

### Home made

- o Each member brings an object along and tells a story about it
- o Most memorable holiday
- o Favourite Photo
- o Favourite Recipe
- o Most embarrassing moment
- o Favourite school story
- o Money saving tip
- o Why do you live where you live
- o Most hated food and why
- o Favourite Book + least favourite
- o Favourite poem + least favourite
- o What's always in your handbag
- o Best bargain buy
- o Best charity shop buy
- o Favourite Film + least favourite film
- o Who did you have a crush on in your teens
- o Favourite Song / piece of music
- o What you collect
- o What are your hobbies
- o Your 20 minutes of fame
- o Have a challenge to grow plants from food you have eaten i.e pips from tomatoes, celery roots
- o Who grew the best and worst plant
- o Make a recipe from leftovers only
- o Make a plant pot from items you have already i.e cut a plastic bag into strips and crochet it into a container
- o Best upcycling / recycling tips
- o Write to TGHQ to share your meeting ideas



### Trips and visits

- Use public transport or car sharing to go to a museum, exhibition, place of interest etc or visit them virtually. Is there community transport you can use.
- Look for places to visit at no cost during Heritage Open Days in September
- Members make their own way to meet in a park or garden to look around and meet for a picnic
- Members book their own seats at a film, concert or play on an agreed date and meet before or afterwards for a drink or meal in members' homes, pubs, cafes etc. These are covered by TG insurance.

### Zoom meetings / virtual resources

Each member can take charge of an activity and have the websites they want to use ready to share in the meeting

*If they are not sure how to do this, Sara [sara@the-tg.com](mailto:sara@the-tg.com) can help and you can learn how to do this at TIG White Board Wednesdays*



- Art - looking at art, art blogs and trying different techniques  
 Art UK home to every public collection in the UK [www.artuk.org/](http://www.artuk.org/)  
 Royal Academy blogs [www.royalacademy.org.uk/](http://www.royalacademy.org.uk/)  
 Royal Academy collection  
[www.royalacademy.org.uk/art-artists/search/search-the-collection](http://www.royalacademy.org.uk/art-artists/search/search-the-collection)  
 Artists network [www.artistsnetwork.com/art-inspiration/art-projects-for-adults/](http://www.artistsnetwork.com/art-inspiration/art-projects-for-adults/)  
 Art and design lessons (free) [www.artfactory.com/](http://www.artfactory.com/)  
 Art demonstration You tube
- Books - listen to authors talk about their work  
 BBC radio 4 Book Club [www.bbc.co.uk/programmes/b006s5sf](http://www.bbc.co.uk/programmes/b006s5sf)  
 BBC World Book Club [www.bbc.co.uk/programmes/p003jhsk](http://www.bbc.co.uk/programmes/p003jhsk)  
 Penguin podcasts [www.penguin.co.uk/podcasts.html](http://www.penguin.co.uk/podcasts.html)  
 Guardian podcasts [www.theguardian.com/books/series/books](http://www.theguardian.com/books/series/books)  
 Author interviews on publisher's website
- Cookery - watch a recipe being made. Try it out and get together to share the results and do a taste test  
 The Delia online cookery school has free videos  
[www.deliaonline.com/cookery-school](http://www.deliaonline.com/cookery-school)  
 Tasty recipes with videos [tasty.co/](http://tasty.co/)
- Courses – free ~~online~~ ~~on-line~~  
 Future Learn - hundreds of online courses from top universities and specialist organisations - [www.futurelearn.com/](http://www.futurelearn.com/)  
 Open Learn 1000 free courses across 8 different subject areas  
[www.open.edu/openlearn/free-courses](http://www.open.edu/openlearn/free-courses)
- Craft – to learn new crafts and ~~revisit~~ ~~re-visit~~ old ones  
 Contemporary craft information and inspiration [www.craftscouncil.org.uk/](http://www.craftscouncil.org.uk/)  
 Sites with ideas such as [www.pillarboxblue.com/](http://www.pillarboxblue.com/)  
[listotic.com/25-genius-craft-ideas/](http://listotic.com/25-genius-craft-ideas/)  
 YouTube - Craft ideas for adults
- Flower arranging – floral arrangements to watch on line and then try  
 Look up 'floral design' on You tube eg Amy Nicol Floral, Flower Joos  
 Free on-line tutorials [flowerschoolireland.com/free-online-flower-courses.php](http://flowerschoolireland.com/free-online-flower-courses.php)
- Fun activities
  - Two truths and a lie

Take it in turns to tell two true things about yourself and one lie and the others can ask you 10 questions about it before deciding which is the lie

- o Unseen drawing game

The person with the picture must give instructions so that the others can draw it, eg, 'draw a circle, draw two more circles inside the circle about half way up', but must not say what it is

