

COVID-19: Guides & resources

From using online health services to staying in touch with friends and family, we've pulled together some of our most relevant digital guides to help you and your learners stay connected. Stay safe.

Would you like these guides on your website? It's free and easy to do. [Find out more here.](#)

You can also find out more about helping people remotely with our [free guides to being a Remote Digital Champion.](#)

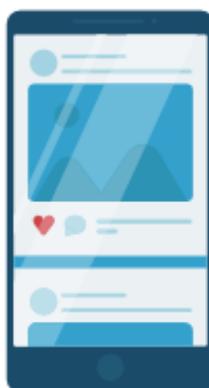
Staying connected



Email & Skype

Staying in touch with family, friends and loved ones has never been so important. Here are some guides that you might find useful yourself but which are also great for sharing with those who are not too confident online.

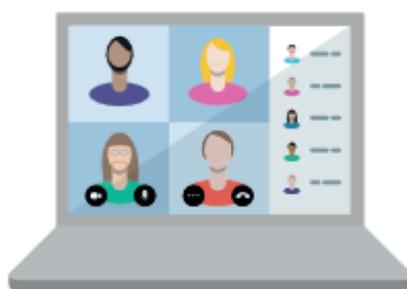
[Go to these guides](#)



Social media

We all know that social media can be a great way to stay in touch with family and friends but's also great for finding out what's happening locally and for plugging in to local support networks.

[Go to these guides](#)



Video calling with Zoom

Zoom is one of the most popular video calling applications.

Our range of resources show you how you can use Zoom to connect with others and help them with their digital skills .

[Go to these guides](#)

Health & wellbeing



Finding reliable COVID-19 news & information

It can be hard to know where to go. This guide helps!

[Go to this guide](#)



Healthy living & fitness

If your normal fitness routine is disrupted, here are some great ideas for keeping fit: the best online home workouts and more!

[Go to these guides](#)



Mental health

Times like these are scary and can affect our mental health. This great guide from The Mental Health Foundation offers expert reassurance and advice.

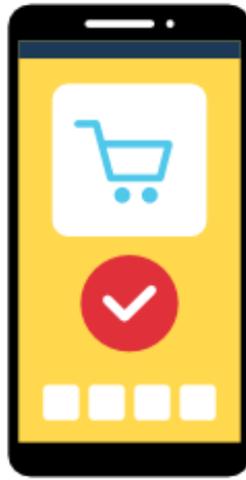
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Hobbies & interests

We've got lots of ideas for things to do while holed up and home - from online reading and learning to activities and interests, games and more.

[Go to these guides](#)



Online shopping

This is a good time to explore the world of online shopping. These guides will show you how! They're also good for sharing with friends or relatives who could benefit from being able to shop online.

[Go to these guides](#)



Indoor activities with kids

With the kids off school we've got a fantastic list of websites to help you keep them educated and entertained!

[Go to this guide](#)

We hope that you'll find these guides useful - for yourself and for anyone that you are helping to stay connected.