*Kettins Community Support Group –* ***Entertainment, Activities and Support*** *- 21/5/2020*

Music

**Dougie Maclean** Facebook and YouTube Concerts every second night now recorded. Visit [www.youtube.com/user/butterstonestudios](http://www.youtube.com/user/butterstonestudios)

**Andrew Lloyd Webber** shows are being streamed free. Visit [www.youtube.com/theshowsmustgoon](http://www.youtube.com/theshowsmustgoon)

**Royal Scottish National Orchestra** are streaming Friday Night is Music Night. Some of their favourite/best performances. Visit [www.rsno.org.uk/friday](http://www.rsno.org.uk/friday)

**The Metropolitan Opera** and **The National Theatre** – check them out on a Friday night on YouTube

**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

**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 or visit [www.sblackfitness.co.uk](http://www.sblackfitness.co.uk)

Art

**Hospitalfield Arts** - Every Monday a new art challenge! Check out [www.facebook.com/Hospitalfield](http://www.facebook.com/Hospitalfield)

**Blair Drummond Safari Park** and **Edinburgh Zoo** are doing Facebook 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 . Thank you.

**Colouring Books** -113 museums worldwide have made books available to download. Visit [www.openculture.com](http://www.openculture.com)

**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** - Bob is also a Chemistry PHD, and used to teach at university so happy to help with the home schooling questions! Contact Kettinscc@gmail.com for his contact details.

**Booklore Book Donations -** Booklore have started a new service to deliver books. If you are interested phone 01250 871120 and tell them what type of books you like and our volunteers will select 3 on your behalf and will have them delivered to your home.

Reflections

**Church of Scotland** - Moderator morning reflection every day on Facebook. BBC Scotland - Sunday church service on TV, and Daily Service at 9.45am on Radio 4 long wave and DAB.

Recipes

**Jamie Oliver** <https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on> also recipes at <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** - Information on volunteering and other support. Visit [www.readyscotland.org.uk](http://www.readyscotland.org.uk) and [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**

Support for People

**The Scottish Welfare Fund** - At this time, there may be people who have reduced income or no income due to the current crisis. We have been asked to provide information with the community. People on low incomes may be able to access a crisis grant to tide them over until their next wage/payment. Applications can be made online: [www.pkc.gov.uk/scottishwelfarefund](http://www.pkc.gov.uk/scottishwelfarefund) or can be made via telephone: **01738 476900**

**Coupar Angus Community Larder**

The Larder has opened its doors in the Growbiz (old Bank Building) in Coupar Angus. It is to support those struggling to afford food during the COVID crisis. Supplies include tinned meats, fish, meals, veg and fruit tins, UHT milk, toiletries and much more. Also pens, pencils, books and supplies for children being home schooled. There is no charge to anyone who needs this help and it is open to anyone. If you want to find out more please call **07864 743017** or find them on Facebook. The Larder is open Tuesdays and Fridays 10.00am - 2pm **but** please let us know if we can help by delivering.

Donations to the Larder can be made when the Larder is open or hand into the Bits and Bobs shop in Coupar Angus.

**Home Energy Scotland**

Home Energy Scotland are currently operating a comfort fund – the comfort fund is for vulnerable people who are on low incomes or who have perhaps experienced a loss of or decrease in their income due to the current situation, and require some additional help towards their energy bills or heating their property. If you think that you may be eligible for this fund then get in touch with Home Energy Scotland via the free phone number: **0808 808 2282**.

 **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.