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WITH LOVE & THANKS TO ALL OF
OUR CONTRIBUTORS

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LGBT+ GUIDE TO SELF-ISOLATION

MENTAL + PHYSICAL HEALTH + WELLBEING

BY
HOUSE OF PRIDE



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HOUSE OF PRIDE

HOUSE OF PRIDE IS THE NEW GO-TO PLACE FOR THE QUEER FEMALE AND NON-BINARY COMMUNITY. THAT'S WHY THIS GUIDE IS PRIMARILY WRITTEN BY THOSE WHO IDENTIFY AS SUCH.

WE BUILD SPACES AND PLATFORMS WHERE LGBT+ WOMEN & GENDER NON-CONFORMING PEOPLE CAN GROW PERSONALLY, PROFESSIONALLY, AND CREATIVELY. AS PART OF THIS, WE HOST HIGH QUALITY, CREATIVE EVENTS, WHICH FOR THE FORESEEABLE FUTURE WILL NOW BE ONLINE.

SIGN UP TO OUR MAILING LIST BELOW TO JOIN OUR FAMILY AND HEAR ABOUT OUR PLANS.

JOIN THE FAMILY

OUR GOAL IS TO BUILD A PHYSICAL SPACE (/SPACES AROUND THE WORLD) THAT ACT AS A HOME FOR THIS COMMUNITY. TO DO THAT, WE NEED YOUR HELP. TELL US WHAT YOU WANT.

BORED INDOORS? TAKE 5 MINUTES AND FILL IN OUR SURVEY. IT MAY PROVIDE SOME INTERESTING DISCUSSIONS BETWEEN YOU AND YOUR FRIENDS!

TAKE OUR SURVEY

A NOTE

A NOTE FROM OUR CO-FOUNDERS

24 MARCH 2020

WE STARTED WRITING THIS GUIDE AS A RESOURCE FOR OUR COMMUNITY TO TURN TO IN TIMES OF NEED. IF YOU'RE AT THE START OF YOUR ISOLATION JOURNEY, MID-WAY THROUGH, OR EVEN IF YOU'RE IN CHINA AND ITALY AND STARTING TO SEE THAT CURVE FLATTEN?... THERE WILL BE SOMETHING IN HERE FOR YOU.

WE KNOW THIS WILL BE A TRICKY TIME, AND FOR LGBT+ PEOPLE THERE ARE SPECIFIC HEALTH CONSIDERATIONS WE HAVE TO BE AWARE OF. READ THE [GLMA'S OPEN LETTER ABOUT CORONAVIRUS AND THE LGBTQ+ COMMUNITIES](#) TO LEARN MORE. THERE IS THE CONSTANT, AND OFTEN TRIGGERING, COMPARISON TO THE AIDS CRISIS. THERE IS THE BLAME ON MARRIAGE EQUALITY BY RIGHT-WING PUNDITS. BUT... WE ARE BETTER TOGETHER. WE ARE HERE TO SUPPORT ONE ANOTHER.

HAVING SAID THAT, IF THERE IS ANYTHING IN THIS GUIDE YOU THINK YOU CAN ADD TO, OR YOU THINK WE SHOULD AMEND, PLEASE SEND US AN EMAIL. WE'LL BE UPDATING THIS AS AND WHEN WE NEED TO, AND WE'D LIKE TO HEAR FROM YOU SO WE CAN WORK TOGETHER TO PROVIDE THE BEST RESOURCE POSSIBLE.

IF YOU ARE IN NEED OF SOMEONE TO TALK TO, CONNECT WITH US ON SOCIAL MEDIA OR DROP US AN EMAIL. IF YOU ARE DESPERATELY IN NEED, PLEASE CHECK OUT OUR MENTAL HEALTH SECTION BELOW, CALL ONE OF THE HELPLINES AND SERVICES LISTED IN THIS GUIDE, AND READ THIS SHEET ON [NAVIGATING CRISIS](#) BY THE ICARUS PROJECT.

WHILST WE ARE NOT HERE TO PROVIDE ANY MEDICAL ADVICE, YOU MAY WANT TO CHECK OUT [QUEERCARE](#) FOR SOME IMPORTANT PROTOCOL RESOURCES.

ON A LIGHTER NOTE, WE HOPE YOU ENJOY THE WONDERFUL ILLUSTRATIONS BY PJ HAWCROFT. FEEL FREE TO PRINT THEM OUT AND COLOUR THEM IN, OR COLOUR THEM IN WITH THE APPROPRIATE SOFTWARE, AS A CALMING EXERCISE!

AT HOUSE OF PRIDE, WE START OFF ALL OF OUR EMAILS WITH "I HOPE YOU ARE WELL". NOW, THAT IS TRUE MORE THAN EVER. BE SAFE. AND SEE YOU SOON.

ALL OUR LOVE,
ALEX & LU

MENTAL HEALTH

THE FOLLOWING SECTION IS WRITTEN BY OLIVIA KING. OLIVIA (SHE/HER) IS AN EXPERIENCED RESEARCHER AND BUSINESS CONSULTANT. HER WORK IS INNOVATIVE AND RELEVANT, AND HAS BEEN USED TO INFORM STRATEGIC PRIORITIES IN CHALLENGING ENVIRONMENTS. SHE IS A MEMBER OF THE BRITISH PSYCHOLOGICAL SOCIETY AND THE SOCIETY OF LEGAL SCHOLARS. OLIVIA HAS SET UP NETWORKS, RUN WORKSHOPS AND EVENTS FOR QUEER PEOPLE OF COLOUR, AIMED AT ADDRESSING ISOLATION, TRAUMA AND BUILDING RESILIENCE. CONTACT WWW.OLIVIAKING.ORG

IT IS WELL ESTABLISHED THAT LGBTQ PEOPLE HAVE TO BE MORE RESILIENT TO LIVE. THE MAJORITY FACE BULLYING, DISCRIMINATION, HARASSMENT AND PREJUDICE ON A LOCAL, NATIONAL AND GLOBAL SCALE.

THOSE WITH UNDERREPRESENTED INTERSECTIONAL IDENTITIES SUCH AS CLASS, RACE, GENDER AND DISABILITIES, ARE ESPECIALLY VULNERABLE AND HAVE HIGHER RATES OF DEPRESSION, MOOD DISTURBANCES, GENERAL POOR HEALTH AND RECOVERY, SUICIDE IDEATION AND SUICIDE.

LGBTQ+ PEOPLE ARE PARTICULARLY VULNERABLE WHEN IN ISOLATION BECAUSE WE ARE ALREADY/ HAVE BEEN IN A STATE OF MENTAL AND PHYSICAL ISOLATION DUE TO SOCIO CULTURAL AND POLITICAL-ECONOMIC STRUCTURES. MANY OF US DO NOT HAVE FREQUENT CONTACT WITH FAMILY MEMBERS, FRIENDS, NEIGHBOURS OR THE WIDER COMMUNITY. WE HAVE VERY LITTLE PEER SUPPORT; WE ARE FEWER IN NUMBER. THE LACK OF VISIBILITY IN WIDER SOCIETY, IN THE MEDIA, AND FURTHER ERASURE CAN IMPACT OUR PSYCHE NEGATIVELY AND MAKE US FEEL EVEN MORE ISOLATED THAN WE ARE. MANY OF US DO NOT HAVE GOOD OR ESTABLISHED RELATIONSHIPS WITH OUR HEALTHCARE PROVIDERS. THIS IS USUALLY BECAUSE THE MAJORITY OF INSTITUTIONS STILL DO NOT REFLECT LGBTQ+ NEED AND HAVE NOT INCORPORATED POSITIVE ANTI-DISCRIMINATION MEASURES. CONSEQUENTLY IT IS REALLY IMPORTANT TO PAY EXTRA ATTENTION WHEN YOU HAVE TO BE EVEN MORE ISOLATED THAN USUAL.

THIS SECTION PROVIDES SOME IDEAS ON HOW TO MAINTAIN POSITIVE MENTAL HEALTH WHEN SELF-ISOLATING. IT DOES NOT SEEK TO REPLACE ADVICE FROM YOUR CLINICIAN, THERAPIST OR OTHER HEALTHCARE WORKER. THESE SUGGESTIONS ARE FOR YOU TO USE AS AND WHEN NEEDED IN YOUR DAILY ROUTINE TO IMPROVE AND STABILISE YOUR MENTAL HEALTH AND WELLBEING.

TOP TEN TIPS

1. JOURNALING: MAKE SURE TO KEEP A JOURNAL FOR YOUR THOUGHTS AND DOODLES. THIS IS THE MOST IMPORTANT ASPECT OF BUILDING RESILIENCE. IT FORMS A BRIDGE BETWEEN YOURSELF AND REALITY AND HELPS YOUR BRAIN TO MAKE THE CONNECTION NEEDED TO STAY HEALTHY. THE BRAIN REQUIRES THIS KIND OF ACTION (JOURNALING) TO HELP IT TO MAKE POSITIVE CONNECTIONS AND FOCUS ON THIS, RATHER THAN NEGATIVE CIRCULAR THOUGHTS - WHICH HAVE ALREADY BECOME HABITUATED IN OUR THINKING SINCE CHILDHOOD. JOURNALING CAN HELP CHANGE THE HABIT TOWARDS NEGATIVE THINKING AND IS A SIMPLE EXERCISE WHICH WILL TAKE NO MORE THAN 15 MINUTES A DAY. AFTER JUST 7 DAYS, YOU WILL SEE A MARKED DIFFERENCE IN YOUR OUTLOOK. AFTER A MONTH, YOU ARE MORE LIKELY TO FOCUS ON POSITIVE THINGS IN YOUR DAILY LIFE RATHER THAN NEGATIVE OCCURRENCES. THIS WILL BECOME NATURAL TO YOU AND CONTRIBUTE TO IMPROVED RESILIENCE AND BETTER MENTAL HEALTH.

2. NATURE AND FRESH AIR: EVEN IF IT MEANS SITTING BY A WINDOW AND LOOKING AT GREENERY. RESEARCH SHOWS FASTER HEALING AND RECOVERY RATES FOR THOSE IN NATURAL SETTINGS. JUST BEING AROUND PLANTS, TREES AND FRESH AIR CAN ELEVATE MOOD AND HELP WITH DEPRESSION. IT CAN IMPROVE LONG TERM MENTAL HEALTH AND BUILD RESILIENCE.

3. POSITIVE DISTRACTION AND CUE CARDS: WHEN SELF-ISOLATING BE MORE VIGILANT. THOSE WITH DIFFERENT DEGREES OF GENDER DYSPHORIA NEED TO BE EXTRA VIGILANT. LONG PERIODS ALONE CAN CONTRIBUTE TO A HEIGHTENED SENSE OF DISCOMFORT. BE BODY POSITIVE AND KIND AND TENDER TO YOURSELF IN YOUR OWN ENVIRONMENT. PUT UP IMAGES OF BODY POSITIVE PEOPLE AND ADD THEM TO YOUR JOURNAL. OUTDATED MODELS OF MASCULINITY, FEMININITY AND AN IMPOSITION OF BINARY MODELS CAN HARM THOSE WITH GENDER DYSPHORIA, FORCING PEOPLE TO CONTINUALLY JUSTIFY THEIR EXISTENCE, HUMANITY AND VALIDITY. THIS CAN TAKE ON A PRESENCE OF ITS OWN EVEN WHEN YOU ARE ALONE. TRY BEING YOURSELF IN THE SAFETY OF YOUR OWN HOME, READ ABOUT THE HISTORY OF GENDER DYSPHORIA WHICH CAN HELP YOU FEEL LESS ALONE. WRITE POSITIVE STATEMENTS ON CUE CARDS AND REFER TO THEM. THINGS LIKE 'I KNOW YOU DO YOUR BEST', 'IT'S OKAY TO FEEL SAD', 'IT'S OKAY TO FEEL THE FULL RANGE OF EMOTIONS', 'I AM BEAUTIFUL AS MYSELF.' THE MIND IS POWERFUL, WHEN YOU FILL IT WITH POSITIVE THOUGHTS, YOUR ACTIONS AND BEHAVIOURS WILL START TO CHANGE, AND, EVENTUALLY, SO WILL YOUR THOUGHTS. IT'S CIRCULAR AND A POWERFUL MECHANISM FOR CHANGE, ELIMINATING TOXIC THOUGHTS/PEOPLE AND PROMOTING YOUR OWN WELLBEING.

4. ART PROJECTS: JUST DRAWING CIRCLES, LINES AND DOODLING CAN CONTRIBUTE TO IMPROVED MENTAL HEALTH AND DISRUPT PAINFUL CIRCULAR AND NEGATIVE THINKING. YOU DO NOT NEED TO TAKE ON A HUGE ART PROJECT. COLLAGE IS ANOTHER GOOD WAY OF DISTRACTING YOURSELF AND EVEN FINDING OUT MORE ABOUT WHO YOU ARE.

