

Sue's A-Z handy tips for staying at home, whilst the Coronavirus lockdown is in force.

Many of you will have been told to isolate at home for a long period, those who are told to shield & those with some underlying health conditions as well as those who are over the age of 70.

Lockdown is not a punishment, so here are a few ideas of what to do with all that time on your hands.

A) Ask for help if you need it.

If you have been identified as extremely vulnerable to COVID-19 by the NHS & need to self-isolate call Warwickshire county council on tel: 08004081447 for support.

Everyone else can call 01926 410410 for advice or visit <https://www.warwickshire.gov.uk/>

Art selfies are a new craze that has really taken off during lockdown, where people imitating, choose their favourite art painting, recreate it and then take a photo. Even if you don't want to take part, you can take a peek at other people's efforts, they are quite good.

It can be found on Twitter the #GettyMuseumChallenge, visit link <http://time.com/5812437/getty-museum-challenge/>

Or why not discover 100 art ideas, visit this link <https://www.youtube.com/watch?v=dICVUGV6Nt4>.

B) Beat your personal best - every day is an opportunity for self-improvement.

Be upbeat have a positive attitude & outlook, it will help you maintain good mental health.

Book club why not join or create a book club either sharing a recommendation and why, or why not have a regular video calls to discuss the same book you are all reading. Don't forget you can post a recommendation on Warwickshire Vision Facebook page. Visit link <https://www.facebook.com/WarksVisSupport/>.

Bedtime stories, grandparents are unable to see their grandchildren at the moment so why not FaceTime and read a bedtime story to them!!

C) Cooking up a storm, why not try a new recipe at <https://www.bbc.co.uk/food/recipes>

The BBC have over 10,000 recipes to choose from, and they have dedicated sections on all types of dietary requirements, cooking's on a budget tutorials programmes to watch, follow and eat healthy suggestions as well.

Clean your oven, you'll thank yourself later!!!

Choir, why not join a virtual choir suitable for people of all abilities they use zoom technology and do 2 sessions a week go online for details. Visit link <https://www.vchoir.co.uk/>

D) Detox, why not cut out, or if you are unable to why not cut down on alcohol, or food stuffs that are high in sugars or fats.

Declutter; this is especially helpful to someone with sight loss & can reduce the number of falls & help to protect the NHS

DIY & Decorating, with plenty of time to do those odd jobs that you keep putting off.

E) Exercise, maintaining a regular routine will help with your mobility & mental wellbeing.

Eat well is an NHS guide you can download for free, by eating healthier diet you not only improve your own health but put less pressure on the NHS. Visit link <http://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>.

F) FaceTime. with friends & family. For those of you with an Apple product who do not have Facetime installed, visit this link <https://apps.apple.com/us/app/facetime/id1110145091>

G) Get out into your garden, listen to the birds; see if you can identify them from their birdsong!

Go to <https://www.woodlandtrust.org.uk/search/?q=bird+songs&p=1> & listen to the distinctive calls & see if you can identify what you can hear in your garden.

H) Home improvements, maybe just as simple as improving the flow through your home so you are less likely to trip or fall or walk into your furniture & belongings, more accidents happen in the home so improving areas that you often walk into or trip over not only keeps you safe but protects the NHS

Hobbies, either enjoy more time on a hobby you already do or why not start a new hobby <https://hobbyhelp.com/> have created a list of hobbies that can be done indoors while you are isolating.

I) Ironing. Catch up on the ironing, you will thank yourself later!!!

Interactive technology, struggling with I.T. devices? Why not visit <https://simplyinformed.uk/> to see if this site provides you with some useful information.

J) Jigsaws, for free online at <https://www.jigsawplanet.com/>, from 12 to 300 pieces hundreds of free jigsaws to choose from. Why not make it fun & complete a jigsaw against the clock or see who is fastest against friends & family.

Top tip, why not try a small jigsaw of 12 pieces until you get the hang of moving the pieces online screen.

K) Keep in touch, phone friends & family or those you've lost contact with.

Keep active, don't fall into unhealthy patterns of behaviour such as being too sedentary.

