

Contributor	Access via	Resource	Category	Contact
Swinfen Hall/NHS	PDF	FACE COVID – How to respond effectively to the Corona crisis – by Russ Harris author of The Happiness Trap	Mindfulness	lucy.courtney-brisbane@nhs.net
		Creative calm through Coronavirus	Mindfulness	
		Simple breathing exercise	Mindfulness	
		Breathing exercises	Mindfulness	
		2 player games	Games	
		General knowledge quiz	Games	
		Crosswords	Games	
		In-cell workout booklet	Exercise	
Kestrel Theatre Company	PDF	Welcome letter	Creative writing	Kestreltheatrecompany@gmail.com
		Week one		
		Week two		
		Week three		
		Week four		
		Week five		
		Week six		

		Week seven Week eight Week nine Timeline for Kestrel Lockdown scripts		
Prison Phoenix Trust	Email all@theppt.org.uk for password to access	Yoga and meditation worksheets	Meditation	all@theppt.org.uk
Safe Ground	PDF	Week one Week two Week three – Little Foxes chapter 1 Week four – Little Foxes chapter 2 Week five – Little Foxes chapter 3 Week six – Little Foxes chapter 4 Week seven – Little Foxes chapter 5 Week eight – Little Foxes chapter 6	Creative writing	info@safeground.org.uk

<p>Rowan Mackenzie Shakespeare UnBard</p>	<p>PDF</p>	<p>Macbeth activities</p> <p>Richard II activities</p> <p>Romeo and Juliet activities</p> <p>The Tempest activities Level 1</p> <p>The Tempest activities Level 2</p> <p>The Tempest activities Level 3</p> <p>Wordsearch bundle</p> <p>King Henry V levels 1, 2 and 3</p> <p>As You Like It levels 1, 2 and 3</p> <p>Shakespeare activity pack feedback</p> <p>King Lear levels 1, 2 and 3</p> <p>Merry Wives of Windsor levels 1, 2 and 3</p> <p>A Midsummer Nights Dream levels 1, 2 and 3</p> <p>Julius Caesar 1, 2 and 3</p> <p>The Merchant of Venice packs 1, 2 and 3</p> <p>The Comedy of Errors packs 1, 2 and 3</p> <p>Anthony and Cleopatra packs 1, 2 and 3</p>	<p>Creative writing</p> <p>Activities</p>	
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		<p>Richard II packs 1, 2 and 3</p> <p>Shakespeare activity pack – all levels</p> <p>The Winters tale packs 1, 2 and 3</p> <p>King Henry 4th packs 1, 2 and 3</p> <p>The Taming of the Shrew packs 1, 2 and 3</p> <p>Masks activity pack</p> <p>Twelfth Night packs 1, 2 and 3</p> <p>Macbeth packs 1, 2 and 3</p> <p>Hamlet packs 1, 2 and 3</p> <p>Friends in Shakespeare activity pack</p> <p>Much Ado About Nothing packs 2 and 3</p> <p>Food Glorious Food activity pack</p> <p>Shakespeare activity pack - memories</p> <p>Letters activity pack</p> <p>Clothing and Fashion in Shakespeare</p>		
Cell Workout	Dropbox	Print outs: 40 Cell Workout	Exercise	Cell workout Twitter

