

 

 Registered charity no. 1055931-13

 **Keeping People Connected April 9th 2020**

**Social media links for Creative Minds and the Mental health Museum at Fieldhead Hospital**

[Creative Minds Twitter](https://twitter.com/creat1ve_m1nds?lang=en-gb)

[Creative Minds on Facebook](https://www.facebook.com/Creat1ve.M1nds/)

[The Mental Health Museum on Twitter](https://twitter.com/mhmwakefield?lang=en)

[Mental Health Museum on Facebook](https://www.facebook.com/Mental-Health-Museum-1411952179024477/)

**COVID 19/Coronavirus update from Creative Minds**

At Creative Minds we know that this is a difficult time and isolating and social distancing is a challenge to many. Sadly the restrictions with the COVID 19 outbreak have inevitably meant that our projects and partners have had to suspend group activities and restrict access to premises. They are finding ways that people can remain connected, supported, and are attempting to do things in innovative ways like podcasts, live streaming, online groups etc. In these pages you can find the latest information on their activity. We want to continue trying to support our partners through this difficult time. At Creative Minds we have researched some of the best ways to stay active and creative in the home and the garden, see some links below. The Coronavirus outbreak has changed all our lives. There are many challenges we now face that affect us all. Working with our partners we are creating a host of online resources, links, ideas and ways for you to connect with each other and the world.

Take good care of yourselves.

From all the team at Creative Minds

**Free audiobooks**
[Librivox free audio library](https://librivox.org/?fbclid=IwAR2UFNWp_VHLKplXtE7KkGLjeMBEsNhb1PdGd5zhksvr8FQ7pQj2GXsnnig)

**Over 1500 free online courses, audiobooks and movies:**
[Open culture free online moves, audiobooks and courses](http://www.openculture.com/?fbclid=IwAR3ZnWgkct2WBPBzpI3bG2_jzgy-j3iq6Vhp_lWL9yEQGtUiGCe8mTMnodI)

**\*TV and Movies\*:**

Netflix party - interactive way to watch netflix with friends from your own houses:
[Netflix party](https://www.netflixparty.com/?fbclid=IwAR2_9pygIFZtt0afKqzrhB9C28Jmi-_j6XjraHchzythUAknNU6OauO9uJo)

**PLEASE SEE MORE RESOURCES AT THE REAR OF THE NEWSLETTER**

Online Resources

**\*Arts and culture\*:**

Free colouring books [Open culture](http://www.openculture.com/?fbclid=IwAR3ZnWgkct2WBPBzpI3bG2_jzgy-j3iq6Vhp_lWL9yEQGtUiGCe8mTMnodI)

Live Stream Directory: Another calendar of lots of free live streams including the Met Opera: [social distancing festival](https://www.socialdistancingfestival.com/live-streams?fbclid=IwAR0L9gARQiZuQgz1lirYhfwBu-f2aJsV-CP7OvSatKQBdYm5CggWr5pdCIs)

[virtual museums tour](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

64 million artists: A 2 week creative challenge to help you at home: [64 million artists](https://64millionartists.com/?fbclid=IwAR36OPVdDCfgoztUVjuAA4HlIb8G5burwWpCQqAVeQcMc2tcUnLSPxxGo08)

Online plays and theatre; [drama online](https://www.dramaonlinelibrary.com/?fbclid=IwAR2jHI4Bk8Yq69NtIzCLffLAR-AitpkUxJ4Jd998hWU6hyPdwYuolgImGB0)

**Activities for Children**

[The National Trust - Things you can do in your own back garden](https://www.nationaltrust.org.uk/lists/50-things-activities-to-do-in-your-back-garden)

[Kid’s Gardening – Garden activities to promote learning with the whole family](https://kidsgardening.org/garden-activities/)

[National Geographic for Kids](https://www.natgeokids.com/uk/)



Wakefield Partners Offer

Wakefield YOT: [Thinkuknow - home activities and more](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55082501)

CoActive: CoActive Arts provides a safe and creative space for people with learning difficulties will be offering contact via phone and DVD session on how to paint pots and planters please get in touch with them via webpage [Coactive](https://www.coactive.org.uk/)

Inspire Art Group: will be offering contact via phone/text and through facebook live session Tuesdays [Inspire on Facebook](https://www.facebook.com/groups/493429474133813/)

Other Wakefield offers:

online choir

[Wakefield online choir](https://en-gb.facebook.com/pg/Cloud9Choir/posts/)

