



# AMBITIONS PROJECT COVID-19

## ABSTRACT

Providing online resources and links for young people and their parents within this unprecedented time of Covid-19.

Charm Tinn

## Support for Young people and their mental health

Information	Link or Resource
<p>It's really important to consider your mental health and try and stay connected with others during lockdown.</p>	<p><a href="https://youngminds.org.uk">https://youngminds.org.uk</a></p> <p><a href="https://your-way.org.uk/">https://your-way.org.uk/</a></p> <p><a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a> Tel: 0808 808 4994</p> <p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p><a href="http://www.samaritans.org">www.samaritans.org</a> Tel: 116 123 (24 hours a day, free to call)</p> <p><a href="http://www.youngpeoplecornwall.org">www.youngpeoplecornwall.org</a></p> <p><a href="https://www.barnardos.org.uk/what-we-do">https://www.barnardos.org.uk/what-we-do</a></p> <p><a href="https://www.valuedlives.co.uk/">https://www.valuedlives.co.uk/</a> Tel: 01209901438</p> <p><a href="http://www.mandowncornwall.co.uk/#contact">http://www.mandowncornwall.co.uk/#contact</a></p> <p><a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></p> <p>Childline Tel: <a href="tel:08001111">0800 1111</a></p>
<p>For anyone who feels they are at risk of domestic abuse, it is important to remember that there is help and support available to you. You are not alone.</p>	<p><a href="https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse">https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse</a></p> <p><a href="https://www.womenscentrecornwall.org.uk/our-services/">https://www.womenscentrecornwall.org.uk/our-services/</a></p> <p><a href="https://www.womensaid.org.uk">https://www.womensaid.org.uk</a></p> <p><a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a></p> <p><a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a></p> <p><a href="https://lgbt.foundation/domesticabuse">https://lgbt.foundation/domesticabuse</a></p> <p>Cornwall Refuge Trust's 24hr helpline <a href="tel:01872225629">01872 225629</a></p>
<p>As more of us are at home and being less active it's important to try and be as active as possible. Partaking in physical</p>	<p><a href="https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity">https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity</a></p>

<p>activity also helps with feeling better mentally.</p>	<p><a href="https://food.unl.edu/physical-activity-youth">https://food.unl.edu/physical-activity-youth</a></p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p> <p><a href="https://www.verywellfit.com/fun-workouts-for-teens-4146977">https://www.verywellfit.com/fun-workouts-for-teens-4146977</a></p> <p><a href="https://www.oceanflowyoga.co.uk/live-streamed-classes/">https://www.oceanflowyoga.co.uk/live-streamed-classes/</a></p>
<p>These are difficult times and abiding by the coronavirus guidelines can make you think there is not much of your life that you are in control of. Write a list of aspects of your life you can and can't control and display it somewhere when you feel anxious or frustrated.</p>	 <p><b>I CANNOT CONTROL</b> (So, I can LET GO of these things.)</p> <ul style="list-style-type: none"> <li>IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING</li> <li>THE AMOUNT OF TOILET PAPER AT THE STORE</li> <li>THE ACTIONS OF OTHERS</li> <li>MY POSITIVE ATTITUDE</li> <li>TURNING OFF THE NEWS</li> <li>FINDING FUN THINGS TO DO AT HOME</li> <li>HOW I FOLLOW CDC RECOMMENDATIONS</li> <li>LIMITING MY SOCIAL MEDIA</li> <li>HOW LONG THIS WILL LAST</li> <li>PREDICTING WHAT WILL HAPPEN</li> <li>MY OWN SOCIAL DISTANCING</li> <li>MY KINDNESS &amp; GRACE</li> <li>HOW OTHERS REACT</li> <li>OTHER PEOPLE'S MOTIVES</li> </ul> <p>Clipart: Carrie Stephens Art The Counseling Coach.com</p>
<p>For young people who have autism and may need some questions answering or support.</p>	<p><a href="https://youngminds.org.uk/blog/coronavirus-autism-and-my-mental-health/?gclid=Cj0KCQjw-r71BRDuARIsAB7i_QPqFfjC3twfGjX_MW5GUk522tcBWeJCndfgyS7BqS7reW2us17rzUkaAoBsEALw_wcB">https://youngminds.org.uk/blog/coronavirus-autism-and-my-mental-health/?gclid=Cj0KCQjw-r71BRDuARIsAB7i_QPqFfjC3twfGjX_MW5GUk522tcBWeJCndfgyS7BqS7reW2us17rzUkaAoBsEALw_wcB</a></p> <p><a href="https://www.autism.org.uk/services/helplines/coronavirus.aspx">https://www.autism.org.uk/services/helplines/coronavirus.aspx</a></p>
<p>One of the uplifting aspects of the current coronavirus is that a number of companies have made stuff free that normally you pay for. Money Saving Experts have listed for children, young people and adults, those offers such as free boxsets, audiobooks and guitar lessons.</p>	<p><a href="https://www.moneysavingexpert.com/team-blog/2020/03/paid-for-things-they-ve-made-free-boxsets--audiobooks--fitness-c/">https://www.moneysavingexpert.com/team-blog/2020/03/paid-for-things-they-ve-made-free-boxsets--audiobooks--fitness-c/</a></p> <p>for a whole list of free offers</p>
<p><b>Pregnancy</b></p> <p>Being a father or mother</p>	<p><a href="https://www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant/">https://www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant/</a></p> <p><a href="https://www.home-start.org.uk/pages/category/support-for-families-during-covid-19">https://www.home-start.org.uk/pages/category/support-for-families-during-covid-19</a></p> <p><a href="https://www.wildproject.org.uk/">https://www.wildproject.org.uk/</a></p>
<p><b>Healthy Outlook</b></p>	<p><a href="http://www.Healthy-outlook.co.uk">www.Healthy-outlook.co.uk</a></p>

