

Staying Connected: entertainment/leisure opportunities in the current covid-19 outbreak (non face-to-face contact)

N.B. the interventions suggested below are not focused on meeting vital needs such as access to food, medication or providing support services for people facing crises such as mental health issues or domestic violence. However, once these fundamental needs have been met and for those already settled, it will be imperative to provide ways to keep people mentally active and connected in order to maintain their emotional and physical wellbeing.

We are also aware of the need to support the sector to develop targeted responses to people in different contexts e.g. those living in care homes or with specific conditions e.g. hearing loss. This is an ongoing piece of work and we will be constantly updating this list and providing opportunities for organisations to share learning, challenges and ideas. Please get in touch by emailing info@connecthackney.org.uk with suggestions, questions or ideas. We aim to support the sector to deliver effective projects to isolated people during this challenging time.

Background and context

The table below sets out different ways that the VCS can provide leisure opportunities to isolated people during the current covid-19 outbreak. The following project ideas have either been set up prior to the outbreak or are new ideas which are suggested as a possible response. The need to consult/co-produce projects with service users has never been more important and the ideas below should be used as prompts to spark debate and discussion with potential participants. The current climate is putting extraordinary pressure on voluntary sector organisations to respond swiftly to an extreme situation. **Despite these unprecedented conditions we urge providers to undertake consultations with potential users and/or co-produce projects where possible.** Doing so, while causing a delay to the beginning of delivery, will strengthen the effectiveness of your intervention and help ensure you are meeting the needs and interests of isolated people.

We also recommend adopting a test and learn approach in which you try out different responses and adapt them based on what is working.

1. Leisure/entertainment projects for participants with no or limited internet access

N.B. Hackney is home to a large community of artists and writers who may already be known to the community. Providers could reach out to them to see if they are willing to be involved in their projects. This sense of familiarity could help engage older people.

We will be producing an asset map of local organisations and artists that projects could engage with and looking into whether projects could use Connect Hackney funding to pay for the services of self-employed artists.

i) Telephone based projects – leisure/entertainment

Project	Delivery method	Information/resources
<p>TV/film club (option to use internet) - adapted from internet model</p>	<p>A group project with a facilitator or a 1-1 intervention between a service user and volunteer/staff member. The pair or group agree a film or TV show to watch - either on TV or online if there is internet access and then decide a time to discuss it together later over the phone. There is already an online 'viral film club' where approx. 600, mostly younger people do this via Instagram. With the right safeguarding protocols in place, volunteer film buddies could potentially be recruited from the pool.</p> <p>It looks likely that institutions such as the National Theatre are exploring how to make their archive of performances accessible online which could be a useful resource for those with internet access.</p>	<p>Internet based model (to be adapted): https://www.instagram.com/viralfilmfestival/</p> <p>Free online movies if using internet: http://www.openculture.com/freemoviesonline</p>

**Telephone book club
– based on existing
project**

Group activity via a landline. The reading group runs on a conference call basis with participants discussing a pre-selected book chosen by the group. Members join each group session one by one, introduced by the phone switchboard operator. Up to 8 people can be on each session on the phone in their own home. The telephone calls are free and last for an hour, facilitated by a member of library staff and a representative from the RSVP charity, who work in partnership with Hackney Community Library Service to run the group. It isn't clear that this project is still active but it may be possible to contact the library service to understand more about how the phone switchboard operates and gather learning from them.

This group were meeting every 6 weeks to allow time to gather copies of the books in the different formats, however arranging deliveries of books to members may be possible, including using funding to purchase books via online delivery or local booksellers which is still possible as of 24/03/20.

If the delivery of hard copies of books is not possible, audio books could potentially be played over the phone.

Project information:

<https://readinggroups.org/your-stories/meet-hackney-libraries-telephone-reading-group>

Free online audiobooks:

<http://www.openculture.com/freeaudiobooks>

<p>Telephone befriending and topic/language specific telephone befriending - based on existing project</p>	<p>Call in Time is a free telephone friendship service that matches volunteers with older members of the public (aged 60 plus) to have a weekly 30-minute chat together.</p> <p>Learning from Connect Hackney has found that some people feel more confident engaging in projects that have a set task or topic as this makes conversation easier. Additionally, providing topics of conversation which are not focused around the covid-19 outbreak will be key in maintaining mental wellbeing and therefore linking people together with similar interests should be explored. With the correct safeguarding processes in place, volunteers could potentially be recruited from people who have or who are learning community languages to make this more accessible.</p>	<p>https://www.ageuk.org.uk/get-involved/volunteer/telephone-befriender/</p>
<p>Library delivery service – based on existing service</p>	<p>Delivery of library books – uncertain if possible in current context. Projects may be able to use funding to purchase books for service users.</p>	<p>https://volunteering.royalvoluntaryservice.org.uk/home-library-services</p>
<p>Read aloud groups - based on existing project</p>	<p>A trained Reader Leader reads a novel, short story or poem aloud to the group which the group then discuss. There is no need for group members to read aloud or speak. The project aims to create a space where people feel at ease. These groups took place in person but could</p>	<p>https://www.thereader.org.uk/what-we-do/shared-reading/</p>