Red Shed Poetry Challenge

[Red shed Facebook group](https://www.facebook.com/groups/234430683313738/)

Think Cre8tive Group: mum and baby singing sessions; online Sing It Out! Virtual choir for mental health

[YouTube virtual choir](https://www.youtube.com/channel/UCmFcunHcxr95F8B3yrZ7S2w)

[Covid 19 tips and support around staying safe and supporting your mental health](https://www.southwestyorkshire.nhs.uk/coronavirus/coronavirus-and-our-mental-health-and-wellbeing/)

Covid19 mutual aid local groups Wakefield

The groups our on Facebook and WhatsApp platforms via the links provided

Wakefield [Wakefield Coronovirus Support Group](https://www.facebook.com/groups/503549513859451/permalink/503561630524906/)

Wakefield [Wakefield COVID-19 Mutual Aid Grop](https://www.facebook.com/groups/247470429617168/)

Wakefield, St Johns  [St Johns Covid19 Support Group](https://www.facebook.com/stjohnsc19group/)

Wrenthorpe, Wakefield [Orchard support](https://chat.whatsapp.com/FyyzmPU1JG6D5hlsV41J8h)

Stanley, Wakefield, WF3 [Stanley COVID-19 Mutual Aid WF3](https://www.facebook.com/groups/2233505363623718/?hc_ref=ARQaj2BR1uMRQcHUevVfFIvrfV2uC-oK7WMurv_B3ugnTosFEQDRHdWmUXPnQgnOCaQ&fref=gs&dti=2233505363623718&hc_location=group)

Horbury, Wakefield  [Horbury](https://www.facebook.com/groups/222654148856091/?hc_location=ufi)

Ossett [Helping Each Other - Ossett, Horbury & Surrounding Area](https://m.facebook.com/groups/helpingeachother1/)

New Lane, East Ardsley [New Lane COVID-19 Mutual Aid WF3](https://www.facebook.com/groups/1081419492216674/)

Crofton Wakefield [Crofton Covid-19 Mutual Aid](https://www.facebook.com/groups/223710272016208/?ref=share)

Middlestown  [Covid-19 Mutual Aid - Middlestown](https://www.facebook.com/groups/219869902751987)



Ash Mahmood Development Worker for Wakefield

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Barnsley Partner Offer

 Creative Recovery: Live arts café continue to provide online support and live streaming of the arts via Facebook CR they are also in contact with vulnerable individuals. They are networking with other partners to share ideas and materials [Creative Recovery website](https://www.creativerecovery.co.uk/)

wearecreativerecovery@gmail.com

 Action for Autism and Asperger’s: Continues to deliver support and session virtually including good health hygiene, cooking arts and maintains a communication between the members through social media outlets.

[Twitter link](https://twitter.com/afaab5)

Butterflies Dementia support: Butterflies delivers support to isolated and vulnerable this has adapted to include limited shopping delivery medication collections and some digital links to activity

[Butterflies key information](https://fsd.barnsley.gov.uk/kb5/barnsley/fisd/service.page?id=Cl-nTuTe2p4)

[Butterflies on Facebook](https://www.facebook.com/ButterfliesBarnsley/)

Reds in the community: Safety nets currently paused Barnsley FC is heavily involved in the community in other forms currently and is committed to resume safety nets as and when it is appropriate to do so.

[Barnsley FC community website](https://barnsleyfccommunity.co.uk/)

[Reds in the community facebook page](https://www.facebook.com/RedsintheCommunity/)

[Reds in the community youtube channel](https://www.youtube.com/channel/UCiwdZucbrQ9KpqfLAzYcYBw)

Hoyland Community Choir: The group has delivered sessions via you tube and made online videos to sing along with. The group is mainly elderly so has no plans to meet they are providing support to each other by phone. [Hoyland choir on facebook](https://en-gb.facebook.com/HoylandCommunityChoir/)

[Hoyland choir on twitter](https://twitter.com/hoylandchoir?lang=en)

Qdos Creates: Qdos maintain contact with participants to offer a widening range of online support including art packs music and exercise videos.

 [Qdos website](http://www.qdoscreates.com/)

 info@qdoscreates.com

Cross the sky @Barnsley Civic: Project currently paused in terms of group meets and theatre performances. The group continue to access social media for support and encourage creative writing\poems performed digitally shared

[Cross the sky on twitter](https://twitter.com/crosstheskyco?lang=en)

[cross the sky on facebook](https://en-gb.facebook.com/pg/CTScontact/about/)

**Community Netball @Recovery College:** Community netball currently paused organisers in contact with members encouraging appropriate exercise from home and signposting to digital media you tube Instagram etc.