5. TEXTURES AND TEMPERATURE: USE AN ICE PACK ON THE BACK OF YOUR NECK OR JUST HOLD IT FOR A WHILE. THIS DISTRACTS THE MIND FROM IMMEDIATE STRESSORS OR SOURCES OF ANXIETY. IT IS A REALLY GOOD WAY OF GETTING YOU OUT OF A DEEP FUNK AS IT JARS THE MIND. YOU CAN ALSO TOUCH DIFFERENT MATERIAL - FAUX FUR, LINEN, COTTON, VELVET - AGAIN, THIS TRIGGERS DIFFERENT PERCEPTION SO YOU CAN FOCUS ON A NEW SENSATION. EVEN TAKING A SHOWER IS A SIMPLE THING YOU CAN DO TO CHANGE YOUR STATE OF MIND.

6. SIMPLE MEDITATION: WEAR A RING OR BRACELET. EVERY TIME YOU START TO THINK OF NEGATIVE OR PAINFUL THINGS, OR FEEL LOST OR ALONE, TURN THE RING SLOWLY AND COUNT. KEEP FOCUSING ON THE TURNS AND COUNTS. WITHIN A FEW MINUTES YOUR MIND WILL HAVE RESET AND YOU WOULD HAVE MOVED ON TO THINKING ABOUT SOMETHING ELSE.

7. DEEP BREATHING: START SLOW AND THEN BUILD UP AS THE DAYS GO ON. BREATHE IN FOR 7, HOLD FOR 4 AND BREATHE OUT FOR 7. THEN REPEAT. DEEP BREATHING RELAXES MUSCLES, REDUCES ANXIETY AND FOCUSES THE MIND. ALL THREE ARE REALLY IMPORTANT TO BUILD RESILIENCE AND PROMOTE GOOD MENTAL HEALTH. IF YOU DO THIS EXERCISE EVERYDAY IT WILL BECOME SECOND NATURE AND YOU WILL SOON USE IT UNCONSCIOUSLY WHEN FACED WITH STRESS OR DIFFICULT THOUGHTS.

8. MUSIC: MUSIC IS AN ALL-ROUND PANACEA FOR MANY SOCIAL, EMOTIONAL AND PHYSICAL PAINS. AS TEMPTING AS IT IS TO LISTEN TO YOUR USUAL FAVOURITES, TRY AND MIX IN SOME TRACKS AND GET OUT OF YOUR COMFORT ZONE WHEN IT COMES TO YOUR DAILY LISTENING. THE TRACKS LISTED IN THE NEXT SECTION HAVE BEEN SHOWN BY NEUROSCIENTISTS TO REDUCE BLOOD PRESSURE LEVELS, REDUCE ANXIETY AND IMPROVE MOOD. USE THE OPPORTUNITY TO MOVE AND DANCE WHEN YOU LISTEN TO MUSIC. THIS HELPS YOUR BRAIN HAVE A REST FROM NEGATIVE, CIRCULAR THINKING. IT CAN CURB PANIC ATTACKS AND REDUCE ANXIETY. TRY SINGING ALONG - ANOTHER VERY GOOD WAY OF ELEVATING YOUR MOOD. IT DOESN'T MATTER WHAT YOU THINK YOU SOUND LIKE! GIVE IT A GO. EXPERIMENT WITH YOUR OWN TRACK LIST! WHAT SONGS MAKE YOU FEEL HAPPY AND WHICH ONES MAKE YOU MORE MELANCHOLY OR ANGRY OR FEARFUL OR SAD? YOU CAN EVEN SEARCH FOR 'HAPPY' OR 'UPLIFTING' COMPILATIONS ONLINE. KEEP A TRACK IN YOUR JOURNAL. NEUROSCIENTISTS HAVE FOUND THAT 'HAPPY' MUSIC TRIGGERS THE REMEMBRANCE OF POSITIVE MEMORIES. NEGATIVE, MUSIC OR SAD MUSIC, GENERALLY BRINGS UP MEMORIES OF DESPAIR AND HEARTBREAK. THE FULL RANGE OF EMOTIONS HAVE THEIR PLACE, AND SO TOO THE MUSIC WE LISTEN TO. HOWEVER, IF YOU WANT A 'WAKE UP AND TRIGGER HAPPY' LIST, GO TO THE 'LET ME ENTERTAIN YOU' SECTION OF THE BOOKLET.

9. **RACE AND MENTAL HEALTH:** REACH OUT TO COMMUNITY GROUPS ONLINE OR BY PHONE. THE MAJORITY OF BAME LGBTQ PEOPLE HAVE FEWER SUPPORT NETWORKS AND ARE MORE LIKELY TO BE IMPACTED BY RACISM WITHIN PREDOMINANTLY WHITE LGBTQ SPACES IN NON-CULTURALLY DIVERSE PARTS OF THE UK. TAKE AT LEAST 10 MINUTES A DAY TO RESEARCH BAME LGBTQ PEOPLE IN HISTORY. HAVE PHOTOS AVAILABLE AND READ HOW THEY MADE CHANGES IN THE LIVES OF MANY. THE WORDS OF JAMES BALDWIN, AUDRE LORDE AND MARSHA P. JOHNSON, ARE ESPECIALLY POWERFUL. ALL CAN BE ACCESSED VIA YOUTUBE. I WOULD RECOMMEND THOSE WHO ARE NOT BAME USE THIS TIP TOO. IT CAN HELP YOU PUT SOME PERSPECTIVE ON YOUR EXPERIENCES, LEARN ABOUT THE LIVES OF OTHERS AND BECOME ALLIES TO STRENGTHEN THE RESILIENCE OF THE WHOLE COMMUNITY. LOOKING AT RACE AND LGBTQ+ HISTORY IS EMPOWERING FOR ALL. THE BONUS IS THAT LEARNING SOMETHING NEW IS SHOWN TO IMPROVE YOUR MOOD!

10. **DISABILITY, BODY POSITIVITY AND LAUGHTER:** THE MAJORITY OF US WILL DEVELOP A DISABILITY AS WE AGE. SOMETIMES THIS IS MET WITH ONGOING AND LONG-TERM GRIEVING BECAUSE OF THE LACK OF POSITIVE MEASURES TO INCLUDE DISABLED PEOPLE IN DAILY LIFE. SELF-ISOLATION CAN CAUSE THESE FEELINGS TO INTENSIFY. IT IS IMPORTANT TO BREAK THIS CYCLE. A VERY USEFUL AND SUCCESSFUL TECHNIQUE IS LAUGHTER YOGA. IT CAN TAKE A WHILE TO BUILD IT INTO YOUR ROUTINE, BUT ONCE YOU DO, YOU WILL SEE THE BENEFITS. START IN THE MORNING BY FORCING A LAUGH, CONTINUE TO DO SO FOR A FEW MINUTES. YOU WILL FIND THAT THE SMILING AND LAUGHTER WILL START TO COME EASIER REGARDLESS OF WHAT YOU ARE THINKING ABOUT. LAUGHTER AND SMILING IMPROVES THE IMMUNE SYSTEM UNLIKE MORE NEGATIVE BEHAVIOURS. IT MAY SEEM STRANGE AT FIRST, BUT SOON YOU WILL GET INTO THE HABIT OF LAUGHING, GIGGLING AND SMILING MORE FREQUENTLY. GIVE IT A GO.

FURTHER RESOURCES (CLICK BELOW)

- [MENTAL HEALTH CHALLENGES WITHIN THE LGBT COMMUNITY](#)
- [NHS, MENTAL HEALTH ISSUES IF YOU'RE GAY, LESBIAN, BISEXUAL OR TRANS](#)
- [MINDOUT, LGBTQ MENTAL HEALTH SERVICE RESOURCES](#)
- [SWITCHBOARD LGBT](#)
- [INSIGHT TIMER \(APP WITH AN LGBTQ+ SECTION\), GREAT FOR ADULTS & KIDS ALIKE](#)
- [A LIFE LESS ORDINARY WANTED \(COACHING & THERAPY\)](#)

LET ME ENTERTAIN YOU

THE SONGS RECOMMENDED BY OLIVIA KING ARE BELOW

- **WAKE UP BOO!** - THE BOO RADLEYS
- **LOVE SHACK** - THE B-52S
- **I'M STILL STANDING** - ELTON JOHN
- **HIGH HOPES** - PANIC! AT THE DISCO
- **GIRLS JUST WANNA HAVE FUN** - CYNDI LAUPER
- **WALKING ON SUNSHINE** - KATRINA AND THE WAVES
- **RESPECT** - ARETHA FRANKLIN
- **FREEDOM! '90** - GEORGE MICHAEL
- **I WISH** - STEVIE WONDER
- **LOVELY DAY** - BILL WITHERS
- **BEAUTIFUL DAY** - U2
- **A MINDFUL BLUES** - NHII (MUSICAL TRACK WHICH IS GOOD FOR MEDITATION AND FREEFORM DANCE)
- **WEIGHTLESS** - MARCONI UNION (THIS TRACK HAS BEEN SHOWN TO REDUCE BLOOD PRESSURE AND IMPROVE RELAXATION; VERY USEFUL IF YOU WANT SOMETHING IN THE BACKGROUND TO GO TO SLEEP TO)

REMEMBER TO TAKE REGULAR DANCE BREAKS, FOLKS.

OUR BELOVED DJ LIVICEE HAS PUT TOGETHER A SPOTIFY PLAYLIST JUST FOR HOUSE OF PRIDE. TAKE A LISTEN [HERE](#).

LGBT BOOK RECOMMENDATIONS

- **WE HAVE ALWAYS BEEN HERE** - SAMRA HABIB
- **GIOVANNI'S ROOM** - JAMES BALDWIN
- **BURY THE LEDE** - GABI DUNN & CLAIRE ROWE
- **SISSY** - JACOB TOBIA
- **PATSY** - NICOLE DENNIS BENN

SUPPORT LGBT+ FILM & TV

- **BFI FLARE'S ONLINE PLATFORM**
- **TELLO FILMS**
- **LES FLICKS**
- **AMAZON/NETFLIX SHOWS A-PLENTY!**



Do you identify as a LGBTQI woman, want some more recommendations and to connect to your community? Join DIVA's [private Facebook page](#).

NUTRITION



THE FOLLOWING SECTION IS WRITTEN BY JODIE ABRAHAMS (SHE/HER). JODIE IS A REGISTERED NUTRITIONIST (MBANT) AND NUTRITIONAL THERAPIST (RCNHC). WITH A SPECIALISM IN WOMEN'S HEALTH, JODIE'S PARTICULAR AREA OF INTEREST IS HOW FOOD AND LIFESTYLE AFFECT OUR HORMONES AND EVERYTHING THEY IMPACT ON - INCLUDING OUR MOODS AND EMOTIONS, OUR PHYSICAL RESPONSE TO STRESS, OUR ENERGY AND CYCLES.

IN THESE UNCERTAIN AND WORRYING TIMES, GOOD NUTRITION MIGHT NOT BE AT THE FOREFRONT OF YOUR MIND. BUT IT CAN MAKE A REAL DIFFERENCE TO HOW YOU FEEL. HERE ARE MY TOP TIPS FOR EATING WELL WHEN YOU'RE SELF-ISOLATING:

STAY WELL HYDRATED

MAKE SURE YOU'RE DRINKING ENOUGH WATER. BEING EVEN MILDLY DEHYDRATED CAN HAVE A NEGATIVE IMPACT ON YOUR MOOD, ENERGY LEVELS, DIGESTION AND CONCENTRATION.

STAYING WELL HYDRATED ALSO HELPS TO KEEP THE RESPIRATORY TRACT MOIST AND THE BODY'S ELIMINATION CHANNELS WORKING EFFECTIVELY. MY POST [DRINK MORE WATER - THE WHY](#) GIVES MORE DETAIL ON ALL THE REASONS WHY DRINKING ENOUGH IS GOOD FOR US.

PLAIN WATER'S NOT THE ONLY OPTION: HERBAL TEAS, BROTHS AND INFUSIONS ARE ALL GOOD CHOICES. FRESH LEMON AND GINGER IN HOT WATER IS PARTICULARLY WARMING AND SOOTHING. HERE ARE SOME OTHER IDEAS FOR [HOW TO QUENCH YOUR THIRST WITH FLAVOUR](#) (WITHOUT ADDED SUGAR OR ARTIFICIAL SWEETENERS).

