**Online and Virtual Youth Work Resources**

| **Topic/Issue** | **Content** | **Website/hyperlink** |
| --- | --- | --- |
| Sport and Fitness | Free fitness apps-as recommended by British Heart Foundation  **Fitness class with Joe Wicks.**  **Glasgow Club**  Just download the Glasgow Club app and you’ll have access to our FREE online content to get you started. You’ll find streaming fitness classes, easy-to-follow equipment-free routines and general advice on maintaining a healthy body and mind.  You might not be able to join us in the gym, but we can bring our workouts to you at home! Just download the Glasgow Club app to get started. | <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/7-free-fitness-apps>  [**https://www.youtube.com/watch?v=Rz0go1pTda8**](https://www.youtube.com/watch?v=Rz0go1pTda8)  [**myglasgow.club/**](https://glasgowclub.org/Pages/Home.aspx) |
| Arts and Cultural Activities | **Vinido- Learn to sing:**  **The Infinite Monkey Cage Podcasts –**  **Opera: La Monnaie**  **Classical Music: Wigmore Hall**  **Soothing songs:**  **Ballet: Class with Tamara Rojo**  **Dance Theatre: Class with McOnie**  **Dance: Step by Step virtual online classes for salsa, cha cha or waltz**  **Visual Art & Contemporary Culture: ICA Talks** | <https://apps.apple.com/us/app/vanido-learn-to-sing/id1130249200>  [**https://www.bbc.co.uk/programmes/b00snr0w/episodes/downloads**](https://www.bbc.co.uk/programmes/b00snr0w/episodes/downloads)  [**https://www.lamonnaie.be/en#**](https://www.lamonnaie.be/en)  [**https://wigmore-hall.org.uk/wigmore-hall-live/past-live-streams**](https://wigmore-hall.org.uk/wigmore-hall-live/past-live-streams)  [**https://www.theguardian.com/music/2020/mar/17/from-aphex-twin-to-al-green-the-most-soothing-songs-to-self-isolate-with**](https://www.theguardian.com/music/2020/mar/17/from-aphex-twin-to-al-green-the-most-soothing-songs-to-self-isolate-with)  [**https://www.youtube.com/watch?v=fcT9uRJqCrE**](https://www.youtube.com/watch?v=fcT9uRJqCrE)  [**https://www.instagram.com/mconiecompany/**](https://www.instagram.com/mconiecompany/)  [**https://www.facebook.com/StepByStepDanceOnline/**](https://www.facebook.com/StepByStepDanceOnline/)  [**https://sounds.bl.uk/Arts-literature-and-performance/ICA-talks**](https://sounds.bl.uk/Arts-literature-and-performance/ICA-talks) |
| Galleries and Museums | **J Paul Getty Museum Los Angeles**  **Guggenheim, Bilbao**  **Musee d'Orsay, Paris**  **Vatican Museums, Rome http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html or Vatican City Tour**  **Natural History Museum**  **National Museum of Modern & Contemporary Art, South Korea**  **British Museum, History Connected** | [**https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en**](https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en)  [**https://artsandculture.google.com/partner/guggenheim-bilbao**](https://artsandculture.google.com/partner/guggenheim-bilbao)  [**https://artsandculture.google.com/partner/musee-dorsay-paris**](https://artsandculture.google.com/partner/musee-dorsay-paris)  [**https://www.youvisit.com/tour/vatican**](https://www.youvisit.com/tour/vatican)  [**https://artsandculture.google.com/partner/natural-history-museum**](https://artsandculture.google.com/partner/natural-history-museum)  [**https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea**](https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea)  [**https://britishmuseum.withgoogle.com/**](https://britishmuseum.withgoogle.com/) |
| **Libraries** | While all Glasgow Libraries are now closed in line with Government advice on reducing social contact, there remains a wide range of free e-resources available to library members. You can still use your library card OR join the library to access our large collection of [**eBooks**](http://libcat.csglasgow.org/web/arena/ebooks), **[eMagazines](http://libcat.csglasgow.org/web/arena/emagazines)**, **[eAudiobooks](http://libcat.csglasgow.org/web/arena/eaudiobooks)**, [**eMusic**](http://libcat.csglasgow.org/web/arena/emusic)and **[eResources](https://libcat.csglasgow.org/web/arena/eresources)**. There is also a useful Driving Theory Course. | [**https://www.glasgowlife.org.uk/libraries**](https://www.glasgowlife.org.uk/libraries)  <https://www.glasgowlife.org.uk/libraries/online-library> |
