



Holley Park Academy

Ayton Road, Oxclose, Washington, NE38 0LR

28TH April 2020

Mental Wellbeing Support

Dear Parent/Carer,

During this unprecedented time of a global pandemic the staff at Holley Park Academy continue to work at home providing materials to support you and your children with home learning and in school providing emergency childcare for our pupils whose parents are critical, key workers. These are challenging times for us all, as we move through our own day to day routines. I would like to share with you a list of other organisations and charities who could support you or family members in many ways in our local area, across the City of Sunderland, and nationally.

General Support

Sunderland North Community Business Centre are leading voluntary sector partners across Washington is delivering food shopping support to those identified through the Council referral system and potentially supporting volunteers who have registered through the online system - <https://www.sunderland.gov.uk/article/17092/Need-support-or-want-to-help> contact nikkivokes@communityopportunities.co.uk

Sunderland City Council has put together a range of support to help residents and communities stay safe and well throughout the coronavirus outbreak. If you need help, contact on the details below and you will be matched with a volunteer in your neighbourhood.

We can help with shopping, making meals, delivering food parcels, collecting prescriptions and medicines etc. Either go online to www.sunderland.gov.uk/coronavirus, or email helpsunderland@sunderland.gov.uk or telephone 08002346084.

<https://www.bbc.co.uk/news/uk-england-52312560> police guidance on what you should and shouldn't be doing and info about how to make sense of some of the theories and stories which are circulating <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Mental Wellbeing Support

IMPACT North East have volunteers offering telephone / video counselling and group support to people living in Sunderland. They also have a project for blue light workers offering telephone counselling. They can be found on Facebook <https://www.facebook.com/impactschoolservices/>

Sunderland Counselling Services – services will all be non-contact – all telephone

C.F.O. • Operations Manager • Director • Glenda Wood

Telephone 0191 4170303

Email: info@holleyparkacademy.co.uk • web: www.holleyparkacademy.co.uk

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If you live in Sunderland and need support you can call the Team on 0301231145 between 9am – 4.30pm or email: office@sundelandcounselling.org.uk

Samaritans- If you are in crisis- 24/7service which is free to call on 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Crisis support can be reached by calling Sunderland crisis team: 0301231145

Alzheimer's Society is here for everyone affected by dementia. If you are living with dementia or are concerned for your loved one at this difficult time, please call **Dementia Connect support line** on 0333 150 3456 (open every day, apart from Good Friday and Easter Monday).

Creative Minds -North Star Counselling provide online and telephone support, and could post out support packs to children, details <https://www.facebook.com/creativemindsnsc/>

Headway Wearside – If you have suffered from a Stroke or brain injuries.

They can be found on Facebook <https://www.facebook.com/Headway-Wearside>

or ring Kim 07830346985

Support for people who are self-isolating due to cancer

FACT Sunderland are offering support with household products and food to people who have to self-isolate due to receiving treatment, or suffering from cancer. If you need to contact the Team please call 07759139351 or email info@fact-cancersupport.co.uk

St Benedict's Hospice provide a variety of support for people who are in the at risk group due to a terminally ill disease, for further information ring 0191 512 8400

Washington MIND – no direct face to face contact. Support via telephone and on line. If you live in Washington or are already a service user of Washington MIND telephone 0191 4178043.or 07507 330 995 Details at www.facebook.com/washingtonmind/ or on their website

www.washingtonmind.org

Email: info@washingtonmindlorg.uk. All updates will be added to the wellbeing info website

<https://wellbeinginfo.org/>

Sunderland Initial Response Team (IRT)

The service is available 24 hours, 7 days a week, throughout the year and can be contacted on **0303 123 1145**. The Initial Response Team provides practical advice, emotional support from qualified nursing staff and when appropriate, routing to the right service. The team is made up of a clinical lead, qualified mental health clinicians and experienced support staff. The team are also supported by clinicians from specialist areas of care such as Children's and Young People's Mental Health Services, Learning Disability Services and Older Persons' Mental Health Services.

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NHS Direct – 111 has psychiatric nurses on the switchboard who can offer advice. www.nhsdirect.nhs.uk

Support for Carers: Sunderland Carers Centre, can be contacted by calling 0191 549 3768, using the quick contact section of our website or by messaging us via social media (Facebook/ Twitter).

