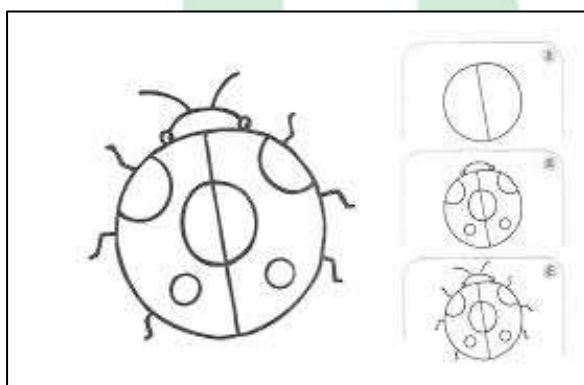
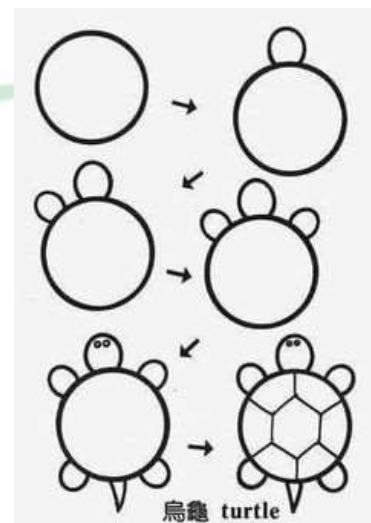
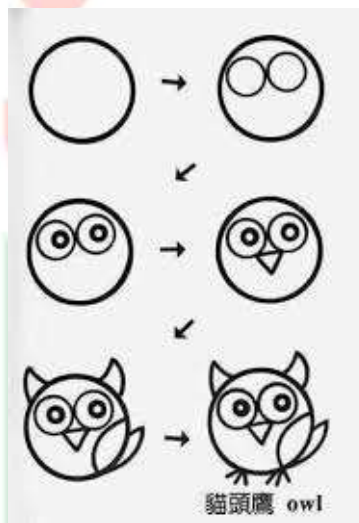
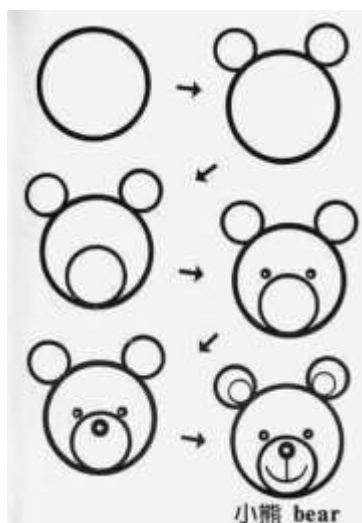
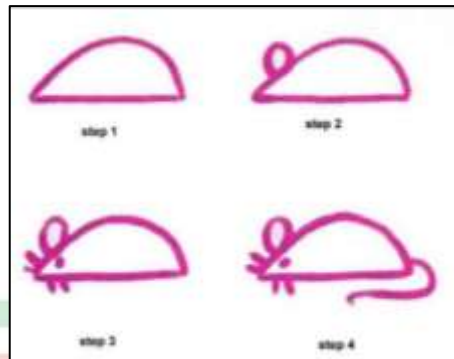
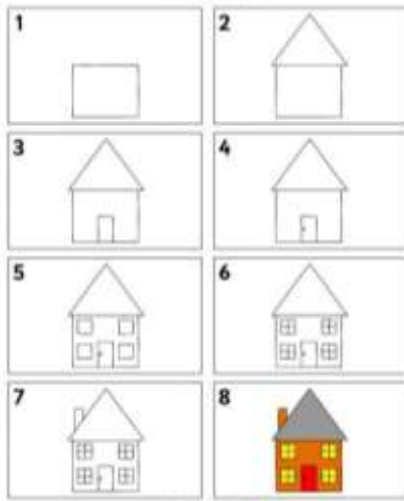


