

## What's new...?

It looks like we might be in lockdown for a little while longer so it's given us the opportunity to write another newsletter! It's easy to get bogged down with all the doom and gloom around us, so we hope to spread a little sunshine and cheer with this latest edition!

**Please get in touch with us if you have any questions/suggestions:**  
Email: [heritagelrc@barnsley.ac.uk](mailto:heritagelrc@barnsley.ac.uk)

### Free resources anyone?

In addition to the EBSCO eBooks, EBSCO Research Database and Harvard Business Review eBooks mentioned in the last newsletter, we are pleased to be able to add more fabulous resources to our collection. Sage Knowledge Video, Sage Research Methods Video, Sage Business Cases, Sage eBooks and Sage Reference. All of these resources are available through [OpenAthens](#).

### Digital Display - Mental Health Month

At stressful times like these, our mental health can take a bit of a knock. It's important to look after yourself and to get help if you are concerned that you are developing a mental health problem. There are loads of websites and groups available with helpful hints and tips to help you look after your mental health during this tricky time:

#### LRC's Top Tips:

##### Stay Connected

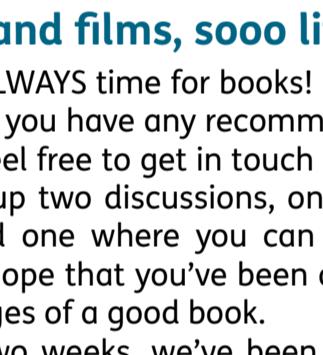
We live in an age of technology and most of you know how to do things with your phones most of us oldies have never dreamed of! So use them to stay in touch with your nearest and dearest (and us! [heritagelrc@barnsley.ac.uk](mailto:heritagelrc@barnsley.ac.uk)... just saying)

##### Switch Off

Avoid news that could make you feel anxious and choose the stuff that's practical and helpful. It's OK to turn off social media for a bit, nobody will know!

##### Create a Routine

You need to strike a balance between having a routine and making sure each day has some variety. It might help to build yourself a new routine - getting up, eating and doing familiar things at set times can help you to feel a little more in control.



##### Don't bottle it up

It's totally normal to find this situation difficult. Start a conversation. You're not alone. If you're struggling, try doing something different to give yourself a break and reset before going back to the problem that has come up.

##### ...READ

Hey, we're a library... of course this was going to be a tip!

### Soooo many books and films, sooo little time...

Just kidding, there's ALWAYS time for books! How has everyone got on with our last reading list? Do you have any recommendations or reviews you'd like to share? Please feel free to get in touch with us via our new [Goodreads group](#). We've set up two discussions, one where people can post their favourite books and one where you can share what you're reading in lockdown. We hope that you've been able to escape for a little while between the pages of a good book.

Over the last two weeks, we've been in touch with College's senior managers to find out what they're reading during Lockdown, [here's their list](#) to give you some inspiration on what to pick up next.

Barnsley Library recently advertised that they are making their Ebook collection available to **ALL**, even if you don't own a library card. All you need to do is download the '**Libby App**' from your device's app store, search for Barnsley Libraries (use code 'barnsleylibs') and start borrowing!

Has anybody else exhausted their watchlist...? Might just be me, but just in case, our film expert has kindly created another list for us to explore. There are some well known classics as well as a few that perhaps you might not have heard of, but equally worth a watch:

#### [Lockdown Film List, Take 2](#)

**Do you have any favourites or suggestions that we've not mentioned on our book or film list?**

**Please get in touch so we can share the love of books!**

[heritagelrc@barnsley.ac.uk](mailto:heritagelrc@barnsley.ac.uk)



### Keep Calm and Keep Crafting

Now is the perfect time to test your artistic skills and have fun at the same time! What better way to brighten your and another's day by making a rainbow for your window? Or maybe make a piece of artwork with your resident family members to keep as a momento of this unique period of time? You'd be surprised what you can do with a few odds and ends you have lying around the house. The internet, media and social networks have exploded with ideas for all experience levels - you do not have to be Vincent Van Gogh to create a masterpiece.

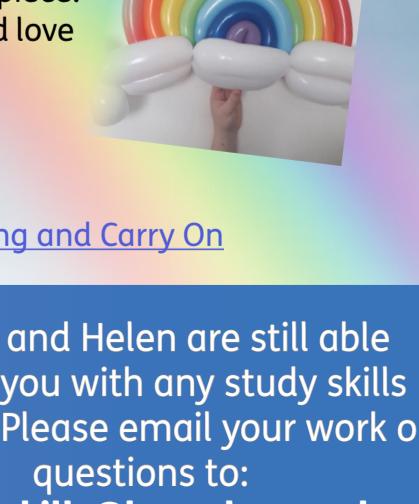
Send us a picture of your creations, we'd love to see!

Some great ideas can be found on:

[Pinterest](#)

Various [Facebook](#) pages

Channel 4's [Kirstie: Keep Crafting and Carry On](#)



Cherie and Helen are still able to help you with any study skills queries. Please email your work or questions to:

[studyskills@barnsley.ac.uk](mailto:studyskills@barnsley.ac.uk)

### STUDY SKILLS

Join us online for the [LATEST](#) from your LRC...

**S**hhhyyyyy!

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