

# Useful Links

## Coronavirus Information

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

Regularly updated information on symptoms, how to help stop the spread of the virus, medical advice if you think you have coronavirus and links to other trustworthy sources of advice and information such as emotional wellbeing and financial advice.

<https://www.gov.uk/coronavirus>

Up to date information from the Government about how they and we can tackle coronavirus. Advice and information about being in lockdown.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Leading UK charity committed to improving children's wellbeing and mental health. Advice for parents on how to talk to your children about the virus and for young people about dealing with how coronavirus is affecting their mental health.

YouTube, Germ Smart Kids 'How to Wash Your Hands': <https://youtu.be/LQ24EfM7sEw>

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Just remember the advice is now 20 seconds, singing 'Happy Birthday' twice.

## Physical Activity

YouTube, Joe Wicks 'The Body Coach': <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYLRfn6rYQ>

Free live daily PE classes Monday – Friday, plus 250+ free home workouts for kids and all ages/abilities.

YouTube, Just Dance: <https://www.youtube.com/user/justdanceGB>

Recommended by a lovely 6-year-old and her Mum. A selection of songs from the game Just Dance for families to dance along with.

YouTube, Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Yoga, mindfulness and relaxation for kids for aged 3+ years.

## Cooking on a Budget

Facebook, Budget But Yummy Mummy Blog: <https://www.facebook.com/BudgetButYummyMummy>

Includes easy recipes that can be made using only food parcel items, writer has personally needed to access support from the Food Bank.