Kettins Community Support Group - **Entertainment, Activities and other support** – 23/4/2020

Music

**Dougie Maclean** Facebook and You Tube <https://www.youtube.com/user/butterstonestudios> Concerts every second night now recorded.

**Andrew Lloyd Webber** shows are being streamed free. <https://www.youtube.com/theshowsmustgoon>

For performances - **Royal Scottish National Orchestra** are streaming Friday Night is Music Night. Some of their favourite/best performances. [www.rsno.org.uk/friday](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.rsno.org.uk%2Ffriday%3Ffbclid%3DIwAR0yymHijTC9U4-L-EjvWiG80kyJGN-1mOslq6xK-mmbsL23jTEygTDEX-w&h=AT2fHosVOCOE0rhRON5GVE-dVgDUuOgLM1ZS1AFixtV1xucZ9OYPBTPjSRYzdmOgtrukUZZ507v-mGtcohqSIhk5RaEoKNnRUQhiQuSEZaRTBnPB5QcWCrLNq4zAd_jwKUTt73-ZgbJRX-glvsuS&__tn__=-UK-y-R&c%5b0%5d=AT1YguOXtuK9fUM1hkq7bn-PwaetuCv4otLEpVg8IdsQxRQF8TyuikeNXuG_fsKc5wcL0fJ0DaJBYR1GN5fEvputNDwCT-XhzxzEkW5sZzuDPdg4Ic3O8CfzaHgRpmo6K2Ji_ZdcSxHGWzynboEURQeIHd9ajXW7XPlMUXd0F3njubvO-mRGLHVxAMzareNqFuaMdG5tPSjo5Ol9lpyXvp-7kyMP0InZz4TVdqpbcBBmuyLo3FZOu3XXjMc)

Also The Metropolitan Opera and The National Theatre -Friday night on you tube

**Gary Barlow** – The Crooners on Facebook – some famous singers in collaboration.

Exercise

**Joe Wicks Exercise** - Classes at 9.00am for school children and then after for adults. See facebook

**Coupar Angus Cycle Hub** has a map of the walking and cycling routes. Email: [strathmorecyclenetwork@outlook.com](mailto:strathmorecyclenetwork@outlook.com)

**British Heart Foundation** 10 minutes workout for in your living room. <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/10-minute-workout>

**Suzy Black** @SuzyBlackFitness (Facebook) has an online Pilates class. <https://www.youtube.com/watch?v=koUe29XndPE&feature=youtu.be&fbclid=IwAR2KduDws-W4aByk_jdSYty6J7wBuXezsl0C7CHZe8KKFQRPdMiEGpb7BHI>

Reflections

**Church of Scotland** - Moderator morning reflection every day on facebook. BBC Scotland - Sunday church service on TV.

Funerals – Rev Dr Marjory McLean is offering to take funerals online. <http://www.carsechurches.com/whos-who> for her contact details.

Art

**Painting Rainbows.** Make a picture of any kind and put it in your window. Everyone that passes will have a smile. If you are out for a walk, then you can count them? Maybe those who can, could make extra ones and we could give them to the older folks as a gift? (After a few days of quarantine, of course!) Blairie are looking for photos of these.

**Hospitalfield Arts** <https://www.facebook.com/Hospitalfield> Every Monday a new art challenge! Check it out.

**Blair Drummond Safari Park** and **Edinburgh Zoo** are doing face book live broadcasts

**Ninewells Knitting project** They are looking for knitted sleeves for drip for dementia patients. Easy pattern available using small amounts of wool. Please email [kettinscc@gmail.com](mailto:kettinscc@gmail.com) . Thank you.

**Rainbows in Crochet** – Why not- we can send you the pattern.

**Colouring Books** - <http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR39Nvz3TSp9EU73AFXU16kQYe6jcu2hQ6yLnEG6a_Sfbvk9QSs9Ya8F1kg> 113 museums have made books available.

**Thumbs up for Posties poster** - Download them here: [https://www.royalmail.com/thumbsup](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.royalmail.com%2Fthumbsup%3Ffbclid%3DIwAR1o7owOlzk6mmZtw96QgtLFIJH3LBj7C4mvjAFw5Q7EhjSU5IbCIVFNaG0&h=AT0mOjJOKAomZSnQEGSE7LYJdf2waoxYZexNbFA_2I16sH506rjIjgTkgbMnQAxgqWwi9RFPllFLXEthUF8V5QnCzMLRV6VrOUzBlIL4DkD2hg4-Igez74sBC0M8NkMc_VJxJ0QQ4SzNVUOnwHFO&__tn__=-UK-y-R&c%5b0%5d=AT36kWY_bRux4d7fpDQDQ9spDCWnKy3QM0LqjvPuqplOjpBc9heucFYc_JWuQhCoxZhN_D_7PNeXcUO5JmLiWgOUQjJNlRB9N6geyKXzWVNfFdl-Lf9ayZ1GT7tmPKguqejYMh4kMGgPM7fGUDAnh_oiKXg7f_3qy3FimMWE1gzjy9yCkm1K1eJyQAQg56kdV9joVrvhtpLXGDM56Cfz04tnU7Emey4-wM50Ix3uhhwrH0ny3D3nV9-LgsLGXwETYF5a_Qpxc3k)

Education

**Science projects for kids** - <https://easyscienceforkids.com>

Help with Computers – Bob Talbot has offered to help anyone who is struggling to use their computer and needs some advice and assistance. He is not a programmer, but knows his way round a computer and, being rather stuck at home, would be happy to help.

**Chemistry** He is also a Chemistry PHD, and used to teach at university so happy to help with the home schooling questions! Contact [Kettinscc@gmail.com](mailto:Kettinscc@gmail.com) for his contact details.

**Recipes**

**Jamie Oliver** <https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on>

And recipes <https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/>

And some good ideas - <https://www.bbcgoodfood.com/>

**The Joinery Coffee Shop, Meigle –** a daily recipe on their facebook page. Check it out for inspiration.

**Volunteering and Donating**

Ready Scotland www.readyscotland.org.uk Information on volunteering and other support.

[www.taysidecares.co.uk](http://www.taysidecares.co.uk) for up to date information

**NHS Scrubs** – Chrissy is making scrubs (staff uniforms) and is looking for donations of cotton or polycotton material. More details on facebook post or email us if you can donate some material.

**Health**

Older people can [visit Age Scotland](https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/your-wellbeing/) to learn more about keeping active and boosting mental wellbeing at this time. You can also phone the Age Scotland helpline on 0800 12 44 222. It’s open Monday to Friday, 9am to 5pm.

NHS 10 Stress Busters Guide - <https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

Breathing Space is a free and confidential phoneline service for anyone in Scotland who is experiencing low mood or depression. Call them on 0800 83 85 87

**Business Support**

The information on this is changing all the time. So follow these links for the up to date information.

Government Business Support <https://www.businesssupport.gov.uk/coronavirus-business-support/>

PKC <https://www.pkc.gov.uk/coronavirus/business> includes the application for business support grant

Growbiz <https://www.growbiz.co.uk/coronavirus-support> Updates, training and phone call support.