EAT A RAINBOW

EACH DAY, FOCUS ON EATING A RANGE OF BRIGHTLY COLOURED FRUIT AND VEGETABLES. FROM BEETROOT AND BERRIES TO BUTTERNUT SQUASH AND BROCCOLI, THE MORE COLOURFUL YOUR PLATE, THE MORE NUTRIENTS YOU WILL BE CONSUMING. HERE ARE SOME OF MY TOP TIPS FOR STOCKING UP ON VEG WHILE ISOLATING AT HOME:

- BUY FROZEN. IF THE SUPERMARKET'S OUT, THEN LOCAL CORNER SHOPS OFTEN SELL FROZEN FRUIT AND VEG, WHICH A NEIGHBOUR OR FRIEND CAN EASILY PICK UP FOR YOU. SOME OF MY FAVOURITES FOR THEIR VERSATILITY ARE: PEAS, SWEETCORN, CAULIFLOWER AND BROCCOLI FLORETS, SPINACH AND BERRIES
- SIGN UP TO AN ORGANIC FRUIT AND VEG BOX SCHEME
- LOOK INTO WHOLESALE SUPPLIERS OFFERING DOMESTIC DELIVERY BOXES
- GROW YOUR OWN - IF YOU'VE GOT A BALCONY OR GARDEN, YOU CAN ORDER SEEDS ONLINE (A SLOWER, BUT VERY SATISFYING AND SELF-SUSTAINING PROCESS!).

WATCH THE STIMULANTS

SUGAR, CAFFEINE AND ALCOHOL WILL ALL INTERFERE WITH YOUR BLOOD SUGAR AND CORTISOL (OUR STRESS HORMONE). WHILE THESE SUBSTANCES CAN GIVE A SHORT-LIVED ENERGY BOOST OR COMFORT, THEY CAN ALSO NEGATIVELY IMPACT ON MOOD, SLEEP AND ANXIETY.

KEEP CONSUMPTION UNDER CONTROL BY BEING MINDFUL OF HOW YOU FEEL BEFORE, DURING AND AFTER YOU EAT OR DRINK THEM. ISOLATING WILL BE STRESSFUL AND LONELY AT TIMES, BUT BY BEING MORE CONSCIOUS OF HABITUAL EATING AND DRINKING PATTERNS AND HOW THEY MAKE US FEEL, WE CAN WORK TOWARDS MAKING POSITIVE CHANGES THAT WE FEEL THE BENEFITS OF.

EAT REGULARLY

THE LOSS OF ROUTINE CAN BE A CHALLENGE TO EATING PATTERNS. IF WE'RE WAKING LATER AND OUR DAYS ARE LESS STRUCTURED THEN MEALTIMES CAN MERGE OR WE CAN FIND OURSELVES CONTINUOUSLY GRAZING. COMMIT TO THREE MEALS A DAY, AND EAT AT REGULAR TIMES. NOT ONLY WILL THIS HELP TO REGULATE YOUR APPETITE BUT IT CAN ALSO HELP TO FORM THE STRUCTURE OF YOUR DAY.

AT EACH MEAL, INCLUDE SOME COMPLEX CARBOHYDRATES, PROTEIN AND HEALTHY FATS - PLUS PLENTY OF FRUIT AND VEGETABLES (AIM FOR HALF THE PLATE). SOME IDEAS:

BREAKFAST

WHOLEGRAIN TOAST WITH A POACHED EGG, WILTED SPINACH AND TOMATOES
OVERNIGHT OATS WITH A HANDFUL OF NUTS, SEEDS, HALF A GRATED APPLE AND BERRIES

LUNCH

LENTIL AND TOMATO SOUP WITH A SPOONFUL OF GREEK YOGHURT AND A HANDFUL OF ROCKET LEAVES
SARDINES ON WHOLEGRAIN TOAST WITH A SALAD

DINNER

CHICKPEA AND BUTTERNUT SQUASH STEW WITH STEAMED BROCCOLI AND FETA
SALMON WITH ROASTED PEPPERS, CAULIFLOWER AND QUINOA

FOR MORE NUTRITION AND LIFESTYLE TIPS, RECIPES AND DETAILS OF CONSULTATION PLANS (ALL CURRENTLY CONDUCTED REMOTELY) SEE JODIEABRAHAMS.COM OR FOLLOW JODIE ON INSTAGRAM AT [@_JODIEABRAHAMS](https://www.instagram.com/_jodieabrahams)

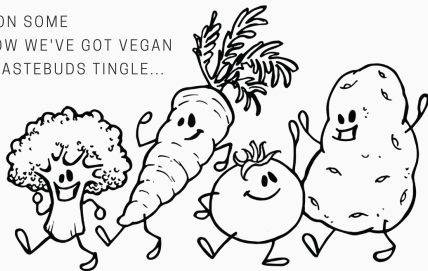
JODIE IS OFFERING 30 MINUTE VIDEO CONSULTATIONS WITH KEY NUTRITION RECOMMENDATIONS FOR £40 DURING THE CORONAVIRUS CRISIS. CONTACT JODIE AT JODIE@JODIEABRAHAMS.COM IF YOU WOULD LIKE TO BOOK.

VEGAN RECIPES

IF YOU DO MANAGE TO GET YOUR HANDS ON SOME FRESH PRODUCE AND ALMOND MILK, BELOW WE'VE GOT VEGAN RECIPES THAT ARE SURE TO MAKE YOUR TASTEBUDS TINGLE...

CALLED AN 'INGENIOUS ANGEL' BY SOME, [MEERA SOHDA](#) PROVIDES US WITH THREE MUST-TRY VEGAN RECIPES!

- MASALA BAKED BEANS ON TOAST
- SQUASH AND SWEETCORN ERRISERI
- PEANUT BUTTER BLONDIES



ALSO CHECK OUT [JACK MONROE'S TWITTER ACCOUNT](#) FOR SOME AMAZING TIN-FOOD INSPO!

INTERSECTIONALITY

WE ALL SEE AND EXPERIENCE THE WORLD DIFFERENTLY. IT'S IMPORTANT, EVEN IF YOU DON'T IDENTIFY AS ONE OF THE GROUPS BELOW, THAT WE ALL TAKE THE TIME TO READ UP ABOUT OTHER SECTIONS OF OUR COMMUNITY; THINK ABOUT HOW WE CAN HELP EACH OTHER; TAKE TIME TO TALK TO ONE ANOTHER. INTERSECTIONALITY IS A TERM COINED BY DR KIMBERLÉ CRENSHAW. LEARN MORE [HERE](#).

THERE ARE SPECIFIC NEEDS THAT MINORITIES WITHIN MINORITIES FACE, AND WE'LL TALK ABOUT SOME WAYS TO NAVIGATE THEM BELOW.



PEOPLE OF COLOUR

BY [ALEXANDRA D'SA](#) (SHE/HER), CO-CEO OF HOUSE OF PRIDE

COMMUNITY IS INCREDIBLY IMPORTANT TO QTIPOC. OFTEN WE ARE LEFT OUT OF MAINSTREAM LGBT+ NARRATIVES AND MISSING FROM MAINSTREAM LGBT+ SPACES, AND [OVER HALF](#) OF US HAVE EXPERIENCED RACISM IN THE LGBT+ COMMUNITY. THAT'S WHY EVENTS LIKE UK BLACK PRIDE*, IMAANFEST, CLUB KALI, ETC. ARE SO IMPORTANT AS THEY ARE SPACES FOR THIS COMMUNITY TO FEEL WELCOMED, SUPPORTED AND SURROUNDED BY PEOPLE WHO *GET IT*.

AT HOUSE OF PRIDE, WE MAKE SURE THAT PEOPLE OF COLOUR ARE FRONT AND CENTRE IN OUR CONVERSATIONS AND IN OUR EVENTS. BUT WHEN THESE EVENTS CAN'T TAKE PLACE, WHAT CAN WE DO?

IF YOU ARE ISOLATING WITH PEOPLE WHO DO NOT KNOW YOU ARE LGBT+, OR DO KNOW BUT ARE NOT ACCEPTING OF IT, SEEK SAFE SPACES ONLINE WHERE YOU ARE WELCOMED FOR EXACTLY WHO YOU ARE. EXAMPLES OF THIS ARE:

- **MISERY MEETS**: A MONTHLY HEALING CIRCLE DESIGNED TO SUPPORT THE MENTAL HEALTH OF QUEER AND TRANSGENDER BLACK PEOPLE AND PEOPLE OF COLOUR.
- **INSTAGRAM**: LOTS OF OUR FAVE POC/BAME LGBT+ FOLKS ARE COMING UP WITH FIRE INSTAGRAM LIVE EVENTS & STORIES. FOLLOW AS MANY AS YOU CAN AND FEEL INSPIRED. EXAMPLES ARE: [LIZZO](#), [TRAVIS ALABANZA](#), AND [LADY PHYLL](#). ALSO, TRY TIKTOK!

MIGRANTS ARE PARTICULARLY VULNERABLE IN OUR COMMUNITY. READ SOME HELPFUL GUIDANCE FROM UKLGIG [HERE](#).

OTHER TIPS I'VE FOUND HAVE HELPED ME CONNECT WITH FAMILY AND FRIENDS OVER THIS TIME, PARTICULARLY RELATED TO ME BEING AN ETHNIC MINORITY:

- COOKING FOOD WHICH REMINDS ME OF MY CHILDHOOD
- CONNECTING WITH ONLINE COMMUNITIES LIKE [GAL-DEM](#), [BURNT ROTI](#), AND [SHADES](#)
- IF YOU'RE ABLE TO AFFORD A THERAPIST OR A COACH, THEN I WOULD HIGHLY RECOMMEND IT. FINDING THE RIGHT ONE IS IMPORTANT. I FOUND MINE THROUGH THE [COUNSELLING DIRECTORY](#). HOWEVER THERE ARE ALSO SOME GREAT SOURCES INCLUDING LGBT+ FOUNDED COMPANY [A LIFE LESS ORDINARY WANTED](#).

LAST BUT NOT LEAST, **DO NOT CALL THIS THE CHINESE VIRUS**. CALL ANYONE OUT WHO IS CALLING IT THE CHINESE VIRUS. SHOW SUPPORT FOR THE ASIAN COMMUNITY AND REACH OUT TO YOUR ASIAN FRIENDS. MICROAGGRESSIONS (INCLUDING STRANGE LOOKS, CROSSING THE STREET WHEN YOU SEE SOMEONE ASIAN) ARE REAL. DO NOT BE COMPLICIT, AND BE AWARE THAT THIS MIGHT BE HAPPENING TO PEOPLE AROUND YOU. BE AN ALLY. IF YOU ARE ASIAN AND HAVE BEEN ON THE RECEIVING END OF ANY TYPE OF ABUSE AS A RESULT OF THIS, PLEASE REACH OUT TO YOUR SUPPORT NETWORK AND/OR THE AUTHORITIES (HOUSE OF PRIDE ARE MOST DEFINITELY HERE FOR YOU, TOO).

*PSA: Remember, if you have the means, donate to these organisations that need our support now more than ever. Also donate to [Ghana Kitchen](#) as Zoe Adjonyoh turns it into a community kitchen!



50+

INSPIRED BY TWITTER THREAD [@MEGHAN_HERRING_](#), BEFRIENDING COORDINATOR ODL

SOCIAL ISOLATION IS NOW SOMETHING THAT WE ALL HAVE TO GRAPPLE WITH. PEOPLE WITH A CHRONIC ILLNESS, AND A LOT OF ELDERLY PEOPLE, HAVE TO DEAL WITH THIS FOR A LOT LONGER THAN JUST A FEW WEEKS.

THAT'S WHY OPENING DOORS LONDON HAVE A BEFRIENDING SERVICE THAT WILL MATCH A YOUNGER PERSON TO SOMEONE OVER 50 WHO IS ISOLATED FOR WHATEVER REASON, AND NEEDS SOMEONE TO TALK TO. THIS IS VITAL TO NOT ONLY KEEP UP MORALE AND STAY IN TOUCH WITH SOCIETY, BUT ALSO SO THAT THE PERSON BEFRIENDING MAY BE ABLE TO ASSESS IF THEIR ODL PARTNER IS VULNERABLE OR IN NEED.

NOW, MORE THAN EVER, THAT SERVICE IS VITAL.

BUT HOW DO WE BEFRIEND WITH NO PHYSICAL CONTACT?

ODL HAVE TAKEN THEIR BEFRIENDING SERVICE TRAINING ONLINE AND ARE CALLING IT 'TELEFRIENDING'.

WE ALL KNOW THAT DURING THIS OUTBREAK, OLDER PEOPLE ARE MORE VULNERABLE. THEY MAY BE HOUSEBOUND, HAVE NO INTERNET ACCESS, AND IN SOME CASES NO PHONES.