Dave Watson Development Coordinator for Barnsley

Dave.Watson@swyt.nhs.uk **Mobile 07342 059214**

**Barnsley Covid 19/Coronavirus support**

[Barnsley covid 19 emergency response service](https://www.barnsley.gov.uk/services/health-and-wellbeing/covid-19-coronavirus-advice-and-guidance/covid-19-coronavirus-emergency-contact-centre/)

[Barnsley adult social care response](https://www.barnsley.gov.uk/services/health-and-wellbeing/covid-19-coronavirus-advice-and-guidance/adult-social-care-covid-19-coronavirus-update/)

Kirklees Partners Offer

**Words in Mind** The volunteers from the [Words in Mind](https://tslkirklees.org.uk/opening-doors/words-in-mind/) are keeping their bibliotherapy groups going virtually via [podcast](https://anchor.fm/wordsinmindkirklees) and [Words in Mind Facebook](https://www.facebook.com/BibliotherapyKirklees/)

**Kirklees libraries** have a fantastic set of resources to access whilst the libraries are closed

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| --- |
| [Facebook@kirkleeslibraries](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDEuMTk2MDA1MDEiLCJ1cmwiOiJodHRwczovL3d3dy5mYWNlYm9vay5jb20va2lya2xlZXNsaWJyYXJpZXMifQ.TJrz3s6-n8_Fns-R989A8Xli1Zl0FIzJr0Yss67CjnI/br/76889273358-l)[Twitter@KirkleesLibrary](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDEuMTk2MDA1MDEiLCJ1cmwiOiJodHRwczovL3R3aXR0ZXIuY29tL0tpcmtsZWVzTGlicmFyeSJ9.eqrhddge15EKng9nPOgXifKW5e1QBPvW9Kyh9rRR9n8/br/76889273358-l)[Instagram.com/kirkleeslibraries](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDEuMTk2MDA1MDEiLCJ1cmwiOiJodHRwczovL3d3dy5pbnN0YWdyYW0uY29tL2tpcmtsZWVzbGlicmFyaWVzLyJ9.Vdkr4ui1oh0grZPGcliQEFkhE8opwmtXSZeV6IdvPlw/br/76889273358-l)[Pinterest.co.uk/kirkleeslibraries](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDEuMTk2MDA1MDEiLCJ1cmwiOiJodHRwczovL3d3dy5waW50ZXJlc3QuY28udWsva2lya2xlZXNsaWJyYXJpZXMvIn0.LZmXiLK7neCRp3R8ejLzNXahJ8NDobvsFNk6PLH8GFo/br/76889273358-l)A fantastic listing of online resources such as storytimes, author talks, **creative** writing and drawing workshops, along with much more can be found on our Wordpress blog at: [Kirklees libraries website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDEuMTk2MDA1MDEiLCJ1cmwiOiJodHRwOi8vd3d3LmtpcmtsZWVzbGlicmFyaWVzLmNvLnVrLyJ9.kj28WlIKKzXTHbKdCVETog1XyEJFVRfSDq0g8CR3bSQ/br/76889273358-l) |

**HOOT Creative Arts** invite you to contribute sounds to a backing track

['Play your part' with 'HOOT at home'](https://www.hootcreativearts.co.uk/whats-on/play-your-part-collective-music-making-hoot-home)

**S2R** are sharing activities, small actions or tasks f to try at home, in the garden or out and about, where possible! ['50 days of nature challenge' with s2r](https://www.s2r.org.uk/take-part) Share your experiences with us on [Facebook](http://www.facebook.com/s2rcreatespace) and [Instagram](https://www.instagram.com/s2rcreatespace/).

**Growing works** specialize in working with families with children who have additional needs and they are sharing ways to relax at home, in the garden, and on the allotment!

