

## **Some useful and entertaining links to help keep you occupied during the lockdown**

**NHS 111 online** - Check if you have coronavirus symptoms:

<https://111.nhs.uk/covid-19/>

**NHS Coronavirus advice:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

**Government advice** - Coronavirus (COVID-19):

what you need to do: <https://www.gov.uk/coronavirus>

[coronavirus](https://www.gov.uk/coronavirus)

Get support as a clinically extremely vulnerable person: <https://www.gov.uk/coronavirusextremely-vulnerable>

**If you need help** eg. with shopping:

**Mutual Aid** groups in UK: <https://covidmutualaid.org>

**COVID Symptom Tracker** - Experts at King's College London have developed a free app to monitor symptoms on a population-wide level - download the app and report your health daily to aid research: <https://covid.joinzoe.com-03-09-covid-19-latest-research-and-analysis>

\*\*\*\*\* **Things to do**

### **Theatre/Opera/Ballet**

The **WhatsOnStage** list of free performances will be regularly updated: [https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-streamonline\\_51198.html](https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-streamonline_51198.html)

Some links below – free unless specified otherwise.

**National Theatre** - one play released each Thursday and available on Youtube for 1 week

<https://www.nationaltheatre.org.uk/nt-at-home>

Starts with 'One Man, Two Guvnors', then Jane Eyre, Treasure Island and Twelfth Night (with Tamsin Greig as Malvolia)

**Hampstead Theatre** - each play available free for 1 week after release <https://www.hampsteadtheatre.com/whats-on/main-stage/>

[www.hampsteadtheatre.com/whats-on/main-stage/](https://www.hampsteadtheatre.com/whats-on/main-stage/)

**Royal Shakespeare Company** <https://www.rsc.org.uk/news/watch-rsc-shows-from-home?>

(Have to sign up for Marquee TV - can have 30 days free trial then £8.99 per month)

**Shakespeare's Globe**

<https://www.shakespearesglobe.com/discover/blogs-and-features/2020/04/03/how-to-watchour-free-globe-player-films/>

## **Andrew Lloyd Webber musicals**

Joseph And The Amazing Technicolor Dreamcoat, Jesus Christ Superstar – others to follow:

<https://www.youtube.com/theshowsmustgoon>

## **Royal Opera House**

<https://www.youtube.com/user/RoyalOperaHouse>

## **Museums & Art Galleries**

**British Museum:** Prints and drawings virtual gallery

(<https://www.britishmuseum.org/collection/galleries/prints-and-drawings-virtualgallery>),

Explore

Collections online ([https://research.britishmuseum.org/research/collection\\_online/search.aspx](https://research.britishmuseum.org/research/collection_online/search.aspx)), Virtual reality tours (<https://artsandculture.google.com/partner/the-british-museum>)

**National Trust** - explore Collections and online exhibitions:

<https://www.nationaltrust.org.uk/art-and-collections>

also Podcasts: <https://www.nationaltrust.org.uk/features/listen-to-podcasts-from-the-nationaltrust>

## **Other Entertainment**

**13 zoos that offer live streams** - see giraffes, koalas, pandas, tigers, penguins & more

[https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffeskoalas-pandas-tigers-penguins-more\\_35765](https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffeskoalas-pandas-tigers-penguins-more_35765)

## **Quizzes**

Virtual Pub Quiz every Thursday evening

[https://www.youtube.com/channel/UCLcSqjJWHJeDWD\\_SbdorBRw](https://www.youtube.com/channel/UCLcSqjJWHJeDWD_SbdorBRw)

**Free audiobooks:**

<https://stories.audible.com/start-listen>

How to set up your own **online book group**

<https://www.bbc.co.uk/programmes/articles/4d2tfP38MXzZ8bgM7KZ4Wyb/novel-connections-how-to-set-up-your-own-online-book-group>

## **Learning Resources**

**University of Oxford** Continuing Education Department website has a page for curious minds: <https://www.conted.ox.ac.uk/about/curious-minds?>

**Open University** - short courses on a range of subjects including science, the arts, history, languages etc.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

**Futurelearn** - similar to Open University but from a range of Universities nationally & internationally. Free <https://www.futurelearn.com>

**TED Short Talks** - non-profit organisation offering short talks on a range of subjects from science to business to global issues

<https://www.ted.com/talks>

**Duolingo** - fun language learning site for all ages

<https://www.duolingo.com>

**Royal Institution Videos**

<https://www.youtube.com/user/TheRoyalInstitution>