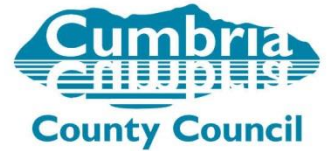




The Library Edit



Issue 7 – 9th July 2020

Welcome to the latest edition of The Library Edit, where you will find some of the best websites and online resources – all chosen by library staff, and helpfully grouped by theme.



Words, Words, Words

If books and reading are your thing, here's this week's "go to" websites

Cressida's Creativity Summer Camp

Join Children's Laureate Cressida Cowell and a host of other children's authors and illustrators in a week of fun and creativity – 6-10 July.

<https://www.booktrust.org.uk/what-we-do/childrens-laureate/>

Yorkshire Festival of Story 2020

Normally based in the Yorkshire Dales, this festival has gone online this year with 80 different free creative story events including podcasts, workshops and competitions. From 1- 31 August 2020.

<https://www.settlestories.org.uk>

Author interviews

Head to the BBC Books and Authors webpage to find short clips and interviews of authors on Radio 4. There are 5 pages of little snippets from a truly eclectic mix of writers, and it is great "pick and mix" site for dipping into at random.

<https://www.bbc.co.uk/programmes/p00x101r?page=1>

360-degree Library Tour

Missing your library fix? Take a tour of Harvard University's Harry Elkins Widener Memorial Library. This online 360-degree tour offers high-resolution views of the 105-year-old cultural heritage landmark, from its marble, neoclassical-style rotunda to its grand Loker Reading Room. You can also click around to read annotations on the building's history.

<https://my.matterport.com/show/?m=fs3gQv7n1QG>



Learning

Links to learning...

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

The Kids Should See This

An award-winning collection of over 4,500 child-friendly videos covering everything from animals to art, food to space. Great for teachers, parents and curious kids.

<https://thekidshouldseethis.com/>

Dekko Comics

Online comics that turn the Key Stage 2 curriculum into fun comic strips, helping to break down barriers to reading and engage reluctant readers. Autism and dyslexia friendly, they use colour-coding, footnotes and dyslexia-friendly fonts.

<https://dekkocomics.com>

Pobble365

Aimed at Key Stage 1 and Key Stage 2 children, this site publishes a new image every day as a basis for creative writing and includes story starters, questions and drawing ideas.

<https://www.pobble365.com/>

NRich Maths

A range of maths based resources aimed at Early Years through to Key Stage 4 covering games, challenges and problem-solving skills.

<https://nrich.maths.org/>

Muddy Faces

From earthworm watch to creating giant ice marbles, a range of curriculum-linked and health and wellbeing resources that can be completed outdoors. Covers Early Years through to Key Stage 2.

<https://muddyfaces.co.uk>

Early Years home learning activities - What can I do this week?

Cumbria County Council's Early Years team share one activity a day, which includes Saturday and Sunday, based on a theme for the whole week. You can find these on the Children and Families Information Service Facebook page:

<https://www.facebook.com/ChildrenandFamiliesInformationService/>

Reading, rhyming and other fun stuff...

Love Reading 4 Kids

Recommended fiction and non-fiction titles, categorised by age and theme, for babies and toddlers right through to 13+ and young adult. There are book reviews, competitions and a Kids Zone with activities and videos too.

<https://www.lovereadng4kids.co.uk/>

National Literacy Trust Young Readers Club

Every week the National Literacy Trust will be releasing a new video featuring some of their favourite storytellers, poets and writers telling stories. Each video has a different theme and a fun challenge to complete.

<https://literacytrust.org.uk/family-zone/young-readers-story-club/>

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!



@CumbriaLibraryService



@Cumblibraries



@CumbriaSLS





Health and Wellbeing

Useful websites to support your health and wellbeing...

