The Library Edit

Cumbria County Council

Issue 3 – 6th May 2020

Our third edition of The Library Edit, containing some of the best websites and online resources to get you through lockdown – all chosen by library staff, and helpfully grouped by theme.



Words, Words, Words

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If books and reading are your thing, here's this week's "go to" websites …..

The Big Book Weekend
This amazing online book festival will take place between 8th – 10th May. The full line-up has been released, and what a fab 3 days it will be – The Library Edit team will be glued, and we are sure you will be too!
Full details here:
https://bigbookweekend.com/programme
To sign up for free to watch The Big Book Weekend events, you must first register here:
https://myvlf.com/

Everybody Worries : Free ebook for children
Everybody Worries written and illustrated by Jon Burgerman is a bright and friendly picture book, in which children learn that it's okay to worry about coronavirus. Rhyming couplets keep the tone gentle and supportive, with plenty of ideas for dealing with coronavirus in a positive way.
https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/

Free Tom Palmer story and resources
The RAF Museum's Children's Author in Residence, Tom Palmer, has written a time travelling short story, commemorating the 80th anniversary of the Battle of Britain. Join Yusra, Lily and Danny on their amazing adventures. One chapter revealed each day with downloadable activities and resources, between 29 April - 7 May.
https://www.rafmuseum.org.uk/london/schools/resources.aspx

And finally, don't forget the **Cumbria Library Service** website, where library members can access a range of online services including FREE ebooks, eaudiobooks, digital magazines, comics and newspapers
www.cumbria.gov.uk/libraries
…..and if you are not a library member you can access these services right away by joining online here: www.cumbria.gov.uk/libraries/services/membserv.asp



Outside, Inside

Experience the great outdoors, inside, as you #StayHome

Environmental Film Festival (Washington DC)
Free streaming of films from the world's premier showcase of environmentally themed films. The festival celebrates Earth and inspires stewardship of the environment through the power of film
https://dceff.org/watchnow/

Forestry England
Some excellent tips and resources for getting up close with nature through forest bathing, storytelling and being mindful at home
https://www.forestryengland.uk/blog/how-bring-the-wellbeing-benefits-forests-your-home#media-96551

Institute of Zoology Wild Science podcasts
Delve into topical issues in zoology, conservation and the environment, from saving species and protecting the planet, to finding out about the animals living across the globe, including in London's own river Thames
https://www.zsl.org/zsl-wild-science-podcast

Jan's 30 day nature tonic
Slightly weird but undoubtably relaxing… why not step outside with Jan and give it a go. Research shows that being in nature is good for our mental health, and for our natural immunity to disease and Jan has decided to share the beauty of her daily walk with us all.
https://www.youtube.com/watch?v=hbOeho2SAQQ

World Geography Games
Challenging and entertaining quiz games to improve your knowledge of the world
https://world-geography-games.com/world.html



Learning

Links to learning…

Here are some good websites and apps to look at to find fun, free activities for your children while they're learning from home

Oak National Academy

This is a Government-backed collection online lessons and resources created by teachers in response to the coronavirus lockdown. Lessons and resources are updated every week and are suitable for primary and secondary school age groups.

https://www.thenational.academy/information-for-parents-pupils

TES Teacher Essentials

A wide range of free home learning lesson packs for use by parents, carers and teachers. The packs are presented by year group and cover early years, primary, secondary and special needs.

https://www.tes.com/teaching-resources

Starline

A national home learning website for parents and carers with advice from qualified teachers on home learning strategies, resources, behaviour and special educational needs. There is also a helpline – 03303 139162 – which is open 6 days a week.

https://www.starline.org.uk

National Literacy Trust Skills Academy

This programme is now free online. A reading intervention which improves Year 7 and 8 students' reading, rewarding their progress by unlocking exclusive video tutorials from some of the UK's best freestyle footballers, beatboxers and breakdancers.

