



**Working Well**  
Your Occupational Health Service



**Gloucestershire Health and Care**  
NHS Foundation Trust

## HELPFUL LINKS/SUGGESTIONS FOR ACTIVITIES DURING ISOLATION

The Open University offer a huge range of free online courses:

<https://www.open.edu/openlearn/>

Sing Out Strong virtual choir: access by joining Sing Out Strong facebook page

Gareth Malone virtual choir: [www.decca.com/greatbritishhomechorus](http://www.decca.com/greatbritishhomechorus)

Team GB online workouts: access by following Team GB on facebook

Lots of other online workout videos available on YouTube, just search and explore.

Mindfulness apps such as headspace and Mindbell

Lots of mindfulness videos available on YouTube, just search and explore.

Mindfulness colouring pages: <http://getcolorings.com/mindfulness-coloring-pages>

Entertaining the children: <https://www.jumpstart.com/parents/resources/kids-resources>

Batch cooking to make the most of your resources:

<https://www.bbcgoodfood.com/recipes/collection/batch-cooking>