For patients with emergency dental problems, NHS England is in the process of creating local **Urgent Dental Care hubs (UDCs)** across the country. UDCs are designed to provide care for people with urgent and emergency dental problems, after a referral from their local practice. They are meant to offer treatment to patients with symptoms that include fractured teeth, Post-extraction bleeding, Facial swelling, Gum and other soft tissue infections. UDCs are also meant to accommodate patients both with and without Covid-19 symptoms. In a statement, NHS England says that 50 UDCs are currently open, a further seven are expected to open this week and the remaining 103 will be able to treat patients from next week.

COVID-19 and Smoking

Evidence suggests that tobacco smoking is one of the most important avoidable risk factors for poorer prognosis in COVID-19. Public Health England highlighted a survey from China that reported smokers with COVID-19 were 14 times more likely to develop severe disease compared to non-smokers. In addition, the repetitive hand to mouth movement provides an easy route of entry for the virus, putting smokers at greater risk of contracting COVID-19.

Professor John Newton, Director of Health Improvement at Public Health England said:

“In light of this unprecedented COVID-19 pandemic, there has never been a more important time to stop smoking. Not only for your own health but to protect those around you. It will also help alleviate the huge pressures on the NHS.”

<https://www.gov.uk/government/news/smokers-at-greater-risk-of-severe-respiratory-disease-from-covid-19>

The British Medical Journal Tobacco Control blog includes a page where resources, research and news reports about COVID19 and smoking, are being updated. This can be found here:

<https://blogs.bmj.com/tc/2020/03/26/covid-19-and-smoking-resources-research-and-news/>

The Cochrane Tobacco Addiction has collated a Special Collection: **Coronavirus (COVID-19): effective options for quitting smoking during the pandemic** of the best available evidence-based ways to help people quit smoking. This can be found here:

<https://www.cochranelibrary.com/collections/doi/SC000042/full>

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Welfare & Support

Sunderland Foodbank provide food parcels to those in greatest need to people living in Sunderland. Request support via their website www.sunderlandfoodbank.org.uk or ring 0191 543 7191

Washington Community Food Bank is distributing via St Michael & All Angels Church in Sulgrave which is open Mondays and Wednesdays 9.30am to 12noon. Updates on www.facebook.com/washingtoncfd/

Age UK Sunderland. If you know of anyone who is over 55 years who lives in Sunderland and cannot get out for their shopping due to the pandemic can they ring **Age UK** on 0191 5659045 and services department will pick this up

Shiney Advice and Resource Project (ShARP) is supporting vulnerable families and offering Welfare Rights/Benefits advice. Advice workers for both Washington and Coalfields are delivering advice and telephone appointments. Also supporting Washington project WISP (support for residents in acute crisis) via the Washington Food bank outlet at St Michael & All Angels in Sulgrave. Telephone appointments for usual work including guided form completion, employment issues and benefit calculation and all coronavirus related benefit uncertainties. Also working with local foodbank enquiries. The building is currently closed to the public but advice by telephone is available Monday to Friday 10 a.m. to 4 p.m. 07477875783. Leave name and number if no response and they will get back to you www.facebook.com/SharpShineyRow/

Sunderland North Community Business Centre are offering an employability service to anyone in the City who is unemployed, at risk of redundancy, had their hours reduced to zero, need support to register for Universal Credit or just need someone to talk to so we can signpost them to the relevant services. Telephone advice service to support residents with Claiming Benefits, Creating CVs, finding another job. Telephone Karen 9 a.m. to 4 p.m. Monday to Friday 0191 5373231. SNCBC are also leading on delivering a food shop service - to those identified through the Council referral system and potentially supporting volunteers who have registered through the online system - <https://www.sunderland.gov.uk/article/17092/Need-support-or-want-to-help> contact nikkivokes@communityopportunities.co.uk

If people are struggling to get out to **top up their key meters** they should in the first instance be advised to contact their utilities provider who should have a system in place to arrange for a top up.