https://literacytrust.org.uk/news/our-skills-academy-programme-now-free-families-and-secondary-schools/

Tinkercad App

This is a free app aimed at teachers and children across primary and secondary age groups, using 3D design, electronics and coding to imagine, design and create.

https://www.tinkercad.com

DK Find Out
Quizzes, videos and colourful animations to engage primary school children in learning from home, plus ideas for parents on how they can help with their child's learning.
https://www.dkfindout.com/uk/parents

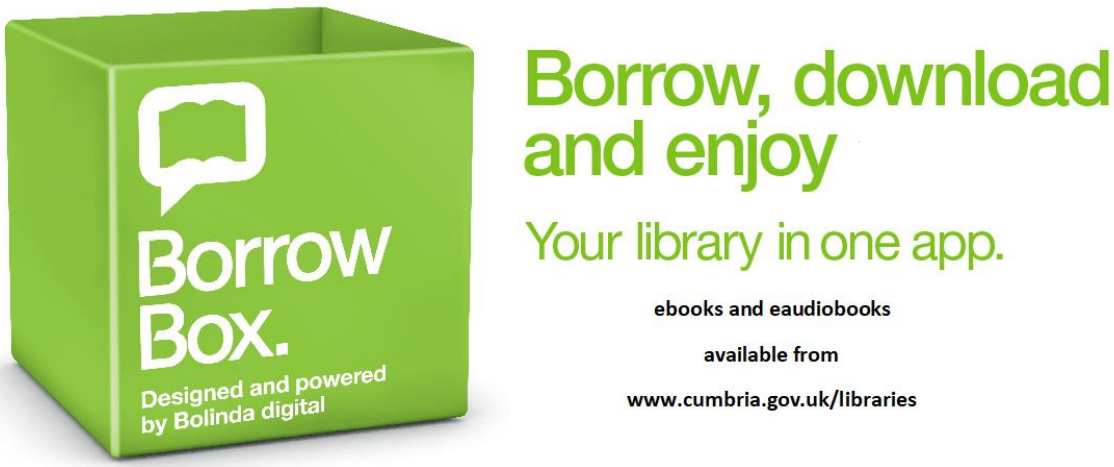
NASA Kids Club
Lots of fun activities and resources to help primary school children learn about space.
https://www.nasa.gov/kidsclub/index.html

Reading, rhyming and other fun stuff…

Bear Hunt
All around the world people are putting bears in their windows for families to spot on their daily walks! For early years and primary school children, this site has reading recommendations by theme, age group and subject, and activity sheets for children to make their own bear and bear ears.
https://www.jointhebearhunt.com

Football School
Join Alex Bellos and Ben Lyttleton for Football School Friday at 10am on the Football School YouTube channel.
https://www.youtube.com/footballschoolfacts!

Remember to follow **Cumbria Libraries** and **Cumbria Library Services for Schools** on Facebook, Twitter and Instagram for daily updates on great online resources to help you and your child learn and have fun at home, plus story times, rhyme times and book reviews brought to you by our fantastic library staff!





Community Learning and Skills is Going Online!



“Learn a new skill or find a new interest with hundreds of online courses to choose from..."

Cumbria County Council’s Community Learning and Skills service is launching a new programme of online courses from Monday 4 May. With more than 150 adult learning courses available online there’s bound to be a course that will spark your creativity!

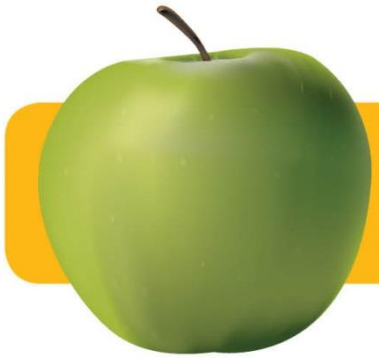
There are courses to help you feel less isolated during the current lockdown period, courses that will help you maintain healthy physical and mental health, as well as a range of courses to open up your creative side - learn a new language or expand your digital skills to help you keep in touch with family and friends, or to support your professional work.

