

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 during these challenging times. Stay safe.

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

Health & wellbeing



Finding reliable COVID-19 news & information

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

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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!

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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.

[Go to this guide](#)

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](#)



Remote working

Working from home can be great but it can also call for new skills.

Here are some guides to the most popular online collaboration tools.

[Go to these guides](#)



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.

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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!

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23rd March, 2020 by [Harriet](#)

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