Health Information Week 6-12 July 2020

We all need information that we can trust, particularly in this time of coronavirus. This week it is Health Information Week is a national, multi-sector campaign promoting high-quality information for patients and the public. High quality health information can have a huge impact on people's ability to stay healthy and manage illnesses effectively, giving them a better quality of life. We have access to so much information via our media and the internet – however, this also means that misleading information can spread very quickly. We also need to look after our wellbeing, whether our mental health or our physical health. The following sources provide trustworthy information and access to local support when it comes to your health:

Local Patient Advice & Liaison Staff (PALS): [https://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-\(PALS\)/LocationSearch/363](https://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-(PALS)/LocationSearch/363)

Local Healthwatch: <https://m.healthwatch.co.uk/home>

Local Clinical Commissioning Groups: <https://www.england.nhs.uk/ccgs>

GP surgeries: <https://www.nhs.uk/Service-Search/GP/LocationSearch/4>

HealthTalk: <http://www.healthtalk.org/>

Behind the Headlines: <https://www.nhs.uk/news/>

COVID-19

Health Education England have collated information and resources on COVID-19 from reputable sources which includes information tailored for children and young people, older people and people who prefer to use accessible formats.

<https://library.nhs.uk/coronavirus-resources/>

Worried about your child's wellbeing dealing with the constant news during COVID-19? Want advice you can trust? Watch Reading Well for children author, Dr. Dawn Huebner, read from her book "Something Bad Happened" for advice and information.

<https://www.youtube.com/watch?v=utXVEq03JQI&feature=youtu.be>

JOIN the NHS Wellbeing Bunting Challenge

NHS
North Cumbria
Integrated Care
NHS Foundation Trust



Join our challenge to show a united, creative Cumbria!

Our aim is to create 12 miles of bunting (it would be a world record!)
created by Cumbrians to celebrate creativity and unity.

The intention is for the finished item to be displayed locally as a celebration of wellbeing.

The Wellbeing Service recognises the importance of creative activity for general wellbeing and social contact. This project, launched before the Covid-19 crisis, seems now even more relevant as we tackle self isolation. While we can't get together in person, we can in spirit!

Simply follow the size guide below using recycled material, make as many flags as you want, be creative, add your personal 'made in Cumbria' touch and HAVE FUN!

12 miles of bunting
equals only 80,472
flags! If *everyone* in
Cumbria contributed
just *one* flag we
would have
498,888
flags!!



For more information about the project, the Wellbeing Service or for details of where to submit bunting please contact:
Tel: 01768 245953
Kathleen.Tyson@ncic.nhs.uk
Sarah.Linnard@ncic.nhs.uk
Tracey.Williams@ncic.nhs.uk

happierhealthiercommunities.

   'Wellbeing Bunting Challenge'

Cumbria Domestic Abuse Partnership

Working Together to Stop Domestic Abuse



Help is available from the Cumbria Domestic Abuse Partnership if you,

or someone you know, needs support.

All Cumbrian district councils are part of the county-wide domestic abuse network providing specialist advice and assistance to anyone within the area who is at risk of losing their home as a direct result of domestic, sexual abuse or exploitation (men, women and children).

How Can We Help?

- Crisis intervention and access to secure emergency accommodation for households in a domestic abuse crisis or identified as being at severe risk of harm from others.
- Non-judgemental personalised help and support to address any immediate safeguarding and longer-term rehousing needs identified.
- Specialist housing assessment and support including relocating to another area for those at serious risk of harm.
- Advocacy support working with key partners and statutory bodies to mitigate risks and promote community safety, including advice and assistance to anyone identified who poses a significant risk to others.
- Access to personal and community safety interventions.

For further information or advice contact

Other key contacts

- Allerdale Borough Council: 01900 702660
- Barrow Women's Community Matters/Barrow Borough Council: 01229 311102 / 01229 876599
- Barrow Borough Council: 01229 876599
- Carlisle City Council: 01228 817079
- Copeland Borough Council: 01946 598300
- Eden Housing Association/Eden District Council: 01768 861400/01768 817817
- South Lakeland District Council: 01539 733333
- Cumbria Police: 101 or in an emergency always call 999
- Victim Support: 0300 303 3797
- OutREACH Cumbria: 0800 345 7440
- National Women's Aid: 0808 2000 247
- National Men's Advice Line: 0808 801 0327
- National Childline: 0800 11 11

For advice and support, visit www.carlisle.gov.uk/CumbriaDAP



Culture Vulture

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

ArtUK

An opportunity to learn about Cecil Beaton's Bright Young Things drawing on the exhibition at The National Portrait Gallery. This online offering explores the world of the infamous bohemian group of socialites, through the illustrious lens of the famed British photographer.

