



The Library Edit



Issue 1 – 20th April 2020

Some of the best websites and online resources to get you through lockdown – all chosen by library staff, and grouped by theme.



Words, Words, Words

If books and reading are your thing, check these recommendations out, and we have suggestions for adults as well as children.....

For Children

BookTrust HomeTime offers something fun for the family including storytime with free online books as well as videos, games, book-themed quizzes, competitions and rhymes - you can even learn how to draw some of your favourite book characters.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

Until mid-April, author, actor and Britain's Got Talent panellist, **David Walliams** will be sharing a free audio story on his website every morning at 11am. If you missed any of the previous week's stories, you can hear them on his elevenses catch-up page, where they remain until the following Sunday.

<https://www.worldofdavidwalliams.com/elevenses/>

<https://www.worldofdavidwalliams.com/elevenses-catch-up/>

The **Harper Collins Children's Books** website has lots of book recommendations, free audiobooks and fun activities to keep the children entertained

<https://www.harpercollinschildrensbooks.co.uk/>

The Harry Potter At Home hub is casting a Banishing Charm on lockdown boredom. Here you'll find all the latest magical treats to keep the kids occupied: craft videos, fun articles, quizzes, puzzles and plenty more - for first-time readers, as well as those already familiar with the wizarding world.

<https://www.wizardingworld.com/collections/harry-potter-at-home>

Julia Donaldson has a weekly broadcast to entertain families during the Covid-19 pandemic. The Gruffalo author will perform stories, songs and poems, and will be joined by her husband. Illustrators from her books, including Axel Scheffler, Rebecca Cobb, Lydia Monks, David Roberts and Nick

Sharratt will also feature. The broadcast is every Thursday at 4 p.m on The Official Gruffalo Facebook page, and her own website includes activities and singalongs:

<https://www.facebook.com/OfficialGruffalo/>
<https://www.gruffalo.com/>

Puffin is offering regular readings and draw-alongs from its list of authors on Mondays and Friday 3.30pm BST, via its YouTube channel. You can also watch them via the Puffin website, where you will also find book recommendations, meet the author features and downloadable games and activities
<https://www.penguin.co.uk/articles/children/2020/apr/puffin-storytime-series.html>

Seven Stories, The National Centre for Children's Books, based in Newcastle, have a weekly story time every Friday at 10am on their Facebook page, with authors reading from their books
<https://www.facebook.com/7Stories/>

And finally, don't forget the Cumbria Library Service website, where library members can access a range of online services including FREE ebooks, eaudiobooks, digital magazines, comics and newspapers
www.cumbria.gov.uk/libraries

.....and if you are not a library member you can access these services right away by joining online here:

www.cumbria.gov.uk/libraries/services/membserv.asp

For Adults

The Big Book Weekend (BBW) will take place between 8th – 10th May. It will be a three-day virtual book festival that brings together the best of the British literary festivals which have had to cancel, and will include a range of events 'sponsored' by the relevant festival, featuring the authors and other artists that would have appeared. It is being organised by authors Kit de Waal and Molly Flatt, and is supported by the BBC and Arts Council England. They are promising something for all tastes and all communities, for children and adults, from festival die-hards to people who've never considered chatting about books at a festival before.

There will be interviews, panel discussions, 'in conversation' debates, performances and interactive sessions featuring the biggest names in books, alongside unknown debut authors and rising talents.

<https://bigbookweekend.com/>

And if you enjoy Book Festivals, well **The Hay Festival** may have had to cancel this year, but each Thursday they will be releasing podcasts of remixed conversations with the world's greatest writers and thinkers, from its festivals around the world. You can find them on Apple Podcasts, Spotify, or wherever else you stream or download podcasts, and you can catch up with previous weeks' output here:

<https://www.hayfestival.com/podcast>

Also on the virtual festival front, **BookBound 2020**, an online 'antiviral' literary festival, will be bringing authors and readers together from Monday 27 April to Sunday 3 May. Writers involved include David Lammy, Sarah Perry, Robert Webb, and Michelle Paver.

<https://www.bookbound2020.co.uk/p/about.html>

The Bookshop Band has a huge and loyal following of fans and have played in Carlisle Library and at Borderlines Book Festival in the past. Their Lockdown Book Show streams live every Friday at 8.30pm. These are musical taster concerts with songs inspired by five books loved by band members, Beth Porter and Ben Please, which they think you may enjoy during lockdown.