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COVID 19 Financial Support

The Local Welfare Provision Scheme and foodbanks were set up to provide short term interventions for people in crisis They are small schemes with limited capacity and a clear focus

In light of the rapid spread of Corvid 19 and the time needed by central government to introduce their nation-wide support measures more people have been supported with short term interventions to bridge the gap. However the government's intentions around this are every clear they have designed a range of financial measures to support reliance and independence, measures that will allow people to plan their finances to meet essential needs over coming months without the reliance on small local crisis schemes that do not have the infrastructure to deal with a global pandemic that is impacting on every signal resident

Accessing this support is the best option for people it will ensure people can meet their essential needs including food and fuel, without leaving their homes unnecessarily and avoid putting pressure on services that are now operating at reduced capacity and must be directed to our most vulnerable residents. People need to access these sustainable packages of financial support, accessing support via our welfare rights service and local advice providers where they encounter difficulties

Useful numbers

Job Centre Plus 0800 055 6688 Textphone: 0800 023 4888

HMRC General Tax Credit Helpline number is 0345 300 3900

If you wish to speak to someone locally about your circumstances, there are several organisations in the city you can telephone, but they are reporting high levels of demand so please bear with them when you call, the lines may be engaged.

Sunderland Welfare Rights Service are also able to advise via email

Local Provider	Contact Details
Sunderland Welfare Rights Service	0191 5205555 Email welfare.rights@sunderland.gov.uk

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Shiney Advice and Resource Project	07477875783
Washington & Coalfields areas	s.copley@shineyadvice.org.uk
Sunderland West Advice Project	07768985074
West area	swap@pallionactiongroup.co.uk
Citizens Advice Sunderland	0300 3301194
North & East areas	Dedicated debt line on 0191 415 8998 enquiries@citizensadvicesunderland.co.uk
FISCUS	0191 4470920 or 07983 355 212 City wide
Christians Against Poverty	0800 3280006 Citywide

Northumbrian Water can offer support with costs for vulnerable groups and low-income households to reduce household bills by up to 50% <https://www.nwl.co.uk/services/extra-support/financial-support/supportplus/> or ring on **0345 733 5566**.

Accessing advice and services on Rough Sleeping and Homelessness Normally advice services would be available by the Housing Options Team at Fawcett Street, either by pre-arranged appointment or by simply turning up. Due to the Emergency Protocol introduced by the Government, Fawcett Street is now closed. The service can still be accessed by phone. The Housing Options Team are available Monday to Friday 8.30 to 5pm, or through our Out of Hours team, 5pm to 7am 7 days a week. The contact number for both is **191 520 5551**

Sunderland YMCA are support young people to self-isolate, for help and guidance contact Leesa on 0191 5676160

Basis Sunderland are providing support to people who are homeless, for help and guidance search for them on Facebook, or ring 0191 567 0033

People suffering from domestic violence

Wearside Women in Need support people across Sunderland through domestic violence with non-judgemental information, advice and guidance.

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Outreach: Referrals are being responded to via telephone and all efforts made to contact survivors/victims and concerned individuals. **Refuge:** We do not have Refuge space but expect to be in a position to accept referrals next week. Referrals are still being attended to and alternative space found where possible. **24 Hour helpline:** Our helpline is open. Our advisors offer confidential, non-judgemental support and information to survivors, anyone experiencing domestic abuse, and their friends and families. Contact the free phone number for advice 0800 066 5555

People who have substance misuse addiction

NERAF are providing telephone support, if you need support ring 0191 514 8520

A way to access cash via a trusted person, no one should be handing over their bank card. If you cannot pay online via card this might be an option. <https://www.bbc.co.uk/news/business-52229698>

Anyone who cannot leave home may be able to ask a trusted friend or volunteer to withdraw cash at any Post Office using a single-use voucher. The Post Office scheme is being extended and offered to all banks, building societies and credit unions. If the bank allows it, someone can ask for a one-time barcode sent via text, email or post for a stipulated amount. A trusted friend or volunteer can exchange the voucher for the cash requested. Previously, only a named individual, such as a carer, could collect cash in this way on someone's behalf. Now any trusted neighbour or volunteer can do so. The idea of the Payout Now scheme is to allow people who are shielded or self-isolating, to maintain access to cash without having to hand over a debit card and Pin to somebody else. They tell their bank exactly how much they want to withdraw from their account, up to a limit set by the bank, and allow a family member, trusted friend or volunteer to collect it on their behalf in exchange for the voucher