<https://artuk.org/discover/stories/cecil-beatons-bright-young-things>

Alternatively, why not discover Laura Knight, a painter who dismantled institutional gender barriers. Fifty years since her death, this online exhibition explores the lesser-known aspects of her diverse practice which highlights her desire to represent the female gaze and subjects .

<https://artuk.org/discover/stories/laura-knight-reasserting-the-female-gaze-and-painting-marginalised-communities>

National Theatre

Still worth keeping an eye on this, with continued opportunities to enjoy world-class theatre online while the venue is closed. New shows are streamed weekly.

https://www.nationaltheatre.org.uk/nt-at-home?queueittoken=e_safetevent2apr20~q_933d26cc-ecfd-4e27-b1bc-18f7f0580974~ts_1585864953~ce_true~rt_safetynet~h_ad6c661cb42bf8e98d4d124c8352b09397c7ddd4f6bb60cf73f4bcc9fd6aea4

SUMMER READING CHALLENGE

SUMMER READING WITH BORROWBOX

DOWNLOAD THE APP NOW

1. Install the BorrowBox app
2. Select your library service
3. Activate with your library membership
4. Borrow eBooks and eAudiobooks

Borrow Box
Your library's app

Available on the App Store, Google Play, and Amazon Kindle.

Available for FREE from www.cumbria.gov.uk/libraries



Make it, Think it, Share it, Do it

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

New York Tenement Museum

This wonderful museum has organised a series of interesting events, talks and experiences. Their YouTube channel is like a New York cupboard full of life streams, family events, hands on activities and public debate

<https://www.tenement.org/events/>

<https://www.youtube.com/channel/UCKhJvFvNWyOS7sVSiHyX3IA>

Molly Mahon Block Printing

During lockdown, British printer Molly Mahon has been making some inspiring videos for block printing at home, using potatoes to carve her designs, they provide a great introduction to block printing which may just become your passion!

<https://www.youtube.com/playlist?list=PLIz7m63Q-AdSyNrQSDLE6zMI4QI05mjDZ>

Armchair Gallery

We can't all get to a gallery right now but this is a very classy app to bring a world of culture to you. There are opportunities to discover, play and create with your favourite artist from the collections at The Lowry, Pitt Rivers Museum, Chatsworth House Yorkshire Sculpture Park, Mr Straw's House & Newstead Abbey and Dulwich Picture Gallery, Colour a Caneletto, create your own Hepworth, take a selfie with Lowry and other tried -and-tested activities. Special features for people living with dementia.

<https://armchairgallery.co.uk/>

The Turban Project

Get creative and sew your own medical face mask from a team who are used to providing medical textiles to help people stay well. A great video with easy to follow instructions - bring a little cheer using your own fabric and touch!

<https://turbanproject.com/videos>



Watch, Look and Listen

Apps, Podcasts, and TV shows with real screen-appeal.....

Podcasts

Women's Prize For Fiction 2020 shortlist special

The latest episode of the Women's Prize for Fiction podcast features intimate interviews with this year's six brilliant shortlisted authors. From Hilary Mantel to Bernardine Evaristo, find out how these wonderful writers have coped during lockdown, the inspirations behind their shortlisted books and what it would mean to them to win the 25th Women's Prize for Fiction in September.

<https://play.acast.com/s/womensprizeforfictionpodcast/2020shortlistspecial>

How To Academy

The How To Academy podcast series takes you backstage to meet the thinkers shaping the 21st century. From polar explorers to climate activists, CEOs to cabinet ministers, you'll hear from the men and women making the world of tomorrow.

<https://www.howtoacademy.com/podcasts>

Ted Talks Daily

Every weekday, TED Talks Daily brings you the latest talks in audio. Join host and journalist Elise Hu for thought-provoking ideas on every subject imaginable — from Artificial Intelligence to Zoology, and everything in between — given by the world's leading thinkers and creators. With TED Talks Daily, find some space in your day to change your perspectives, ignite your curiosity, and learn something new.

<https://player.fm/series/tedtalks-audio>

TV

Alan Bennett's Talking Heads

New versions of Alan Bennett's much-loved monologues, with performers including Sarah Lancashire, Martin Freeman, Kristin Scott-Thomas, Jodie Comer and Maxine Peake. Filmed during lockdown and available now on BBC iplayer.

<https://www.bbc.co.uk/programmes/p08ftkkx>