IF YOU ARE A PERSON OVER 50 WHO IS ISOLATED AND WOULD LIKE TO SIGN UP FOR THE TELEFRIENDING ASSISTANCE, PLEASE EMAIL:
BEFRIENDING@OPENINGDOORSLONDON.ORG.UK

IF YOU DO NOT HAVE ACCESS TO A PHONE, ODL WILL DO THEIR BEST TO PROVIDE YOU WITH ONE.

IF YOU ARE ABLE TO VOLUNTEER, [PLEASE SIGN UP HERE](#) AND PASS THIS ON. IF YOU ARE ABLE TO DONATE, THIS CHARITY IS ONE THAT COULD DEFINITELY DO WITH YOUR SUPPORT!

ANOTHER CHARITY WORKING WITH OLDER PEOPLE IS [THE SILVERLINE](#).



TRANS COMMUNITY

AS MOST OF US MAKE THE MOVE TO BEING MORE PRESENT ONLINE THAN USUAL, THIS IS NOT ALWAYS THE SAFEST SPACE TO BE. NO-ONE IS MORE AWARE OF THAT THAN THE TRANS COMMUNITY.

IF YOU ARE IN NEED OF SUPPORT, THERE ARE SOME [GREAT CHARITIES](#) OUT THERE THAT CAN HELP. MOST OF THESE ORGANISATIONS HAVE ADAPTED THEIR SERVICES TO BE ABLE TO SUPPORT PEOPLE DIGITALLY. HERE ARE TWO AMAZING ONES TO START:

- [MERMAIDS](#) (YOU CAN SUPPORT MERMAIDS BY DONATING TO THEM IF YOU USE [AMAZON SMILE](#))
- [GENDERED INTELLIGENCE](#)

REMEMBER, DURING THIS TIME OF CRISIS, PLEASE TRY TO LIMIT BINDING WHERE POSSIBLE. IF YOU ARE TAKING MEDICATION, PLEASE CONSULT YOUR HEALTHCARE PROFESSIONAL TO MAKE SURE YOU HAVE A GOOD SUPPLY.

TO ALL THOSE THAT HAVE HAD THEIR GENDER-AFFIRMING OPERATIONS CANCELLED, WE CAN ONLY IMAGINE HOW HARD THIS IS. WE LOVE YOU, AND WE ARE HERE TO LISTEN WHEN YOU NEED US.

IF YOU ARE AN ALLY, REACH OUT TO YOUR TRANS FRIENDS AND CHECK IN. ALSO MAKE SURE YOUR LANGUAGE WHEN COMMUNICATING ONLINE IS AS INCLUSIVE AS POSSIBLE. IF YOU'RE NOT SURE OF SOMEONE'S PRONOUNS...ASK. DON'T ASSUME. BE MINDFUL. WRITTEN COMMUNICATION IS ALWAYS OPEN TO MISINTERPRETATION, SO IF YOU HAVE BEEN TOLD THAT SOMETHING YOU'VE SAID HAS OFFENDED SOMEONE, PLEASE DO NOT BE DEFENSIVE.

OPEN UP COMMUNICATION CHANNELS AND TRY TO LEARN.

THAT'S WHAT WE ALWAYS TRY TO DO AT HOUSE OF PRIDE!

PEOPLE WITH DISABILITIES



PEOPLE WITH PHYSICAL DISABILITIES OR A CHRONIC ILLNESS IN ISOLATION FACE ADDITIONAL CHALLENGES, INCLUDING:

- A POTENTIAL LACK OF (ACCESS TO) MEDICATION
- BEING MORE VULNERABLE IF THEY ARE IN ISOLATION ALONE - AND INCREASED ANXIETY BECAUSE OF THIS
- INABILITY TO COMMUNICATE AS EFFECTIVELY OR FOR OTHERS TO COMMUNICATE EFFECTIVELY WITH THEM IF THEY ARE HEARING OR VISUALLY-IMPAIRED.

SALLY EDWARDS (SHE/HER) IS A WRITER, RETIRED DANCER, AND DISABILITY ADVOCATE. SHE HAS FEATURED IN DIVA MAGAZINE AND RECEIVED THE DIVA AWARD FOR COMMUNITY CHAMPION. SALLY FOUNDED WARRIOR ON WHEELS LIFE COACHING IN 2019 TO SUPPORT DISABLED PEOPLE OR ANYONE LIVING WITH A LONG TERM HEALTH CONDITION.

AS THE NATIONAL PANIC SET IN OVER CORONAVIRUS, I BECAME VERY ANXIOUS. BEING BORN WITH SPINA BIFIDA AND HYDROCEPHALUS MEANS I AM PRONE TO KIDNEY AND CHEST INFECTIONS. WHILST NOT BEING AT THE TOP OF THE AT RISK LIST, THE RISKS ARE STILL THERE, SO QUICKLY MY PARTNER (WHO HAS THE SAME DISABILITY) AND I STARTED ISOLATING. MY BRAIN WAS WORKING OVERTIME. I HAD TO PRIORITISE FAST, SO I ORDERED ALL MEDICATION IN THAT I WOULD NEED FOR A FEW WEEKS AND BEGAN THE PROCESS OF PLACING AN ONLINE SHOP, WHICH WASN'T EASY. ALL THE SUPERMARKETS WERE BOOKED UP BUT LUCKILY WITH PERSISTENCE I MANAGED TO FIND ONE. WE EVEN MANAGED TO GET WHAT WE NEEDED TO MAKE OUR OWN HAND SANITISER; WE HAD SEEN A TV SHOW ON [HOW TO MAKE IT](#) AND FELT THIS WAS SOMETHING WE COULD DO OURSELVES AND SAVE SOME MONEY. DURING THE FOLLOWING DAYS AND NIGHTS ALL KINDS OF THOUGHTS AND FEARS CREEPT INTO MY HEAD AND I BEGAN TO APPRECIATE THE SCALE OF WHAT WAS HAPPENING. I QUICKLY BEGAN TO REALISE THAT ALL THE PEOPLE OUT THERE IN MY ONLINE COMMUNITY WERE GOING THROUGH THE SAME PROCESS. I FELT A HUGE AMOUNT OF RESPONSIBILITY TO ALL THOSE FOLLOWING MY LIFE COACHING SERVICE. I NEEDED TO SHOW UP AND SUPPORT THEM, WHICH AT THE SAME TIME KEPT ME OCCUPIED. **THESE ARE MY**

SURVIVAL RECOMMENDATIONS:

- KEEP BUSY
- FIND OR REVISIT AN OLD HOBBY - LIKE ME EITHER LEARN AN INSTRUMENT OR IF YOU WANT TO GO OUTSIDE, TRY GARDENING!
- LIMIT PHYSICAL SOCIAL CONTACT TO THE ABSOLUTE NECESSARY
- LIMIT YOUR NEWS INTAKE
- LOOK AFTER YOUR HEALTH EG TRY DOING SOME FITNESS. MY BIGGEST GO-TO ACTIVITY HAS BEEN MY FITNESS WORKOUTS. I ONLY HAVE LIMITED EQUIPMENT BUT YOU NEED TO GET CREATIVE AND FIND WHAT EVER YOU CAN AROUND THE HOUSE. I'VE BEEN WORKING OUT EVERY DAY WHILST GOING LIVE ON MY SOCIALS IN THE HOPE THAT IT INSPIRES AND HELPS AT LEAST ONE PERSON.
- MAKE SURE YOU HAVE ENOUGH MEDICAL SUPPLIES AND MEDICATION
- MAKE SURE YOU HAVE ENOUGH GROCERIES IN AND MAKE ARRANGEMENTS TO GET THEM IN ANY WAY YOU CAN
- KEEP WASHING YOUR HANDS AND USE HAND SANITISER. MY HOME MADE MIXTURE IS: RUBBING ALCOHOL, ALOE VERA GE, AND, IF YOU CAN, A FEW DROPS OF YOUR FAVOURITE ESSENTIAL OIL
- TECHNOLOGY HAS ALSO BEEN A BIG HELP TO ME. BEING ABLE TO WATCH FACEBOOK LIVES, INSTAGRAM LIVES AND TO CHAT TO FRIENDS AND FAMILY OVER VIDEO CALLS HAS BEEN SO IMPORTANT...USE THE TECHNOLOGY THAT'S AVAILABLE TO YOU JOIN MORE GROUPS ON FACEBOOK, CREATE A ZOOM VIDEO GROUP, CALL UP YOUR FRIENDS, EMAIL PEOPLE, BUT COMMUNICATION IN ANY WAY WILL HELP YOU TO STAY CONNECTED.

FRIEND OF HOUSE OF PRIDE, SOPHIE STONE, IS A LGBT ACTRESS, PROMINENT ADVOCATE FOR THE DEAF COMMUNITY, AND CO-FOUNDER OF [THE DH ENSEMBLE](#). SHE IS ENCOURAGING PEOPLE TO USE THEIR TIME AT HOME TO [LEARN SIGN LANGUAGE](#).

AT HOME WITH

UNSAFE HOME LIFE



11% OF LGBT+ PEOPLE FACE DOMESTIC ABUSE FROM A PARTNER, WITH THIS RISING TO 19% FOR BOTH TRANS AND NON-BINARY PEOPLE. YOU CAN READ THE FULL REPORT FROM STONEWALL, [HERE](#).

ABUSE CAN TAKE MANY FORMS, INCLUDING FINANCIAL. IF ONE OR BOTH PARTNERS ARE UNABLE TO WORK/EARN INCOME, IT MAY RESULT IN FINANCIAL PRESSURE, BEING TAKEN ADVANTAGE OF FINANCIALLY, AND TRIGGER VIOLENT BEHAVIOUR.

REFUGES BUDGETS HAVE BEEN CUT SINCE 2010, SO WHILST THE NUMBERS OF DV CASES ARE SURE TO INCREASE, THE INFRASTRUCTURE ISN'T THERE TO SUPPORT THOSE WHO ARE VULNERABLE.

CHARITIES ARE STILL RUNNING THEIR SERVICES ONLINE, AND YOU CAN LEARN MORE VIA THE LINKS BELOW ON THOSE SERVICES AND SOME COPING MECHANISMS:

- [HESTIA](#)
- [REFUGE](#) (OR CALL 0808 2000 247)
- [CHAYN](#)

PLEASE BE MINDFUL OF YOUR SURROUNDINGS, AND IF YOU FEEL UNSAFE, CONTACT A FRIEND AND LET SOMEONE KNOW. IF YOU ARE WORRIED ABOUT A FRIEND OR A COLLEAGUE, PLEASE CONTINUE TO TALK TO THEM AND ENCOURAGE THEM TO OPEN UP WHEN IT IS SAFE TO DO SO. IF YOU ARE FLEEING A VIOLENT PARTNER, OR AN UNSAFE HOME ENVIRONMENT, OR SIMPLY FIND YOURSELF SOFA-SURFING OR SLEEPING ROUGH, YOU MAY BE IN NEED OF SUPPORT FROM HOMELESSNESS CHARITIES. TRY: [THE OUTSIDE PROJECT](#), THAT ALSO RUN LOCAL SESSIONS - NOW [ONLINE](#), [AKT](#), OR SIGN UP FOR [LGBTIQ+ MUTUAL AID SUPPORT](#) (YOU CAN ALSO VOLUNTEER)!



PARENTING

SASKI (SHE/HER) IS A WELL- ESTABLISHED LGBTQ+ INCLUSION TRAINER, OFFICIAL PRIDE HOST, INTERVIEWER, RADIO HOST, PANEL MODERATOR, SINGER AND OUT AND PROUD QUEER PARENT. SHE HAS THE UNIQUE ABILITY TO BE VERSATILE ON A WIDE RANGE OF SUBJECTS, WHILST ENGAGING BOTH HER AUDIENCES AND PANELLISTS BRINGING ABOUT THE BEST CONVERSATIONS FOR EDUCATION AND AWARENESS. HUMOUR MEETS GRACE AND KNOWLEDGE MEETS RESPECT...IT'S WHAT SASKI DOES BEST. A KEEN ACTIVIST FOR POSITIVE PROMOTION AND EQUAL RIGHTS FOR OUR COMMUNITY AND ALL, SASKI HAS WORKED CLOSELY WITH A VARIETY OF CHARITIES AND ORGANISATIONS INCLUDING DIVA MAGAZINE, PRIDE LONDON, MERMAIDS, DIVERSITY ROLE MODELS, CLEXACON, THE BRITISH YOUTH COUNCIL AND P3 PARENTING NETWORK. CONNECT WITH HER FACEBOOK AND INSTAGRAM @SASKISINGER AND TWITTER @SASKISINGER1.

