



## Community Networks in the Northern Area's COVID 19 Response Small Grants

### Suggestions for Online/Socially Distanced Projects

**It is the applicant's responsibility to abide by the most recent COVID Government Guidelines**

 <p>Connect</p>	<p>Book Clubs  Team Craft Activities  Team Quizzes  Online Tea Party  Home Growing Tutorials  Zoom Bingo  Virtual Choir</p>
 <p>Keep learning</p>	<p>Nutritional Talks  Food &amp; Mood  Cook A Longs  Gardening/Horticulture Projects  Sleep Management  Wood Work/Wood Turning  DIY Skills  Upcycling  Cookery/Baking  Arts &amp; Crafts Crocheting Tutorials  Brain Boosting /Memory Workshops  Self Care/Bespoke Take 5 Steps To Wellbeing Sessions  Emotional Wellbeing Programmes  (Child/Teen/Adult)  Bespoke Talks</p>

	<p> <b>Kite Making Workshops</b>  <b>Story Telling</b>  <b>Drama Classes</b>  <b>Creative Writing</b>  <b>Lego Clubs</b>  <b>Flower Arranging</b>  <b>Fishing Instruction</b>  <b>Art/Wall Mosaics</b>  <b>Trauma Related Therapies eg Emotional Freedom Technique (Tapping)</b>  <b>Holistic Therapies e.g. Capacitar techniques, Reflexology, acupuncture, acupressure, massage</b> </p>
<p>Be active</p> 	<p> <b>Pilates</b>  <b>Box Fit</b>  <b>Otago Strength &amp; Balance</b>  <b>Tai Chi At Home</b>  <b>Keep Fit On Your Doorstep</b>  <b>Line Dancing</b>  <b>Yodelling</b>  <b>Musical Wellbeing</b>  <b>Armchair Aerobics</b>  <b>Breath Work Sessions</b>  <b>Laughter Yoga/Yoga</b>  <b>Chair Based Aerobics</b>  <b>No Step Needed Step Aerobics</b> </p>
<p>Take notice</p> 	<p> <b>Mindfulness</b>  <b>Functional Breathing/Breath Work</b>  <b>Wellbeing At Home</b>  <b>Managing Anxiety Techniques</b>  <b>Stress Reduction/Control</b>  <b>Art Therapy</b>  <b>Photography</b>  <b>Mindful Eating</b>  <b>Aromatherapy</b>  <b>Bach Flower Remedies</b>  <b>Sensory Gardens</b> </p>

	<p>Wellness Packs Self-Care Packs Kids Sensory Packs Activity Packs Memory Boxes Make &amp; Give Emotional Wellbeing Resources (Teen/Adults/Older People) Volunteering Compassion Fatigue Work Shops</p>
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**Please note these are some suggestions not an exhaustive list.**