| Food and cookery | **The Great British Bake off**  **Jamie’s Recipes- Cooking made easy:** | [**https://thegreatbritishbakeoff.co.uk/**](https://thegreatbritishbakeoff.co.uk/)  [**https://www.jamieoliver.com/recipes/category/books/5-ingredients-quick-easy-food-recipes/**](https://www.jamieoliver.com/recipes/category/books/5-ingredients-quick-easy-food-recipes/) |
| Languages | Busuu language learner: | <https://www.busuu.com/en/mobile> |
| Instruments-Learn to play | A range of free APPS for instrument learning, which do require access to instruments: | [**https://www.educationalappstore.com/app-lists/best-apps-music-learning**](https://www.educationalappstore.com/app-lists/best-apps-music-learning) |
| Mental Health and wellbeing | It is perfectly normal to feel worried during exceptional and frightening times such as this. However, if you are starting to feel overwhelmed, it’s important to acknowledge your feelings and speak to someone you trust, whether that’s a friend, a family member, your GP or a helpline such as **Samaritans on 116 123** or **Breathing Space on 0800 83 85 87**.  Young people can use the internet, social media and mobile technologies to improve their mental health and wellbeing. Aye Mind has worked in collaboration with young people and workers to bring together a suite of positive digital resources and methods, for widespread use.  Glasgow City Council Education Services provides free access to the digital mental health and wellbeing service Big White Wall (BWW) for all residents aged 16-18, in order to support the mental health and wellbeing of the local area. BWW provides safe, anonymous, online support 24/7, with a supportive community, information and self-help resources, and trained professionals online at all times. The service is free to all in Glasgow.  Lifelink continues to offer a community based counselling service for young people aged 12-17. This is not a formal counselling service but for young people who feel that they would benefit from simply having someone qualified to talk through their stresses and anxieties with. Workers or young people can contact for a referral.  CAMHS online resources – resources to support young people, parents/carers and professionals | NHS Inform has a dedicated page on [mental health support.](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19)  The Mental Health Foundation has [advice on looking after your mental wellbeing right now.](https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak)  For those suffering with an eating disorder, you can [find support and advice from BEAT](https://www.beateatingdisorders.org.uk/coronavirus)  People with autism or carers of people with autism can [contact Scottish Autism who provide advice via email and a call-back service.](https://www.scottishautism.org/)  For those with Obsessive Compulsive Disorder (OCD), [tips on how to keep well.](https://www.ocduk.org/ocd-and-coronavirus-top-tips/)  Aye Mind: [**http://ayemind.com/resource-map/**](http://ayemind.com/resource-map/) Digital for Youth Wellbeing  simply go to [www.bigwhitewall.com](http://www.bigwhitewall.com) and enter your postcode.  <https://www.lifelink.org.uk/make-a-referral/>  [info@lifelink.org.uk](mailto:info@lifelink.org.uk)  <https://www.camhs-resources.co.uk/> |
| Young Scot | Young Scot has a range of information on its Glasgow page, including a feature on the Big White Wall digital mental health and wellbeing service and Coronavirus information for young people. | : <http://young.scot/Glasgow> |
| YouthLink Scotland |  | <https://padlet.com/lgreen40/ScotlandOnlineYW> |