Why not take a peek at <https://www.sportengland.org/stayinworkout>

L) Learn a new skill. Why not learn a new skill such as a new language just 30 minutes a day in bite size chunks, download a free app <https://www.duolingo.com/> or even learn to sign language at <https://www.duolingo.com/register>

M) Money makeover, here are some useful websites.

Money saving expert has a free tax code calculator so you can see if you are owed a tax rebate.

There is also a benefits calculator it takes approximately 10minutes to complete & is free to use.

Visit Money Savings Expert at <https://www.moneysavingexpert.com/shopping/chat-tips-gold/>

CAB citizen advice bureau <https://www.citizensadvice.org.uk/>

Mediation, relationship help available from <https://www.relate.org.uk/>

Meditation & mindfulness a free guide to mindfulness & meditating, visit this link www.nhs.uk/conditions/stress-anxiety-depression/mindfulness

Mental health & wellbeing. See the following links that might be of help.

<https://www.recovery.anxiousminds.co.uk/>

<https://www.changegrowlive.org/>

<https://wbw.cwmind.org.uk/>

<https://www.mind.org.uk/>

<https://www.samaritans.org/>

N) New Habits, always wash your hands straight away when you come home, this is really important because of the Covid-19 pandemic

Newspapers, why not subscribe to a talking newspapers or magazines there are more than 200 publications to choose from. Tel 03031239999

<http://talkingnewspapers.org/> to subscribe free of charge

O) Offering help even if you are self-isolating, perhaps you could volunteer to phone someone who is visual impaired or someone you know who is living on their own.

P) Plan ahead, create yourself a list of things you would like to do when lockdown restrictions are no longer in place so you have something to look forward to. Top tip this list can be added to.

Q) Quality time with those who are close to you; even when they are far away. Pick up the phone, or video call but please do stay in touch & if you have lost touch why not make contact again.

R) Relax - this is a stressful & worrying time for many... so why not learn some relaxation techniques especially if you are worried suffering stress & anxiety why not try a mindful breathing video.

Visit <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>.

Or visit www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress.

Re-read your favourite book or download a new book from Warwickshire libraries, or if you are not already a member of the free talking book service, why not join RNIB free talking books; they have over 60,000 books to download telephone 0303123999 or go to <https://www.rnib.org.uk/>

RNIB Connect provide clear instructions on ways to connect with family & friends using your mobile phone smart phones, computers & tablets devices. <https://www.rnib.org.uk/rnibconnect/technology>

S) Signposting, Andrew our technology adviser at Warwickshire Vision has set up a useful website specifically aimed for VIPs which provides a wealth of I.T & other useful links. Visit <https://simplyinformed.uk/>.

Shakespeare the show must go online <https://robmyles.co.uk/>.

Weekly readings of every Shakespeare plays is live every Wednesday @ 7pm or catch up & watch previous recordings anytime; visit their 'at home' section via this link <https://www.rsc.org.uk/at-home-with-shakespeare>

Why not visit online www.shakespearesglobe.com 360 * tour of the globe theatre in London.

T) The Accessibility Friends Network enables visually impaired people to connect to each, join quizzes, listen to music, share hobbies and much more. You need Teamtalk software loaded onto you device to use the TAFN service. The Teamtalk software is free and you can join TAFN for one month to try it out, completely free; if you like it, pay the annual charge which currently stands at £15.50, for more information visit <https://www.tafn.org.uk/>.

Treat yourself to a take-away; have it delivered to your using home delivery service.

As lockdown is not a punishment why not treat yourself whether it's having a cream cake, a cocktail hour once a week or a home delivery take away meal & doing your bit to support a local business during these difficult times.

Many local shops who have previously not provided a home delivery service are now delivering, some have a minimum spend or deliver on certain days. Your local bakery, butchers or a local farm shop may now be providing a home delivery service.

Why not check online what's available in your local area or telephone your favourites to see if they are offering a home delivery service.

U) Useful guide. Everything you need to know about sight loss can be downloaded free of charge from <https://warwickshire.vision/>.