Ideas for Zoom meetings

- Art group – looking at art, art blogs and trying different techniques
Art UK home to every public collection in the UK www.artuk.org/
Royal Academy blogs www.royalacademy.org.uk/
Royal Academy collection www.royalacademy.org.uk/art-artists/search/search-the-collection
Artists network www.artistsnetwork.com/art-inspiration/art-projects-for-adults/
Art and design lessons (free) www.artfactory.com/
Art demonstration You tube
- Book group – listen to authors talk about their work
BBC radio 4 Book Club www.bbc.co.uk/programmes/b006s5sf
BBC World Book Club www.bbc.co.uk/programmes/p003jhsk
Penguin podcasts www.penguin.co.uk/podcasts.html
Guardian podcasts www.theguardian.com/books/series/books
Author interviews on publisher's website
- Cookery group – watch a recipe being made. Try it out and get together to share the results and do a taste test
The Delia online cookery school has free videos www.deliaonline.com/cookery-school
Tasty recipes with videos tasty.co/
- Courses – free on line
Future Learn - hundreds of online courses from top universities and specialist organisations - www.futurelearn.com/
Open Learn 1000 free courses across 8 different subject areas www.open.edu/openlearn/free-courses
- Craft group – to learn new crafts and re-visit old ones
Contemporary craft information and inspiration www.craftscouncil.org.uk/
Sites with ideas such as www.pillarboxblue.com/ listotic.com/25-genius-craft-ideas/
YouTube - Craft ideas for adults
- Flower arranging – floral arrangements to watch on line and then try
Look up 'floral design' on You tube eg Amy Nicol Floral, Flower Joos
Free on-line tutorials flowerschoolireland.com/free-online-flower-courses.php
- Gardening club -
National Garden Scheme garden visits on line – ngs.org.uk/virtual-garden-visits
Vegetable growing Huw's Nursery - www.youtube.com/c/HuwsNursery/videos
Videos that cover growing herbs, vegetables, fruit and keeping bees as well as making natural beauty products using plants from the garden - lovelygreens.com/category/videos
- 'Getting to know you' activities
Two truths and a lie
Take it in turns to tell two true things about yourself and one lie and the others can ask you 10 questions about it before deciding which is the lie

Unseen drawing game

The person with the picture must give instructions so that the others can draw it, eg, 'draw a circle, draw two more circles inside the circle about half way up', but must not say what it is
The person with the picture cannot watch the other people draw it



- Keep fit at home – remember to check everyone is OK to take part and look at safety for everyone in their homes
Use videos to try various types of exercise

www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/
www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners
www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video
You tube - Alexis Perkins instructs chair exercises

- **Knit and natter**
Knit or crochet for local or national charities www.ukhandknitting.com/knitting-for-charity/charity-list
Sewing and knitting for charity www.saga.co.uk/magazine/home-garden/craft-hobbies/crafting/sewing-and-knitting-for-charity
- **Language conversation / learn a new language**
You tube Easy languages www.youtube.com/channel/UCqCbu0YyEJH4vfKR--97cng
- **Poetry group**
For all things to do with poetry, including setting up a poetry group nationalpoetryday.co.uk/
Poem of the day and audio poems www.poetryfoundation.org/
Radio poetry request programme – BBC radio 4 Poetry Please
- **Talks on line**
TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less) www.ted.com/talks
BBC sounds , podcasts, and BBC radio programmes www.bbc.co.uk/sounds
- **Visits**
Look for live webcams and go to cities, beaches, aquariums etc
www.webcamtaxi.com magicseaweed.com/ www.dublinzoo.ie/animals/animal-webcams/elephants

Virtual tours of buildings, museums, places, adventures in places such as a theatre, volcano etc
www.parliament.uk/visiting/virtualtour/ www.postalmuseum.org/
www.moneysavingexpert.com/deals/deals-hunter/2020/03/free-virtual-globe-trotting
www.royal.uk/virtual-tours-buckingham-palace

Adventure videos
www.lonelyplanet.com/ video.nationalgeographic.com/video/adventure
- **Women's history group**
Women's Footprint in history by UN women www.unwomen.org/en/digital-library/multimedia/2016/3/timeline-womens-footprint-in-history
English Heritage Women in History and blue plaques for women
www.english-heritage.org.uk/learn/histories/women-in-history
Historic England historicengland.org.uk/research/inclusive-heritage/womens-history
www.bl.uk/sisterhood/articles/womens-studies-and-womens-history
Women's Library www.lse.ac.uk/library/collection-highlights/The-Womens-Library
Glasgow Women's Library www.womenslibrary.org.uk

Video resources www.parliament.uk/about/living-heritage/transformingsociety/electionsvoting/vote-100/women-and-the-vote/video-resources

- Writing group
Free resources in the 'Writer's Toolkit' nationalcentreforwriting.org.uk/free-resources
5 tips to create a group that lasts thewritepractice.com/writers-group
Writing prompts getfreewrite.com/blogs/writing-success/writing-prompts-60-ideas-you-can-use-today

