

SPOTLIGHT ON STAYING AT HOME

Sponsored by

BEACON WEALTH GROUP

Thanks to Beacon Wealth Group we are able to bring you this very special community feature, highlighting some of the fantastic things we as a community have been doing during this time, businesses who have been affected, plus ideas to help keep us going.

Beacon Wealth Group consists of both legal and financial experts: Beacon Wealth Legal and Beacon Wealth Management. They are still open for business but are working remotely during this time.



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LOCAL BUSINESSES

Following a post on our Facebook page offering free advertising to support during this time, here are a few of the local businesses, who are being affected.

If you are a local business who has been affected by the state of the world please comment with your details, on our post for local businesses for others to see, and hopefully benefit from your services.

Coffee Cup
TAKE OUT MENU
HOT FOOD
 SOUP OF THE DAY / £4.95
 GAME STEW / £6.50
 COULASH / £6.50
 JACKET POTATO WITH
 SANDWICH & CHIPS / £4.50
 SANDWICHES
 FILLED ROLLS & SANDWICHES
 SWEET
 DRINKS
 TAKE AWAY MENU

Colmworth Golf Club
 Facebook: @ColmworthGolf

We've diversified our cafe to offer our same great homemade food and cakes to take away - either as a ready meal or take away.

SUPPLIERS OF RAW DOG FOOD
Passionate about dogs
 Health & Welfare

R.A.W Suppliers of Raw And Wholesome dog food
 Facebook page: @patrickstewart

Stockists of Natural Instinct and DAF raw dog food, along with Smartbarf and natural treats.

Blackjack Paving Cleaning
 01480 411915

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 01480 411915

A local paving cleaning company offering 20% off our normal prices for driveway and patio cleaning during this terrible situation. Please call us for a no obligation quote to clean and seal your paving ready for the Spring.

Sparkles
 Cleaning Services
 91 Neots & Surrounding Areas
 07777 490 226

Sparkles
 Facebook: @Sparkles

Sparkles is a cleaning company. We are commercial and domestic cleaners who are happy to do weekly, bi-weekly monthly or even one off cleans along with end of tenancy or even party ready.



MYTHYN

www.mythyn.com

Creating natural soaps, bath, skincare and relaxation products.

ECO-Plumb
Plumbing & Heating

Domestic & Commercial, High Efficiency Heating

Eco-plumb

Facebook page: @Ecolumbcamb

A small family run business. We specialise in providing energy efficient heating and hot water along with a wide range of gas and plumbing services

RUNESILK

RUNESILK

www.runesilk.com

Locally made, award winning beard care products by RUNESILK.

Save 25% using code "ThinkLocal"



Dynamic

Facebook page: @dynamic

We offer guaranteed end of tenancy cleaning, Spring deep cleans, Oven cleaning and Carpet cleaning.



**Tree pruning, lopping, shaping and removal.
Hedge trimming, shaping, removal, block paving and patios, decking, fences and sheds.**

JH Treecare & Landscapes

07596632863

We offer all tree work, landscaping services, block paving and patios, decking, fences and sheds.



Claws and Clippers

Facebook: @ClawsandClippers

1-2-1 professional dog groomer.

All breeds and sizes welcome. Breed standard styling, pet trim, hand-stripping, puppy packages, nail clipping and more.



My Little Star Photography

Facebook page: @MyLittleStarPhotography

Newborn and family specialist in St Neots. I can offer gift vouchers to have something to look forward to or family outdoor shoots

Venture DOGS

One-on-One Coaching
Behaviour Consultations
Hands-on Support



Venture Dogs

Facebook: @EmmabellesPrincessParties&Events

Now offering remote dog training, behaviour consultations, and classes.



K Fit

Contact Katrina 07967100603
kdanceandfitness@gmail.com

We run local fitness classes which are currently all running online.



