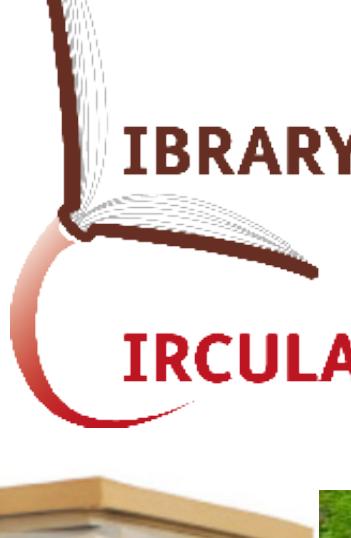


Time to escape reality...



We're still here... not sure how long it's been now or how long it'll continue, but we shall not be defeated! Your LRC team have been busy behind the scenes researching new ways to help you escape the lockdown boredom blues whilst staying safe at home. Read on!

Please get in touch with us if you have any questions/suggestions:
Email: heritagelrc@barnsley.ac.uk



this is. It is very emotive and makes you shudder at how the mentally ill, and difficult prisoners used to be treated..." she writes.

The Reckoning by John Grisham - "Hooked from the very first page. Couldn't put this book down. Lots of mystery and suspense created around the plot."

If you have any more recommendations, please get in touch, we'd love to hear from you!

heritagelrc@barnsley.ac.uk

We've also set up an **online book group** to make it even easier to share your thoughts. Head over to Goodreads for our [Barnsley College Reading Group. \(It's Free!\)](#) There is absolutely no pressure to read the same things as us (everybody has different tastes and anyway, what are the chances that we all have a copy of the same book?) it is merely a fab way to share your reading preferences and inspire others with our reading choices at the same time! You might even find your next adventure on our virtual shelves....

There are two discussions running at the moment: [Lockdown Reads](#) and [Favourite Books](#), already with plenty of suggestions to get you going on your book reading journey!

More than just books...

It's easy to get carried away with promoting reading, but our library is more than just books, I promise! We also have a whole host of online resources available. In addition to [Discovery](#), the EBSCO eBooks, EBSCO Research Database and Harvard Business Review eBooks, Sage Knowledge Video, Sage Research Methods Video, Sage Business Cases, Sage eBooks and Sage Reference mentioned in the last newsletter (see there's a lot right?!), we have added another **5 new vocational resources** to our collection:

- Jisc Health and Social Care Training,
- Jisc Hairdressing Training
- Jisc Construction Training,
- Jisc Digital and IT Training
- Jisc Education and Childcare Training

All of these resources are available through [OpenAthens](#).



Shhh! Join us online for the **LATEST** from your LRC...

KEEP CALM



BY

FOCUSING ON

YOUR MENTAL HEALTH

[Rethink.org](#)

[NHS](#)

[Mental Health Foundation](#)

The longer the lockdown goes on, the harder it can be on your mental health. Will it ever end? Am I the only one who feels like the walls are closing in on me? Everyone's in the same boat, so who can I turn to? Please remember **YOU ARE NOT ALONE**. It's important to look after yourself and to get help if you are concerned that you are developing a mental health problem.

Here's a reminder of the LRC's top tips for Lockdown:

Stay Connected - We're in this together, we can help each other!
Switch Off - Don't stress yourself with gossip, check only reliable sources
Create a Routine - A new rhythm that works for you, it's only temporary
Talk - Unload your troubles, don't bottle it up, you'll feel better, lighter
Read - You can escape to another world with a good book!

No, stop packing, we're not asking you to leave the safety of your home, but if you're anything like us, you might be getting a bit bored of the same four walls and want to escape! Lockdown has forced a lot of places to close, but it has also encouraged them to get creative to stay connected with their absent visitors. Introducing '[Virtual Tours](#)'! If there has ever been anywhere you've wanted to visit but have been unable to, for whatever reason, now is the perfect opportunity, as many museums, galleries and landmarks are offering virtual experiences for free during Lockdown: [The Louvre](#), [British Museum](#), [Vatican Museum](#), [Rijksmuseum](#), [The Tate](#)... just to name a few!

Many are also available if you go direct to the place's website, but if you want to find them all in one place visit [Google's Arts and Culture page](#). We can guarantee a few hours of entertainment on there alone! Just imagine if you hooked your viewing device up to a large screen...

If animals are more of your thing, many Zoo's and animal sanctuaries have set up live webcams in their enclosures for you to view:

[Sandiego](#)

[Smithsonian's National Zoo](#)

[Monterey Bay Aquarium](#)

Any fellow Potterheads reading this? You probably already know about [Harry Potter at Home](#) but for those who don't, author J.K. Rowling has launched an online Harry Potter Hub to keep kids (and others, not kids, but super HP fans) educated and entertained at home during Lockdown.

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

STUDY SKILLS