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Age UK Islington “Keeping Busy” #1



If you, or an adult that you're caring for, needs to stay home for a period of time, there's lots that can still be done to keep active and engaged.

Age UK Islington is producing a series of “Keeping Busy” Knowledge Articles to inspire you to keep active and engaged, even whilst you are at home. Welcome to the first edition #1!

There's lots to explore

As well as keeping in touch with people you know, there are lots of ways in which you can explore new interests – from a Radio 2 Book Club, to a rich variety of online courses, singing exercises and gentle exercise options that you can do from home.

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We've brought together some initial ideas in this Knowledge Article, and whilst we appreciate that this can't replace the power of face to face connections, we hope that these ideas can provide you with some inspiration.

Share with us, and we'll share with others

These are just ideas, but the possibilities are endless! We'd love to hear from you if you've been inspired by ideas in this Knowledge Article, or if there's something else that you've discovered that you'd like to share with others. Or simply let us know how you are spending your time!

Keep us updated and we can provide inspiration to others in the same situation! Email us on: keepbusy@ageukislington.org.uk.

10 great ideas of how to Keep Busy at home

1. Keep in touch with friends & neighbours

- Call your friends, neighbours and relatives regularly on the phone and see how they are.
- Create WhatsApp groups with neighbours, family or friends. Share how you're getting on and ask other people how they are.
- Ask a friend to cook a meal, watch a film or read a book at the same time as you on Skype or FaceTime.
- Use Facebook and Twitter to keep up to date and keep in touch.

2. Check in on a book club

There are lots of book clubs, and not all of them are online.

Radio 2 Bookclub: Every two weeks, the Radio 2 book club discuss a new book, together with the author and invite audience members to help

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them review it. You can discover new and exciting authors and get ideas to try out different kinds of books.

<https://www.bbc.co.uk/programmes/articles/3fF3BxLxkjPLfxg1TN5xQCj/welcome-to-our-book-club>

Richard & Judy Book club:

The Richard and Judy Book Club features titles chosen by the couple to help get people thinking and talking about new stories. There's reviews by Richard and Judy and the option to join in with the conversation online afterwards.

<https://blog.whsmith.co.uk/richard-judy/>

3. Borrow a library e-book

Did you know that Islington libraries had over 1200 e-Audiobooks and e-books available to access from their website? It's an amazing, free resource. You can download the Borrowbox app to your phone or other device to make for even easier reading.

<https://www.islington.gov.uk/libraries-arts-and-heritage/libraries/online-resources-journals-and-magazines/ebooks-and-eaudio>

4. Try some gentle exercise

Keeping active and doing gentle exercise does not necessarily mean that you need to go out.

Age UK National provides some simple guidance to help keep active, even if you've a long term health condition or have recently had a fall or an operation.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/>

We are Undefeatable is a resource to help support people with long term health conditions keep active. It's a great starting point to find tips on ways to start moving, including exercise that you can try at home.

<https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home>

5. Simply walking

If you're able to get out of doors, then a walk can do the world of good. Islington is fortunate to have some wonderful green spaces.

During the Coronavirus outbreak, check the NHS website for the latest details about ["social distancing" measures](#) introduced to minimise the transmission of the virus.

https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=527qs_ejSYc

6. Singing for health

Singing is so good for health and is very uplifting. We'd totally recommend watching the "Singing for Better Breathing Resource".

This resource is designed to support those wishing to improve and maintain their health through singing. The Warm-Up Film guides you through a series of physical, vocal and breathing exercises to prepare body and mind for singing. The twelve songs gradually demand greater breath control and vocal stamina, and lyrics appear on screen.

https://www.youtube.com/playlist?list=PL-liTbuZ7zr1F4jZYocKQ5pALmBH_1FEg

7. Keeping learning

Open Learn from Open University is an amazing resource. There are loads of free courses – from beginners Spanish to creative writing courses, history and environmental courses.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

8. Get creative with some arts & crafts

Youtube is a particularly good place to start to look for ideas when it comes to making things and creative projects. There are a multitude of videos showing how to make lots of arts and crafts.

<https://www.youtube.com/user/TheCraftsChannel>

9. Catching up on Radio & TV

As well as broadcast Radio & TV, there's lots of programmes that are available online, on demand, for you to watch via a tablet, your smart phone or pc. The BBC has announced that there will be no changes to the BBC TV licence fee for the over 75s, and that free TV licences will continue until August 2020.

BBC Sounds is a website which gives you the opportunity to hear radio broadcasts and other audio shows. You just need to register and sign-in.

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

Iplayer contains lots of TV shows for you to watch after they've been broadcast. You need a TV licence to access this.

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

All 4 gives you the opportunity to catch-up on Channel 4 programmes.

<https://www.channel4.com/programmes/home/on-demand/65571-005>

10. Newspaper deliveries

Many local newsagents can arrange delivery of newspapers and magazines. Whether you've a particular interest, like to keep up with the news & politics or like to solve puzzles, all of these can be delivered to your door. Why not search up their phone numbers and see what they can do.

We'd like to hear from you

We'd love to hear about how you've been keeping engaged and active at home. Email: keepbusy@ageukislington.org.uk.

Or if you're finding things difficult, do contact Age UK Islington's Helpline – 020 7281 6018, gethelp@ageukislington.org.uk, for support.