

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

If you are able to go 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

[www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online\\_51198.html](http://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html)

This gives a good overview of what is available now and how much it may cost (if anything). Musicals, plays, operas and Disney shows are currently available – have a browse.



2. In particular, the National Theatre has a number of productions that you can subscribe (£9.98 per month) to view. Have a look at the list here:

[www.nationaltheatre.org.uk/ntathome](http://www.nationaltheatre.org.uk/ntathome)

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](http://www.youtube.com/watch?v=uCNoKQABZEs) (This is only 1 hour 40mins long. There is another video which is nine hours if you want more detail!)
- Wimbledon – your pick of the greatest matches:  
[www.youtube.com/results?search\\_query=wimbledon+greatest+matches](http://www.youtube.com/results?search_query=wimbledon+greatest+matches)



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](http://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 or listen to. Hertfordshire Libraries have this offering, although you have to have your own library card to access it: [www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx](http://www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx).

If you do not have a card, have a look at 'Open Library': [openlibrary.org/](http://openlibrary.org/)

In addition, there are some free resources at [booksbeyondwords.co.uk/](http://booksbeyondwords.co.uk/) which are very helpful to explain what is happening to those with dementia or learning disabilities.

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 (you just need TV licence): [www.bbc.co.uk/iplayer/categories/films/featured](http://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, which has lots of ideas of things to do in your garden: [www.hertswildlifetrust.org.uk/wildathome](http://www.hertswildlifetrust.org.uk/wildathome)



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

[discover.ticketmaster.co.uk/music/our-guide-to-finding-the-best-live-stream-gigs-49794/](http://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!