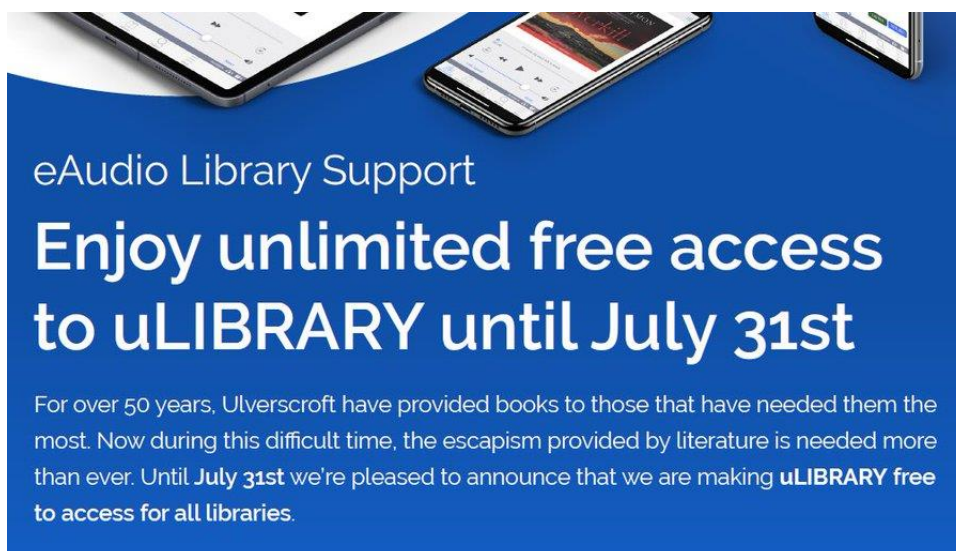
(The concerts are free, but they have also included a donate button, and 40% of everything earned will go towards two charities: one for musicians and one for booksellers.)

<https://www.facebook.com/TheBookshopBand/live/>

On Tuesdays at 5pm BST At Home with Penguin streams authors including Marian Keyes, Richard Osman and Caroline Criado-Perez, live from their homes, where they reveal how they're coping with life indoors, and what they're reading and watching to get through lockdown. You can also catch up with previous episodes.

<https://www.penguin.co.uk/articles/2020/mar/at-home-with-penguin.html>

Ulverscroft have given our library members free access to their uLIBRARY audiobook app until July 31st. Listen to novels by authors such as Lee Child, Anne Cleeves and more through the app - click here to register <https://www.ulibrary.net/register/>



eAudio Library Support

Enjoy unlimited free access to uLIBRARY until July 31st

For over 50 years, Ulverscroft have provided books to those that have needed them the most. Now during this difficult time, the escapism provided by literature is needed more than ever. Until July 31st we're pleased to announce that we are making **uLIBRARY** free to access for all libraries.

And finally, don't forget the **Cumbria Library Service** website, where library members can access a range of online services including FREE ebooks, eaudiobooks, digital magazines, comics and newspapers

www.cumbria.gov.uk/libraries

.....and if you are not a library member you can access these services right away by joining online here: www.cumbria.gov.uk/libraries/services/membserv.asp



Learning

Here are some good sites to look at to find fun, free activities for your children while they're learning from home.....

Tiny Happy People

Simple Early Years activities, play ideas and tips for parents to develop their child's communication skills.

<https://www.bbc.co.uk/tiny-happy-people>

National Literacy Trust Family Zone

For ages from birth to 12, this site has ideas and guidance on simple activities around reading, writing and language development.

<https://literacytrust.org.uk/family-zone/>

Usborne Play and Learn at Home

Lots of fun resources to help keep children engaged in learning at home, from birth-11 years. All Usborne ebooks are reduced to 0.99 until the end of April 2020.

<https://usborne.com/play-and-learn-at-home/>

The Maths Factor

Resources from this site, created by Carol Vorderman, will be free for the duration of the Covid-19 school closure period. Following the maths curriculum, there are challenges and activities for children aged 4-12 years.

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

BBC Bitesize

Starting on Monday 20 April, BBC Bitesize will publish daily online lessons aligned to the National Curriculum for all ages. There will also be a dedicated TV channel filled with learning content, podcasts on BBC Sounds and educational video on iPlayer.

<https://www.bbc.co.uk/bitesize/articles/zn9447h>

For older students, BBC Four is teaming up with the Red Button to deliver evening programmes to support GCSE and A-Level students.