<p>Healthy Outlook is for people who find it difficult managing these long-term physical health conditions, and are also experiencing symptoms of stress, depression or anxiety as a result.</p>	<p>01208 871905</p> <p><a href="https://healthy-outlook.co.uk/form/register-healthprofessionals">https://healthy-outlook.co.uk/form/register-healthprofessionals</a></p>
<p><b>Universal Credit</b> Support with Universal Credit at this time <b>Benefits Calculator</b></p>	<p><a href="https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/">https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/</a> <a href="https://www.gov.uk/benefits-calculators">https://www.gov.uk/benefits-calculators</a></p>

### Support for Parents

Information	Link or Resource
<p>Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? Do you have children at home with specific needs? There are many useful websites and resources out there on what you can do to best support your family, and how to take care of yourself.</p>	<p><a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a></p> <p><a href="https://talk.actionforchildren.org.uk/">https://talk.actionforchildren.org.uk/</a></p> <p><a href="https://youngminds.org.uk/contact-us/parents-helpline-enquiries/">https://youngminds.org.uk/contact-us/parents-helpline-enquiries/</a></p> <p><a href="https://www.autism.org.uk/services/helplines/coronavirus.aspx">https://www.autism.org.uk/services/helplines/coronavirus.aspx</a></p> <p><a href="https://www.priorygroup.com/blog/how-to-help-an-autistic-child-during-the-coronavirus-outbreak">https://www.priorygroup.com/blog/how-to-help-an-autistic-child-during-the-coronavirus-outbreak</a></p>
<p>If you are a parent and struggling with you own mental health issue, or need urgent support, there are lots of places you can go to for help.</p>	<p><a href="https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support">https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support</a></p> <p><a href="https://www.cornwallft.nhs.uk/outlook-south-west">https://www.cornwallft.nhs.uk/outlook-south-west</a></p> <p><a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/">https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/</a></p> <p><a href="https://www.family-action.org.uk/what-we-do/adult-mental-health-and-wellbeing/">https://www.family-action.org.uk/what-we-do/adult-mental-health-and-wellbeing/</a></p> <p><a href="https://www.valuedlives.co.uk/our-offer.html">https://www.valuedlives.co.uk/our-offer.html</a></p> <p>Online referrals only Outlook South West <a href="https://gateway.mayden.co.uk/referral-v2/01d3ec67-a6884700-8b1e-ad3acacabf07">https://gateway.mayden.co.uk/referral-v2/01d3ec67-a6884700-8b1e-ad3acacabf07</a></p> <p><a href="https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/">https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/</a></p>