		<p>https://drive.google.com/drive/folders/1HfbMrBIDFTIIAhNs2fcj9TTmodQGEtLa?usp=sharing</p> <p>https://boards.wetransfer.com/board/sjlx7qd5qpnw26i3y20200326194101/latest</p> <p>Video: Cell Workout Fitness Downloads</p> <p>https://drive.google.com/drive/u/0/folders/1Pr7AgOvl_ufKTcPH2dHQSkZYNsozSKF2?fbclid=IwAR3yWQT-9B9E56cPuOeyWtGtCV5uOnj9nXP2nGreoKGAdzXnn3OGX6ekzdg</p> <p>https://we.tl/b-lAVUW10B1K</p> <p>Video: Cell Workout Fitness YouTube</p> <p>https://www.youtube.com/channel/UCmJ2Lad6aU35_dkqHEwRZeA</p>		
HMP Brixton	PDF	<p>Penned by a prisoner days 1-10</p> <p>Drawing challenge</p> <p>Penned by a prisoner days 11 - 20</p> <p>Drawing challenge 2</p> <p>Penned by a prisoner days 21 – 30</p>	<p>Creative writing</p> <p>Art</p> <p>Creative writing</p> <p>Art</p> <p>Creative Writing</p>	HMP Brixton Twitter
Plan B Mindfulness	Email for access	Email for access	Mindfulness	info@wavesmindfulness.com

Project 507	URL to Google Drive	Shared drive	Miscellaneous (Sodokus, crosswords, colouring pages, worksheets, wordsearches, yoga, mindfulness, exercise)	Whitney.lles@project507.co.uk
Penal Reform Solutions	PDFs	Growth worksheet 1 Growth worksheet 2 Growth worksheet 3 Growth worksheet 4 – Acceptance and taking control Growth worksheet 5 – Anxiety and uncertainty Growth worksheet 6 – Transformative letter writing	Personal development Personal development Personal development Personal development Personal development Personal development	info@penalreformsolutions.com
The Bell Foundation and British Council	Website which links to PDFs	ESOL Worksheets	Language	

<p>Prisoners' Education Trust</p>	<p>PDF – email helena@prisonerseducation.org.uk to receive the packs.</p>	<p>Construction, Trades, Health and Safety Study Skills</p> <p>Sport and nutrition study skills</p> <p>Quiz 1</p> <p>Quiz 2</p> <p>Quiz 3</p> <p>Quiz 4</p>	<p>Study Skills</p>	<p>accesstolearning@prisonerseducation.org.uk</p>
<p>Beyond Recovery</p>	<p>3 PDFs</p>	<p>Word searches 1, 2 and 3</p> <p>Activity pack – week 1</p> <p>Activity pack – week 2</p> <p>Activity pack – week 3</p> <p>Activity pack – week 4</p> <p>Activity pack – week 5</p> <p>Activity pack – week 6</p> <p>Activity pack – week 7</p> <p>Activity pack – week 8</p> <p>Activity Pack – week 9</p> <p>Activity pack – week 10</p>	<p>Activities</p>	<p>jacqueline@beyond-recovery.co.uk</p>

		Activity pack – week 11 Activity pack – week 12 Activity pack – week 13 Activity pack – week 14 Activity pack – week 15 Activity pack – week 16 Activity pack – week 17 Activity pack – week 18 Activity pack – week 19		
The Kiwi Tribe	PDF	Activity pack	Activities, mindfulness, personal development	Helen@thekiwitribe.co.uk
Koestler arts	PDF	How to enter **UPDATE** Entry form **UPDATE** Arts Aid – issue 1 Arts Aid – issue 2 Arts Aid – issue 3	Other Art	

[Arts Aid – issue 4](#)

[Arts Aid – issue 5](#)

[Arts Aid – issue 6](#)

[Arts Aid – issue 7](#)

[Arts Aid – issue 8](#)

[Arts Aid – issue 9](#)

[Arts Aid – issue 10](#)

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[Arts Aid – issue 12](#)

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[Arts Aid – issue 14](#)

[Arts Aid – issue 15](#)

[Arts Aid – issue 16](#)

[Arts Aid – issue 17](#)

[Arts Aid – issue 18](#)

[Arts Aid – issue 19](#)