Gov.uk

A comprehensive list of websites covering English, maths, science, PE, wellbeing and SEND identified by educational experts, offering free resources and support for children of all ages.

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

Twinkl

Widely used by teachers and schools, Twinkl has created a school closures online resource pack for parents with ideas and advice on all aspects of the curriculum from ages 3 to 12+

<https://www.twinkl.co.uk/resources/covid19-school-closures>

Reading, rhyming and other fun stuff...

Harry Potter Home Hub

Fans of Harry Potter will love this dedicated space filled with everything from special activity kits to magical craft videos, puzzles, quizzes and much more!

<https://www.wizardingworld.com/news/introducing-hp-at-home>

The World of David Walliams Eleveses

Free audio stories from the author of The World's Worst Children and many more favourites.

<https://www.worldofdavidwalliams.com/elevenses/>

Toppsta

List of cool author and illustrator events taking place online – updated every weekday.

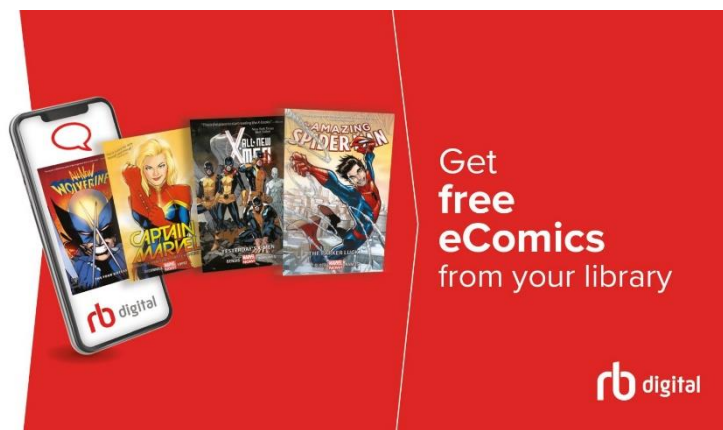
<https://toppsta.com/blog/view/bookish-ideas-if-you're-self-isolating-with-the-kids>

Booktrust

Stories from Cressida Cowell, learn to draw with brilliant illustrators, get ready for Pyjamarama on the 1st of May and many more fun activities centred around books and reading on the Booktrust website.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

Remember to follow **Cumbria Libraries** and **Cumbria Library Services for Schools** on Facebook, Twitter and Instagram for daily updates on great online resources to help you and your child learn and have fun at home, plus story times, rhyme times and book reviews brought to you by our fantastic library staff!





Health and Wellbeing

Useful websites to support your health and wellbeing, as well as telephone and helpline information

Covid-19

For the latest information about Covid-19

www.gov.uk/coronavirus

Telephone/Text Helplines

NHS 111

For NHS advice and referral for any health or mental health related issues 24/7

Samaritans 116 123

Whatever problems you are facing Samaritans are there to listen 24/7

SHOUT Text Shout to 85258

Crisis text service for support with any mental health concern 24/7

CALM Campaign Against Living Miserably 0800 58 58 58

Helpline for men of all ages, open 5pm – Midnight.

Silverline 0800 470 80 90

Information, friendship and advice for older people 24/7

Young Minds Parent Line 0808 802 5544

Advice for parents and carers worried about a young person 9.30-4pm Mon-Fri.

Young Minds Crisis Messenger Text YM to 85258

Crisis text support for under 25s 24/7

Papyrus Hopeline 0800 068 4141

Support and advice for Young People. 9am-10pm Mon-Fri. 2-10pm Weekends.

The Mix 0808 808 4994

Advice and support for under 25s 4-11pm

Childline 0800 11 11

Support currently available 9am-Midnight, and online 1-2-1 chat

www.childline.org.uk

Self-Harm Awareness for All (SAFA) 01229 832269

Cumbria based charity offering Counselling via telephone. Monday -Friday, 9am-5pm.