For anyone who feels they are at risk of domestic abuse, it is important to remember that there is help and support available to you. You are not alone.	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse">https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse</a> <a href="https://www.womenscentrecornwall.org.uk/our-services/">https://www.womenscentrecornwall.org.uk/our-services/</a> <a href="https://www.womensaid.org.uk">https://www.womensaid.org.uk</a> <a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a> <a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a> <a href="https://www.nationaldahelpline.org.uk">https://www.nationaldahelpline.org.uk</a>  Cornwall Refuge Trust's 24hr helpline 01872 225629
With children being at home all day instead of in school, and some parents having to juggle working hours at home and around their children, more young people might be spending time online. Here is the government guideline for parents giving support in keeping children safe.	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online">https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online</a>
Guidelines around school closures from the government	<a href="https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers">https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers</a>
Parents with questions for their children who have SEND	<a href="https://cornwallsendiass.org.uk/">https://cornwallsendiass.org.uk/</a>
For those with younger children wishing to obtain free resources	<a href="https://www.worldofdavidwalliams.com/davidwalliamslive/">https://www.worldofdavidwalliams.com/davidwalliamslive/</a>
As the situation with coronavirus evolves, it's important to know what support is available to you as a carer and those you look after.	<a href="https://www.carersuk.org/help-and-advice/health/lookingafter-your-health/coronavirus-covid-19">https://www.carersuk.org/help-and-advice/health/lookingafter-your-health/coronavirus-covid-19</a>
If you have cancer, you might be worried about how coronavirus affects you. The most important thing is to follow the advice from the NHS and your healthcare team.	Macmillan Cancer and Coronavirus (covid19)  Macmillan Support Line 0808 808 00 00  Open Monday to Friday, 9am - 5pm.

<p>People with cancer may be at a higher risk of infection, so please follow the advice that will help reduce the risk of getting coronavirus (COVID-19). This page includes advice and information from the NHS and GOV.UK.</p>	<p><a href="https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/macmillan-support-line">https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/macmillan-support-line</a></p>
<p>Action for Children have resources on their website about things you can do with your child</p>	<p><a href="https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/">https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/</a></p>
<p><b>MARCH Network</b></p> <p>The March Network have prepared a resource page of creative activities to do whilst in isolation at home.</p>	<p><a href="https://www.marchnetwork.org/creative-isolation">https://www.marchnetwork.org/creative-isolation</a></p>
<p>The Growth hub provides help for your Business. They work with local businesses, including self-employed people and not for profit organisations to find the right guidance and support to help their business work smarter, develop and grow.</p>	<p><a href="https://www.ciosgrowthhub.com/the-growth-hub">https://www.ciosgrowthhub.com/the-growth-hub</a></p> <p>We are independent, impartial and totally free. So there is no reason not to get in touch and discuss your business now. Call us on <a href="tel:01209708660">01209 708 660</a> we are open from 9am until 5pm or <a href="#">send us a message</a> outside of these hours and we can book a time convenient for you.</p>
<p>Support with Universal Credit.</p> <p>Benefits Calculator</p>	<p><a href="https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/">https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/</a></p> <p><a href="https://www.gov.uk/benefits-calculators">https://www.gov.uk/benefits-calculators</a></p>

### **Understanding Coronavirus**

Information	Link or resource
<p>Guidance for household with possible coronavirus (Covid-19) infection.</p>	<p><a href="https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection">https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection</a></p>

<p>Guidance for households with grandparents, parents and children living together where someone is at risk or has symptoms of coronavirus infection.</p>	<p><a href="https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/guidance-for-households-with-grandparents-parents-and-children-living-together-where-someone-is-at-increased-risk-or-has-symptoms-of-coronavirus-cov">https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/guidance-for-households-with-grandparents-parents-and-children-living-together-where-someone-is-at-increased-risk-or-has-symptoms-of-coronavirus-cov</a></p>
<p>What to do if you or someone you share your home with has signs of coronavirus.</p>	<p><a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876719/Coronavirus_what_to_do_if_you_or_someone_you_share_home_with_signs_coronavirus_20200328.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876719/Coronavirus_what_to_do_if_you_or_someone_you_share_home_with_signs_coronavirus_20200328.pdf</a></p>
<p>An easy-read guide to Covid-19</p>	<p><a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf</a></p>
<p>Stay at Home guidance for households: current guidelines illustrated</p>	<p><a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874011/Stay_at_home_guidance_diagram.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874011/Stay_at_home_guidance_diagram.pdf</a></p>
<p>Additionally, the government has recently announced that anyone in England showing symptoms of coronavirus (COVID-19) who has to leave the home to go to work, or is aged 65 and over, is eligible for testing along with members of their households with symptoms. This is in addition to all essential workers with symptoms. Testing can be booked through a new online system. Guidance on coronavirus (COVID-19) testing, including who is eligible for a test, how to get tested and the different types of test available can be found here</p>	<p><a href="https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested">https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested</a></p>
<p>It is essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and</p>	<p><a href="https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public">https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public</a></p>