Also on offer is some additional support for home schooling parents with a wide range of Family Learning courses up to Key Stage 2.

Whatever you choose to do, you’ll find that tutors are supportive and encouraging, and classes are a great way to increase your confidence and skills

A large number of classes will be offered for free, with others starting at only £2.50 per hour.

More information about the service is available online at www.cumbria.gov.uk/learningandskills - where you can browse and choose the courses you’re interested in. You can also follow the service on Facebook (CumbriaLearning), Instagram (@cumbrialearning) and Twitter (@CumbriaLearning) to keep up to date with the latest opportunities.



Health and Wellbeing

Useful websites to support your health and wellbeing…

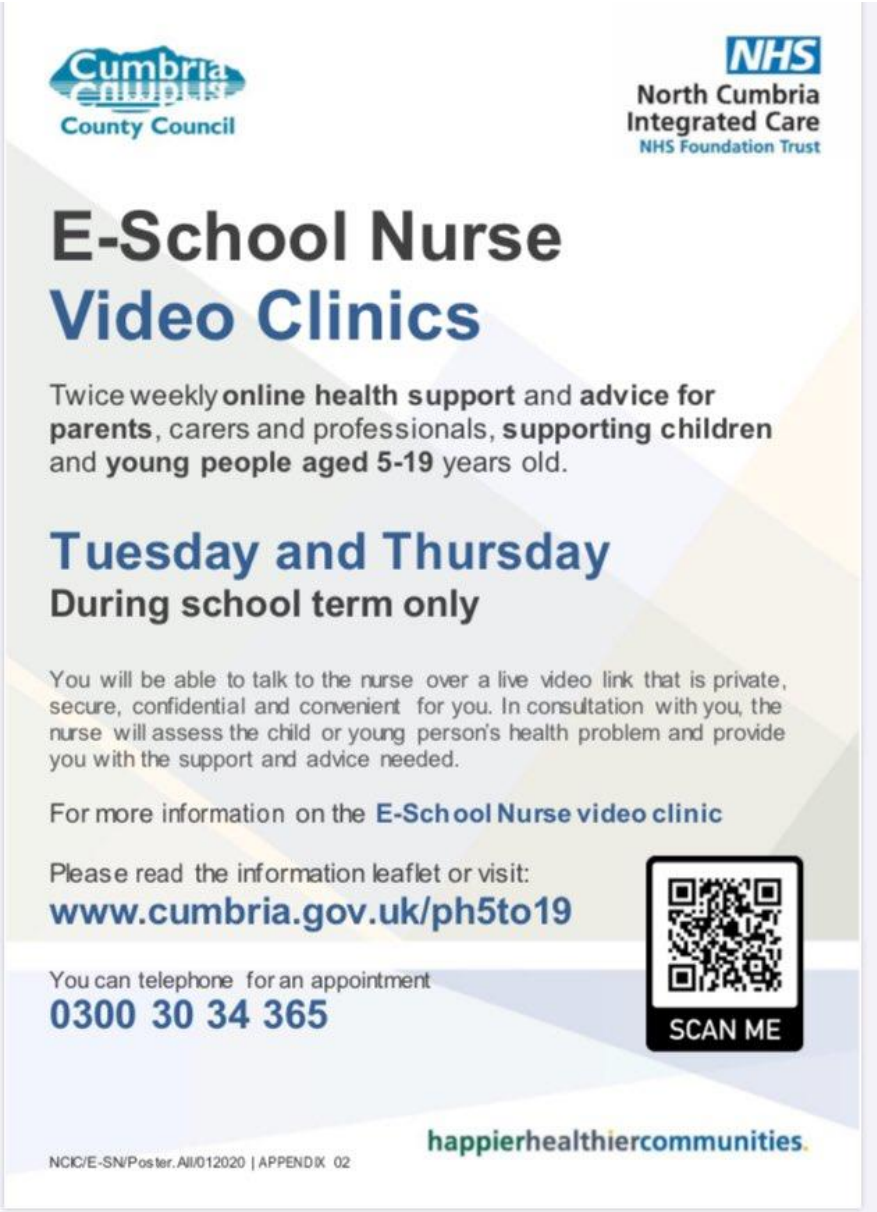
#quitforcovid
There are so many reasons to quit smoking, but never a more important time than right now during the coronavirus pandemic. #quitforcovid is a campaign to support people to give up smoking.
https://www.todayistheday.co.uk/

