

10 things to do at home to do online during this period of self-isolation

If you are able to be online, there are a number of things to watch and enjoy. Here are a few suggestions, some of which are free and others may have a cost attached, so watch out for that.

1. Online theatre

<https://www.timeout.com/theatre/best-streaming-theatre-shows-how-to-watch-online>

This gives a good overview of what is available now and how much it may cost if anything. Shakespeare, dance from Sadlers Wells, and The Wind in the Willows – all look great!



2. In particular, the National Theatre is releasing a production every Thursday for folk to view. Have a look at the list here:

www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620

3. If you are into sport and are missing the live action, have a look on YouTube where you can see all sorts of highlights of different events from the past. Some examples are:

- 2005 Ashes win www.youtube.com/watch?v=uCNoKQABZEs (This is only 1 hour 40mins long. There is another video which is 9 hours if you want more detail!)
- Wimbledon – your pick of the greatest matches www.youtube.com/results?search_query=wimbledon+greatest+matches
- Great snooker matches such as this one www.youtube.com/watch?v=zGbXj17wlaM



4. You can teach yourself a simple hand massage technique that you can do with the person you care for. There are plenty of videos around this but here is one that is quite simple: www.youtube.com/watch?v=u9pi-O_0TVM

5. You may not be able to get to the library at the moment, but there are many online resources where you can borrow e-books or audio books to read/listen to. Hertfordshire Libraries offer this: www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx - you have to have your own library card to access this. If you do not have a card, have a look here: <https://openlibrary.org/>. In addition, there are some free resources at <https://booksbeyondwords.co.uk/> which are very helpful to explain what is happening to those with dementia or learning disabilities. Have a browse.

6. If films are what you enjoy, but you are not a member of Netflix or Amazon Prime, or any of the other paid for by subscription services, don't forget BBC iPlayer which has a selection of films which update regularly:
<https://www.bbc.co.uk/iplayer/categories/films/featured>

7. If you would like to learn more about wildlife whilst at home, have a look at Herts and Middlesex Wildlife Trust's website www.hertswildlifetrust.org.uk/wildathome which has lots of ideas of things to do in your garden.



8. Classic FM have created a list of classical concerts that are either live streaming or have a back catalogue of performances that are available. Have a browse here to see if there is anything that appeals:
www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/

9. If more popular style music is your taste, there are many artists who are live streaming via Instagram or Facebook. Have a look at this list to see if there is anything you might enjoy!
<https://discover.ticketmaster.co.uk/music/our-guide-to-finding-the-best-live-stream-gigs-49794/>



If you have a favourite artist, it is worth following them on social media, as any live performances will be announced there.

10. If all else fails, go onto YouTube and search for 'Funny Cat Videos'. Sit back and enjoy!