Bright Inspiration

Facebook page: @carly.w.harvey

Bright Inspiration - Fitness, Health, Motivation. I have a big offer atm to help more people during this tough time.



Crucible Films Ltd

www.cruciblefilms.com

We're a production company who create high-end promotional films for businesses as well as full 3 scene bespoke cinematic showreels for actors at a competitive price.



Emmabelle's Princess Parties & Events

Facebook: @EmmabellesPrincessParties&Events

We provide high quality character experiences for children.

Currently we are offering video chats, virtual parties and penpal options.

RAINBOWS

After a storm there is a rainbow.

Homes up and down the country are displaying rainbows on and around their homes to signify unity and bring a little smile to everyone who might pass or look out of their window.

There are so many fantastic pieces of artwork that we sadly couldn't display them all but we have given it a good go.

You can find more pictures on the Facebook group - Find a Rainbow Poster - St Neots





According to a post in the Facebook group Rainbows were for week commencing 23rd March, with the following themes to follow:

- W/C 30th March - Sunshine**
- W/C 6th April - Easter**
- W/C 13th April - Animals**
- W/C 20th April - Flowers**

FREE ONLINE EDUCATION RESOURCES

Compiled by a home education group and being distributed widely, here are some excellent resources for home education for the kids.

DK Find Out

[https://www.dkfindout.com/uk/...](https://www.dkfindout.com/uk/)
Activities and quizzes

Khan Academy

<https://www.khanacademy.org>
Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<https://www.bbc.co.uk/learning/coursesearch/>
This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>
Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>
For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>
Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>
Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>
Creative computer programming

Ted Ed

<https://ed.ted.com>
All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>
Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>
Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>
Free science lessons

The Kids Should See This

<https://thekidsshouldseethis.com>
Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>
You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>
As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetect.../>

A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council

<https://www.britishcouncil.org/school-resources/find> Resources for English language learning.

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>

Aimed at Secondary age. Multi disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>

Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities linked to from this Facebook page

Red Ted Art

<https://www.redtedart.com>

Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>

Educational online games.

Twinkl

<https://www.twinkl.co.uk>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

ONLINE ACTIVITIES

No matter you are missing the gym, pub quizzes or days out, there are a lot of resources available to entertain you during this time, here are just a few of our favourites.



JOE WICKS PE
Monday - Friday, 9am
 YouTube: @The Body Coach TV

Get fit with Joe Wicks for 20 minutes everyday Monday - Friday.
 Designed for children but anyone can take part.
 Streamed live free everyday many households are already starting to get fit.



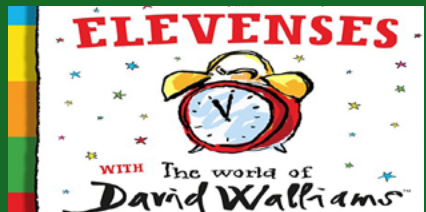
PATRICK STEWART SONNET A DAY
Daily
 Facebook page: @patrickstewart

You can watch Patrick Stewart read a sonnet everyday.
 "An apple a day keeps the doctor away."
 How about, "A sonnet a day keeps the doctor away"? So...here we go."



ANDREW LLOYD WEBBER SING-ALONG
 Facebook page: @AndrewLloydWebber

Sing to some of Andrew Lloyd Webber's greatest songs (whilst he plays), and upload your videos.
 This hasn't been announced as a regular event, but you will still be able to see what he has been up to via the videos on his page.



DAVID WALLIAMS ELEVENSES
Monday - Friday, 11am
www.worldofdavidwalliams.com

Listen to each days free audio story by David Walliams.
 Everyday you can join David and listen to a new/different story.

QUIZ!

LIVE QUIZZES

A favourite past time for many, Pub Quizzes are now going online. Google Live Pub Quiz to find the next.



THE MATHS FACTOR

themathsfactor.com

Whilst schools are closed Carol Vorderman has made her website FREE for children 4 - 11 year olds.