Every Life Matters
Having good mental health helps us relax more, achieve more and enjoy our lives more. This website offers expert advice and practical tips to help you look after your mental health.
https://www.every-life-matters.org.uk/

The Money Advice Service
Set up by government, this website offers free and impartial money advice, with advice and guides to help improve your finances, Tools and calculators to help keep track and plan ahead, and support over the phone and online.
https://www.moneyadviceservice.org.uk/en#

NHS Fitness Studio exercise videos
Take your pick from 24 instructor-led videos which cover the aerobic, strength & resistance, and pilates & yoga categories. These workouts have been created by fitness experts, InstructorLive, and range from 10 to 45 minutes, so whether you want to tone your abs or try belly dancing, this is the place to go.
https://www.nhs.uk/conditions/nhs-fitness-studio/




Cumbria County Council
NHS
North Cumbria Integrated Care
NHS Foundation Trust
E-School Nurse
Video Clinics
Twice weekly online health support and advice for parents, carers and professionals, supporting children and young people aged 5-19 years old.
Tuesday and Thursday
During school term only
You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.
For more information on the E-School Nurse video clinic
Please read the information leaflet or visit:
www.cumbria.gov.uk/ph5to19
You can telephone for an appointment
0300 30 34 365
SCAN ME
happierhealthiercommunities.
NCIC/E-SN/Poster.All/012020 | APPENDIX 02


Coronavirus is affecting all of our lives.
CUMBRIA Together We CAN
Go to cumbria.gov.uk/coronavirus
to see what help is at hand.

Culture Vulture

If you are interested in music, art, theatre, galleries, museums and all things cultural, these are "must visit" websites…..

British Tattoo Art Revealed: the virtual edition
This fascinating exhibition of British Tattoo art was planned as The Historic Dockyard at Chatham's Spring exhibition, but, a week before opening, Britain went into lockdown and so the doors closed and the exhibition currently sits in the dark. As only a handful of staff have had the pleasure of viewing it, the exhibition can now be seen virtually, online.
https://thedockyard.co.uk/explore/no-1-smithery/tattoo-online-exhibition/

The Guardian
The critics pick of the best new arts shows to enjoy on TV, radio and online
https://www.theguardian.com/culture/2020/may/03/best-culture-home-antony-cleopatra-butler-saw-hayley-williams-whistlers-winters-tale

JPBrewer's flickr stream
While in quarantine, why not have a fresh look at classical paintings, online
https://www.flickr.com/photos/91590072@N04/

Royal Philharmonic Orchestra
Music making, games and activities from the musicians of the Royal Philharmonic
https://www.rpo.co.uk/rpo-at-home

Pressreader is available for FREE from www.cumbria.gov.uk/libraries





Make it, Think it, Share it, Do it

Be inspired and get creative, with these amazing websites…..

