



## ACTIVITIES, SKILLS AND EVENTS IDEAS

### Volunteer Ideas

**Loving Hands** [www.lovinghands.org.uk](http://www.lovinghands.org.uk)

Is a website for people who like knitting, sewing etc. They have members from all over the UK who make items for various charities, from premature baby clothes to elephant blankets, bags for baby puffins, fiddle mats and muffs, toys. They work with over 36 different charities including the RSPCA, The Salvation Army, SANDS, Operation Orphan and many others.

A new initiative to support the bereaved from the Covid-19 crisis is [knitted hearts for those who lose loved ones](#)

**Adopt a Grandparent** was recently launched by CHD living homes to help combat loneliness amongst their residents. They pair people up to communicate via phone or post <https://chdliving.co.uk/adopt-grandparent>

### Learn New Skills

[NCVO](#) have a list of free online resources

**Volunteer Scotland** has joined forces with The Open University to create [Involving Volunteers](#), a digital learning module aimed at improving the volunteering journey.

**Reed** have free courses on a wide variety of subjects including bookkeeping, understanding autism nutrition and health and IT skills <https://www.reed.co.uk/courses/free>

**Open University** has lots of free courses some are for general interest such as history of art but others could be more vocational such as a course on young peoples wellbeing or an introduction to the voluntary sector <https://www.open.edu/openlearn/free-courses/full-catalogue>

[Life Hack](#) lists over 20 free learning sites

**Future Learning** has lots of free online courses from universities and organisations globally. Including working supportively with refugees, understanding gender inequality to understanding fashion <https://www.futurelearn.com/courses>

**Learn a language** for free on <https://en.duolingo.com/>

**Learn basic web development** for free on <https://dash.generalassemb.ly/>

**Learn to draw Disney characters** from Disney animators on [https://www.youtube.com/results?search\\_query=draw+disney+characters](https://www.youtube.com/results?search_query=draw+disney+characters)

**Boost your general knowledge** with quizzes on <https://www.sporcle.com/>

**Creative writing** for free on <http://www.timclarepoet.co.uk/couchto80kwritingbootcamp/>

**Free online art course** – step by step guidance on producing your master piece in oil, watercolour or pencil: <https://www.bbc.co.uk/iplayer/episodes/m000hjkz/the-joy-of-painting><http://www.klinecreative.com/free-online-art-lessons.htm><https://artyfactory.com/>

## Try new activities

**Exercise classes** [NHS Home Workout videos](#) and [Royal Voluntary Service Easy exercises](#) and [Vivacity](#) are suitable for most people. For the more active [Active Fenland selection](#) has exercises from yoga to circuit training

**Singing** For example [Sofa Singers](#)

**Games online** for example [Scrabble](#)

**Virtual tours of museums and galleries** [Virtual tours of museums and galleries](#)

<https://artsandculture.google.com/project/frida-kahlo> <https://www.tate.org.uk/whats-on/tate-modern/exhibition/andy-warhol/exhibition-guide>

**Star gazing** <https://www.nationalgeographic.com/science/starstruck/>

**First site** the contemporary visual arts organisation had artist activity packs that can be downloaded for free <https://firstsite.uk/art-is-where-the-home-is/>

**Step-by-step facial massage** on <https://www.youtube.com/watch?v=5W6064Mil3A>

**Cut men's hair** on <https://www.youtube.com/watch?v=-ewJDxnYkNU>

**Cut ladies hair** on <https://www.youtube.com/watch?v=kgYVImOwYil>

**New recipes and baking skills** on <https://www.buzzfeed.com/tag/buzzfeedtasty>, <https://www.bbcgoodfood.com/>, <https://realfood.tesco.com/recipes.html>

**Compile a family history 'book/catalogue'** adding photos and other images you and your wider family may have along with historic articles from museums etc.

**Listening to podcasts** – a shortlist provided by Radio Times

<https://www.radiotimes.com/news/radio/2020-04-09/23-best-podcasts/>

## Resources and activities within the community- contact your Bluebell 19 representative

**Free Knitting patterns** – to share or print out for those who do not have access to a printer/internet

**Virtual Bingo** – organised via the Eight Bells pub (every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month) – please contact Christine Kenrick [cmkendo@gmail.com](mailto:cmkendo@gmail.com).

**Book sharing** and exchange and delivery

**Jigsaw sharing** and exchange and delivery

## **Mental Health and Wellbeing**

**Support good mental health** [NHS guidance on mental wellbeing while staying at home](#)

Self help guide for people worried about COVID-19 <https://www.anxietyuk.org.uk/>

**Lifecraft** have a list of support available <https://lifecraft.org.uk/our-services/information/resourcesto-use-at-home/>

**Qwell** – [Online Wellbeing Support](#) - a free online support and wellbeing community which is provided by Cambridge and Peterborough and South Lincolnshire Mind as part of its Good Life Service.

### **Your Bluebell-19 team:**

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