

Activities and Resources

1. Animals/Nature/Gardening (virtual or real)
2. Games/Quizzes/Puzzles/Craft
3. Physical Activities/Mental Wellbeing/Faith
4. History/Art/Places of interest
5. Theatre/Music/Singing
6. Learning/Literature/Books/News

Theme	What is it?	How do I use it?	Where can I find it?
1 Nature	Live Safari broadcast straight from the African Safari to your living room	Online	Wild earth
1 Nature	Go local with Essex Wildlife Trust TV Channel on Facebook. You need a Facebook account to watch. A weekly schedule includes badger and bird webcams, sessions on different species, gardening tips and more.	Online with Facebook	EWT Facebook
1 Nature	See the amazing Northern Lights and lots of other live 'cams' from around the world	Online	Northern Lights
1 Nature	WILD Time is an online series of tools and exercises to stay engaged with nature and outdoors things to do with the family or alone.	Online	Wilderness Foundation
1 Nature	Garden Wildlife Bingo from Colchester and Ipswich Museums. Print the sheet and explore the garden to find as much of the wildlife as you can.	Print sheet from link	Garden Wildlife Bingo
1 Animals	Colchester Zoo bring the zoo to you. From updates on their youngsters, to animal enrichment videos, live chats with keepers and more! You can also follow some of their videos via their YouTube Channel.	Online	Colchester Zoo
1 Animals	Greenland Grove Animal Sanctuary is a peaceful loving home for over 30 horses, ponies and many other species of animals including rescued farm animals and birds based in St Osyth	Online	Greenland Grove

1 Nature	Virtual Tour	Online	Cressing Temple Barns
1 Gardens	For the duration of the show, between May 18 and 23, the RHS website will host a range of free content from experts in the gardening world along with exclusive content for the charity's members.	Online	Chelsea Flower Show
1 Gardens	Virtual tours of National Gardens Scheme members	Online	NGS Virtual Visits
2 Craft	See website for updates and info on what scouts can do to keep occupied during the COVID19	Online	Essex Scouts
2 Craft	"Create to Relate" includes online tutorials and talks for crafty adults including how to make scrubs, older teens, as well as activities for younger children, all posted on the museum's social media sites.	Online	#CreatetoRelate @museumartcraft
2 Craft	Every Friday it is releasing a video from its archive of talks from stars of the art and fashion world.	Online	Sarabande
2 Puzzles	Crosswords and Sudoku with The Guardian	Online	The Guardian
2 Craft	Collection of free, printable coloring pages for adults. Coloring can be incredibly relaxing and as you color these grown-up coloring pages, you can let your mind wander or simply concentrate on your coloring. Other craft activities too	Online Download and Print	Craft
2 Craft	National Activity Providers Association Toolkit – free resources – useful for care homes	Online, Download and Print	NAPA Toolkit
2 Craft	Clothing Clinic Colchester online creative project – recycling and reusing fabric to make flowers – Password – CLOTH1NG	Online video	Clothing Clinic
2 Craft	Arts in Care Homes toolkit	Online and Download	Arts in Care Homes
3 Physical Activities	Gentle seated and standing exercises from the NHS to support strength and balance	Online – Pictures and instructions	NHS exercises

3 Physical Activities	Resource packs of exercises suitable for older people and those who live in care homes.	Packs to Print	 Strength & Balance Booklet Part One  Strength & Balance Booklet Part Two revised
3 Physical Activities	Arthritis Action exercises that can be done seated for those with arthritis and other musculoskeletal conditions.	Online videos and printable sheets	Arthritis Action
3 Physical Activities	NHS 30 minutes chair-based Pilates session which can improve posture, muscle tone, balance and joint mobility, reducing chances of a fall. There are also links to Pilates exercises for other conditions such as back pain, and arthritis.	Online – videos	Pilates
3 Mental Wellbeing	NHS ‘Every Mind Matters’ tips for surviving staying at home during the Coronavirus pandemic, including a helpful short mindfulness video and how to reframe unhelpful thoughts.	Online – videos	Mental wellbeing
3 Mental Wellbeing	Livewell – Mental Health and Wellbeing at Home	Online	Livewell
3 Physical Activities	Active Essex have lots of ideas to keep active whilst at home and now they have launched a livestream YouTube account that features #Essex deliverers throughout the day everyday! They've got you covered!	Online	Active Essex
3 Healthy Lifestyle	Change4Life – healthy eating and activities	Online	Change4Life
3 Physical Activities	Home work outs	Online	Active Essex Home Work Outs
3 Physical Activities	PE with Joe Wicks	Online video	Joe Wicks