Access Art
Simple advice for parents and some well-explained activities for drawing, animating, making and keeping calm at home
https://www.accessart.org.uk/art-resources-for-home/

Fun Palaces
Tiny Revolutions to connect with others in the real world with creative challenges from Fun Palace
https://funpalaces.co.uk/news/tiny-revolutions-of-connection/

Get Creative at Home
Activities page of the campaign to highlight and make known all of the new opportunities that are being developed to help people express themselves at this time
https://getcreativeuk.com/activities

Keri Smith
Finding inspiration right where you are with creative assignments by author/artist Keri Smith
https://www.explorationoftheday.com/

Make a film (National Film and Television School)
With the help of award winning filmmakers, find out how films go from script to screen with this free (super awesome) 6-week online film production training course from the BFI Film Academy's National Film and Television School. Suitable for secondary age upwards, the course starts on 11th May
https://www.futurelearn.com/courses/explore-filmmaking?fbclid=IwAR0wLNBkIYUmDQgAzHwsLlsZWk74mtRHv9xyvTsorex_exVNbuK8VomZitw&fbclid=IwAR02vBububyYfuAYsKoZ2E6DzTvz0-YGL6j8D2ClXEc-odon-Zw1IQ5Fry0

Make a Miniature Book (The British Library)
This webpage has some delightful examples of the teeniest, tiniest books you have ever seen. Beautiful, and perfect in every way, these books were designed to help children learn by reading to their dolls, and there are examples of books from the library of Queen Mary's Dolls' House, as well as books made by Charlotte Bronte and her siblings. There are also full instructions for children on how to make a miniature book at home for their toys.
https://www.bl.uk/childrens-books/activities/make-a-miniature-book



Watch, Look and Listen

Apps, Podcasts, and TV shows with real screen-appeal…..

Apps

Birdnet : Bird sound identification
Record bird sounds on your phone via this app, and it aims to identify the type of bird from its call. From nearly 1,000 of the most common species of North America and Europe.
https://birdnet.cornell.edu/

Breathe, Think, Do with Sesame : Sesame Workshop.
A cartoon mindfulness app for younger children (2-5) helping the monster to problem solve a number of challenges and remain calm.
https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=en

Colorfy
Free online colouring app – a fun and calming online colouring app that can help reduce stress and anxiety.
https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_GB

Television

Isolation stories ITV 4th – 7th May and online on the ITV Hub.
Four 15 minute stories written by award winning producer and screen writer Jeff Pope looking at different people's experience of lockdown. Stars include Sheridan Smith, Philip Glennister and Angela Griffiths. Mon 4th – Thursday 7th May with a documentary about the making of the series screened and available from 7th May.
https://www.itv.com/presscentre/press-releases/isolation-stories-full-transmission-details

Podcasts

BBC Homeschool History
Fun history lessons for all the family, presented by Horrible Histories' Greg Jenner. Full of facts and jokes, the series brings to life a broad range of historical topics, many linked to the school curriculum. Live episodes broadcast on Mondays at 9.30am on Radio 4, catch up via the BBC Sounds App, and also online
https://www.bbc.co.uk/programmes/m000hmmf

Coffee break Languages
Listen to free podcasts and learn English, French, Spanish, Italian, German, Swedish or Chinese on the go, where and when it suits you. Short 15 minute conversational sessions.
https://radiolingua.com/

George the Poets Podcast (BBC Sounds)
Award winning podcast from Ugandan born London spoken word poet George, social commentator and recording artist. Gold winner at the British Podcast awards.
https://www.georgethepoet.com/podcast-library

How Did we Get Here?
How Did We Get Here gives listeners access to real life conversations with a clinical psychologist on family and parenting issues.
Presented by one of the UK's top TV hosts, Claudia Winkleman and her good friend, clinical psychologist Professor Tanya Byron, the sessions recorded offer deep insight into every day issues with practical advice on resolutions.
https://www.somethinelse.com/projects/how-did-we-get-here/

Off Menu
Comedians Ed Gamble and James Acaster ask a different special guest/celebrity each week to put together their ideal menu of starter, main, dessert and drink and in doing so reveal quirky and intimate sides of their character you'd never have imagined.
https://www.offmenupodcast.co.uk/



Our library doors are currently closed but you can still access 500 audiobooks from the comfort of your home through uLIBRARY. Register for free at www.ulibrary.net/register and download the app to start listening. #TakeYourLibraryAnywhere