SO THE KIDS ARE EXCITED ABOUT BEING OFF SCHOOL (FOR WHAT FEELS LIKE FOREVER) AND YOU HAVE THE FEAR OF HOME SCHOOLING IN ISOLATION, WHILST TRYING TO NOT GO STIR CRAZY IN THE PROCESS?

FEAR NOT... WHILST THIS IS ALL VERY REAL AND VERY SERIOUS, IT'S HAPPENING TO EVERYONE AND EVERY PARENT IN THE LAND. WE'RE IN THIS TOGETHER, SO AS THEY SAY, LET'S NOT JUST 'GO THROUGH IT' LET'S 'GROW THROUGH IT' AND WE WILL COME OUT STRONGER.

WE MAY BE GOING INTO ISOLATION BUT WE HAVE THE WORLD AT OUR FINGERTIPS AND THAT ALLOWS US TO MAKE THE BEST OF THIS, ESPECIALLY WHEN IT COMES TO COMMUNICATION. THINGS WILL CERTAINLY CHANGE FAST ALONG THE WAY DURING THIS COVID-19 JOURNEY, WITH NEW GOVERNMENT ANNOUNCEMENTS HAPPENING DAILY. HERE'S THE GOOD NEWS, ALONG WITH #BEKIND CAMPAIGNS, IT IS BRINGING COMMUNITIES, FRIENDS AND FAMILIES TOGETHER AND OUR LGBTQ+ COMMUNITY IS NO EXCEPTION. THE TECHNOLOGICAL WORLD IS MOVING EVEN FASTER AND BRINGING US SO MANY POSITIVE SUPPORT SYSTEMS TO HELP US ALL ADJUST TO THE CURRENT CLIMATE.

THE MILLION DOLLAR QUESTION

OUR KIDS HAVE QUESTIONS. THIS IS AN UNUSUAL AND STRESSFUL TIME BUT WE NEED TO TALK ABOUT WHAT'S GOING ON...AND IN A CALM WAY. [HERE IS A LINK](#) TO HELP HANDLE THOSE COVID-19 CONVERSATIONS WHILST EDUCATING OUR CHILDREN ABOUT THE REALITY OF WHAT'S HAPPENING IN THE WORLD AND HOW WE CAN WORK TOGETHER TO STOP IT.

LETS GET THIS ISOLATION PARTY STARTED!

MORE NOW THAN EVER YOU'LL NEED A GOOD ROUTINE. PLAN YOUR DAY, INCLUDING MEALS, HOME SCHOOL ACTIVITIES, FITNESS AND DOWNTIME. HAVE A PLAY WITH [GOOGLE CALENDAR](#) TO HELP BRING IT ALL TOGETHER.

SELF-CARE AND HOW WE MANAGE STRESS IS PARAMOUNT, ESPECIALLY AS THE WHOLE HOUSEHOLD IS ADJUSTING TO CHANGE. YOUR HOME IS NOW YOUR OFFICE, SCHOOL, GYM, AND SANCTUARY, SO CONSIDER HOW BEST TO UTILISE THE SPACE FOR ALL ACTIVITIES, IN ORDER TO MINIMISE OVERWHELM AND AVOID FEELING COUPED UP, ESPECIALLY IF YOU HAVE KIDS IN TOW. TRY TO SEPARATE THOSE SPACES IN YOUR HOME AND CREATE BOUNDARIES.

THERE WILL BE TESTING TIMES AND THAT'S OK, JUST REMEMBER TO KEEP THE LINES OF COMMUNICATION OPEN WITH FRIENDS AND FAMILY AND OTHER QUEER FAMILY GROUPS AND SUPPORT SERVICES AS OFTEN AS YOU NEED TO, IT'S GOOD TO TALK AND SHARE WITH THE RIGHT PEOPLE, SO THAT YOU CAN PUT THINGS INTO PERSPECTIVE AND KEEP POSITIVE.

OUR LGBTQ+ COMMUNITY KNOW THE IMPORTANCE OF INCLUSION AND HAVING A VOICE, SO BRING THAT INTO YOUR HOME TOO. **HAVE REGULAR FAMILY MEETINGS**, INCLUDE YOUR KIDS AS MUCH AS YOU CAN IN THE PLANNING AND ROUTINE. ALLOWING THEM TO BE INVOLVED WILL HELP BUILD BETTER COMMUNICATION AND STRENGTHEN RELATIONSHIPS EVEN MORE. IT'S ALSO A GOOD TIME FOR CONVERSATION AND TO CHECK IN ON HOW EVERYONE IS DOING IN A CALM, RELAXED WAY.

LIST ALL THE POSITIVES ABOUT ISOLATION WITH YOUR KIDS (I.E YOUR TAKING PART IN THE FIGHT AGAINST COVID-19, YOU ARE A STRONG LOVING FAMILY ETC) AND WRITE THEM UP ON THE FRIDGE TO REMEMBER HOW LUCKY YOU REALLY ARE TO HAVE EACH OTHER. SET YOURSELF AN **#ISOCHALLENGE** (I SO MADE THAT UP!) BUT THINK ABOUT WHAT GOALS YOU CAN EACH ACHIEVE WHILST IN ISOLATION, AS THIS IS PROACTIVE, FUN AND A GOOD WAY TO HELP STAY FOCUSED.

NOW LETS TALK ABOUT THE 'UNICORN' IN THE ROOM...**HOME SCHOOLING**

WTF! I HEAR YOU SCREAM... DON'T PANIC, REMEMBER I SAID THE WORLD IS AT YOUR FINGERTIPS, GOOGLE IS YOUR FRIEND. WE ARE NOT EXPECTED TO SUDDENLY BECOME QUALIFIED TEACHERS, HOWEVER WE WILL HAVE TO IMPLEMENT HOME SCHOOLING ON SOME LEVEL. FOLLOW GUIDANCE FROM YOUR CHILDREN'S SCHOOLS AND WHERE POSSIBLE SET UP CHAT/VIDEO GROUPS WITH OTHER PARENTS AND SUPPORT EACH OTHER TO KEEP ON TRACK WITH THE HOME EDUCATION ROUTINE. KEEP YOUR KIDS CONNECTED, TOO. MY SON HAS ALREADY DISCOVERED THE REALITY OF ISOLATION AND IS MISSING HIS FRIENDS. SO WE SET UP [A ZOOM ACCOUNT](#) SO THAT HE COULD CONNECT ON A GROUP CHAT WITH HIS FRIENDS. THIS IS ALSO GREAT AS IT WORKS ON ALL DEVICES AND IS COMPATIBLE WITH BOTH APPLE AND ANDROID, WHICH CAN CONNECT WITH UP TO 100 PARTICIPANTS.

SCHOOLS OUT

WE HAVE A WEALTH OF QUEER HISTORY INCLUDING THE STONEWALL RIOTS AND HOW PRIDE STARTED. AS OF SEPTEMBER ALL SCHOOLS WILL BE IMPLEMENTING AND LGBTQ+ INCLUSIVE EDUCATION, SO GET A HEAD START ON HOME SCHOOLING HERE, WITH THESE RESOURCES AND FORUMS THAT KIDS AND TEENS WILL LOVE:

[SCHOOLS OUT](#) - LESSON PLANS:

- [LGBT+ HISTORY MONTH](#)
- [THE CLASSROOM](#)
- [POP 'N OLLY](#)

YOUTH CONNECTION

- [MERMAIDS YOUTH FORUM](#)
- [DITCH THE LABEL ANTI-BULLYING YOUTH FORUM](#)
- [TEENS AND ADULTS - OUTLIFE FORUMS, TALK SHARE, SUPPORT](#)
- [MYGENERATION](#)

BOOKWORM

LGBT+ FRIENDLY ONLINE BOOKS ARE AVAILABLE TO ORDER AND DOWNLOAD ACROSS THE NET BUT JUST TO GET YOU STARTED:

- [BEST-SELLERS ON AMAZON](#)
- [AUDIBLE](#)

REALITY BITES

SEPARATED PARENTS...I FEEL YOU. AS I WRITE THIS MY SON IS CURRENTLY IN ISOLATION BECAUSE A MEMBER OF HIS OTHER MUM'S FAMILY CONTRACTED THE CORONAVIRUS. FORTUNATELY THEY ARE FINE, BUT FOLLOWING THE GUIDELINES ON THIS, THEY HAVE TO SELF ISOLATE FOR 14 DAYS.

WITH LOCKDOWN LOOMING, I AM FACED WITH THE UNCERTAINTY OF WHEN I'LL PHYSICALLY GET TO SEE MY SON AGAIN. I HAVE CRIED ABOUT THIS BELIEVE ME BUT I KNOW I HAVE TO 'GROW THROUGH THIS' TOO AND I AM JUST PLEASED THAT HE IS SAFE AND WELL.

CO-PARENTING CAN BE TURBULENT AT TIMES, BELIEVE ME I HAVE WORN THE 'JEREMY KYLE T-SHIRT' ON ONE TOO MANY OCCASIONS.

HOWEVER, JUST AS I AM HAVING TO DO SO, I URGE YOU TO WORK TOGETHER AND BE REASONABLE AND COMPASSIONATE TOWARDS EACH OTHER. OUR KIDS ARE THE PRIORITY, THEY WANT TO SEE THEIR PARENTS AND THEY DON'T NEED US ARGUING, ESPECIALLY AT THIS TIME. KEEP POSITIVE AND COMMUNICATE WELL, YOU NEVER KNOW THIS COULD BRING YOU CLOSER AS CO-PARENTS AND A FAMILY. SHARING THE RESPONSIBILITY OF HOME SCHOOLING AND PARENTING OUR KIDS FROM A DISTANCE (WHILST IS CERTAINLY NOT IDEAL) IS ON THE HORIZON FOR MANY NOW, SO LET'S GET CREATIVE AND MAKE THIS POSITIVE FOR EVERYONE INVOLVED.

HOW DO WE DO THIS...?

KEEP CONNECTED

WE HAVE SO MANY WAYS TO CONNECT. I'M CURRENTLY USING SKYPE TO CATCH UP AND READ STORIES TO MY SON EACH NIGHT AND I'LL ALSO BE SUPPORTING HIM WITH HIS HOME SCHOOLING. OTHER FAMILY MEMBERS AND FRIENDS CAN JOIN IN ON SKYPE OR ZOOM CALLS, FACETIME, WHATSAPP...

THE KIDS CAN ALSO SEND EMAILS WITH ATTACHMENTS OF PHOTOS AND DRAWINGS, THIS IS HELPING MY SON LEARN HOW TO TOUCH TYPE AND IT'S ANOTHER WAY FOR HIM TO COMMUNICATE WITH OTHERS.

LMFAO

YEAH, I SAID IT... [LAUGHTER IS THE BEST MEDICINE](#). THINK ABOUT WHAT TICKLES YOU AND YOUR FAMILY. COMEDY, CARTOONS, WHATEVER IT TAKES TO MAKE YOU LAUGH AT LEAST ONCE A DAY IS GOING TO HELP REDUCE STRESS AND SUPPORT YOUR MENTAL HEALTH.

MUSIC TO OUR QUEER EARS!

FAMILY DISCO - MUSIC IS SO IMPORTANT AND A POSITIVE WAY TO CHILL AND RELAX. SET UP FAMILY PLAYLIST THAT MAKES YOU SMILE, THIS CAN BE PART OF YOUR 'DOWN TIME' WHILST MAKING DINNER OR INCLUDED IN YOU EXERCISE ROUTINE.

BIG COOK, LITTLE COOK

LUCKILY FOR ME, YOU DON'T HAVE A BE A WHIZZ IN THE KITCHEN TO COOK A HEALTHY MEAL. KIDS AND FOOD CAN OFTEN = FUSSY EATERS, HOWEVER, GET THEM TO HELP AND TAKE PART IN THE KITCHEN AND THEY SOON BECOME MINI FOOD CONNOISSEURS. YOU CAN GET AS CREATIVE OR NOT AS YOU LIKE, EITHER WAY, IT'S A GOOD LIFE SKILL FOR YOUR KIDS TO LEARN HOW TO COOK AND OFTEN A GREAT WAY TO BOND AND CHAT TOGETHER WHILST YOU'RE AT IT!

NEVER BE BOARD OF BOARDGAMES AGAIN

I'M NOT ASHAMED TO SAY IT, I LOVE BOARDGAMES! BELIEVE ME THEY ARE GREAT. MY SON IS A GAMER BUT AS SOON AS I PULL OUT MONOPOLY OR DRAUGHTS, IT'S CONTROLLERS DOWN AND HE LOVES IT. IT'S ANOTHER GREAT WAY TO BRING THE FAMILY TOGETHER AND AWAY FROM THE GAME CONSOLES AND TV. YOU CAN STILL ORDER GAMES ONLINE, SO GET THEM IN WHILST YOU CAN. OR JOIN [HERE](#) TO PLAY WITH FRIENDS AND FAMILY ONLINE.