[Growing Works on facebook](https://www.facebook.com/growingworks/)

[Growing works Instagram](https://www.instagram.com/p/B-wH9jen_fh/?igshid=12cx84vysyor)

**Yorkshire** Sculpture **Park** are encouraging people to share their pictures of the park on Instagram:

[Yorkshire Sculpture Park](https://www.instagram.com/yspsculpture/)

**Shabang** is sharing Makaton signing videos and fun songs for families of children with disabilities.

[Shabang](https://www.facebook.com/ShabangHuddersfield/)

**Natures Footprints** is delivering craft kits to local families in need: [Nature's Footprints](http://www.naturesfootprints.co.uk/)

**Huddersfield Literature Festival** is live-streaming some of its talks and workshops:

[Huddersfield Literature Festival](http://www.facebook.com/HuddersfieldLiteratureFestival/)

**Dewsbury Memories** is sharing information, news and reminiscence material in its facebook group focusing on Rugby [Dewsbury memories on Facebook](https://www.facebook.com/DewsburyMemory/)

**Musica**  [Musica Kirklees – Online Music Tutorials on Youtube](https://www.youtube.com/channel/UClgpnefaWoTIuz1Ve-3JKsw)

 

Kirklees Covid 19 support and advice

Details will be provided in a separate document

Alex Feather – Development co-ordinator for Kirklees & Calderdale

 alex.feather1@swyt.nhs.uk

 Mobile: 07827232698

Calderdale Partner Offer

**Calderdale libraries** [lots of activities and learning with Calderdale libraries](https://www.calderdale.gov.uk/v2/residents/leisure-and-culture/libraries)

**The Artworks** [The Artworks online](https://www.theartworks.org.uk/online) sharing details on upcoming free online courses, distance get togethers and support for the art & wellbeing community, 3 new ways to engage “5 min portrait”, “5 ways to wellbeing” “renew- recycle- reimagine”

**Healthy minds** are offering phone and online support plus updates on facebook [Healthy Minds](http://www.healthymindscalderdale.co.uk/coronavirus.html)

**Awakening arts** runs the ‘Be here now’ social group in Hebden Bridge for people with Dementia is offering telephone support to their members. [Awakening arts](https://www.awakeningarts.co.uk/)

**The Basement recovery** project is offering phone support to its clients who are recovering from drug and alcohol issues [Calderdale in Recovery](https://www.facebook.com/groups/CalderdaleinRecovery/)

**Luv2meetu** [Luv2meetu](https://www.hft.org.uk/our-services/empowering-individuals/friendship-and-dating/luv2meetu/) offering people with learning disabilities lots of creative ways to cope with social isolation: please contact Liz Davies for local details: Tel: 07825 781695 or via liz.davies@hft.org.uk

**Happy Days UK** [Happy Days UK Facebook group](https://www.facebook.com/happydaysministries/) providing essentials for the homeless and amenities which will keep people safe, connected and occupied in lockdown.

**Imaginner** [Imaginneer Facebook group](https://www.facebook.com/ImagineerCiC/) ‘Beat it’ music sessions online for people with disabilities

**Verd De Gris** [Verd de Gris Facebook](https://www.facebook.com/verddegris/?ref=hl) posting positive images of the people they have worked with in the past 20 years

**Square Chapel Arts & The Grief series** [Journey with absent friend’s](https://www.griefseries.co.uk/projects/journey-with-absent-friends) project postponed but we are working on a solution and will keep you posted.

**Open Minds** [Open Minds - Calderdale](http://www.openmindscalderdale.org.uk/) Calderdale’s emotional health and wellbeing website where children, young people, parents, carers, family members, school staff and colleagues can find tips, support, advice and information about looking after yourself in these uncertain times.

Local Covid 19 support in Calderdale

[Advice for businesses in Calderdale](https://www.visitcalderdale.com/blog/free-online-information-to-help-your-business-cope-with-coronavirus)

[Calderdale council pages on national and local advice and support](https://www.calderdale.gov.uk/v2/coronavirus/advice-and-updates)

[Calderdale disability partnership lists of support and advice](https://disabilitypartnershipcalderdale.org/coronavirus-new-index/coronavirus-local/)

[Sowerby Bridge covid 19 volunteers facebook](https://www.facebook.com/groups/1353733758351105/) page

[Hebden Bridge covid 19 volunteers facebook](https://www.facebook.com/groups/757359931336975/) page

[Calderdale covid 19 volunteers facebook page](https://www.facebook.com/groups/635218107261429/)

**Recovery Colleges**

Our colleagues in the Recovery Colleges have been hard at work devising new ways that learners can stay connected and contribute ideas for keeping busy and creative in the lockdown.

**Kirklees & Calderdale Recovery college** are producing a joint weekly newsletter (see website below). To receive a copy or submit material please email: recovery.kirklees@swyt.nhs.uk.