	be replicated over the phone and do not require participants to have access to the same book.	
Friendship groups – based on existing project	Facilitated group chats where people discuss shared interests. Silver Circles are facilitated group phone calls where people with shared interests can discuss topics that interest them with a wider small group of 6 to 8 people. Calls are free for people taking part, as costs are covered by The Silver Line.	https://www.thesilverline.org.uk/what-we-do/
Conference call music concerts - suggestion	<p>Many musicians are streaming concerts via the internet but it may be possible to play live music to people over a conference call so that those without internet access can participate.</p> <p>While people may be able to access recorded music at home, evidence suggests that live music may be more beneficial to emotional wellbeing.</p>	<p>A potential partner for creating a conference call of live music is Live Music Now</p> <p>https://www.livemusicnow.org.uk/welbeing_older_people</p>
Quiz night - suggestion	Online resources such as trivia sites could be used to facilitate group quizzes over the phone.	<p>Black history month quiz: https://www.proprofs.com/quiz-school/story.php?title=nzk4otkza5lu</p> <p>Local history quiz resources: http://hackneypost.co.uk/interactive-quiz-hackney-trivia/</p>

		<p>https://hackney.gov.uk/archives-collections</p>
<p>Sharing stories – adapted from existing project</p>	<p>Facilitated conversations which enable people to shape their memories into stories using free online question cards which structure the process. The cards provide prompt questions that lead the participant through a memory e.g. can you tell me about the neighbourhood you grew up in? What did you get in trouble for doing when you were young?</p> <p>The facilitator could be a staff member, volunteer or family member.</p>	<p>https://dailycaring.com/recording-life-stories-5-ways-to-help-seniors-share-special-memories-vita/</p> <p>Storytime cards (free): https://vitalifestory.com/storytime-cards/?utm_source=dailycaring&utm_medium=advertorial&utm_campaign=dailycaringadvert</p>
<p>Craft challenges - suggestion</p>	<p>Participants could be sent a 28 day list of different craft challenges to complete. Funding could potentially be used to provide art and craft equipment to participants, or, if delivery becomes limited to essential items, suggestions of common household objects could be circulated.</p> <p>Should the postal service be reduced to essential items then a facilitator could call round service users and explain the craft challenge for the day.</p>	<p>Pinterest is full of 28 day challenges for drawing and crafts etc. The site requires you to set up a free account before viewing content:</p> <p>https://www.pinterest.co.uk/pin/99431104264585520/?d=t&mt=login</p>

ii) Internet based projects – leisure/entertainment

While it may be possible for people with internet access to engage in these activities alone, providing facilitation, a schedule or undertaking them as part of a group may increase the positive impact on their wellbeing.

Project	Delivery method	Information/resources
Live skype exercise classes/online exercise classes	A group or individual participates in exercise classes either streamed live or by following an online pre-recorded session	A range of exercise routines for older adults are available on YouTube https://www.youtube.com/watch?v=mQLzNf8VOIc
Virtual museum tours and discussions	145 institutions offering virtual tours, clicking on the image moves you around the space. Includes art galleries and museums. These online tools could be supplemented by group discussions via skype or conference call.	Arts and culture tours: https://artsandculture.google.com/search?q=tour Liverpool International Slavery museum videos: https://www.liverpoolmuseums.org.uk/international-slavery-museum#section--about
Online classes –	The internet is full of art and craft tutorials, magic classes	Easy magic tricks for beginners:

<p>art/craft, magic, languages</p>	<p>etc. these could be practiced in facilitated groups or pairs.</p> <p>YouTube could be used for free, or Skill share gives access to over 22,000 classes for \$99.00 a year for teams of 3-49 people.</p> <p>Alternatively, volunteers who have signed up for mutual aid groups or other local networks could be asked to share their skills online.</p>	<p>https://www.youtube.com/watch?v=AQ-xyIEgPHc</p> <p>Skillshare: https://www.skillshare.com/browse/drawing</p>
<p>Cultural discussions based on books, films using online resources</p>	<p>YouTube is full of interviews with authors, filmmakers, artists etc. from around the world – these could form the basis for discussion groups</p>	<p>e.g. Bernadette Evaristo interview https://www.youtube.com/watch?v=7vMJqMUTDIM</p>
<p>Community radio – either setting up a new radio project or promoting local/community radio stations</p>	<p>Increase user generated content of local or community radio so they become more interactive and connective, more call-ins from listeners and more activities to participate in</p> <p>Song request, good news, memories, quizzes etc.</p>	<p>http://hoxtonradio.com/</p> <p>http://www.hced.co.uk/tenants/nts</p> <p>http://www.socialbroadcasts.co.uk/remotere-radio</p>
<p>Online choir – new project ideas</p>	<p>Group singing facilitated via skype</p>	<p>https://www.goodhousekeeping.com/uk/news/a31729991/online-choir-forms-during-coronavirus/</p>