<p>rinsing with water provides. The latest guidance and video on hand washing can be found at:</p>	
<p>Due to National guidance around COVID-19 (Coronavirus) we're operating a reduced service until further notice. We are now offering our support digitally through a range of options and extended opening hours for contacting us</p>	<p><a href="https://your-way.org.uk/coronavirus/">https://your-way.org.uk/coronavirus/</a></p>
<p>Beyond Words is a book series for people with learning disabilities to understand Corona virus, Covid-19 funded by DHSC.</p>	<p><a href="https://cswgroup.co.uk/wp-content/uploads/2020/03/BeatingtheVirus-A4V1-1.pdf">https://cswgroup.co.uk/wp-content/uploads/2020/03/BeatingtheVirus-A4V1-1.pdf</a></p>
<p><b>Cornwall Council's</b> information guide to Covid-19.</p> <p><b>Housing Concerns</b></p>	<p><a href="https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/">https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/</a></p> <p><a href="https://www.gov.uk/government/news/complete-ban-on-evictions-and-additional-protection-for-renters">https://www.gov.uk/government/news/complete-ban-on- evictions-and-additional-protection-for-renters</a></p>
<p><b>Pregnancy Advice</b></p> <p>If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists.</p>	<p><b>Royal College of Obstetricians and Gynaecologists</b> <a href="https://www.rcog.org.uk/en/guidelines-research">https://www.rcog.org.uk/en/guidelines-research</a></p> <p>Tel: 020 7772 6200</p> <p><a href="https://www.ecdc.europa.eu/sites/default/files/documents/Leaflet-Covid-19_pregnant-women.pdf">https://www.ecdc.europa.eu/sites/default/files/documents/Leaflet-Covid-19_pregnant-women.pdf</a></p> <p><a href="https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/">https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/</a></p>
<p><b>Self Isolation</b></p> <p>This service is for people who would like to volunteer or need support due to self-isolation. Support for essential shopping, prescriptions, and dog walking. I have also arrange for food bank essentials to be delivered to home addresses.</p>	<p><b>Flu Friends contact Volunteering Cornwall at T: 01872 266988 or email mid@volunteercornwall.org.uk</b></p> <p><b>Referral forms can be completed by a health professional on the site</b> <a href="https://www.volunteercornwall.org.uk/latest-news/22HYPERLINK">https://www.volunteercornwall.org.uk/latest-news/22HYPERLINK</a> "<a href="https://www.volunteercornwall.org.uk/latest-news/22-news/392-coronavirus-can-you-help">https://www.volunteercornwall.org.uk/latest-news/22-news/392-coronavirus-can-you-help</a>" <a href="https://www.volunteercornwall.org.uk/latest-news/392-coronavirus-can-you-help">https://www.volunteercornwall.org.uk/latest-news/392-coronavirus-can-you-help</a></p>

