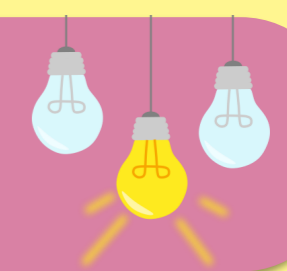




Captain Confidence's Weekly Five Ways to Wellbeing

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

Weekly social connection challenge from the team: [@SalfordCVS](https://www.facebook.com/SalfordCVS)

Breathchamps

Fun weekly videos helping children to learn about asthma and how to keep themselves safe: bit.ly/BreathChamps



Sow the City

Weekly simple video to help you get growing veg at home. Find on YouTube: bit.ly/SowCity



#SalfordStories