

Resources for Self-Isolation and Social Distancing

Changes to daily life due to COVID-19

Daily life has changed significantly since mid-March with the introduction of social distancing and self-isolation measures to prevent the transmission of COVID-19.

Why we've put this pack together

Our Women's Programme works to raise awareness of how gambling-related harm may affect women in different ways to how it affects men.

We recognise that the changes to daily life affect everyone, and we have put together a pack of free resources, self-care suggestions, and support services to have to hand during this unusual time. All words that appear like [this](#) are weblinks.

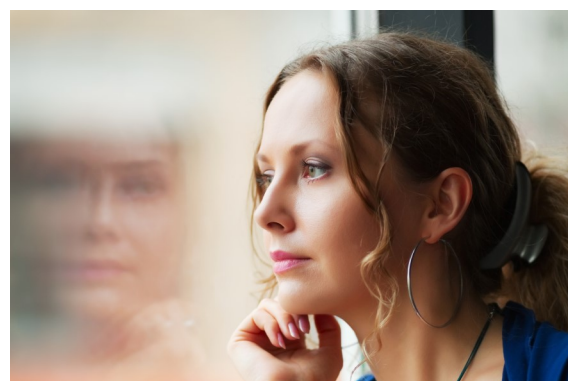
About GamCare

GamCare is the leading national provider of free information, advice and support for anyone affected by problem gambling.

You will find more information about all of our services on the back page of this pack.

*Stay home, stay safe,
and we're here if you need us 😊*

from all of us in the Women's Programme Team



INSIDE THIS ISSUE

Arts and education resources.....	2
What is mindfulness?.....	2
Fitness and exercise ideas....	3
Emergency bread recipe.....	3
Puzzles.....	4
Creative colouring.....	5
Supporting kids through Coronavirus.....	6
Charities and support services.....	7
GamCare services.....	8

FREE ARTS AND EDUCATION RESOURCES

Audible has made hundreds of audio books available for free while schools are closed.

Rosetta Stone is offering kids a free three-month language learning subscription. Choose from 24 different languages.

Sir Linkalot spelling app is free for 12 weeks. Sign up for their newsletter to get a free code.

The **Kitchen Table Art Project** offers free, online art and making classes for adults and kids. Every Wednesday from 7-8.30pm.

Listen to some inspirational talks on a variety of topics with some three-minute, snack-sized [TEDTalks](#).



Carol Vorderman's website for 4-12 year olds, [**The Maths Factor**](#) is free while schools are closed.

Steve Backshall will be talking all things wildlife, biology, conservation, geography and exploration every day on Facebook at 9.30am.

Strictly fans? [Oti Mabuse](#) will be giving free dance lessons every day on Facebook at 11.30am.

Join the World of [David Walliams](#) for
elevenesses - he reads a short story every
day at 11am.

Let's Go Live with Maddie Moate - catch Maddie and Greg chatting about science and nature weekdays at 11am on YouTube.

WHAT IS MINDFULNESS?

Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment, free from distraction or judgement, and aware of our thoughts and feelings without getting caught up in them.

In teaching the mind to be present, we are teaching ourselves to be more mindful.

We might be able to pause and take a breath, allowing us to be less reactive to our thoughts and feelings.

This is particularly helpful when our minds are busy, or we are faced with challenging circumstances or difficult situations.

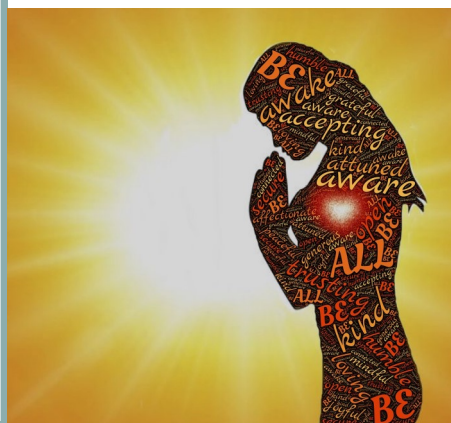
MINDFULNESS RESOURCES

Headspace are offering some free meditations, sleep and movement exercises through their popular website and app.

The Mindfulness Association are offering a free, live meditation on Zoom from 7-8pm every day. Each session includes a 30-minute practice followed by tea and company.

The [**Mindfulness in Schools Project**](#) are offering free, online meditations for adults (kids are welcome with an adult present) from 11-11.30am, Monday to Friday.