FREE ART LESSONS

Mondays & Thursdays, 10:30am

Facebook page: @SimonHetherington

Best suited for primary school children, but everyone is free to join in.

This can be streamed via smart TV/chrome cast/firestick etc. onto your TV.

Required: paper, pens/pencils/crayons.



CHESTER ZOO - LEARN WITH

www.chesterzoo.org/schools/resources

Chester Zoo has put over 50 activities together for you, on all things animals, science and conservation.

All items are available to download from their website.



OTI MABUSE DANCE LIVE

Daily: 11:30am (kids), 7:30pm (adults)

Facebook page: @OtiMabuse

Best known for being a dancer on Strickly Come Dancing, Oti is running free live classes for both children and adults.

11:30am kids dance class.

7:30pm beginner dance classes for adults.



EDINBURGH ZOO - LIVE WEBCAMS

Daily

www.edinburghzoo.org.uk

Edinburgh Zoo has closed but you can see some of their wildlife through webcams.

Cameras currently available on their website are: Pandas, Penguins, Tigers, Koalas and Rockhopper Penguins.

101 THINGS TO DO

When looking for things to do at home we discovered the book series ‘101 Things’ and then found out they are created by one of our local residents, Dawn Isaac, so we contacted her.

Dawn has shared some of her ideas. We’re publishing one from each of her books, including her latest “101 Things for Kids to do Screen-Free” which is published April 2nd.

You can also see extra activities which Dawn will be publishing throughout lockdown on Facebook: @DawnIsaacLGF



TAKE THE MATCHBOX CHALLENGE

Make sure every player has an empty matchbox – all the same size. Giant matchboxes are definitely cheating (and are also too big for elves, in case you were wondering).

You have 15 minutes (or as long as you all decide) to fill your matchbox with as many things from the garden as you can find: a pebble, a leaf, a twig, a small feather, a blade of grass – whatever will fit in.

At the end of the game add up the points, one for each different item, and see who has won.

You Will Need:
Empty matchboxes
(elves are optional)

Tip: You can paint and decorate your matchboxes in advance to make them look more colourful.



HOLD A JUNK FASHION SHOW

You could design an outfit for yourself but it can be easier to dress a model (or in this case, an unsuspecting friend or relative). Good thick bin bags make a great base for your creation not least because they are black - always a safe fashion choice. Obviously, you must never put a bag over anyone’s head so either put in large holes for head or arms or simply cut the whole bag down the side and bottom seam and use it as if it was a flat piece of material. Masking tape is a great replacement for stitches to hold your costume’s shape or to attach other black bin bag material or newspaper sections.

If you want to add straps then why not fold a long length of newspaper over many times to make a strong length of ‘material’? Also pleating newspaper at one end gives a fantastic flared shape that could be used to form skirts, bustles or elaborate necklines.

You Will Need:
Bin bags Newspaper
Masking tape Stapler
Double sided sticky tape (optional)
Other rubbish!

You can add embellishments by taping or stapling on extra details made from newspaper or even other items from the recycling bin like bottle tops or card. And don’t forget you can also create accessories such as hats or bags.

Finally, make sure your have a runway to walk down.



MAKE BALLOON CREATURES

First you'll need to blow up a balloon. If you stretch it out a few times first, it's easier to inflate, or you can use a balloon pump... or a grown-up (they're quite handy for these things), making sure you tie it at the end (the balloon, not the grown-up).

Now you'll need to add some details with a permanent pen – or, if you are a bit nervous, use a whiteboard/dry erase marker and then you'll be able to rub off any mistakes with a damp, soapy cloth or wet wipe.

You can make an alien face, or a ghost very easily with just a black pen, but it's also possible to add some simple shapes to make ears, arms, legs, tails – or anything really. These are best cut from paper or card and then the end connected to the balloon with some sticky tape. If you want to stick on perhaps a nose or mouth flat to the balloon, use a glue stick or double-sided sticky tape.