## Education, Employment and Training: Useful resources and links

Information	Links or Resources
<p>The forecast recession looks likely to hit young people the hardest, but there are some organisations investing in their skills as they acknowledge this is key to recovery.</p> <p>For anyone feeling that their education and training has been unavoidably disrupted at a point in their lives when they should be finding their feet, working out what to do next and thinking about their career direction. These websites support the impacts Covid-19 has on young people, increasing career and education support at this time.</p>	<p><a href="https://youthfuturesfoundation.org/">https://youthfuturesfoundation.org/</a></p> <p><a href="https://www.resolutionfoundation.org/">https://www.resolutionfoundation.org/</a></p> <p><a href="https://www.learningandwork.org.uk/">https://www.learningandwork.org.uk/</a></p> <p><a href="https://worldskillsuk.org/directions/worldskills-uk-live?gclid=Cj0KCQjw-r71BRDuARIsAB7i_QMMjIJcMf08ra_fx6giXYjt6mVqaHkfNu_Bkq7BQrZreh30Gt9dKfYaAk57EALw_wcB">https://worldskillsuk.org/directions/worldskills-uk-live?gclid=Cj0KCQjw-r71BRDuARIsAB7i_QMMjIJcMf08ra_fx6giXYjt6mVqaHkfNu_Bkq7BQrZreh30Gt9dKfYaAk57EALw_wcB</a></p> <p><a href="https://www.youthemployment.org.uk/supporting-young-people-through-covid-19/">https://www.youthemployment.org.uk/supporting-young-people-through-covid-19/</a></p>
<p>GCSE, A-Level and AS information Summer 2020</p>	<p><a href="https://www.aqa.org.uk/coronavirus">https://www.aqa.org.uk/coronavirus</a></p>
<p>The Skills Toolkit is made up of free online courses, tools and resources to help you improve your digital and numeracy skills. The Department for Education has consulted some of the country's leading educational experts and employers to make up a collection of high quality resources to suit a range of interests and skill levels.</p>	<p><a href="https://theskillstoolkit.campaign.gov.uk/">https://theskillstoolkit.campaign.gov.uk/</a></p>
<p><u>Department for Education Helpline</u> The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children's social care. Parents and young people can contact this helpline as follows:</p>	<p>Phone: <b>0800 046 8687</b></p> <p>Opening hours: 8am to 6pm – Monday to Friday 10am to 4pm – Saturday and Sunday</p>
<p><b>OHSC</b> is the UK's leading specialist provider of distance learning professional courses. They are offering access to some of the UK's finest <b>100% free courses online with certificates</b>. With not a penny to pay, no strings attached and no</p>	<p><a href="https://www.oxfordhomestudy.com/free-online-courses-with-certificates">https://www.oxfordhomestudy.com/free-online-courses-with-certificates</a></p>

entry requirements whatsoever, anyone interested in further education has the incredible chance to study at home.	
Youth Employment UK are offering a free Skills and Careers Activities booklet is perfect for young people to work through at home, and for schools and organisations to share. It is editable so you can use it how you want to.	<a href="https://www.youthemployment.org.uk/free-skills-careers-activities-booklet-for-young-people/">https://www.youthemployment.org.uk/free-skills-careers-activities-booklet-for-young-people/</a>
The Prince Trust have pulled together some of the most useful advice, guidance and resources so you can continue to upskill by developing your confidence and abilities during this challenging time, as well as find the answers to your questions on work and self-employment.	<a href="https://www.princes-trust.org.uk/about-the-trust/coronavirus-response/resource-centre?utm_source=twitter&amp;utm_medium=social&amp;utm_campaign=covid">https://www.princes-trust.org.uk/about-the-trust/coronavirus-response/resource-centre?utm_source=twitter&amp;utm_medium=social&amp;utm_campaign=covid</a>
Explore the range of inspirational and informative resources, helping to explain apprenticeships.	<a href="https://amazingapprenticeships.com/resources/">https://amazingapprenticeships.com/resources/</a>
BBC Bitesize are using celebrities to act as supply teachers who will be helping the BBC educate the nation's schoolchildren during the coronavirus lockdown. Sir David Attenborough, Danny Dyer and Jodie Whittaker are among those celebrities.	<a href="https://www.bbc.co.uk/iplayer/group/p089nk5f">https://www.bbc.co.uk/iplayer/group/p089nk5f</a>
The STEM Learning website offers a wealth of primary resources for learning from home covering science, maths, computing and design & technology	<a href="https://www.stem.org.uk/">https://www.stem.org.uk/</a>
BBC Teach Thousands of free educational videos, guides and audio clips as well as an archive of spectacular Live Lessons	<a href="https://www.bbc.co.uk/teach/teaching-from-home-advice-for-parents/zv6bbdm">https://www.bbc.co.uk/teach/teaching-from-home-advice-for-parents/zv6bbdm</a>