



## **ARE YOU TAKING TIME FOR YOU?**

Here's a one stop shop with information and resources contributed by various sources including: 22 Gp, BFC SBAA and 55 AEC, on Mental Resilience, Learning & Development, Physical Resilience and a Parents and Children section.

### **Mental Resilience**

There are several great sources of information from posts on BFC Sbaa, BFC Info 2019/20 but here are a couple of link that can be accessed through personal media sources:

[Mental Health Resources](#)

[Mind](#)

[Mental Fitness and Resilience Fundamentals](#)

[Future Learn](#)

**Making Sense of Mental Health Problems:** In this free online course from the Open University, you will learn about how key perspectives in the field have made sense of mental health problems. By directly relating key perspectives to a case study, you will reflect on how the medical perspective, psychological perspective and social need perspective come to make sense of mental ill-health. Find more details and sign up [at this link](#)

**Calm:** Offers free meditations and mindfulness resources, as well as a 'calm masterclass' and 'calm for kids' course. [link here](#)

**Headspace:** Offer a collection of meditations, sleep, and movement exercises via a mobile App. Headspace has given free access for all to a selection of meditation, sleep and other experiences designed to support you during the current global Coronavirus outbreak. For full details on the Headspace website, [click here](#).

### **Learning & Personal Development**

These courses are just an example of what is available and if you would like advice and guidance to support you while Learning at Home please contact Mrs Nicky Kettle, Personal Learning Advisor(PLA): [Nicola.kettle622@mod.gov.uk](mailto:Nicola.kettle622@mod.gov.uk)

If you are proposing to use either your Standard Learning Credit or Enhanced Learning Credit [www.enhancedlearningcredits.com](http://www.enhancedlearningcredits.com) please do not enrol on your chosen course before discussing it with the PLA.

[www.defencegateway.mod.uk](http://www.defencegateway.mod.uk) The Defence Learning Environment (DLE) offers access to hundreds of online courses, from Project Management to languages, NCT modules and specialist courses. You will need to set up an account and be employed by the MOD.

### **Resources for Adult Learners**

[World Health Organisation – Coronavirus Online Training Course:](#) WHO have developed 5 free learning modules with videos and downloadable presentations:



- Operational planning guidelines to support country preparedness and response
- Introduction to emerging respiratory viruses, including novel Coronavirus
- Clinical care severe acute respiratory infection
- Health and safety briefing for respiratory diseases
- ePROTECT
- Infection prevention and control.

[TED Talks:](#) Over 3300 thousand free high-quality, interactive, video-based lessons, including a recent brief by Bill Gates on the COVID-19 pandemic.

[Civil Service Learning:](#) Civil Service Learning has a wide selection of learning and development courses including those mandated to Civil Servants. MOD login required.

[RHG Consult:](#) RHG Consult are providing a wide range of free Personal Improvement & Business Development courses via webinar. For course details and to book a place, please visit their website.

[Learning Curve:](#) Learning Curve are offering free level 2 course. If interested, please complete [online enrolment](#) Once this has been completed you can begin working towards your new qualification. If you have any issues with Learning Curve courses or require further information, please contact: [Richard.Goggs@learningcurvegroup.co.uk](mailto:Richard.Goggs@learningcurvegroup.co.uk)

[Quanta Training:](#) Quanta Training are offering virtual classroom learning for military personnel wishing to complete courses using their Enhanced Learning Credits. Please contact Quanta directly and your PLA for ELC guidance.

[Linkedin Learning:](#) Linkedin Learning currently has a **Free one-month trial**. Over 14,000+ online courses available.

[Kings College London Military Ethics Course:](#) A free, quality, research led online resource to foster ethical awareness and promote effective, ethical decision making in military environments.

[16 Personalities:](#) Try a free personality test, learn about yourself, and the science behind it.

[Open Learn:](#) Free courses from The Open University in subjects from Politics and Business, to History, and Science.

[EdX:](#) Website hosting lots of free courses by prestigious institutions such as Harvard, and MIT.

[Future Learn:](#) Short courses from various UK universities, including courses relating to Coronavirus, managing collaborative teaching, training, and outbreak control.

[Massive Open Online Courses:](#) Free online courses from various Universities and Institutions, aimed at unlimited participation and open access via the web.

[Alison:](#) On line courses in a selection of subjects from world leading experts.

[Udemy Courses:](#) Courses of various lengths, available in practically every topic for a small fee.



[Skill Share](#): Online community with thousands of free classes, mainly creative topics but which also covers analytics, management, and lifestyle topics.

[Khan Academy](#): Online learning for teachers, students, and parents.

[Coursera](#): Free online courses to upskill workforces and gain certificates from well-known universities.

[Speeder](#): Online training for typing, speed reading, spelling and vocabulary.