THERE'S ALSO A GREAT APP CALLED [HOUSE PARTY](#), AVAILABLE ON IOS AND ANDROID, WHICH WILL LET YOU VIDEO EACH OTHER AND PLAY GAMES ON YOUR MOBILE.

LETS GET PHYSICAL! THANKS OLIVIA NEWTON JOHN (OR DUA LIPA IF YOU'RE NOT THAT OLD!)

I AM THE QUEEN OF HOME FITNESS AND AN AVID FAN OF DAVINA MCCALL THERE ARE SO MANY GREAT WORKOUT AND MINDFULNESS VIDEOS AVAILABLE ON YOUTUBE, SO NO EXCUSE NOT TO GET THAT #ISOLATIONBODY YOU ALWAYS WANTED AND LOOK #INSTASTATIC HERE ARE SOME ONLINE FAVOURITES FOR PARENTS AND KIDS TO WORK OUT TOGETHER:

- [DAVINA MCCALL WEBSITE](#) AND [YOUTUBE WORKOUTS](#)
- [JOE WICKS WORKOUTS FOR KIDS EVERYDAY AT 9AM](#)
- [YOGA AND MINDFULNESS FOR KIDS](#)

CHECK OUT THE FITNESS SECTION IN THIS GUIDE, AND COME UP WITH A HOME WORKOUT THAT YOU AND YOUR KID WANT TO DO TOGETHER!

TRANS AND NON BINARY

HURRAH...ONLINE PERSONAL TRAINING IS AVAILABLE AND I AM LOVING [@ALEXVALENTINEPT](#)'S WORK SPECIFICALLY WITH OUR TRANS AN NON BINARY MEMBERS OF THE FAMILY, CHECK OUT [ALEX'S WEBSITE](#) AND SOCIALS OR CONTACT HER FOR ADVICE AND SUPPORT.

THERE IS SO MUCH TO SAY ON THE SUBJECT OF ISOLATION, I CERTAINLY DON'T HAVE ALL THE ANSWERS, ULTIMATELY WE HAVE TO DO WHAT WORKS BEST FOR US AND OUR FAMILIES.

FROM ONE PARENT TO MANY OTHERS, JUST REMEMBER, #BEKIND #STAYCONNECTED #WEREINTHISTOGETHER #KEEPPPOSITIVE FAMILIES COME IN ALL SHAPES AND SIZES, THE MAIN INGREDIENT IN THE RECIPE FOR A FAMILY IS LOVE...SO LOVE, LOVE, LOVE..YOU GOT THIS!!!

GOOD LUCK, LET'S STAY CONNECTED! - SASKI

FITNESS IN ISOLATION

THE FOLLOWING ADVICE IS WRITTEN BY ROBYN HOLDAWAY. ROBYN (THEY/THEM) IS A NONBINARY, FULLY QUALIFIED AND INSURED PERSONAL TRAINER, OFFERING A MONTHLY PACKAGE THAT INCLUDES BOTH IN-PERSON AND ONLINE TRAINING. THEIR APPROACH IS HOLISTIC AND HEALTH FOCUSED AND IS DESIGNED TO HELP YOU REACH YOUR GOALS AND MAINTAIN A HEALTHY BODY AND MIND. VISIT THEIR FACEBOOK PAGE [HERE](#).

THE BELOW IS ACCOMPANIED BY A SERIES OF VIDEOS, WHICH CAN BE FOUND ON [YOUTUBE](#).

INTRODUCTION (VIDEO)

HELLO! I'M ROBYN AND TODAY WE ARE LOOKING AT HOW TO KEEP OUR BODIES FIT AND WELL. PHYSICAL WELLNESS DOES NOT JUST MEAN KEEPING BEAUTIFUL BICEPS, IT'S ABOUT EVERYTHING FROM HOW YOU SLEEP, STRETCH, EAT AND MOVE. THIS GUIDE WILL LET YOU KNOW HOW YOU CAN BEST LOOK AFTER YOUR BODY WHEREVER YOU ARE AND WHATEVER YOUR SITUATION.

FIRST THINGS FIRST - ARE YOU WELL?

ARE YOU WELL? (VIDEO)

IT'S REALLY IMPORTANT WHEN CONSIDERING YOUR HEALTH AND WELLBEING TO BE HONEST ABOUT HOW YOUR BODY IS DOING TODAY. DON'T WORRY ABOUT LAST WEEK, OR WHEN YOU WERE CAPTAIN OF YOUR SCHOOL TEAM OR THAT DREAM FUTURE BODY THAT DOESN'T EXIST YET - LET'S LOOK AT THE BEST BODY YOU HAVE: YOUR CURRENT ONE.

THIS BODY MAY NOT BE PERFECT IN YOUR EYES, BUT IT'S EXACTLY AS IT IS MEANT TO BE; IT'S THE BODY THAT LAUGHS, THAT FELL IN LOVE, THAT HUGS FAMILY AND FRIENDS, AND THAT WILL SEE YOU THROUGH. LISTEN TO IT, IF YOU ARE FEELING LESS THAN YOUR BEST, TAKE TIME OUT OR GO FOR GENTLE YOGA. ONLY COMMIT TO A 'WORKOUT' IF YOUR BODY IS HEALTHY AND READY FOR IT.

HEALTHY HABITS (VIDEO)

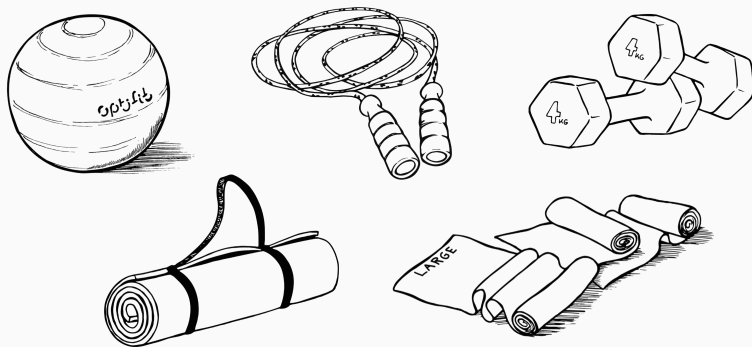
IF YOU ARE BRAND NEW TO EXERCISING, LET'S SET UP SOME HEALTHY HABITS. WHEN IN YOUR DAY COULD YOU ADD MOVEMENT? DOESN'T HAVE TO BE A WORKOUT, JUST SOMETHING MORE ACTIVE THAN SITTING ON YOUR LAPTOP. IDEAS!

1. CALF RAISES WHILE YOU BRUSH YOUR TEETH
2. HOLD A PLANK WHILE THE KETTLE BOILS
3. PULL UP ON A PULL UP BAR EVERY TIME YOU PASS
4. SQUATS DURING AN ADVERT BREAK/BETWEEN EPISODES
5. EVERY HOUR, STAND UP, GO UP AND DOWN THE STAIRS
6. DANCE TO YOUR FAV SONG BEFORE BREAKFAST
7. SCROLL TWITTER WHILE STANDING UP

PICK ONE AND COMMIT TO IT FOR A WEEK, YOU WILL SLOWLY DEVELOP A HABIT THAT WILL SERVE YOU WELL ONCE LIFE RETURNS TO NORMAL. BETTER TO DO A LITTLE EVERYDAY THAN GO TO THE GYM ONCE AND NEVER AGAIN.

IF YOU WANT A BIGGER HABIT, THEN PLAN YOUR WORKOUT IN ADVANCE, SET THE DAY AND PUT IT IN YOUR CALENDAR JUST LIKE YOU WOULD ANY OTHER MEETING. COMMIT TO THE WORKOUT, THEN CONTINUE WITH LIFE. NEXT UP, WHAT EQUIPMENT CAN HELP YOU IF YOU WORK FROM HOME.

EQUIPMENT (VIDEO)



PICTURED LEFT TO RIGHT: [EXERCISE BALL](#), [YOGA MAT](#), [SKIPPING ROPE](#), [RESISTANCE BANDS \(SMALL AND LARGER\)](#), AND [DUMBBELLS](#). CLICK ON THE LINKS FOR IDEAS ON HOW TO USE THE EQUIPMENT. HERE'S A BONUS [SUSPENSION TRAINER](#) VIDEO!

EACH ONE HAS A VARIETY OF USES AND CAN BE A GREAT ADDITION TO YOUR HOME WORKOUTS, HOWEVER NONE OF THEM ARE 100% NECESSARY. YOU CAN GET A GREAT WORKOUT WITH JUST YOUR BODY!

I AM GOING TO TALK IN DEPTH NOW ABOUT SOME OF MY FAVOURITE AT HOME EXERCISES THAT REQUIRE NO EQUIPMENT:

PRESS UP ([VIDEO](#))

SQUAT ([VIDEO](#))

HANDSTAND ([VIDEO](#))

YOU CAN LOOK UP MORE INFORMATION ON ALL OF THESE MOVEMENTS ONLINE, BUT THEY ARE A GREAT PLACE TO START WITH AT HOME TRAINING.

IF YOU ARE LOOKING TO BUILD OR MAINTAIN MUSCLE WHILE AT HOME, THEN STRENGTH TRAINING IS A GREAT PLAN.

STRENGTH TRAINING ([VIDEO](#))

RESISTANCE TRAINING IS GREAT FOR EVERYONE AND ANYONE. REGARDLESS OF FITNESS LEVEL, EVERYONE CAN BENEFIT FROM STRONGER MUSCLES. STRONGER MUSCLES MEAN THAT YOU ARE MORE STABLE, YOUR BONES ARE STRONGER AND IT IMPROVES OVERALL QUALITY OF LIFE.

IF YOU ARE ONLY LOOKING TO WORKOUT ONCE, CONSIDER A STRENGTH TRAINING WORKOUT.

A BASIC WORKOUT:

REST FOR 1 MINUTE BETWEEN SETS

3 SETS OF 8 PRESS UPS OF YOUR PREFERRED VARIATION

3 SETS OF 8 SQUATS

3 SETS OF 5 WALK OUTS

3 SETS OF 8 GLUTE BRIDGES

3 SETS OF 1 30 SECOND PLANK HOLD

3 SETS OF 20 WALKING LUNGES

IF YOU HAVE EQUIPMENT, IT COULD BE THIS:

3 SETS OF 8 PRESS UPS OF YOUR PREFERRED VARIATION

3 SETS OF 8 SQUATS

3 SETS OF 8 BAND ROWS

3 SETS OF 8 DUMBBELL DEADLIFTS

3 SETS OF 12 CRUNCHES ON EXERCISE BALL

3 SETS OF 12 LAT RAISES

THESE ARE ALL JUST SUGGESTIONS, THERE ARE MANY MORE WORKOUTS AVAILABLE ONLINE.

CARDIO (VIDEO)

IF YOU ARE LOOKING FOR A SWEATIER WORKOUT TO RAISE YOUR PULSE AND IMPROVE YOUR HEART HEALTH, YOU MAY WANT TO DO SOME SPECIFIC 'CARDIO'. IF YOU HAVE A WORKOUT MACHINE AT HOME SUCH AS A CROSSTRAINER OR ROWER, THEN JUST KEEPING A STEADY AND EASIER PACE FOR 30 MINS CAN BE A GREAT LOW INTENSITY WORKOUT.

FOR HIGHER INTENSITY, CONSIDER INTERVAL TRAINING - SPRINT FOR 30 SECONDS, REST FOR 30 SECONDS.

IF YOU DON'T HAVE EQUIPMENT, HERE ARE SOME BODY WEIGHT EXERCISES YOU COULD CONSIDER:

- JUMP SQUATS
- STAR JUMPS
- STEP UPS ON STAIRS
- LUNGES/ JUMP LUNGES
- SKIERS
- SURRENDERS
- HIGH KNEES
- MOUNTAIN CLIMBERS
- BURPEES

IF YOU WERE TO CREATE A CIRCUIT, IT COULD LOOK LIKE THIS:

40 SECONDS OF WORK, 20 SECONDS OF REST:

STAR JUMPS
SQUATS
SURRENDERS
PRESS UPS
BURPESS

REPEAT 4 TIMES FOR A 20 MIN WORKOUT.

FINALLY, LET'S HAVE A TALK ABOUT STRESS

FINAL (VIDEO)

THE TDLR OF THIS GUIDE IS THAT MOVEMENT IS IMPORTANT TO STAY WELL AND SOMETHING SMALL IS BETTER THAN NOTHING. HOWEVER TOO MUCH WILL BE DETRIMENTAL.