Insight Timer is a website and app (Apple and Android) that offers over 30,000 guided meditations, talks and courses.



Mindful magazine is offering free, online meditations on Mondays, Wednesdays and Fridays, from 8-9pm on the **Mindful@Home** Facebook page.

They are also offering free access to a **Find Calm and Nourish Resilience** 30-day online course (normally \$150).

WANT TO WEAR THE KIDS OUT? TRY OUR EXERCISE AND FITNESS IDEAS!

Joe Wicks, The Body Coach

is offering free, live PE lessons on The Body Coach TV YouTube channel, from 9.00 to 9.30am Monday to Friday #PEwithJoe

You can get free access for 30 days to [Own Your Goals](#), an online fitness, nutrition and wellbeing programme from Davina McCall.

Yoga is great for helping reduce stress. [Yoga with Adriene](#) on YouTube provides free, daily yoga classes suitable for kids and adults.



Want to use your one daily exercise to build your fitness? [Couch to 5K](#) is a free, nine-week running programme from the NHS for complete beginners. Build up from a 5-minute walk to a 5k run! The NHS also provides free [Fitness Studio](#) exercise videos and fitness plans.

[Cosmic Kids Yoga](#) provides free yoga, relaxation and mindfulness sessions designed specifically for kids aged 3+ via their YouTube channel.

[POPSUGAR Fitness](#) is currently offering its ad-free subscription service of over 500 workouts for free so you can stay active at home.

For some great, cost-effective and easy recipes, visit the [Cooking on a Bootstrap](#) website!

QUICK AND EASY EMERGENCY BREAD RECIPE (CHILD-FRIENDLY)

INGREDIENTS

500g plain white flour
2 tsp baking powder
1 tsp salt
310ml milk (*if you don't have milk, you can use 300ml water with half a tablespoon of oil or melted butter*)

Recipe and picture from [Fuss Free Flavours](#)

METHOD

- 1.Heat the oven to 210C (190C fan oven) or 375F or Gas 6.
- 2.Place a heavy baking tray in the oven to heat up.
- 3.Mix the flour, baking powder and salt together in a bowl.
- 4.Stir in the milk (or water and oil/butter), and bring the dough together by stirring the ingredients until the milk/water is mixed with the flour and forms a dough (it's easiest to do this with your hands rather than a wooden spoon).
- 5.Turn the dough out onto your work surface and knead briefly until the dough has a uniform consistency
- 6.Shape the dough into a round, flat disc about an inch to an inch and a half (about 3cm) thick and use a spatula or knife to deeply score the top with an X.

It is important to keep the dough flat - don't make a round ball of dough as it won't cook through.

- 7.Bake on the pre-heated baking sheet for about 35 minutes until pale brown. It will sound hollow when tapped on the bottom.

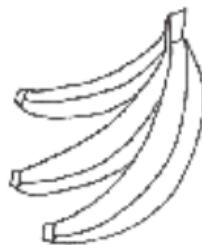


Monkey Puzzle Sheet

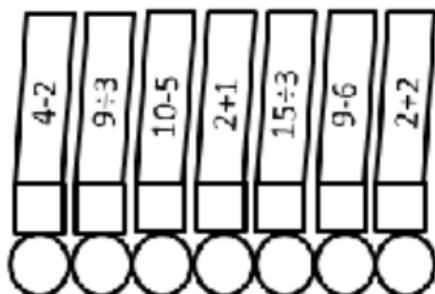
B	B	M	O	N	K	E	Y	C	R	O	E
M	A	R	M	O	S	E	T	H	A	R	B
O	O	C	H	A	L	G	L	I	L	A	A
B	U	S	H	B	A	B	Y	M	L	N	L
N	T	A	M	A	R	I	N	P	O	G	G
O	L	T	A	M	M	A	C	A	T	U	O
O	K	L	G	I	B	B	O	N	L	T	M
B	O	B	A	K	B	U	S	Z	E	A	O
A	P	E	C	H	R	U	M	E	L	N	N
B	G	O	R	I	L	L	A	E	H	B	T