[Kirklees recovery college on facebook](https://www.facebook.com/DiscoverRecoveryCollegeKirklees/)

[Calderdale Recovery college on facebook](https://www.facebook.com/Calderdale.RC/)

[Recovery college website](https://www.southwestyorkshire.nhs.uk/recovery-college/home/) *(go to resource page for each college for up to date content)*

**Wakefield & 5 towns Recovery college** are producing newsletters, daily social media content, resources and films and they are producing online content. Though staff are home working their phone line is still available 01924 316946

[Wakefield recovery college Facebook page](https://en-gb.facebook.com/wakefieldrecoverycollege/)

More online resources

#  Activities for everyone

[USA Today – 100 things to do whilst stuck inside](https://eu.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/)

[Things you can do in your garden to help wildlife](https://www.kentwildlifetrust.org.uk/actions)

[NASA’s Complete Media Library](https://images.nasa.gov/)

[Free Virtual Reality Augmentation App](https://edu.google.com/products/vr-ar/expeditions/?modal_active=none)

[Podcasts](https://tunein.com/podcasts/)

[The Geopolitics Podcast](https://podcasts.apple.com/gb/podcast/the-geopolitics-podcast/id1192847456)

[List of Online Fitness Classes](https://docs.google.com/spreadsheets/d/1dJMDPrikh90T2zkeXAlV86sPWumnIKVh1LiLPOhiB_o/edit#gid=0)

[Spark Creativity – new ways of being creative at home](https://www.sparkcreativity.net/?fbclid=IwAR0Jag6qaeYybJTeeDmbGkBhrx0rvoByEnYpgR7Vv5DsPUQBm2-GhUW-Saw)

[Zooniverse – Take part in Research Projects](https://www.zooniverse.org/projects?fbclid=IwAR3D-j0btRdYHbWUkyW-JtQ4HzHRt1F2KqN1YFkjebmM2VzZKiXfYD1Qxw8)

**More virtual tours**

[Virtual Lights over Lapland Tour – Aurora Vacation](https://www.youtube.com/watch?v=3CFpeEpMGUA&feature=youtu.be)

[Caerphilly.gov – Explore and learn about a Roman Fort](https://www.caerphilly.gov.uk/romanfort/en/learning_zone/teachers.html)

[Access to 500 Museums & Galleries](https://artsandculture.google.com/partner?hl=en)

[Mums Do Travel – Explore London’s Top Museums](https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/)

[Mums Do Travel – Explore London’s Top Galleries](https://mumsdotravel.com/2020/03/how-to-explore-londons-top-art-galleries-from-home/)

[Future Learn – Rome: A Virtual Tour of the Ancient City](https://www.futurelearn.com/courses/rome/8/register?return=b5vf4pil)

[30 Virtual Field Trips for Kids](https://theeducatorsspinonit.com/virtual-field-trips-for-kids/)

[Edinburgh Zoo – Live Webcams](https://www.edinburghzoo.org.uk/webcams/panda-cam/#pandacam)

[Chester Zoo – Virtual Tours via Facebook Page](https://www.facebook.com/chesterzoo1/)

[Georgia Aquarium – Live Webcams](https://www.georgiaaquarium.org/webcam/ocean-voyager/)

**More arts & culture**

[The Walters Art Museum](https://thewalters.org/experience/exhibitions/)

[Rob Biddulph – Artist posting draw along videos on twitter](https://twitter.com/RobBiddulph)

[British Museum – Free Videos](https://www.youtube.com/user/britishmuseum)

[BBC Radio 4 – A History of the World](https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads)

[BBC – 50 things that made the Modern Economy](https://www.bbc.co.uk/programmes/p04b1g3c/episodes/downloads)

[Teaching History with 100 Objects](http://www.teachinghistory100.org/)

**Music**

[Rotterdam Philharmonic Orchestra – Play along](https://www.rotterdamsphilharmonisch.nl/en/pQlJNt2/rpho-online?utm_medium=social&utm_source=youtube&utm_campaign=20mrt-rphoonline)

[Metropolitan Opera – Nightly Streams](https://www.metopera.org/)

[Digital Concert Hall – Free Concert Streams](https://www.digitalconcerthall.com/en/live)

[Billboard – Virtual Livestreams and Concerts](https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams)

[Jam Base – Virtual Concerts](https://www.jambase.com/collection/couch-tour-alert)

[Vultures – Celebrities Performing](https://www.vulture.com/2020/03/coronavirus-lizzo-celebrities-play-music-under-quarantine.html)

[Facebook – Virtual Choir](https://www.facebook.com/groups/560884704783731/?ref=share)

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