



Creativity and Recreation

Ideas and links to help you continue to enjoy creative fun activities and nature:

- Online quiz – many local pubs are offering their weekly quiz online. *Watch this space for the Carers' Centre quiz*
- Free online jigsaw puzzles e.g.
<https://thejigsawpuzzles.com/>
- Reading – North Tyneside Libraries has a catalogue of ebooks. The Internet Archive has launched a “National Emergency Library”, making 1.4m books available free online and there are a number of other sites where you can access books free of charge.
<https://my.northtyneside.gov.uk/category/1020/e-books-e-magazines-and-audiobooks>
<https://archive.org/details/nationalemergencylibrary>
<https://books.google.com/>
<https://www.goodreads.com/ebooks>
http://www.openculture.com/free_ebooks
- Singing
 - Sofa Singers: a 45-minute free weekly online singalong -
<https://www.thesofasingers.com/>
 - Gareth Malones new initiative aims to give everyone the opportunity to contribute their voices and instruments to an ambitious digital music project
<https://decca.com/greatbritishhomechorus/>
- Watch a movie with your family and dress up as characters – See the Centre's Facebook page and events page on our website for details of our movie nights.
- Future Learn – offers online courses in a huge range of subjects created by leading universities, business schools and specialist organisations.
- Creative Writing – many organisations (including Future Learn) are offering online courses some of which are free.
<https://www.futurelearn.com/courses/start-writing-fiction>
- Tutorials available on YouTube to help you learn a wide range of new things e.g.
 - Arts and crafts
 - How to play a musical instrument
 - Learn a language – there are also many apps which you can download onto your phone e.g. Babbel, Duolingo
- Get tuition from an expert to learn a new skill. Masterclass is an online platform that gives users access to tutorials from some of the world's leading experts in various fields. (Fee payable.)

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

- Gardening – the Royal Horticultural Society has a lot of useful tips on its website <https://www.rhs.org.uk/advice>
- Reach for the Stars – Images from NASA <https://images.nasa.gov/>
- Enjoy nature and the natural world
 - Edinburgh Zoo <https://www.edinburghzoo.org.uk/webcams/rockhopper-penguin-cam/#rockhopperpenguin>
 - Georgia Aquarium <https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home>
 - Grand Canyon, USA <https://www.theguardian.com/travel/2020/apr/06/10-best-virtual-tours-of-worlds-natural-wonders-everest-patagonia-grand-canyon-yosemite>
 - Mount Everest Base Camp, Nepal <https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/the-worlds-highest-peaks/>
 - Northern Lights, Lapland <https://lightsoverlapland.com/abisko-national-park-virtual-reality-tour/>
 - Hang Sơn Đoòng, Vietnam - The Worlds Largest Cave <https://www.nationalgeographic.com/news-features/son-doong-cave/2/#s=pano37>
 - Yosemite National Park, USA <https://www.google.com/maps/about/behind-the-scenes/streetview/treks/yosemite/>
 - Zhāngjiājì National Forest, China <https://www.youtube.com/watch?v=b6vQQit2ZU8&list=PLBIsvuObDf1u8ZWxvqldTOEihVzWXH7AB&index=2>
 - Giants Causeway in Northern Ireland <https://www.nationaltrust.org.uk/giants-causeway/features/take-a-virtual-tour-of-the-giants-causeway>
 - Perito Moreno glacier, Argentinian Patagonia <https://www.360cities.net/image/perito-moreno-glacier>
 - Namib desert dunes, Namibia <https://www.airpano.com/360photo/Namibia/>