



Captain Confidence's Weekly Five Ways to Wellbeing

This weekly newsletter has daily inspiring activities to keep your mind and body healthy during lockdown. Check out their YouTube channel: bit.ly/STARTMinds and Instagram [@StartinSalfordArt](https://www.instagram.com/StartinSalfordArt)



YMCA Manchester: virtual learning, self-care and daily challenges

YMCA are sharing daily challenges on their Instagram [@YMCAManchester](https://www.instagram.com/YMCAManchester)



Arts Let Loose

Weekly colour themed arts projects, new challenges every Monday. Find on Facebook and Twitter: [@ArtsLetLoose](https://www.facebook.com/ArtsLetLoose)



DIY Theatre

The Create + Connect project brings together lots of ideas for creative activities for children and adults with disabilities: bit.ly/DIYTheatre



Majic Sport

Weekly home workout for parents and children. Videos on Facebook: [@MajicSport](https://www.facebook.com/MajicSport)



Salford CVS

We will be sharing a new activity every week on our social media: [@SalfordCVS](https://www.facebook.com/SalfordCVS)

Highlights

We'll be sharing a weekly highlight from a local group every Thursday. Including:



Oasis Online

Oasis Online Youth sessions for Year 7 –10 pupils. To join go to their Facebook page: [@mediacityhub](https://www.facebook.com/mediacityhub)



Incredible Education

Learn to grow with weekly 'Sods to Salads' videos: bit.ly/SodSalad



#SalfordStories