Just remember, be very gentle when you're adding your details, otherwise it will all end very quickly, and loudly!

You Will Need:
Balloon, Permanent marker or whiteboard marker, Paper, Sticky tape, Glue stick or double-sided sticky tape, Cotton (optional)



BUILD A SNACK DELIVERY ZIPWIRE

To start you'll need to decide where you want to run your zipwire. You can set this up inside or out - it really depends where snacks are needed most.

Tie your string between two points. The important thing is that it runs from high to low so gravity can get things moving. Next you need to build your snack-carrying device. You could use a plastic or paper beaker or perhaps a small plastic container. Whichever you decide you'll have to find a way of hanging this from the string. You could try attaching wire or string around or underneath the container with sticky tape - just make sure it balances when it hangs otherwise the cup or container might tip out the biscuits and that would never do.

You could then loop the string holding the carrier over the zipwire or bend the wire into a hook shape to hang it on. If you do this you may find that it won't move far, if at all, because the string or wire rub against the zipline causing friction.

Try reducing friction by cutting a section of straw, splitting this lengthways and then hooking it over the zipwire, before taping your hanging container to it. You could also try making the string smoother by coating it in some oil.

And of course, you will need to check if the number, shape or weight of the snacks you are transporting makes a difference to the speed of delivery. If you find there are too many snacks for the system to work, you may even be forced to eat some - science is hard work like this sometimes.

You Will Need:
String
Wire (optional)
Straws
Sticky tape/duct tape
Cups or plastic containers
Snacks

ENTERTAINING YOURSELF AND OTHERS

Nobody can be sure how long we might be at home for so we have put together even more ideas of things you can do.

Whether you are at home alone, with children (big or small), there should hopefully be something here for you.

We would also love to see some of your own ideas.
#StayingAtHomeWithBeacon #BInspired



SWOP ASSEMBLIES FOR RINGING FAMILY AND FRIENDS

Children are used to having assemblies at school, so if you are wanting to find an alternative idea, why not video call those closest to you.



PICTURES FOR OTHERS

With social engagement reduced people really appreciate the personal touch. Why not create pictures/artwork for others, and then send them a picture of it, with a promise to deliver.



BOREDOM BOX

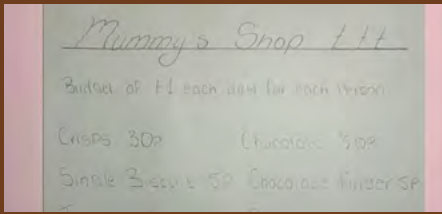
If you know of someone self-isolating on their own or are concerned about people getting overly bored, why not create them a boredom box.

It could be physical items, or funny texts or calls. The only limit is your imagination.



SNACK PACKS

When you are indoors it is very easy to keep eating. Why not create snack packs for everyday, especially great for kids. Once everything inside them have gone for the day they can't have anything more.



TUCK SHOP

A great way to teach children about money. Have a list of all the snacks available with a cost. Give them a set limit everyday, and see if they can work out how they much need throughout the day.



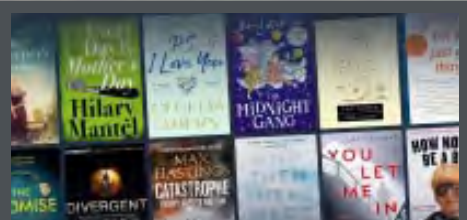
COLOUR BY NUMBERS

Instead of printing lots of sheets of paper, find a colouring book and assign each area different numbers before colouring. You can even write mathematic equations in each section, with the answer resulting in the colour code.



SIGN LANGUAGE

Why not use this time to learn something new. Many places online are now offering free learning including www.british-sign.co.uk where you can learn for a donation. (See our inside back cover.)



FREE BOOKS

Audible have made hundreds of childrens books free during the school closure. No account needed.

