lanarkshire Carers - Rutherglen Community Carers**

Rutherglen Community Carers <https://slcn.co.uk/groups>

**Camglen COVID-19 Support**

Local information and updates for all impacted by current COVID-19 situation.

Links to Happy’n’Healthy, advice from SLC and support for older residents from LEAP.

camglencovid.gaapdigital.co.uk

**South Lanarkshire Leisure and Culture**

[www.slleisureandculture.co.uk/](http://www.slleisureandculture.co.uk/)

*During this difficult time, it is important that we look after our physical and mental health.  South Lanarkshire Leisure is providing free daily online activities via social media platforms. This includes Live Fitness sessions, arts and cultural talks and tutorials and a whole host of children’s activities (more info on their Facebook page).*

**Flaunt it Fitness**

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

*Group exercise sessions currently running through Zoom including Metafit,  Supercircuits, Fitness Yoga, Fitness Pilates and HIIT as well as Fit for Delivery for anyone who’s pregnant and Core Essential for core and pelvic floor recovery.*

[**Gladishapers**](https://www.facebook.com/groups/575977019277955/)

[*https://www.facebook.com/groups/575977019277955/*](https://www.facebook.com/groups/575977019277955/)

*Three qualified fitness instructions working together to offer free fitness classes via Facebook and ‘Twitch’ such as Spin, TBT’s, weights, Fatburn Xtreme.*

**YogiClaire**

<https://yogiclaire.net/>

Virtual Yoga classes via zoom including yo-chi kids yoga and pregnancy yoga.

**Absofit**

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

*Joanna at Absofit is offering a range of fitness classes including family bootcamp via Zoom.*

**Jingers**

[https://www.jingersglasgow.com](https://www.jingersglasgow.com/)

*Based on Burnside main street, Jingers deli are offering home delivery of a variety of different options including fresh produce boxes, afternoon tea platters, grazing platters, pizza making kits, sweet treat boxes and family boxes. Might be of use if anyone is celebrating something special during lockdown.*

**Toffee Apples Tea Room**

<https://www.facebook.com/pg/Toffee-Apples-Tearoom-144248322883414/community/?ref=page_internal>

*Based on Gallowflat Street, Rutherglen, Toffee Apples Tea rooms are offering home delivery of a variety of different meals and afternoon tea boxes too.*