It is important to keep occupied and look after your mental health while cooped up at home. On this site we hope to bring you a wide and varied range of ideas for keeping yourself amused while locked down. Most of our ideas are free and some will be suggestions of helpful items or services that you may find particularly valuable during this time.

1. Make a family quiz. Set aside a couple of hours to prepare a fun quiz for your family. Questions could range from general knowledge to things specific to your own household!
2. Catch up with friends that you haven’t spoken to in a while. Most of us have a lot more time on our hands right now due to less time socialising outside of the home. Why not text that couple you met on holiday last year, or check up with an old schoolfriend?
3. Deep clean your house. With all the extra time spent at home, it´s never been a better time to give your house a full deep clean. Your mental health will soar when your environment is neater and more organised.
4. Declutter and redecorate
5. Take up a hobby
6. Gardening
7. Take in an audiobook with Audible.
8. Cook more exciting meals