3 Physical Activities	Tendring Leisure Centre is providing online fitness classes	Online	Tendring Leisure Centre
3 Faith	Kingsland Church in Colchester has gone virtual and has something for everyone, including live worship, men's breakfast and the Tuesday virtual café drop in from 12-2.	Online – zoom	Kingsland Church
4 Art	Firstsite 'Art is where the home is' Artist Activity Packs	Request printable pack via website	Firstsite
4 History Places of interest	Jane's Virtual Walk is a yearly Colchester walking festival which this year invites virtual walks from members of the public. See this lovely history-based walk in Castle Park and St Botolph's Priory led by Dorian Kelly	Online	Jane's Walk
4 Places of interest	The top 10 virtual tours including The British Museum, Machu Picchu and The Louvre in Paris	Online	museum tours
4 Places of interest	A series of free make-at-home kits in the spirit of its modern British art collection. You'll need a colour printer, and some basic craft materials.	Online	Pallant House
4 Art	A rolling and expanding exhibition concept that exists as a set of instructions. On 4 May a massive new Do It series is kicking off. accessible via the Serpentine Gallery's Instagram account, as well as Google Art and Culture. @serpentineuk	Online	DO IT
4 Art	Has 90,000 members aged between 60 and 100: with their regular lectures and meetings cancelled they're moving online and are opening up to anyone over 70. There is a lecture every fortnight Social media training is available to help members stay connected.	Online	The Arts Society
4 Art	During lockdown the award-winning education platform is making more and more of their short and accessible art history videos available to view free of charge.	Online	London Art Studies
4 History Places of interest	A virtual service is also being developed to allow people to be part of a service via Tendring Council's Facebook on May 8.	Online	Tendring District Council Virtual VE Day Service
4 Places of interest	11 ways to explore from home	Online	Natural History Museum

4 Places of interest	Access to the collections of the National Trust	Online	National Trust
5 Theatre	Colchester's Mercury Theatre moves online with a variety of performances, masterclasses, singalongs and stories. Musical singalong every Wednesday evening at 7pm.	Online	Mercury
5 Music	A creative project led by people with learning disabilities and autistic people, exploring the value of difference.	Online	Heart & Soul
5 Theatre	Enjoy free world class performances from the National Theatre. A live play will be streamed every Thursday evening.	Online	National Theatre
5 Singing	Gareth Malone's choir project brings together anyone who likes singing to have a daily singalong. You will need to register to participate.	Online – email address required	Choir
5 Singing	Free weekly online singing event	Online	Sofa Singers
5 Singing	Singing for better breathing resources	Online	Better Breathing
5 Music	Guide on making music playlists – especially for people living with Dementia	Online	Playlists
5 Music	Toolkit for developing a choir within a care home	Online	Choir in Every Care Home
6 Literature	Anthony Roberts from Colchester Arts Centre reads a poem a day on YouTube. Subtitles available	Online videos	Poem a day
6 Literature	Is a video strand run by Stratford Literary Festival in which illustrators share tips on how to draw some of their best-loved characters (theoretically for kids, but really, who doesn't want Nick Park teaching them how to draw Gromit?!)	Online videos	Stratford Literary Festival
6 Learning	Learn a new language online	Online	Duolingo
6 Learning	WEA – All online courses are free to access until end of July 2020 and will link through Zoom and Canvas	Online	WEA
6 Books	Access online books and audio material. You need to be a member and can join online.	Online	Essex Libraries
6 News	Colchester talking newspaper	Online audio	Talking News
6 Literature	Series of podcasts from Oxford University on a diverse range of subjects	Online audio	OU Podcasts

6 Media	Animation and video game making	Online	<u>Signals Colchester</u>
6 Books	On the same site you'll find downloadable activity packs and short films for children, and for adults, a film club and intellectually buzzy reading group.	Online	<u>Contemporary Arts Dundee</u>