

Self-Care & Exercise:

Headspace (Mindfulness / Meditation)

A free range of mindfulness resources specially selected to 'weather the storm'

<https://www.headspace.com/covid-19>

Balance (Meditation)

Balance is a meditation app that puts together a specific programme for you based on your answers to its initial questions. Currently only available on Apple, but due for android soon.

<https://www.balanceapp.com/>

CALM (Meditation)

A series of free resources including meditations, sleep stories, relaxing music, soundscapes, journaling, kids exercises and gentle exercises

<https://www.calm.com/blog/take-a-deep-breath>

Stress / Anxiety Reduction Session:

Free guided 20 minute stress / anxiety reduction session with Jason O'Callaghan of the D4 Clinic.

<https://www.d4clinic.ie/free-stress-anxiety-session/>

Down dog (Health and Fitness)

Free access to a range of fitness apps, including HIIT; Yoga; Barre and 7 Minutes until May. Extended free access for healthcare workers until July.

<https://www.downdogapp.com/>

Own your Goals with Davina McCall

30 days free access to Davina's website with nutritional information and exercise routines for home including Pilates, dance, boxing, HIIT, cardio, yoga and strength for as little as five minutes a day.

<https://ownyourgoalsdavina.com/>

Joe Wicks Body Coach

A variety of online workouts you can stream from your phone or TV from YouTube. He's also running a live PE class every morning at 9am – nominally for kids, but a challenge for all age groups!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Stories & Webcams

Libraries Ireland Online:

Create a virtual library card (if you haven't already got one) and download audiobooks and e-books
<https://www.librariesireland.ie/news/online-services-during-coronavirus>

Audible Books

A wide range of children's books available to listen to
<https://stories.audible.com/start-listen>

EarthCam

Travel to a variety of tourist destinations in the world and visit remotely. See what's happening in real time in a huge variety of places, or watch time-lapse videos of some popular spots
<https://www.earthcam.com/>

Animal and Nature Webcams

Explore from 100's (or probably 1000's) of live webcams trained on everything in the big wide world. From Doggie Day care, to the African Plains; from the Aurora Borealis to under the ocean – you can bring the world to you whilst you're stuck inside.
<https://explore.org/livecams>

Music & Dance

Home School Piano

Free Level 1 piano lessons aimed at beginners.
<https://homeschoolpiano.com/give-back/>

Fender Guitar Lessons

Free guitar lessons for the first 500,000 to apply
<https://try.fender.com/play/playthrough/>

Berliner Philharmonic Orchestra

30 days free access to the Digital Concert Hall, with over 600 Digital concerns to choose from.
<https://www.berliner-philharmoniker.de/en/titelgeschichte/20192020/digital-concert-hall/>

Sadler Wells Digital Stage

Free access to dance performances in London's Sadler Wells. Also will be showing dance workshops for younger and older views to keep moving.
<https://www.sadlerswells.com/whats-on/2020/digital-stage/>

King of Karaoke

YouTube channel with a great range of Karaoke backing tracks to get you singing your heart out
<https://www.youtube.com/channel/UCW7ZQKgUfvnXAq1oaOxKh0Q>

Oti Mabuse Dance Classes

A range of dance classes based on popular songs – bringing you through the steps and putting it all together.
https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g

Practical Stuff

Saint John of God Community Services COVID-19 Resources

A range of resources put together by Saint John of God Community Services including Social Stories, accessible explainer videos, clinical information and staff advice.

<https://www.sjogcommunityservices.ie/covid-19-information/>

Self-Quarantining / Cocooning Notices

Notices that you can put up outside your home to alert visitors to any procedures being followed in your house. You can personalise them yourself.

<https://contain.ie/pages/download-free-coronavirus-protection-signage-for-your-home>

Electronic Service Centre

These guys are offering virtual repair services for setting up TV's; computer equipment; home appliances repairs; setting up online meeting services; gaming consoles, etc. Just contact them online and they'll do their best to talk you through the process for free.

<https://www.electronicsservicecentre.ie/#section-5ac8d62c82517>

News2Day

News programme from RTE for younger viewers. Current affairs are presented in an easy to digest manner.

<https://www.rte.ie/news/player/news2day/>

Newsround

Again, geared towards kids, this BBC website gives current affairs an accessible twist, clearly explaining what's happening.

<https://www.bbc.co.uk/newsround>