Word Search

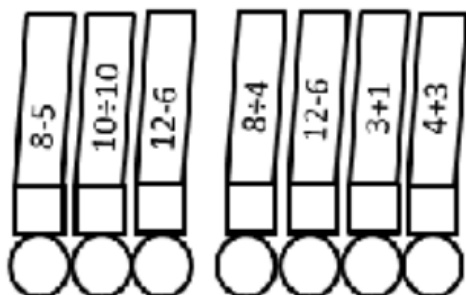
APE
 BABOON
 BUSH BABY
 CHIMPANZEE
 GIBBON
 GORILLA
 LEMUR
 MARMOSET
 MONKEY
 ORANG UTAN
 TAMARIN



Monkey Maths

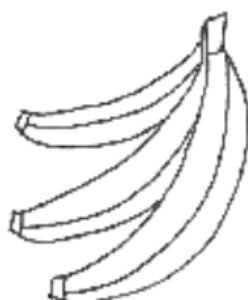


A	S	N	R	B	E	T
3	4	5	1	2	6	7

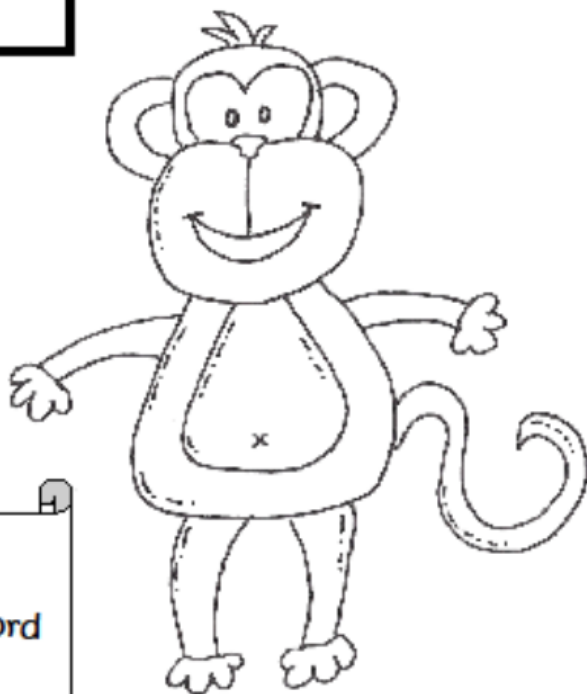


Sudoku

2			3
3	1		2
	3		

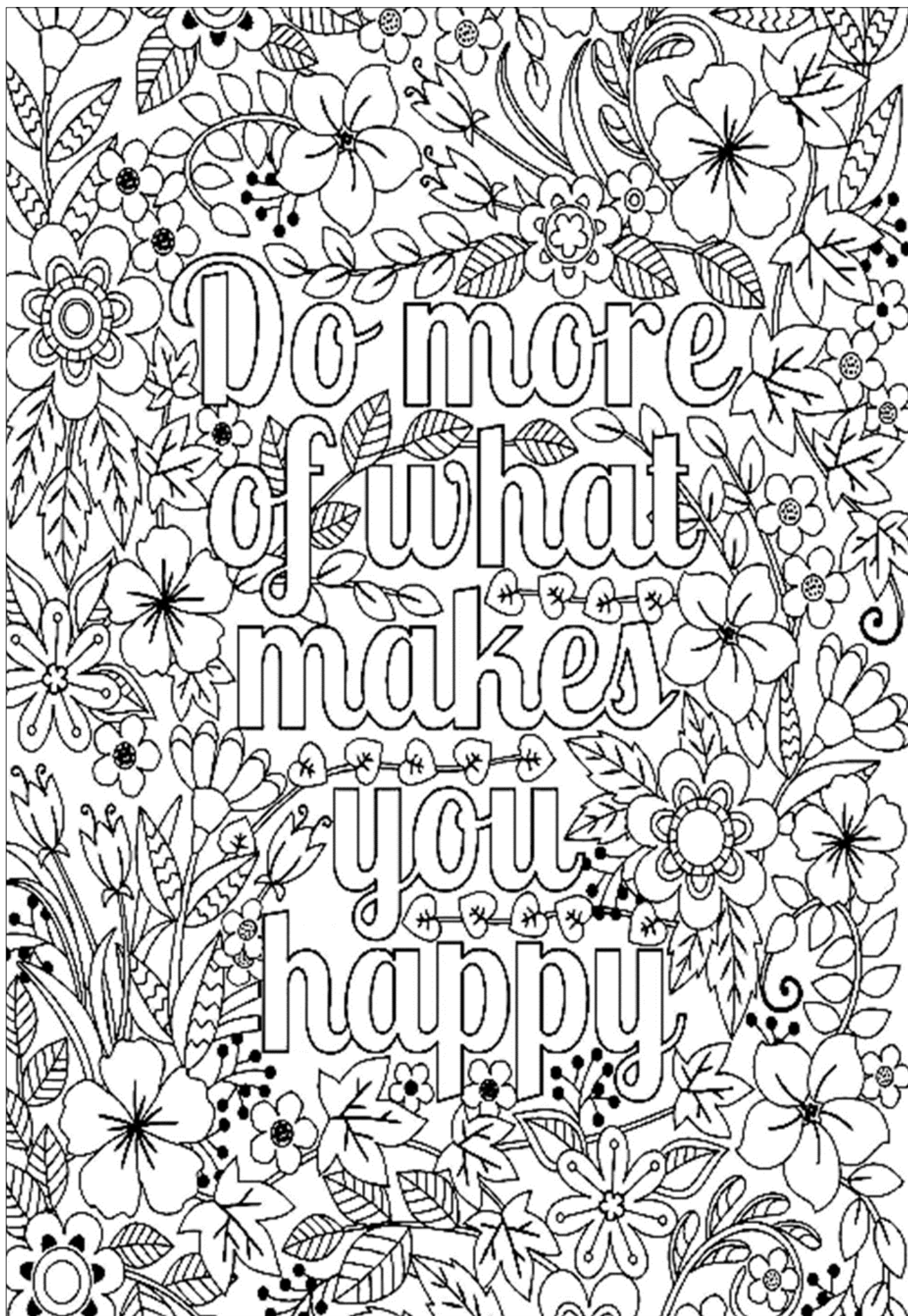


To Colour



How many words?

How many words can you make from the word RHINOCEROS?



COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.

Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.



Coronavirus

The Government has issued guidance on keeping people safe through social distancing and self-isolation.

For more information, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you, or someone in your household, displays a high temperature or a continuous dry cough, visit

[nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/)

SUPPORTING KIDS DURING CORONAVIRUS

Keep routines in place: Consistency and structure can be calming in times of stress - maybe make a schedule?

Be creative about activities and exercise: Include new activities in your daily schedule, and make time for daily exercise. What did you enjoy doing in the days before the internet?

Manage your own anxiety: It's totally normal to be anxious yourself right now. Try to talk about your concerns when the kids aren't around. If it gets too much, give yourself a break - maybe take a shower, or step into another room and take a few breaths?

It's Okay

Text adapted from childmind.org

- * To not know how to homeschool your own child
- * To not know how to work from home
- * To give kids more screen time than usual
- * To make a colorful daily schedule or just wing it
- * To not magically feel motivated to work out at home or take on a new hobby
- * To not feel okay