FOOD SUPPORT

Free School Meals Info <https://www.gov.uk/government/news/plans-set-out-to-support-pupils-eligible-for-free-school-meals>

Age UK Sunderland. If you know of anyone who is over 55 years who lives in Sunderland and cannot get out for their shopping due to the pandemic can they ring Age UK on 0191 5659045

Local Traders:

Convenience store **McColl's** to launch home delivery

<https://www.chroniclelive.co.uk/whats-on/shopping/convenience-store-mccolls-offer-home-18050173>

Convenience store McColl's has signed a partnership with Deliveroo to offer home delivery during the coronavirus pandemic. Customers will be able to shop for a range of essentials from 120 McColl's stores around the UK, by ordering over the Deliveroo app. Eventually, 300 McColl's stores will offer a delivery service through Deliveroo. Customers will be able to order a range of products,

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including groceries, soft drinks, confectionery, snacks, beer, wine, toiletries, and household goods. Deliveroo aims to deliver the goods to homes within 30 minutes. Delivery fees will apply

Thoburns Washington: Fruit and Veg Boxes. Delivery Service for elderly and those self-isolating. 0191 4154811

Barmston **NISA/Bob Singh** – supporting elderly, vulnerable and those most in need. Delivery of essentials (subject to availability) by local volunteers. 0191 4177197

Iceland @ the Galleries – open for the elderly and vulnerable Wednesday 10am – 12pm and offering home delivery to elderly, vulnerable or self-isolating people only. <https://www.iceland.co.uk/book-delivery>

Check out opening times/changes for supermarkets, banks, pharmacies etc. at the Galleries at www.gallerieswashington.co.uk/.

4th April 2020 – Galleries confirmed now operating on partly closed basis. Galleries provide access to vital services such as supermarkets, pharmacies, banks to meet essential needs. Individual store times vary so check.

Bridgewater Butchers in Washington tel 0191 4167774 email sales@bridgewaterbutchers.co.uk deliver free Mon-Fri and have a 5 for £20 offer. **No click and collect**

Fresh4less – delivery fruit and veg boxes. <https://www.facebook.com/Fresh-4-less-111364473848588/>

Browns Fruit & Veg Washington (UNIT 7, The Galleries) To order a box for delivery. Please send a message to us via the Facebook page with your email address and delivery address. We will email an invoice and then pack your box ready for next day delivery. OUR FRESH FRUIT AND VEG BOX: Includes, Large banana bunch, half a Honeydew Melon, 4 large apples, 3 large oranges, a bag of sweet clementine's, a large punnet of seedless grapes, punnet of strawberries, punnet of raspberries, 2KG of pre packed potatoes, 2KG of anna potatoes, 4 large carrots, 1 large swede, 2 red onions, 2 Large Onions, spring cabbage, spring onion, cucumber, large leeks, courgette, iceberg lettuce, mushrooms, vine of tomatoes and half a dozen extra large eggs. All for £25

Some new boxes on offer

Specialist salad box £15

Stunning fresh fruit box £15

Fresh tasty vegetable box £15

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Standard mixed fruit and veg £25

Delivered locally for a small charge.

Fruit and Vegetables NE <https://www.facebook.com/102381118111301/posts/104723304543749/>

Get your delivery slots booked in for your fruit and vegetables boxes Contact the page or call or text 07972367086 fruit and veg free delivery within 15 miles of Hetton le Hole

Aldi launches food parcel contactless delivery for vulnerable and self-isolating customers see website, <https://www.aldi.co.uk/>

Baxter's Butchers on Birtley High Street on 0191 410 2101 will take your order over the phone and can arrange for it to be delivered. Payment can be made by cash or bank transfer e.g. they have 2kg of chicken for £12 and they have 4 packs of assorted meats for £10

The Woodlands Pub in Rickleton village centre is offering home delivery of Sunday lunches £6 50 per adult plus £1.80 delivery charge in the Washington area (desserts also available) ring to order 0191 3408435