Kindle unlimited are offering 2 months free - remember to unsubscribe though.



FREE VIDEOS

Amazon have made lots of family and kids titles free for all Amazon customers. (No Prime membership is needed.) Accessed via the Prime Video app on Smart TVs, mobiles or desktop log. Sky Kids pack have added foundation, key stage 1 and 2 programmes for learning at home.



NEWSPAPER DELIVERY

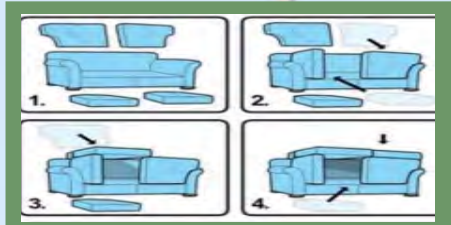
If you are missing your favourite newspaper you can get it delivered to you for free.

Google 'Deliver my newspaper' and they will send you vouchers for your local newsagent to deliver a paper of your choice for 6 weeks.



CREATE PICTURES

No matter the age you can have fun recreating images from nursery rhymes/songs, videos... You could even use the pictures to create your own 2021 Calendar - now that is being organised!



BUILD A FORT

You could use your sofa, blankets, clothes, table and chairs, bedding, table cloths... who doesn't love being a kid and hiding in their own fort?



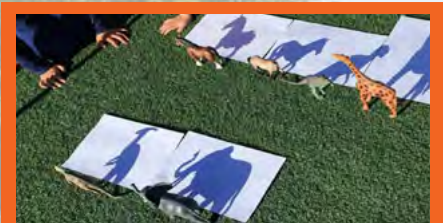
LEGO CHALLENGE

There are challenges for almost everything, and this challenge above has a different challenge every day for 30 days. Just Google Lego Challenge.



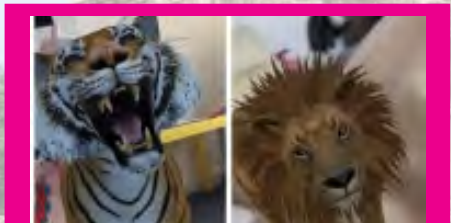
CREATE PLANTS

If you aren't very green fingered but your children love them, why not make your own. This way you don't have to worry about keeping it alive.



SHADOW ANIMALS

It doesn't just have to be animals . Choose what you would like to draw, and where the sun creates its shadow place a piece of paper, and trace it. :)



AR ANIMAL IN YOUR HOME

Google search AR animals and you could have one in your own living room!
A few available incl. lion, tiger, bear, alpine goat, penguin, fish, hedgehogs, giant panda, octopus, alligator, shark, shetland pony, deer...



TOILET ROLL FACES

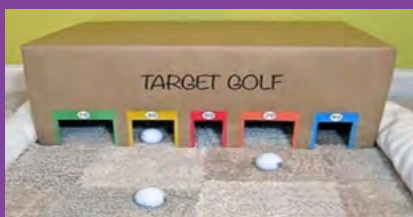
With the hype of toilet rolls recently, why not put them to further use and make some funny faces.



RECREATE OUTSIDE IN

You might not be able to go to the park, but that doesn't mean you can't feed the ducks.

Maybe you played snooker at the pub - do you have apples, a broom handle and bowls? We'd love to see your ideas.



TARGET GOLF

Have an empty box? Why not cut a few holes out for target practice.

They can even be used for a car garage, or snail races...



STRING MAZE

Who hasn't fancied themselves as a James Bond?

The difficulty level is up to you.



PUPPET SHOW

Another one if you have an empty box.

Cut out or make your favourite animals, characters, stick them on straws/ice-cream sticks... and let your imagination run wild.



RECREATE A PART OF YOUR FAVOURITE MOVIE

Have you seen the Lion King opening sequence recreated with toys, and a Rafiki mask?

What would you recreate?