The person with the picture cannot watch the other people draw

- Gardening -  
National Garden Scheme garden visits on line –  
[ngs.org.uk/virtual-garden-visits](https://ngs.org.uk/virtual-garden-visits)  
Vegetable growing Huw's Nursery - [www.youtube.com/c/HuwsNursery/videos](https://www.youtube.com/c/HuwsNursery/videos)  
Videos that cover growing herbs, vegetables, fruit and keeping bees as well as making natural beauty products using plants from the garden -  
[lovelygreens.com/category/videos](https://lovelygreens.com/category/videos)
- Keep fit at home – remember to check everyone is OK to take part and look at safety for everyone in their homes  
Use videos to try various types of exercise  
[www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/](https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/)  
[www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners](https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners)  
[www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video](https://www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video)  
You tube - Alexis Perkins instructs chair exercises
- Knit and natter  
Knit or crochet for local or national charities  
[www.ukhandknitting.com/knitting-for-charity/charity-list](https://www.ukhandknitting.com/knitting-for-charity/charity-list)  
Sewing and knitting for charity  
[www.saga.co.uk/magazine/home-garden/craft-hobbies/crafting/sewing-and-knitting-for-charity](https://www.saga.co.uk/magazine/home-garden/craft-hobbies/crafting/sewing-and-knitting-for-charity)
- Language conversation / learn a new language -  
You tube Easy languages  
[www.youtube.com/channel/UCqcbu0YyEJH4vfKR--97cng](https://www.youtube.com/channel/UCqcbu0YyEJH4vfKR--97cng)
- Poetry -  
For all things to do with poetry, including setting up a poetry group  
[nationalpoetryday.co.uk/](https://nationalpoetryday.co.uk/)  
Poem of the day and audio poems [www.poetryfoundation.org/](https://www.poetryfoundation.org/)  
Radio poetry request programme – BBC radio 4 Poetry Please
- Speakers –  
Look on the TG website for the speaker list. These speakers are all free of charge
- Talks on line -

TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less) [www.ted.com/talks](http://www.ted.com/talks)  
 BBC sounds , podcasts, and BBC radio programmes [www.bbc.co.uk/sounds](http://www.bbc.co.uk/sounds)

- Visits -

Look for live webcams and go to cities, beaches, aquariums etc  
[www.webcamtaxi.com](http://www.webcamtaxi.com) [magicseaweed.com/](http://magicseaweed.com/)  
[www.dublinozoo.ie/animals/animal-webcams/elephants](http://www.dublinozoo.ie/animals/animal-webcams/elephants)

Some zoos have keeper talks to go with the videos

Virtual tours of buildings, museums, places, adventures in places such as a theatre, volcano etc

[www.parliament.uk/visiting/virtualtour/](http://www.parliament.uk/visiting/virtualtour/) [www.postalmuseum.org/](http://www.postalmuseum.org/)  
[www.moneysavingexpert.com/deals/deals-hunter/2020/03/free-virtual-globe-trotting](http://www.moneysavingexpert.com/deals/deals-hunter/2020/03/free-virtual-globe-trotting)  
[www.royal.uk/virtual-tours-buckingham-palace](http://www.royal.uk/virtual-tours-buckingham-palace)

Adventure videos

[www.lonelyplanet.com/](http://www.lonelyplanet.com/) [video.nationalgeographic.com/video/adventure](http://video.nationalgeographic.com/video/adventure)

- Women's history -

Women's Footprint in history by UN women

[www.unwomen.org/en/digital-library/multimedia/2016/3/timeline-womens-footprint-in-history](http://www.unwomen.org/en/digital-library/multimedia/2016/3/timeline-womens-footprint-in-history)

English Heritage Women in History and blue plaques for women

[www.english-heritage.org.uk/learn/histories/women-in-history](http://www.english-heritage.org.uk/learn/histories/women-in-history)

Historic England

[historicengland.org.uk/research/inclusive-heritage/womens-history](http://historicengland.org.uk/research/inclusive-heritage/womens-history)

[www.bl.uk/sisterhood/articles/womens-studies-and-womens-history](http://www.bl.uk/sisterhood/articles/womens-studies-and-womens-history)

Women's Library

[www.lse.ac.uk/library/collection-highlights/The-Womens-Library](http://www.lse.ac.uk/library/collection-highlights/The-Womens-Library)

Glasgow Women's Library [www.womenslibrary.org.uk](http://www.womenslibrary.org.uk)

Video resources

[www.parliament.uk/about/living-heritage/transformingsociety/electionsvoting/vote-100/women-and-the-vote/video-resources](http://www.parliament.uk/about/living-heritage/transformingsociety/electionsvoting/vote-100/women-and-the-vote/video-resources)

- Writing -

Free resources in the 'Writer's Toolkit'

[nationalcentreforwriting.org.uk/free-resources](http://nationalcentreforwriting.org.uk/free-resources)

5 tips to create a group that lasts [thewritepractice.com/writers-group](http://thewritepractice.com/writers-group)

Writing prompts

[getfreewrite.com/blogs/writing-success/writing-prompts-60-ideas-you-can-use-today](http://getfreewrite.com/blogs/writing-success/writing-prompts-60-ideas-you-can-use-today)

