



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

	<p>Wellness Packs Self-Care Packs Kids Sensory Packs Activity Packs Memory Boxes Make & Give Emotional Wellbeing Resources (Teen/Adults/Older People) Volunteering Compassion Fatigue Work Shops</p>
---	--

Please note these are some suggestions not an exhaustive list.