

# STAYING HOME

HOW TO STAY SAFE AND BE  
PRODUCTIVE WHILST SELF  
ISOLATING VOL 2

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# *How to enjoy life under lockdown*

## **Important information about Prince's Trust**

As many people already know there was the closure of the London centres. The Prince's Trust is still trying to come up with ideas for everyone who wants to be involved

### Welcome sessions

There will be weekly welcome sessions held for anyone who wants to find out more about the Prince's Trust and the opportunities, this would be done via an online platform or a group video chat.

For more information about the online chats contact your support worker

### Jobs board

Amidst the coronavirus pandemic, the online job search platform remains active and will continue to be updated from employers who are still actively recruiting. Check out the website 'jobs get hired'

### Virtual offer

Prince's Trust will continue to run programmes being run remotely online via video link and other mediums, contact your support worker for more guidance and information

### Access to one-to-one

You can still receive 1:1 meeting with staff to discuss any concerns or possible queries about Prince's Trust

### Young People Relief Fund

The fund was solely launched to help young people

- Who are missing schoolwork and help to continue to learn
- Support you if you are out of work and to support you finding new work
- Give support and help you cope with the day-to-day feelings of anxiousness during these uncertain times

**We develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity -Barbara De Angelis**

## Random ways to keep entertained during lockdown

Binge Netflix! Recently Netflix have started their Netflix party function, it allows you and your friends to watch the same movie/series at the exact same time. There is also a function that allows you to have a group chat during the show, so you can react about the same thing and talk about what's going on.

Disney + has finally dropped in the UK, allowing you to watch endless films and shows such as the classic Disney films, Star Wars, marvel films, the Simpson's and more

Update your music collection with artist who are currently dropping new music, for example, Rihanna collaborating with Partynextdoor on the song 'believe it'. Khalid, Tory Lanez, Wiz Khalifa, The Weekend, Drake, the 1975, Dua Lipa, Donald Glover and many more artist who have dropped music during quarantine

Go on to Twitter and Instagram to follow all the latest celeb gossip and feuds, celebrity artists doing insta live concerts, taking part in all of the insta challenges, getting involved in the trendy app TikTok and way more!

The future depends on what we do in present  
- Mahatma Ghandi





## Planning for the fun future

It can be easy to have your head filled with negative thoughts, wondering what's going to happen next and how the virus will progress. As we know we are in a lockdown which will be reconsidered for extension or abolishment during an upcoming conference. Spending time talking online with friends planning your adventures for summer 2020 will get your mind off the situation and in a more positive mindset.

-With the sun out, warm evenings and mocktails, going to see an outdoor film with friends would be the perfect combination. Pop up outdoor cinemas such as roof top film club, Luna cinema, Circus bar and FEST garden are places to search up.

-Take part in pride London 2020 in July, the annual pride event is a colourful and beautiful display of love between human beings. Taking part in the parade and support LGBTQ+ rights is something everyone should do at least once

-Spend time at Brighton Pier, the pier is absolutely packed with things to do for all ages, from the massive arcade, the mini amusement park, bars and restaurant it's hard to get bored with a trip to Brighton

-Hyde park is a massive green space of 350 acres in London, you can spend the whole day there doing things such as horse-riding, football, rollerblading, cycling, picnics and boating on the serpentine

-Expand your mind by traveling to museums with free entry, such as the British museum, National Gallery, Museum of London, Natural History Museum, Science Museum and many many more!

The best way to predict your future is to create it

- Abraham Lincoln





# Updating your CV

Many people around the UK are in similar positions, some people may not be happy with their current job, the job could have decided to fire employees in the heat of the corona virus pandemic, or people are looking for work, if you relate to any of these situations, updating your cv would be a good use of your time. Now would be a good time to start to update your cv since you have this new free time on your hands.

Websites such as cv maker, my perfect cv and live career make it super easy for people to get a cv template and fill it in.

Adding things, you have already done to your cv is a good use of time, however, don't think that just because we are on lockdown doesn't mean you can't spice up your cv in other ways. You could do this by trying to learn another language, starting to take online classes and improving skills needed for a future job role, I.e computing skills, photography skills, editing skills and more.

## How to safely help others while protecting yourself during the corona outbreak

- Checking in with vulnerable family/friends who aren't meant to leave their house even for essentials, checking on them to figure out if they need groceries or medication would be an essential way to help others
- Staying indoors when possible, one of the biggest ways to help is staying indoors as much as possible, saving your life and others.
- Convince others to stay home too, you may know a person or two who are flaunting the lockdown rules, educating them about what could happen as a result of their actions could save many lives
- Write a letter to care homes, many vulnerable elders would be feeling lonely during this pandemic, due to the fact they might be unable to see their family, spending time writing letters to them would cheer them up
- Donate money to coronavirus charities online to help fight the war against the spread of coronavirus



Every Thursday evening 8pm everyone will be coming out of their homes to clap for the NHS and key workers

The UK surpasses 7,097 coronavirus deaths so far. There have been more than 60,733 confirmed cases of coronavirus in the UK so far- 8<sup>th</sup> of April

After Cabinet Officer Minister Michael Grove announced health workers on frontline in England will be tested for coronavirus starting from 28<sup>th</sup> of March. Government have now admitted they do not know when the peak will hit

People who continue to flaunt lockdown rules could be arrested and fined

There is now a plea from the government for more people to take part in clinic trials

Millions of people could soon have access to new 15-minute coronavirus tests

Coronavirus has causes drops in air pollution across the world

Queen addressed nation for special broadcast about the coronavirus Sunday 5<sup>th</sup> April

Premier league has been further suspended due to the coronavirus and players may have a salary cut of 30%

Read on the Ofqual page to finally understand how cancelled GCSE and A-levels will be marked

PM taken to intensive care due to coronavirus symptoms-said to be improving

Government said it is unlikely for country's national lockdown will be lifted soon

Medical director of the NHS states the number of coronavirus infections and hospital admissions in Britain is beginning to slow-showing signs of flattening

Chancellor Rishi Sunak has announced a £750m package to keep struggling charities afloat

Want to find out news first-hand news on coronavirus and don't have enough time to watch the news on TV? Download the Sky news app or the BBC news app, you will get notifications about important things currently happening in the world, specifically UK