Ox & Plough You can now order online, with 10% OFF! <https://oxandplough.cloudwaitress.com>
Due to the huge success of our Sunday lunch deliveries, we've implemented a new online ordering system. This will help us track your orders and plan the deliveries much easier. To celebrate, we are offering 10% OFF your first online order! Just use the code FIRST10. Get your order in ASAP to guarantee a delivery, as we have limited availability. We have also decided to temporarily discount our prices to help during these challenging times. Please note, you must place your order before coming. We cannot accept orders at the door. Collection is by appointment only. Pay by Cash or Card. Message us on FB (24/7) or call 07890 525085 (9am-7pm)

Royal Mail sorting office at Albany is closed Wed and Sun and only open 7 00-9 00 am other days but is holding onto parcels for 30 calendar days and can redeliver to your address for free and stamps can be bought online

Clay's is halving its delivery rate to £5 for postcodes NE37 and NE38 with deliveries available from 30th April. 0191 4177777. <http://www.claysgardencentreltdwashington.co.uk/>

Elm Tree Nurseries ordering, delivery and contactless collection for all your gardening needs. Deliveries are currently (as of Tuesday 28th April) Monday Wednesday, Thursday Friday and Saturday. Very busy so might have to wait a few days for your order. 07950 618957
<http://elmtreefarmgardennursery.co.uk> or www.facebook.com/ElmTreeFarmGardenNursery/

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CITY WIDE

Herrington Nisa - Home Delivery <https://www.facebook.com/Herrington-Nisa-108966480518715/>

Cooplands – Newbottle Street – home delivery available . Food care packages delivered from £35
Tel 01723 585222

Jaspers Food Delivery To book in your weekly or fortnightly delivery of shopping, please email: customer@jaspersonline.co.uk Various Combo boxes of fresh food with free delivery to your home every week. Due to current conditions we may need to replace some items if they become short or unavailable. Slots are limited.

SNFZ - Can deliver in bulk to your door if you want supplies of toiletries, cleaning products, tins, tea, coffee, toilet rolls and hand wash. Give them a ring on 07983570025 (this service is volunteer dependant so will help if possible)

Ibbitsons Butcher www.ibbitsons.com is delivering within a 5 mile radius of Sunderland. £25 minimum order for free delivery. Call 0191 5674340

Thoburns Fresh Produce are delivering fresh fruit and veg thoburnsfreshproduce@gmail.com or call 0191 5658656 / 07860547209

They also supply eggs, bread and milk (though in 4 pints). They have some packet foods and tins including a limited range of tinned fruit, soft drinks and tomato ketchup.

Chester Road Fruit and Veg Delivery slots for Sunday NEXT week (05/04/20).

DELIVERS to Sunderland, Houghton-le-Spring, Hetton, Washington, South Shields, Seaham, Boldon, Chester le Street, Penschaw, Murton & anything between all serviced 😊

All delivered to your door between 09:00am - 20:30pm. HOW DO I PAY? Orders & payment are online only, we can't do cash on delivery, sorry.

HOW DO I ORDER? Click here, press what item(S) you want, add to cart & checkout: <https://chester-road-fruit-and-veg.myshopify.com/.../set-boxes>

DD's – deliveries straight to your door – Sunderland, Washington, Houghton. Free delivery on orders over £10. Can deliver Fruit and veg, pop, cakes, sweets, biscuits. To place an order just call Keith or Dawn on 07771903866. Payment is cash only at the moment. Call Monday to Sunday 8am – 5pm

Dunelm has relaunched its online ordering service

Superdrug stores are doing a store to door delivery with a charge of £5.40 delivery

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Digital Offer – keep busy in the house

Sunderland Libraries are providing access to a wide variety of e-books, to get access check out www.sunderland.gov.uk/libraries

Media Savvy are providing adult learning classes and live streaming to keep our minds busy and improve our skills and knowledge, search for their website or Facebook page for further information.

Active Families NE are providing fun and active sessions for toddler, children, parents and carers. To join the fun, log onto their Facebook and message them for details.

Life Kitchen are providing online cooking classes to you to enjoy. See their Facebook page for further details.