Useful Tips for the VIP's, if you have a useful tip or idea how to do something why not share it on Warwickshire Vision Facebook page, go to <https://www.facebook.com/WarksVisSupport/>.

V) Virtually. Why not visit the theatre, a museum or an art gallery online & take a virtual tour.

Here are just a few examples if you find others that are worth a mention why not post it on Warwickshire visions Facebook page <https://business.facebook.com/WarksVisSupport/>

There are over 2500 museums & galleries around the world who offer a virtual tour of their exhibits.

Buckingham palace <https://www.royal.uk/>

Museum of modern art <https://www.moma.org/>

National galley <https://www.nationalgallery.org.uk/>

Smithsonian National museum of natural history 360* room by room tour of every exhibit in the museum. <https://www.si.edu/>

The Louvre free online tours <https://www.louvre.fr/en/homepage>

Why not take a virtual tour of famous landmarks around the globe such as Eiffel Tower in France <https://www.tou Eiffel.paris/en>.

The Vatican museum www.museivaticani.va

The national trust virtual tour of the giant causeway in Ireland <http://www.nationaltrust.org.uk/features/take-a-virtual-tour-of-the-giant-causeway>
<http://www.museivaticani.va/content/museivaticani/en.html>

Science museum <https://360tour.sciencemuseum.org.uk/>

You literally can see the world through an online tour. For 3D tour of the world's most significant cultural heritage visit

https://www.cyark.org/?gclid=EAlaIQobChMIsoX8o6Sz6QIVWeDtCh1xMwN6EAAYASAAEgLkivD_BwE.

Or travel around the world from the comfort of your arm chair, visit <https://www.google.com/earth/>

Yoga <https://www.nhs.uk/conditions/nhs-fitness-studio/>

V) Video chats. Why not ask your family to set up a video call with you, using for example: Skype, Facetime or Zoom. Visit following links for more information.

<https://www.skype.com/en/>

<https://apps.apple.com/us/app/facetime/id1110145091>

<https://zoom.us/>

W) Warwickshire Vision Support 01926 411331 or enquires@warwickshire.vision

Why not Write an article for Warwickshire Vision magazine or website.

Weed the garden.

X) Xylophone is a percussions instrument, Why not learn to play a musical instrument & if you haven't got an instrument at home you could always learn to play the spoons .

There is a very good YouTube video by Davidholt on playing the spoons, visit this link https://www.youtube.com/watch?v=X5e0TVUC_ko

Xbox, ask your family if there are any Xbox games that you can all join in.

Learn about Google X and the Science of Radical Creativity, visit

<https://www.theatlantic.com/magazine/archive/2017/11/x-google-moonshot-factory/540648/>

Y) Yoga, visit link <https://www.nhs.uk/conditions/nhs-fitness-studio/> or why not learn to sign yoga, visit link <https://signyoga.co.uk/>

YouTube. YouTube has lots tutorials on almost any subject, so why not have a look improve existing skills, techniques or learn a new set or hobby. Visit this link <https://www.youtube.com/>.

Z) Zoo. Several zoos are providing virtual tour of the zoo

London zoo can be found at <https://www.zsl.org/>

Our own local zoo at Twycross zoo, visit this link <https://twycrosszoo.org/>.

Chester zoo visit this link <https://www.chesterzoo.org/>.

Zoom, Why not try zoom to keep in touch this is a app where several people can be on the call together, visit this link <https://zoom.us/>.

Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, collaboration, chat, and webinars across mobile devices, desktops, telephones, and room systems. Zoom Rooms is the original software-based conference room solution used around the world in board, conference, huddle, and training rooms, as well as executive offices and classrooms. Founded in 2011, Zoom helps businesses and organizations bring their teams together in a frictionless environment to get more done. Zoom is headquartered in San Jose, California.

ZZZ's, it's ok to have a lie in.

Good quality sleep can make such a big difference to how you feel mentally & physically, maintain regular sleeping patterns, avoid screens before bed time, & cutback on caffeine before bedtime. Or just have 40 winks in the afternoon never hurts!!!