

Be Safe, Be Included, Be Connected

Top Tip 1. Keep in touch with friends and family across the world or find long lost friends. Staying connected can improve your wellbeing.



Top Tip 2. Learn a new skill or retrain for a new job. There are many ways to learn including online courses.

Get Online - Be Connected

Top Tip 3. Stay up to date with events and the news; catch up on TV and radio you may have missed.



Top Tip 4. Share experiences and ideas with community groups through social media and connect with new people across the world.