[Duolingo](#): Free online and Apps based courses in various languages.

[Babbel](#): Free online and Apps based courses in various languages.

[Code Academy](#): Free computer skills, website building, and data analytics courses.

[General Assembly](#): Free online coding and computer skills course which teaches the basics of HTML, CSS and JavaScript.

[Podcasts](#): There are a wide selection of podcasts available these can be accessed through the Podcast app on iPhones, streaming devices (Spotify, Amazon Music, Apple Music) or apps such as Pod Bean.

### **Resources for Parents & Children**

[The National Curriculum](#): Sets out the subjects and standards used by primary and secondary schools.

[BBC Bitesize](#): BBC Bitesize offer daily content that supports children from KS1 through to GCSE and includes tools for children's education and wellbeing.

[BBC Teach Live Lessons](#): Educational videos and resources.

[BBC Horrible Histories](#): Episodes and clips, games, and sing-along songs.

[National Geographic Kids](#): Contains educational games, resources, challenges, and videos and includes a child friendly explanation of Coronavirus.

[Home-schooling UK Resources](#): Free resources, including a weekly timetable for all primary aged children, with filled in activities and a guide for parents.

[The Maths Factor](#): Carol Vorderman has announced free access to her maths school for children aged 4 to 11 whilst schools are closed. This is matched to the national curriculum.

[Twinkl](#): For Early Years through to GCSE, Twinkl release a new set of daily activities which are listed the day prior. Qualified Twinkl teachers provide book readings, live lessons, positive news updates and more. They also have a School Closure Support page with even more ideas and information.

[3D Geography](#): Printable paper templates for learning about geography.

[KM Tuition](#): Offers printable worksheets and past exam papers.

[Literacy Trust](#): Resources for parents of children age 12 and under, with ideas and guidance for simple activities to support with reading, writing and language development.



[Brain Pop](#): Offers animated movies on topics in Maths, Science, and English.

[TED-Ed](#): Offers high-quality, interactive, video-based lessons on a daily basis, for free. Enter your email at the link to have a handful of engaging lesson plans organized by age group that span all subjects delivered to your inbox every day. Each newsletter will also include insights and tips collected from TED-Ed's global community of students, parents and teachers.

[Audible](#): Have released a collection of free audiobooks which will be available for as long as schools remain closed.

[Rosetta Stone](#): Offering schoolchildren three months access to its language resources with 20 languages to choose from, including French, German, Italian and Spanish. If you have more than one child then you can sign up multiple times, you'll just need to use a different email address each time.

[Duolingo](#): Offers free language lessons specially designed for school children. Duolingo's mobile app (for iPhone and Android) starts by assessing fluency, then helps to develop skills by introducing words and phrases, with regular quizzes. It covers both spoken and written conversation, and its quick, bite-sized lessons and instant feedback make it convenient to use.

[GamED Academy](#): Learning through Minecraft (for a subscription fee – not eligible for SLCs!).

[Code Studio](#): Computer science activities and lessons.

[Tynker](#): Offers computer coding lesson for children.

[Creative Bug](#): Offers craft lessons, from knitting to jewellery-making, drawing and origami.

[Fender Play](#): Bite-sized online guitar lessons for free. Sign up for an offer code which will end on Mon 20 Apr or when 100,000 codes have been claimed.

There are also additional resources found on 55 AEC Facebook page covering Resettlement, Functional Skills, Mindfulness, Yoga and numerous other on-line courses including their News Letter:

[http://lookaside.fbsbx.com/file/Issue3\\_Ed\\_Newsletter\\_55AEC.pdf?token=AWy11EDJkMhkVyOensIBErnlrltXIT5xeTDeXqicOnlCZ3i-pAu-096NsbppanRD-7xXEHsZBTd3KuN9f1ZEbagmaehKUXoftkjTz-atwj7W0saKedP3bAl8qqDa5wMj7EoakX1m4fOHnXTZgSUu21pjQlDvDFzJSl2vYGkg4usMG8xr5Pb8CVL\\_tjOL21gltOdgH6Q1lQaCebSeGXlIBhIFsxqDDoGHX50ITOb](http://lookaside.fbsbx.com/file/Issue3_Ed_Newsletter_55AEC.pdf?token=AWy11EDJkMhkVyOensIBErnlrltXIT5xeTDeXqicOnlCZ3i-pAu-096NsbppanRD-7xXEHsZBTd3KuN9f1ZEbagmaehKUXoftkjTz-atwj7W0saKedP3bAl8qqDa5wMj7EoakX1m4fOHnXTZgSUu21pjQlDvDFzJSl2vYGkg4usMG8xr5Pb8CVL_tjOL21gltOdgH6Q1lQaCebSeGXlIBhIFsxqDDoGHX50ITOb)