

Online hobbies & interests



If you have an internet enabled device at home you can gain access to endless hobbies and interests that may make 'COVID-19 lockdown' a little easier. Many of these apps and services are free too.



Reading: Libraries NI and Libraries Ireland both offer members and non-members access to free e-books, audio books, e-magazines, newspapers and online courses. Non-members can now sign up online.



Music: there's lots of free apps to help you master a musical instrument at home and at your own pace e.g. My Piano Assistant or Drum Kit. Search in your smartphone's 'shop apps' facility. Lots of pop stars and musicians are uploading free 'tutorials' to Twitter, Facebook and Instagram.



Cooking/Baking: there are lots of free websites e.g. BBC Good Food with an abundance of online recipes to suit all tastes and skill levels. You can also use YouTube (for free) to watch step by step tutorials e.g. Jamie Oliver.



DIY/Decorating: If you want inspiration for interior design, decorating, DIY, gardening or crafting then check out 'Pinterest'. Pinterest is a free app which allows you to save and categorise all your ideas onto virtual boards. You will need to sign up (for free) to create a profile.



Exercise: is great for your physical and mental health. There are lots of classes/programmes online aimed at those with reduced mobility and specific disabilities. Check out Disability Sport NI and Cara – Sport Inclusion Ireland.



Staying in touch: It's so important to chat to friends and family during this time. Use 'free' apps such as Facebook messenger, Skype and Zoom to make video calls. There is a 'group call' option which means lots of family members can join in at the one time. You can use WhatsApp and Facebook messenger to make audio calls, send messages, pictures and videos.