

Inclusion Network Herefordshire No.1 June 2020 Things to do at home during lockdown

Hi from Everyone at MFN and our inclusion project Allinteractive.

This is a long haul with much uncertainty for everyone and not easy times. We are investigating possible activities and will keep you informed of any plans. MFN Youth Workers are doing The BIG 25, Annie Finch has a Signalong challenge and Jamie Powell will be walking 25 miles. We would love you to join the BIG 25 challenge, it's a fun thing to do. The MFN website www.marchesfamilynetwork.co.uk has details plus Kev's storytelling, and these online lists plus ideas on our Facebook page.

We check phone messages and staff the phone line on Tuesdays 8am to 4pm, ring 01568 614908. If you need urgent help contact the MASH (Multi Agency Safeguarding Hub) teams in Herefordshire on 01432 260800 or in Shropshire on 0345 6789021.

Stay safe and lots of good wishes from Angela (Allinteractive Inclusion) and all at Marches Family Network

Story Telling

- **June is Audio book month** have a look at LookUK teaming up with story-teller supremo Daniel Morde from the Devil's Violin to deliver 2 free story-telling workshops, as part of our online youth forums www.lookuk.org (guide age 11+)
- **Audible audio books**, www.audible.co.uk
- **Get Epic Audio Books** <https://www.getepic.com/> free for 30days (guide age up to 12 years)
- **Herefordshire Green Network** <https://hgnetwork.org/>, **Friday Bedtime Stories for Children** Children and their families are invited to listen to two local storytellers every Friday evening (until further notice).
- **Kev's Storytelling** – <https://www.youtube.com/channel/UCWg1FTj-DPNX5UJfPjWWgww> Going on a Bear Hunt
- **Roald Dahl Marvelous Children's Charity** <https://www.roalddahl.com/things-to-do-indoors>
- **Story Massage** <https://www.facebook.com/StoryMassageProgramme>

Outdoors and animals

Edinburgh Zoo <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Herefordshire, Growing Local all ages, <https://growinglocal.org.uk/education-resources/>

Herefordshire Wildlife Trust <https://www.herefordshirewt.org/>

National Trust Herefordshire the Grounds at Berrington Hall, Croft Castle and Brockhampton are open and you need to book your places in advance through www.nationaltrust.org.uk or 03442491895. Remember a disabled child can have a £10 year membership and carer/s go free. (toilets open, café closed)

Space Guard Centre, Knighton closed but worth looking at their website <https://spaceguardcentre.com>

Queenswood County Park open, with coronavirus vigilance, no café or toilets open.

Visit England <https://www.visitengland.com/things-to-do-at-home-bored>

Museums

Best virtual museum tours <https://www.goodtoknow.co.uk/family/best-virtual-tours-for-kids-536089>

York Railway Museum check out the website <https://www.railwaymuseum.org.uk/>

Museum of Childhood <https://www.vam.ac.uk/moc/learning/things-to-do/> lots of great making and craft ideas.

Ironbridge Museums, Telford <https://www.ironbridge.org.uk/museum-from-home/virtual-learning/science/> including antigravity Maltesers!

Maritime Museum, Greenwich <https://www.rmg.co.uk/discover> places to explore and ships to build!

Natural History Museum, <https://www.nhm.ac.uk/> lots of stuff including dinosaur news and trees and social distancing and 12 ways to explore from home <https://www.nhm.ac.uk/visit/virtual-museum.html>

Making, Discovering and Growing Things

- Excellent SEND ideas and videos <https://www.bbc.co.uk/bitesize/articles/zh9v382>
- Woodland Craft based in Wrexham, <https://woodlandclassroom.com/>
- **Wild Life Trust Herefordshire with lots of things to do**, www.herefordshirewt.org/explore/things-to-do-home-indoor-crafts-and-garden-projects
- The Scouts <https://www.scouts.org.uk/the-great-indoors/>
- Girl Guiding <https://www.girlguiding.org.uk/what-we-do/adventures-at-home/more-ideas-and-resources/>
- **Kidadl** is full of amazing ideas and activities on <https://blog.kidadl.com/subcategory/discover-learn> (all ages)
- **Woodland Trust** www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/