This is not normal for any of us.
Please be kind to yourself.

Keep contact with friends and family: Encourage kids to connect using the telephone, or Facetime/Skype, even if you would usually limit screen time.

Accept and ask for help: Share responsibilities with other adults in the house, and give kids age-appropriate tasks. Sharing tasks with the whole family means no one person gets overwhelmed.

For teenagers who think they are invincible: Remind them that even if they feel fine, social distancing is vital because if they end up carrying the virus they could risk the lives of others, especially older or vulnerable people close to them, e.g. grandparents.

Validate teenagers' disappointment: Tell them you understand that this is meant to be a time of big experiences for them - exams, sports fixtures, parties, even Prom - and listen so that they can share their feelings. Offer comfort, and rather than saying everything will be OK, remind them that they will bounce back from this.

NEED SOME ADVICE OR INFORMATION?

For the latest government advice on Coronavirus (COVID-19), visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

For health information and advice, call **111** or visit [nhs.uk](https://www.nhs.uk). In an emergency, always call **999**



National Domestic Abuse Helpline is open 24-hours, online and freephone **0808 2000 247**.

Live Life Fear Free is a domestic abuse helpline run by Welsh Women's Aid. Available 24 hours a day for live chat, on **0808 80 10 800** or text **07860077333**.

Women's Aid is a national charity working to end domestic abuse against women and children. A very comprehensive list of **support services** is provided on their website.

Refuge provides specialist services to survivors of domestic abuse, and run the National Domestic Abuse Helpline (above).

