

RAF Families Federation: COVID-19 Info at a glance



EDUCATION

Information and resources to help with home schooling

[Science with Maddie Moate](#)

[Choose from hundreds of short online courses from top universities and specialist organisations](#)

[Let Carol Vorderman teach your child Maths during this difficult period](#)

[OpenLearn. Free Learning from The Open University](#)

FAMILY

Keep your children and yourself entertained

[Elevenses with The World of David Walliams](#)

[Virtual zoo! Have a look round Edinburgh Zoo](#)

[PhonicsPlay - free during the current situation](#)

[Tate Kids. Free art games, fun quizzes and art activities](#)



HOUSING AND ACCOMMODATION

Advice and guidance regarding coronavirus and armed forces accommodation

[SFA coronavirus updates from MOD and DIO](#)

[Frequently Asked Questions for the MOD housing community](#)

FINANCE

Financial Support Information and Guides

[MoneyForce: financial advice for serving personnel](#)



HEALTH AND WELLBEING

Medical information and advice to help you keep mentally and physically fit



[Looking after your mental health](#)

[Yoga with Adrienne](#)

[Mind - the mental health charity](#)

[Stressbusting](#)

GENERAL INFORMATION

Useful services and advice

[Coronavirus overview from the World Health Organization](#)

[Letters to families from the Chief of the Air Staff and the Chief of Defence People](#)



RAF booklet – Thriving at work

The RAF has produced [a booklet which shares emerging hints, tips and wider guidance](#) to help all personnel (and families) to get through these challenging times

**STAY HOME
PROTECT
THE NHS
SAVE LIVES**