<https://safa-selfharm.com/>

Advice and Guidance

Kooth

Free online counselling for young people over 11.

www.kooth.com

Mind

Mental health information and self-help guides

www.mind.org.uk

Online Self-help Guides

A wide range of downloadable self-help guides from Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

<https://web.ntw.nhs.uk/selfhelp/>

Recovery College Online

Information and online courses - includes a free online course for everyone in response to the recent global Coronavirus pandemic.

www.recoverycollegeonline.co.uk/

Every Mind Matters

UK Government Mental Health and Wellbeing advice including NHS recommended Apps

www.nhs.uk/oneyou/every-mind-matters

Good Thinking

Online wellbeing resources

www.good-thinking.uk

Suicide Prevention

Information and advice at

www.every-life-matters.org.uk

or

www.stopsuicidenenc.org

Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbria police
non-emergency T: **101**
or online www.cumbria.police.uk,
in an emergency always call **999**

**No one should
suffer
domestic abuse.**

If you are at risk or experiencing
abuse help and support is available.
For more information contact:

VICTIM SUPPORT CUMBRIA

Telephone Support - Local number 0300 3030 157 Mon-Fri 9-6pm

Self Help Guides - 'My Support Space' online guides

Live On-line Chat - available on-line 9am-6pm, Monday to Friday
www.victimsupport.org.uk/help-and-support

24 Hour Support Line 08 08 16 89 111

LOCAL

National Childline T: 0800 11 11

Safety Net - for women and men affected by Domestic Abuse T: 01228 515859 E: office@safetynet.org

Gateway 4 Women - Carlisle T: 01228 212090 E: admin@cumbriagateway.co.uk

Springfield Domestic Abuse Support - South Lakes T: 01539 726171 E: cs@springfieldsupport.org

Women Out West - Whitehaven T: 01946 550103 E: contactus@womenoutwest.co.uk

Women Community Matters - Barrow T: 01229 311102 E: reception@womenscommunitymatters.org

NATIONAL

National Domestic Abuse helpline 0808 2000 247

LGBT Domestic Abuse Victims - T: 0800 999 5428

Mankind Initiative - T: 01823 334 244

National Child Line - T: 0800 11 11

**Safer
Cumbria**

Cumbria Safeguarding Children Partnership



Are you concerned about a child?

**We are all living in unprecedented times, it is
really important that we look out for each other
and support each other in our communities.**

This will be a difficult time for lots of families,
and they may be making different care
arrangements for their children. Families
may experience added stress at this time,
with added financial pressure or isolation
from support networks. These issues
can add a great burden onto families
and children and young people
could be at increased risk of harm
during these times.



**If you are concerned about a child
or young person who you believe might be at risk
of harm, please contact:**

**The Multi Agency Safeguarding Hub on
0333 240 1727 or NSPCC 0800 800 5000.**



**If you believe a child is at risk of immediate
danger dial 999 and speak to the Police.**



cumbriasafeguardingchildren.co.uk



Culture Vulture

If you are interested in music, art, theatre, galleries, museums and all things cultural, these are “must visit” websites.....

The British Museum may be closed, but you can still explore this iconic building online and discover 2 million years of history and culture through virtual tours, galleries, podcasts and resources.

<https://www.britishmuseum.org/>

School of Life offers short videos on the Philosophy of Life – perfect for children and young people

<https://www.youtube.com/channel/UC7lcJI8PUf5Z3zKxnZvTBog>

The Social Distancing Festival celebrates and showcases amazing talent from all over the world, with live streams and artist events

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

Head over to the **British Independent Film Awards** website for some of the best short films of recent years, nominated for the British Independent Film Awards

https://www.bifa.film/news/lockdown-watch-bifa-nominated-shorts-here/?fbclid=IwAR221mGHmUxh6D0_GbPcZ_8XFiZlZtoseQ3SCnzs3YVPMBEpQ7MiYpNgcKQ&fbclid=IwAR1wGL3cUd86xnwi9n_pFuJT2CA2t1PGTXz-D71vQ5nEpSSkda-9rHpgLn8



Get
free
eMagazines
from your library

rb digital



Make it, Think it, Share it, Do it

Be inspired and get creative, with these amazing websites.....

Join in with artist **Rob Biddulph**'s draw-along videos, which he posts on Twitter

<https://twitter.com/RobBiddulph>

The Royal Academy offers wonderful online tutorials for all ages, including stop-frame animation, making our own paintbrush and printing with fruit and vegetables, or online life drawing for the more adventurous. Something for all the family!

<https://www.royalacademy.org.uk/articles/tag/family-how-to>

Find a fantastic selection of colouring, drawing, crosswords and puzzles for all the family on the website of **Themegroup Creative Agency**

<https://themecreative.co.uk/grown-ups/>

And finally, for this edition of The Library Edit, why not take part in a Photography Challenge with **Camera Cabin**

<https://www.youtube.com/watch?v=ZT4oztvArLk>

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at **high risk** of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966 or **COVID19support@cumbria.gov.uk**

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SUPPORT EACH OTHER
#TogetherWeCan