Men's Advice Line for male domestic abuse survivors. Webchat or freephone **0808 801 0327**. Mon/Wed 9am-8pm; Tues/Thurs/Fri 9am-5pm.

National LGBT+ Domestic Abuse Helpline for people who have experienced hate crime, domestic abuse and sexual violence. Call **0800 999 5428**. Mon/Tues/Fri 10am-5pm; Wed/Thurs 10am-8pm.

The Trussell Trust A nationwide network of foodbanks providing emergency food and support.

StepChange helps you deal with your debts and get the support you need. Call **0800 138 1111** or chat online. Open Mon to Fri 9am to 5pm, Sat 8am to 4pm.

Relate is the UK's largest provider of relationship support to people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Find your nearest office via the website.

Samaritans Whatever you're going through, a Samaritan will face it with you. Free listening service on **116 123**. 24 hours a day, 365 days a year. You can e-mail jo@samaritans.org or write to Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

Victim Support supports people affected by crime. Services are confidential and free. In England and Wales, call **0808 1689 111**. 24 hours a day, 365 days a year. In Scotland, call **0800 160 1985**. Mon-Fri 8am-8pm.

Mind Infoline can provide information about mental health problems, where to get help near you, treatment options, and advocacy services. Call **0300 123 3393**, email info@mind.org.uk, or text **86463**. Open Mon-Fri, 9am-6pm.

Breathing Space is a confidential helpline in Scotland for anyone over the age of 16, feeling low, anxious or depressed. Call **0800 83 85 87**. Mon-Thurs 6pm-2am; then continuously from Fri 6pm-6am Mon.

Elefriends is a supportive, online community (run and moderated by **Mind**) where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Open 10am to midnight.

Shout is a crisis text service available for times when you feel you need immediate support. Text **SHOUT** to **85258** and you will be put in touch with a trained volunteer who will chat to you via text.

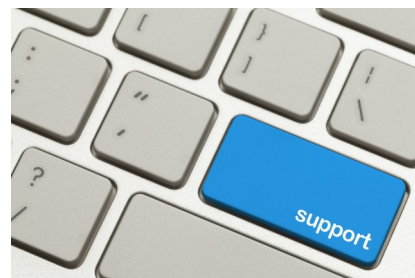
GAMCARE FREE TREATMENT SERVICES

GamCare provides a range of treatment options for anyone affected by problem gambling who is over the age of 16 in England, Scotland or Wales. This includes anyone concerned about their own gambling, as well as family members and friends who are affected by a loved one's gambling behaviour (even if the gambler does not wish to seek support yet). **All our treatment is free, flexible and confidential.**

During the Coronavirus pandemic, GamCare can offer:

- One-to-one online and telephone therapeutic support and treatment
- Group-based Gambling Recovery Courses delivered online for 6-8 weeks
- Guided online treatment accessed at your convenience, over a period of 8 weeks, with telephone support from a GamCare practitioner

To find your local treatment provider and make a free self-referral, please use our [interactive map](#).



www.gamcare.org.uk

NATIONAL GAMBLING HELPLINE FREEPHONE 0808 8020 133



The National Gambling Helpline provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales.

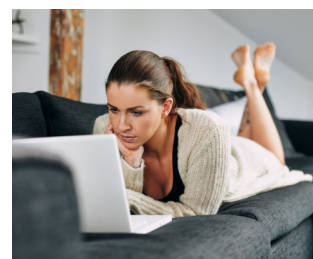
You can speak with our advisers over the phone or via Live Chat every day of the year, 24 hours a day.

They will listen to what's going on for you, and can talk you through all of the options available to you for support online or over the telephone.

FORUM AND CHAT ROOMS

The **GamCare Forum** is a 24/7 online message board, providing a safe and secure space for you (gamblers or their partners, friends and family) to share experiences, thoughts and feelings about problem gambling.

We run a **Chatroom** every day at 1-2pm and 8-9pm. We also run a dedicated chatroom for family and friends who are affected by a loved one's gambling on Wednesdays from 7-8pm.



NOT SURE YET IF YOU NEED OUR SUPPORT?

Why not try our **Self-Assessment** to pick up any early signs of risky gambling behaviour. It's free, anonymous, and it only takes a few minutes. You'll get detailed feedback based on your answers and suggestions for other support that is available.

We also have a whole range of free **Self-Help Resources** for anyone who has recognised that gambling may be an issue for them.