		Arts Aid – issue 20 Arts Aid – issue 21		
HMP Lewes Careers Advice	PDF	Lockdown Lantern – issue 1 Lockdown Lantern – issue 2 Lockdown Lantern – issue 3 Lockdown Lantern – issue 4 Lockdown Lantern – issue 5 Lockdown Lantern – issue 6 Lockdown Lantern – issue 7 Lockdown Lantern – issue 8 Lockdown lantern – issue 9 Lockdown Lantern – issue 11 Lockdown Lantern – issue 12 Lockdown Lantern – issue 13 Lockdown Lantern – issue 14 Lockdown Lantern – issue 15	Personal development, activities, creative writing (designed to be printed black & white, double sided on A3 to make a 4 page magazine)	cherylsmithcareers@gmail.com

		Lockdown Lantern – issue 16 Lockdown Lantern – issue 17 Lockdown Lantern – issue 18 (designed to be printed black & white, double sided on A3 to make a 4 page magazine)		
Learning Together/HMPPS	URL to Google Drive (then download)	ThinkLets	Mixed educational	
SEND resources	PDFs	Book review writing prompts Rounding Decimals Reading comprehension Self-awareness Simple addition and subtraction Simple multiplication practice Slow writing strategy Special phrases Thinking bubbles Thinking vs speaking Who When Why writing resource Wordsearch 1	Mixed – mainly literacy and numeracy	talatkhan@advantagesend.com
Excellence Gateway/Send	Link to PDFs	Mindful Toolkit	Education and learning ideas	

Reading Agency	PDF – also contains additional links to other resources	Reading Ahead during Covid19	Reading, activities and learning ideas	
HMP Dovegate	PDF	Maths – week one	Maths	
National Extension College	Link to website with PDFs	How to write reports How to succeed as an independent learner part 1 How to succeed as an independent learner part 2	More free PDF resources available here , including ‘How to’ learn maths and write reports. Full price will be shown until checkout – if it is still showing, enter discount code NECFREERESOURCES.	accesstolearning@prisonerseducation.org.uk

- National Extension College are also offering the following courses:
- Develop your English (reading)
 - Develop your English (writing)
 - Essential Editing
 - GCSE Law
 - How to draw cartoons
 - Learning and applying communication levels 1 and 3
 - Stress management
 - Time management

		<p>Please note that these courses are only intended for self-study with no tutor support or marked assignments. They are now outdated and will not lead to any qualifications.</p> <p>Please contact accesstolearning@prisonerseducation.org.uk if you would like to receive any of these PDFs.</p>	
Shannon Trust	PDFs	<p>SET ONE:</p> <p>Pack 1 Pack 2 Pack 3 Pack 4 Pack 5</p> <p>SET TWO:</p> <p>Pack 1 Pack 2 Pack 3 Pack 4 Pack 5</p> <p>Puzzles 1 Puzzles 2</p>	<p>The packs are written for people at literacy Entry Level 3 and below. Activities in each pack match the skills learned in the Turning Pages (e.g. pack 1 is for people working on Turning Pages manual 1). But each pack has been designed for anyone to use and enjoy not just Shannon Trust Learners</p>
Prison Reading Group	PDFs	<p>Bookstuff 1</p> <p>Bookstuff 2</p>	<p>Activity sheets on books and reading</p>

communications@shannontrust.org.uk

info@prg.org.uk

		Bookstuff 3 Bookstuff 4 Bookstuff 5 Bookstuff 6 Bookstuff 7 Bookstuff 8 Bookstuff 9 Bookstuff 10 Bookstuff 11 Bookstuff 12 Bookstuff 13		
Sing Inside	PDFs; CD upon request (see instructions)	Process for requesting CDs Remote resources for singing	The first three sections can be done without audio. Anyone who would like a CD for the following sections can request one using the attached form.	maisie@singinside.org.uk

Philosophy in Prison	PDFs	Identity worksheet 1 Identity worksheet 2 Identity worksheet 3 Identity worksheet 4 Identity worksheet 5 Identity full (overview) Philosophy in prison movies Comic on immortality Worksheet on happiness Perception and knowledge worksheets (five pages, ideally to be distributed one at a time)	Ideally worksheets would be given out with a gap in between to allow time to process and reflect on the activities.	
Community Led Initiatives	PDF	Quizzes	Games/quizzes	