Sunderland North Community Business Centre are keeping the community informed and providing links to on line activities and resources to keep children and young people active and supported through their SNCBC Youth and Play Facebook page www.facebook.com/SNCBCYOUTHANDPLAY/

Amazon is making an offer of free books and music

<https://blog.aboutamazon.co.uk/in-the-community/amazon-makes-books-video-music-and-more-available-for-free> and Amazon will also donate a minimum of 1% of purchase price if you order certain books via RNLI.org/amazon. Titles include "Nelson's arctic voyage" by Peter Goodwin and if you are missing the sea "An illustrated coastal year" by Celia Lewis

The Co-op has set up Cooperate which gives you access to a virtual community centre with book and fitness clubs see www.cooperate.co.uk and sign up for a variety of home school/cooking and baking help amongst other thing

To keep you moving (and as an alternative to the Green Goddess) try **Sport England Keep Moving** 10 minute exercises to keep you stretching and moving specifically designed for and by older people <https://www.bbc.co.uk/sport/av/52268009>. You can also do taekwondo <https://www.bbc.co.uk/sport/av/taekwondo/52261487> and online yoga and whilst you are stretching you can listen to 70 years of sports commentary to BBC Sounds

Support for children and young people

Sunderland North Community Business Centre are providing support to children and young people via digital mediums - <https://www.facebook.com/SNCBCYOUTHANDPLAY/>

Sunderland Community Action Group are providing support to children and young people via their digital mediums https://www.facebook.com/SCAGSunderland?ref=br_rs

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North Star Counselling provide online and telephone support, and post out support packs to children, contact Nicola on 07717288713 for further information.

Sunderland Mind's staff are busy working from home to provide as much support for the community as possible. If you need to contact the Team they are available Monday - Friday between 10am and 2pm. Any messages left will be answered as soon as we can. phone number is 07984595542

Advice for parents when a child becomes unwell



covid19_advice_for_parents_when_child

Keeping the Mind Active – Get online

Activities to stimulate and motivate the mind are essential throughout these times of uncertainty and periods of self-isolation.

Find My Past – Family and Local History

You may have been intending to look into your family tree for some time but never got around to it. Now is the time to make a start.

The first step is easy – you need a library membership, to get your digital membership go to <https://Sunderland.libraries.gov.uk> and click 'Join your library!' and complete the form, making sure to set a secure PIN.

Discover your family's story using a selection of free resources, **Find My Past** enables you to access thousands of records to investigate your historic past, who doesn't have any skeletons in the cupboard?

You can search through Census, electoral, parish and military records to get you started on the way to bringing your family history to life.

To access Find My Past for free you must be a library member and email enquiry.desk@sunderland.gov.uk to obtain access details.

You can also sign up and download the magazine '**Who Do You Think You are?**' to help you further, just follow the library website for eMagazines, it's all free!

Digital Reading

Reading has been shown to help with anxiety by lowering the heart rate and relieving stress, reading is a therapeutic form of escape and stimulates the brain.

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To access free reading resources, visit <https://Sunderland.libraries.gov.uk> and join your library if you haven't already. Click 'Join your library!' And complete the form, making sure to set a secure PIN.

Use the links to access BorrowBox and RBdigital. You can download both apps to your smartphone, tablet or Kindle Fire from the App Store or Google Play and create your own personal account from the within the apps.

Browse the titles and download within seconds. You can choose from eMagazines from RBdigital and select from over a 1000 eBooks titles and over 750 eAudiobooks from BorrowBox, all for free. Create your own personal library.

If you're exploring your family history, try Who Do You Think You Are, from RBdigital, a magazine full of genealogy hints or tips. Try the BBC Good Food magazine or Good Housekeeping for delicious recipes to make those store cupboard staples go further. Or learn a new hobby with Amateur Photographer, Amateur Gardening or Computer Active.

Indulge yourself with Hello magazine or Women's Own or maintain your general health by downloading Men's Health or Women's Health magazine. You can save a fortune, build your own magazine library and receive an email when new editions are published.

