

Natasha our Family Support Worker at St Mary's (Leith) has compiled a list of helpful resources and free online education information for families at home. She is available for phone support on 07470459452 or email natasha@citadelyouthcentre.org.uk.

One Parent Families Scotland

Created a Coronavirus Question & Answer Board on their website. The questions have come from people concerned about issues about benefits, employment and more with regard the current health crisis.

https://opfs.org.uk/talk-to-us/ask-a-question/?_sft_question_category=coronavirus&utm_content=buffer67708&utm_medium=social&utm_source=edinburgh+facebook&utm_campaign=buffer

Mind Heart

Short publication to help explain Corona Virus to young children. There's a lot of concern and stress out there about our situation and kids aren't stupid. You can download the free book here:

<https://www.mindheart.co/descargables> and it's available in multiple languages.

Parentline Scotland

Freephone number: 08000 28 22 33

Website or webchat: <https://www.children1st.org.uk/parentline>

NHS Lothian @NHS_Lothian

We are launching a groundbreaking new minor injuries service, Call MIA, where you are assessed in your own home by video call. There's no need to wait in a queue - you get an appointment and experts will assess your injury, provide advice or treatment in a matter of minutes.

April 1

We are launching a pioneering new video telehealth system to treat patients with minor injuries in their own home.

0:48 | 7.6K views

SAMH @SAMHtweets

We've created a hub of information and guidance about looking after your #mentalhealth as the #coronavirus developments continue.

SAMH will continue to update this page to help you find ways to protect your mental wellbeing during these difficult times - samh.org.uk/coronavirus

CORONAVIRUS AND YOUR MENTAL HEALTH
SAMH INFORMATION HUB

Free Online Education Resources

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Blockly: Learn computer programming skills -

<https://blockly.games>

Scratch: Creative computer programming

<https://scratch.mit.edu/explore/projects/games/>

National Geographic Kids: Activities and quizzes for younger kids.

<https://www.natgeokids.com/uk/>

Duolingo: Learn languages for free. Web or app.

<https://www.duolingo.com>

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

The Artful Partent

<https://www.facebook.com/artfulparent>

<https://thekidshouldseethis.com>

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

British Council

<https://www.britishcouncil.org/school-resources/find>

Resources for English language learning

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Geography Games

<https://world-geography-games.com/world.html>

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgudD49I71ep8-sjXmrac>

Activities and quizzes

Science

Glasgow Science Centre will be delivering Science online every day at 10am on their Facebook, Instagram and Twitter accounts.