Art/Craft

- **Arts Award – you can now do a Discover Arts Award with** Meadow Arts - find out more through Arts Connect www.artsconnect.co.uk/ or contact Steve Wilson at Meadow Arts <https://www.meadowarts.org/>
- **National Children’s Campaign Selfies/Self-portrait** photos entries close 24th June <https://www.ncb.org.uk/news-opinion/news-highlights/ncb-photographic-portrait-competition-call-entries>
- **Children’s’ Art Week** 29th June to 19th July <https://engage.org/happenings/childrens-art-week/>
- **Arts Council England**www.artscouncil.org.uk/

Theatre, Dance and Music

Platform Quarantine Herefordshire online arts activities updated every Sunday www.2faceddance.co.uk/onlineclasses

- **Arts Alive** www.artsalive.co.uk some access to performances.
- **CBeebies** prom. Spot the instruments www.bbc.co.uk/cbeebies/watch/cbeebies-prom-overture
- **Chichester Festival Youth Theatre** - Beauty and the Beast ages 7+ www.cft.org.uk
- **Creative Connections Herefordshire** <https://creativeconnections.co.uk/>
- **Dance and fitness** from Bristol based Flamingo Chicks <https://flamingochicks.org/athome/>
- **Durham Music** lots of videos/ideas for all ages <https://www.youtube.com/c/durhammusic>
- **Nozstock** www.nozstock.com **utube mix of previous years’ events**
- **Tessa Bide puppeteer/dance** www.dance4.co.uk/artists/tessa-bide Puppet making workshops <https://tessabide.com/workshops>
- **Music Mark** lots of ideas <https://www.musicmark.org.uk/resources/home-learning-resources/>
- **Peter and the Wolf** Vancouver Symphony Orchestra <https://www.youtube.com/watch?v=MfM7Y9Pcdzw>

Fitness and Activities

- Cosmic Kids Yoga, Going on a bear hunt <https://www.youtube.com/watch?v=KAT5NiWHFIU>
- MENCAP TV on you tube <https://www.youtube.com/channel/UCaghd-QcHk0BKP6wN34xaaw>
- Physical activities <https://www.bbc.co.uk/bitesize/articles/zh9v382>
- Sport England https://www.sportengland.org/stayinworkout#get_active_at_home,
- Gympanzees www.gympanzees.org/Our-Home and www.gympanzees.org/our-home/zoom-sessions and www.gympanzees.org/our-home/lending-library
- Bumble Bee Physio <https://www.bumblebeephysio.co.uk/>

Communication

- BBC Bitesize <https://www.bbc.co.uk/bitesize/articles/zh9v382>
- Black Disabled <https://www.blackdisabledandproud.org/black-lives-matter.html>
- Council for Disabled Children <https://councilfordisabledchildren.org.uk/help-resources/resources/covid-19-support-and-guidance>
- Family Fund funds to help families during covid-19 <https://www.familyfund.org.uk>
- Homestart advice for parenting teens during Covid-19 <https://www.home-start.org.uk/advice-for-parenting-teens-during-covid-19><https://www.childcomwales.org.uk/coronavirus/>
- Marches Counselling Service is Hereford based for adults over 18 years with on line support <http://www.marchescounselling.org/>
- MENCAP TV <https://www.youtube.com/user/MencapDirector/feed?filter=1>
- Purple Tuesday info <https://purpletuesday.org.uk/>
- Sunshine Support SEND information <https://www.sunshine-support.org/covid-19>
- Widgit symbols <https://widgitonline.com/> Coronavirus Symbols
- **Worcester Health Care NHS good site and info** <https://www.hacw.nhs.uk/sltcovid19>

Join in the Marches Family Network 25 Challenge fundraiser



Contact us via email development@marchesfamilynetwork.org.uk or phone the office 01568 614908