Sandi Toksvig on BBC mentioned this website who offer loads of free online books, they have over 60,000 online books,
<https://www.gutenberg.org/>

Digital innovations tested to support vulnerable people during COVID-19 outbreak

New parents, unpaid carers, the homeless, young people and cancer patients could benefit from digital solutions as part of the TechForce19 challenge. People who may be particularly vulnerable or isolated during the coronavirus (COVID-19) outbreak, including new parents, the homeless, unpaid carers, young people and cancer patients, could soon benefit from a range of innovative digital solutions selected as part of the TechForce19 challenge. NHSX, the Department of Health and Social Care (DHSC) and the Ministry for Housing Communities and Local Government (MHCLG) have announced 18 innovative digital solutions being awarded up to £25,000 under the TechForce19 challenge. www.gov.uk/government/news/digital-innovations-tested-to-support-vulnerable-people-during-covid-19-outbreak

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Online learning for kids

Children can keep their mind active and creative and stave off boredom using online resources such as our subscription Ziptales.visit <https://Sunderland.libraries.gov.uk> and click 'Digital Resources'. Follow the link to the Ziptales website and enter your library card number to enter. For toddlers you can make your own Rhyme Time session using the **Wind the Bobbin** app, all free to download

There are plenty of children's ebooks too, all the favourite authors, including plenty of David Walliams, Jacqueline Wilson & all the Harry Potters!

Your library card number is the long number beginning with an 'L' on your library card or the 6 digit number given when you join online.

Here's what various celebrities are offering you and your kids for free daily to help with their education while schools are closed:

9.00am - PE with Joe Wicks https://youtu.be/6v-a_dpwhro

10.00am - Maths with Carol Vorderman www.themathsfactor.com

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

12.00pm - Lunch (cooking with Jamie Oliver) <https://www.jamieoliver.com/feat.../category/get-kids-cooking/>

1.00pm - Music with Myleene Klass
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell
<https://twitter.com/diversedance.../status/1241098264373592065>

2.00pm - History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>

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/upcoming-schedule>

9.30am Wednesday 25 March - Geography with Steve Backshall
<https://twitter.com/SteveBacksha.../status/1242058846941712385>

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And something for parents - Free access for everyone to join Danny Clarke's Fast Start programme free for 30 days (for network marketing professionals only) www.jointhevip.co.uk/30days

Jigsaws https://www.bbc.co.uk/news/uk-england-south-yorkshire-52173949?intlink_from_url=https://www.bbc.co.uk/news/entertainment_and_arts&link_location=live-reporting-story

An art gallery has transformed its collection into jigsaws for people to piece together online. The Cooper Gallery in Barnsley runs a daily internet puzzle challenge using artworks from its collection

Active Every Day in May

Are you struggling to keep active while you are stuck indoors? Looking for new ways to get creative and have fun? Working with David Wilkinson from David Wilkinson Performance to help you through this difficult time. We are challenging you to get Active Every Day in May

This could be anything from a 5 minute walk with the dog, to a set amount of push ups a day or even 10 minutes on the trampoline! We have a dedicated private group on Facebook where you can send in your videos and photos and get inspiration and advice. All we are asking for is a £5 donation then we will give you all of the support you need to get active!

Exercise is essential to our mental health and if we all stick together we can all achieve our goals and make a difference to Grace House as well. Please note you can sign up as a family, it is the same price as an individual!

<https://ghne.charitycheckout.co.uk/cf/active-every-day-in-may>

Wildfowl and Wetlands Trust has launched a Home Learning Hub. Every Monday morning they will be providing amazing resources, created by experts, based on their award-winning schools programme. All the activities will link to the primary curriculum and enable you to teach your children about science and the natural world. And a teacher has organised live classes. Tom Biggins a Year 6 teacher at St Benet's RCVA Primary in Sunderland has free daily lessons and a disco. To access the live streams or previous lessons visit [youtube.com/mrbiggins](https://www.youtube.com/mrbiggins)

Update on GOV.UK.

[New free online learning platform to boost workplace skills](#)

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Page summary

Online platform 'The Skills Toolkit' will help people to build their skills during the coronavirus outbreak and beyond.

I hope you find this useful. This list is subject to change, as is our country wide situation.

Stay safe. Stay home.

Yours sincerely,

Ms G. Wood

Operations Manager

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