THE DANGER IS IN THE DOSE.

FIND MOVEMENT THAT WORKS FOR YOU, FOCUS ON GETTING GOOD RECOVERY AND ABOVE ALL ELSE - TRY TO FIND SOMETHING YOU ENJOY! IF YOU DON'T ENJOY IT, IT WILL BE A LOT HARDER TO DO IT.

THERE IS NO CORRECT WAY TO EXERCISE. FIND WHAT WORKS FOR YOU.

TAKE AWAY TIPS:

- SET A BED TIME AND A WAKE UP TIME, AIM FOR 8 HOURS OF SLEEP
- TRY TO DRINK 1-2 LITRES OF WATER A DAY TRY TO EAT FOOD THAT NOURISHES YOUR BODY
- MOBILITY AND STRETCHING IS A VALID FORM OF EXERCISE AND IS GREAT FOR YOUR BODY
- TAKE THIS OPPORTUNITY TO FIND A NEW FORM OF MOVEMENT TO ENJOY

*PLEASE AVOID BINDING OR BIND FOR SHORT AMOUNTS OF TIME.

ONLINE WORKOUTS

A LOT OF TRAINERS HAVE TAKEN THEIR WORKOUTS ONLINE. IN ADDITION TO ROBYN, HERE ARE OUR FAVOURITE LGBT ONES!

- [JILLIAN MICHAELS](#)
- [PENNIE VARVARIDES](#)
- [BARRY'S](#) AND [KOBEX](#) (OK NOT STRICTLY LGBT BUT YOU'LL GET A GOOD WORKOUT)!
- [ALEX VALENTINE](#)
- [KEEGAN HIRST](#) (PROFESSIONAL RUGBY PLAYER/ FOUNDER PERSONAL TRAINER IQ)
- [IAN EASSOM](#)

RESOURCES

LISTED BELOW ARE ALL RESOURCES MENTIONED IN THE GUIDE, JUST IN CASE YOU CAN'T CLINK ON THE LINKS

- HOUSE OF PRIDE - SOCIAL HANDLES: [TWITTER @PRIDE_HOUSEOF](#) / [INSTAGRAM @PRIDE.HOUSEOF](#) / [WEBSITE WWW.HOUSEOFPRIDE.CO](#) / [EMAIL KNOCK@HOUSEOFPRIDE.CO](#)
- HOUSE OF PRIDE - JOIN THE FAMILY: [HTTPS://KNOOCK.HOUSEOFPRIDE.CO/JOIN-THE-FAMILY](https://knoock.houseofpride.co/join-the-family)
- HOUSE OF PRIDE - TAKE OUR SURVEY: [HTTPS://HOUSEOFPRIDE.TYPEFORM.COM/TO/ASMUB0](https://houseofpride.typeform.com/to/asmub0)
- GLMA'S OPEN LETTER ABOUT CORONAVIRUS AND THE LGBTQ+ COMMUNITIES: [HTTP://GLMA.ORG/INDEX.CFM?FUSEACTION=FEATURE.SHOWFEATURE&CATEGORYID=1&FEATUREID=853](http://glma.org/index.cfm?fuseaction=feature.showfeature&categoryid=1&featureid=853)
- NAVIGATING CRISIS BY THE ICARUS PROJECT: [HTTPS://THEICARUSPROJECT.NET/WP-CONTENT/UPLOADS/2016/08/ICARUSNAVIGATINGCRISISHANDOUTLARGE05-09.PDF](https://theicarusproject.net/wp-content/uploads/2016/08/ICARUSNAVIGATINGCRISISHANDOUTLARGE05-09.PDF)
- QUEERCARE: [HTTPS://WIKI.QUEERCARE.NETWORK/INDEX.PHP?TITLE=CATEGORY:COVID](https://wiki.queercare.network/index.php?title=Category:COVID)
- MENTAL HEALTH BY OLIVIA KING: [WWW.OLIVIAKING.ORG](http://www.oliviaking.org)
- MENTAL HEALTH CHALLENGES WITHIN THE LGBTQ COMMUNITY: [HTTPS://PUBLICHEALTHMATTERS.BLOG.GOV.UK/2017/07/06/MENTAL-HEALTH-CHALLENGES-WITHIN-THE-LGBT-COMMUNITY/](https://publichealthmatters.blog.gov.uk/2017/07/06/mental-health-challenges-within-the-lgbt-community/)
- NHS | MENTAL HEALTH ISSUES IF YOU'RE GAY, LESBIAN OR TRANS: [HTTPS://WWW.NHS.UK/%20CONDITIONS/STRESS-ANXIETY-DEPRESSION/MENTAL-HEALTH-ISSUES-IF-YOU-ARE-GAY-LESBIAN-ORBISexual/](https://www.nhs.uk/%20CONDITIONS/STRESS-ANXIETY-DEPRESSION/MENTAL-HEALTH-ISSUES-IF-YOU-ARE-GAY-LESBIAN-ORBISexual/)
- MINDOUT, LGBTQ MENTAL HEALTH SERVICE RESOURCES: [HTTPS://WWW.MINDOUT.ORG.UK/RESOURCES/](https://www.mindout.org.uk/resources/)
- SWITCHBOARD LGBT: [HTTPS://SWITCHBOARD.LGBT](https://switchboard.lgbt)
- INSIGHT TIMER APP: [HTTPS://INSIGHTSTIMER.COM/](https://insightstimer.com/)
- A LIFE LESS ORDINARY WANTED: [HTTPS://WWW.ALIFELESSORDINARYWANTED.COM/](https://www.alifelessordinarywanted.com/)
- DJ LIVICE'S PLAYLIST: [HTTPS://OPEN.SPOTIFY.COM/PLAYLIST/2VF2PLDCV2YARDUNMZ0HTZ?SI=0L2STZPTKA7LW5P6VWJ8G](https://open.spotify.com/playlist/2VF2PLDCV2YARDUNMZ0HTZ?si=0L2STZPTKA7LW5P6VWJ8G)
- BFI FLARE'S ONLINE PLATFORM: [HTTPS://WWW.BFI.ORG.UK/NEWS-OPINION/NEWS-BFI/ANNOUNCEMENTS/BFI-FLARE-FREE-DIGITAL-OFFER](https://www.bfi.org.uk/news-opinion/news-bfi/announcements/bfi-flare-free-digital-offer)
- TELLO FILMS: [HTTPS://WWW.TELLOFILMS.COM/BROWSE](https://www.tellofilms.com/browse)
- LES FLICKS: [HTTPS://WWW.LESFLICKS.COM](https://www.lesflicks.com)
- AMAZON / NETFLIX LGBT SHOWS: [HTTPS://WWW.GAYTIMES.CO.UK/CULTURE/126932/THE-BEST-LGBTQ-SHOWS-YOU-CAN-WATCH-RIGHT-NOW-ON-AMAZON-PRIME/](https://www.gaytimes.co.uk/culture/126932/the-best-lgbtq-shows-you-can-watch-right-now-on-amazon-prime/)
- DIVA COMMUNITY FACEBOOK PAGE: [HTTPS://WWW.FACEBOOK.COM/GROUPS/DIVACOMM/](https://www.facebook.com/groups/divacomm/)
- JODIE ABRAHAMS | DRINK MORE WATER - THE WHY: [HTTPS://WWW.JODIEABRAHAMS.COM/NUTRITION-AND-LIFESTYLE-TIPS/2018/1/18/DRINK-MORE-WATER-THE-WHY](https://www.jodieabrahams.com/nutrition-and-lifestyle-tips/2018/1/18/drink-more-water-the-why)
- JODIE ABRAHAMS | HOW TO QUENCH YOUR THIRST WITH FLAVOUR: [HTTPS://WWW.JODIEABRAHAMS.COM/BLOG/2015/7/13/QUENCH](https://www.jodieabrahams.com/blog/2015/7/13/quench)
- JODIE ABRAHAMS - SOCIAL HANDLES: [WEBSITE WWW.JODIEABRAHAMS.COM](#) / [INSTAGRAM @JODIEABRAHAMS](#) / [EMAIL JODIE@JODIEABRAHAMS.COM](#)
- VEGAN RECIPES BY MEERA SODHA: [HTTPS://WWW.THEGUARDIAN.COM/PROFILE/MEERA-SODHA](https://www.theguardian.com/profile/meera-sodha)
- MASALA BAKED BEANS ON TOAST: [HTTPS://WWW.THEGUARDIAN.COM/FOOD/2020/JAN/25/MEERA-SODHA-MASALA-BAKED-BEANS-ON-TOAST-RECIPE-VEGAN](https://www.theguardian.com/food/2020/jan/25/meera-sodha-masala-baked-beans-on-toast-recipe-vegan)
- SQUASH AND SWEETCORN ERRISERI: [HTTPS://WWW.THEGUARDIAN.COM/FOOD/2020/MAR/14/MEERA-SODHA-VEGAN-BUTTERNUT-SQUASH-SWEETCORN-ERRISERI-RECIPE](https://www.theguardian.com/food/2020/mar/14/meera-sodha-vegan-butternut-squash-sweetcorn-erriseri-recipe)
- PEANUT BUTTER BLONDIES: [HTTPS://WWW.THEGUARDIAN.COM/FOOD/2019/OCT/12/MEERA-SODHA-VEGAN-RECIPE-PEANUT-BUTTER-BLONDIES](https://www.theguardian.com/food/2019/oct/12/meera-sodha-vegan-recipe-peanut-butter-blondies)
- JACK MONROE'S LOCKDOWN LARDER: [HTTPS://TWITTER.COM/BOOTSTRAPCOOK](https://twitter.com/BOOTSTRAPCOOK)
- DR CRENSHAW'S TED TALK ON INTERSECTIONALITY: [HTTPS://WWW.TED.COM/TALKS/KIMBERLE_CRENSHAW_THE_URGENCY_OF_INTERSECTIONALITY?LANGUAGE=EN](https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?language=en)
- STONEWALL'S LGBT BRITAIN SURVEY: [HTTPS://WWW.STONEWALL.ORG.UK/LGBT-BRITAIN-HOME-AND-COMMUNITIES](https://www.stonewall.org.uk/lgbt-britain-home-and-communities)
- MISERY MEETS MEET-UP: [HTTPS://WWW.FACEBOOK.COM/EVENTS/1219744144898619/](https://www.facebook.com/events/1219744144898619/)
- INSTAGRAM HANDLES: [@LIZZOBEEATING](#) / [@TRAVISALABANZA](#) / [@LADYPHYLL](#)
- UK LESBIAN & GAY IMMIGRATION GROUP GUIDANCE: [HTTPS://UKLGIG.ORG.UK/?P=3012](https://uklgig.org.uk/?p=3012)
- GAL-DEM: [HTTPS://GAL-DEM.COM](https://gal-dem.com)
- BURNT ROTI: [HTTPS://WWW.BURNTROTI.COM](https://www.burntroti.com)
- SHADES: [HTTPS://WWW.INSTAGRAM.COM/.....SHADES.....?HL=EN](https://www.instagram.com/.....shades.....?hl=en)
- UK BLACK PRIDE: [HTTPS://WWW.UKBLACKPRIDE.ORG.UK/](https://www.ukblackpride.org.uk/)
- THE COUNSELLING DIRECTORY: [HTTPS://WWW.COUNSELLING-DIRECTORY.ORG.UK/](https://www.counselling-directory.org.uk/)
- MEGHAN HERRING'S TWITTER THREAD: [HTTPS://TWITTER.COM/MEGHAN_HERRING_/STATUS/1239917701520412672](https://twitter.com/meghan_herring/status/1239917701520412672)
- ODL'S TELEFRINDING: [HTTPS://WWW.OPENINGDOORSLONDON.ORG.UK/TELEFRINDING-VOLUNTEERS](https://www.openingdoorslondon.org.uk/telefrinding-volunteers)
- THE SILVERLINE: [HTTPS://WWW.THIS SILVERLINE.ORG.UK/WHAT-WE-DO/](https://www.thissilverline.org.uk/what-we-do/)
- ALL ABOUT TRANS: [HTTPS://WWW.ALLABOUTTRANS.ORG.UK/ABOUT/SUPPORT-ORGANISATIONS/](https://www.allabouttrans.org.uk/about/support-organisations/)
- MERMAIDS: [HTTPS://MERMAIDSUK.ORG.UK/NEWS/COVID-19-INFORMATION/](https://mermaidsuk.org.uk/news/covid-19-information/)
- GENDERED INTELLIGENCE: [HTTP://GENDEREDINTELLIGENCE.CO.UK/SUPPORT/TRANS-YOUTH](http://genderedintelligence.co.uk/support/trans-youth)
- WARRIOR ON WHEELS LIFE COACHING: [HTTPS://WARRIORONWHEELSLIFECOACHING.ONLINE](https://warrioronwheelslifecoaching.online) / [INSTAGRAM @WARRIOR_ON_WHEELS](#) / [TWITTER @WARRIORONWHEEL2](#)
- HOW TO MAKE HAND SANITISER: [HTTPS://WWW.INDEPENDENT.CO.UK/LIFE-STYLE/CORONAVIRUS-HAND-SANITISER-MAKE-AT-HOME-ALCOHOL-DIY-A9376111.HTML](https://www.independent.co.uk/life-style/coronavirus-hand-sanitiser-make-at-home-alcohol-diy-a9376111.html)
- THE DH ENSEMBLE: [HTTP://DHENSEMBLE.COM](http://dhensemble.com)
- SOPHIE STONE'S THREAD ON LEARNING SIGN LANGUAGE: [HTTPS://TWITTER.COM/SOPHIESTONE/STATUS/1239593265789308929](https://twitter.com/sophiestone/status/1239593265789308929)
- DOMESTIC ABUSE CHARITIES: [WWW.HESTIA.ORG/PAGES/CATEGORY/OUR-ORGANISATION](http://www.hestia.org/pages/category/our-organisation) / [REFUGES](#) [HTTPS://WWW.NATIONALDAHELPLINE.ORG.UK/](https://www.nationaldahelpline.org.uk/) / [CHAYN](#) [HTTPS://CHAYN.CO](https://chayn.co)

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- . [OUTSIDE PROJECT CAMDEN](https://outsideincamden.wixsite.com/home): [HTTPS://OUTSIDEINCAMDEN.WIXSITE.COM/HOME](https://outsideincamden.wixsite.com/home)
- . [AKT](https://www.akt.org.uk): [HTTPS://WWW.AKT.ORG.UK](https://www.akt.org.uk)
- . [LGBTIQ+ MUTUAL AID SUPPORT](https://docs.google.com/forms/d/e/1FAIPQLSEY2KJZ3CK_ZEVNKSgc-UUHS-BYFC0FEABYBGHURFK6XMOZw/VIEWFORM): [HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSEY2KJZ3CK_ZEVNKSgc-UUHS-BYFC0FEABYBGHURFK6XMOZw/VIEWFORM](https://docs.google.com/forms/d/e/1FAIPQLSEY2KJZ3CK_ZEVNKSgc-UUHS-BYFC0FEABYBGHURFK6XMOZw/VIEWFORM)
- . [HOW TO TALK TO KIDS ABOUT CORONAVIRUS](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html): [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNITY/SCHOOLS-CHILDCARE/TALKING-WITH-CHILDREN.HTML](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html)
- . [GOOGLE CALENDAR](https://www.google.com/calendar/about/): [HTTPS://WWW.GOOGLE.COM/CALENDAR/ABOUT/](https://www.google.com/calendar/about/)
- . [ZOOM](https://zoom.us): [HTTPS://ZOOM.US](https://zoom.us)
- . [SCHOOLS OUT](http://www.schools-out.org.uk): [HTTP://WWW.SCHOOLS-OUT.ORG.UK](http://www.schools-out.org.uk)
- . [LGBT HISTORY MONTH](https://lgbtplushistorymonth.co.uk): [HTTPS://LGBTPLUSHISTORYMONTH.CO.UK](https://lgbtplushistorymonth.co.uk)
- . [THE CLASSROOM](http://the-classroom.org.uk): [HTTP://THE-CLASSROOM.ORG.UK](http://the-classroom.org.uk)
- . [POP N DOLLY](https://www.popnolly.com): [HTTPS://WWW.POPNOLLY.COM](https://www.popnolly.com)
- . [MERMAIDS YOUTH FORUM](https://mermaidsuk.org.uk/youth-people/youth-forum/): [HTTPS://MERMAIDSUK.ORG.UK/YOUTH-PEOPLE/YOUTH-FORUM/](https://mermaidsuk.org.uk/youth-people/youth-forum/)
- . [DITCH THE LABEL](https://www.ditchthelabel.org): [HTTPS://WWW.DITCHTHELABEL.ORG](https://www.ditchthelabel.org)
- . [OUTLIFE FORUMS FOR TEENS AND ADULTS](https://www.outlife.org.uk/forums): [HTTPS://WWW.OUTLIFE.ORG.UK/FORUMS](https://www.outlife.org.uk/forums)
- . [MY GENERATION](https://mygenderation.com/about): [HTTPS://MYGENERATION.COM#ABOUT](https://mygenderation.com/about)
- . [BEST-SELLING LGBT BOOKS ON AMAZON](https://www.amazon.com/best-sellers-books-lgbt-family-life-fiction/zgbs/books/17861271011): [HTTPS://WWW.AMAZON.COM/BEST-SELLERS-BOOKS-LGBT-FAMILY-LIFE-FICTION/ZGBS/BOOKS/17861271011](https://www.amazon.com/best-sellers-books-lgbt-family-life-fiction/zgbs/books/17861271011)
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- . [LAUGHTER IS THE BEST MEDICINE](https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm): [HTTPS://WWW.HELPGUIDE.ORG/ARTICLES/MENTAL-HEALTH/LAUGHTER-IS-THE-BEST-MEDICINE.HTM](https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm)
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- . [PLAY HOUSE PARTY](https://houseparty.com/): [HTTPS://HOUSEPARTY.COM/](https://houseparty.com/)
- . [DAVINA MCCALL WORKOUTS](https://ownyourgoalsdavina.com): [HTTPS://OWNYOURGOALSDAVINA.COM](https://ownyourgoalsdavina.com)
- . [DAVINA MCCALL YOUTUBE VIDEO](https://www.youtube.com/watch?v=Y4PG1FEEB1K): [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y4PG1FEEB1K](https://www.youtube.com/watch?v=Y4PG1FEEB1K)
- . [JOE WICKS WORKOUTS FOR KIDS](https://www.thebodycoach.com/blog/pe-with-joe-1254.html): [HTTPS://WWW.THEBODYCOACH.COM/BLOG/PE-WITH-JOE-1254.HTML](https://www.thebodycoach.com/blog/pe-with-joe-1254.html)
- . [YOGA AND MINDFULNESS FOR KIDS](https://www.youtube.com/channel/UC5UIZ2K0ZZEQD00_GSI_QB0): [HTTPS://WWW.YOUTUBE.COM/CHANNEL/UC5UIZ2K0ZZEQD00_GSI_QB0](https://www.youtube.com/channel/UC5UIZ2K0ZZEQD00_GSI_QB0)
- . [ALEX VALENTINE PT](https://alexvalentinept.com): [HTTPS://ALEXVALENTINEPT.CO.UK](https://alexvalentinept.com)
- . [ROBYN HOLDAWAY PT](https://www.facebook.com/robynholdawaypt/): [HTTPS://WWW.FACEBOOK.COM/ROBYNHOLDAWAYPT/](https://www.facebook.com/robynholdawaypt/)
- . [ROBYN'S YOUTUBE PLAYLIST](https://www.youtube.com/playlist?list=PLGAQ1TXJJB3TJKBBRR1BIYDN3CJEETTR): [HTTPS://WWW.YOUTUBE.COM/PLAYLIST?LIST=PLGAQ1TXJJB3TJKBBRR1BIYDN3CJEETTR](https://www.youtube.com/playlist?list=PLGAQ1TXJJB3TJKBBRR1BIYDN3CJEETTR)
- . [FITNESS IN ISOLATION | INTRODUCTION](https://youtu.be/FXHUM9FjY6Q): [HTTPS://YOUTU.BE/FXHUM9FjY6Q](https://youtu.be/FXHUM9FjY6Q)
- . [FITNESS IN ISOLATION | ARE YOU WELL?](https://youtu.be/5NHWJCDPUOZA): [HTTPS://YOUTU.BE/5NHWJCDPUOZA](https://youtu.be/5NHWJCDPUOZA)
- . [FITNESS IN ISOLATION | HEALTHY HABITS](https://youtu.be/YANHWJC02Q0): [HTTPS://YOUTU.BE/YANHWJC02Q0](https://youtu.be/YANHWJC02Q0)
- . [FITNESS IN ISOLATION | EQUIPMENT](https://youtu.be/JGZP9MOPXW): [HTTPS://YOUTU.BE/JGZP9MOPXW](https://youtu.be/JGZP9MOPXW)
- . [EXERCISE BALL WORKOUTS](https://www.openfit.com/exercise-ball-workouts): [HTTPS://WWW.OPENFIT.COM/EXERCISE-BALL-WORKOUTS](https://www.openfit.com/exercise-ball-workouts)
- . [SMALL RESISTANCE BAND EXERCISES](https://www.runtastic.com/blog/en/resistance-band-exercises/): [HTTPS://WWW.RUNTASTIC.COM/BLOG/EN/RESISTANCE-BAND-EXERCISES/](https://www.runtastic.com/blog/en/resistance-band-exercises/)
- . [LARGE RESISTANCE BAND EXERCISES](https://www.coachmag.co.uk/full-body-workouts/6867/blast-your-whole-body-with-this-resistance-band-workout): [HTTPS://WWW.COACHMAG.CO.UK/FULL-BODY-WORKOUTS/6867/BLAST-YOUR-WHOLE-BODY-WITH-THIS-RESISTANCE-BAND-WORKOUT](https://www.coachmag.co.uk/full-body-workouts/6867/blast-your-whole-body-with-this-resistance-band-workout)
- . [DUMBBELL WORKOUT](https://www.coachmag.co.uk/fitness/workouts/dumbbell-workouts): [HTTPS://WWW.COACHMAG.CO.UK/FITNESS/WORKOUTS/DUMBBELL-WORKOUTS](https://www.coachmag.co.uk/fitness/workouts/dumbbell-workouts)
- . [SUSPENSION TRAINER WORKOUT](https://www.moneycrashers.com/suspension-training-exercises/): [HTTPS://WWW.MONEYCRASHERS.COM/SUSPENSION-TRAINING-EXERCISES/](https://www.moneycrashers.com/suspension-training-exercises/)
- . [FITNESS IN ISOLATION | PRESS UP VIDEO](https://youtu.be/2LIWERXZ4SU): [HTTPS://YOUTU.BE/2LIWERXZ4SU](https://youtu.be/2LIWERXZ4SU)
- . [FITNESS IN ISOLATION | SQUAT VIDEO](https://youtu.be/K5D1PZMxAUS): [HTTPS://YOUTU.BE/K5D1PZMxAUS](https://youtu.be/K5D1PZMxAUS)
- . [FITNESS IN ISOLATION | HANDSTAND VIDEO](https://youtu.be/XNFV1ENVB0E): [HTTPS://YOUTU.BE/XNFV1ENVB0E](https://youtu.be/XNFV1ENVB0E)
- . [FITNESS IN ISOLATION | STRENGTH TRAINING](https://www.youtube.com/watch?v=RJDV-JTETJC&feature=youtu.be): [HTTPS://WWW.YOUTUBE.COM/WATCH?V=RJDV-JTETJC&FEATURE=YOUTU.BE](https://www.youtube.com/watch?v=RJDV-JTETJC&feature=youtu.be)
- . [FITNESS IN ISOLATION | CARDIO](https://youtu.be/NRIQXN45H9K): [HTTPS://YOUTU.BE/NRIQXN45H9K](https://youtu.be/NRIQXN45H9K)
- . [FITNESS IN ISOLATION | FINAL](https://youtu.be/OHZJGNT853A): [HTTPS://YOUTU.BE/OHZJGNT853A](https://youtu.be/OHZJGNT853A)
- . [JILLIAN MICHAELS WORKOUTS](https://www.jillianmichaels.com): [HTTPS://WWW.JILLIANMICHAELS.COM](https://www.jillianmichaels.com)
- . [PENNIE VARVARIDES PT](http://pennievarvarides.com): [HTTP://PENNIEVARVARIDES.COM](http://pennievarvarides.com)
- . [BARRY'S BOOTCAMP WORKOUTS](https://www.instagram.com/barrysuk/?hl=en): [HTTPS://WWW.INSTAGRAM.COM/BARRYSUK/?HL=EN](https://www.instagram.com/barrysuk/?hl=en)
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- . [KEEGAN HIRST PT](https://www.instagram.com/personaltraineriq/?hl=en): [HTTPS://WWW.INSTAGRAM.COM/PERSONALTRAINERIQ/?HL=EN](https://www.instagram.com/personaltraineriq/?hl=en)
- . [IAN EASSOM PT](http://ianeassom.co.uk): [HTTP://IANEASSOM.CO.UK](http://ianeassom.co.uk)