

BOREDOM BUSTERS

This booklet lists some free or cheap websites, courses, and apps available to you while you are getting treatment. Most of the courses have low or no commitment, and can be dipped in and out of at any time. Hopefully they will help boost your CV (or just provide you with a bit of distraction!).

If you need any help with the cost associated with some of the courses please speak to your CLIC Sargent Young People's Social Worker (YPSW) or Community Worker (YPCW).

This booklet was written by a young people's community worker called Laura who works with teenagers and young adults in Northern Ireland. If you have any suggestions of your own, please email them to info@clicsargent.org.uk

30 Days of Yoga*

<http://yogawithadriene.com/30days/>

Adriene is an online yoga instructor who has ran a YouTube channel from her home in Austin Texas since 2013. She has 30 days of yoga videos to help deepen or kick-start your yoga practice. Some research has shown that yoga helped to reduce distress, anxiety, depression and tiredness (fatigue) in cancer patients. It also helped to improve quality of life, emotional wellbeing and social wellbeing.

If you're a bit more advanced in your yoga practice there is also a free app called Down Dog. It talks you through different poses, and gives you options on how long you would like to practice for and your experience level.

*Please check with your doctor or nurse specialist before engaging in these exercises.

Codecademy

<https://www.codecademy.com/>

Do you want to learn to code? Coding is the language of the internet and could open a range of opportunities for you both professionally and personally. Codecademy may be a good place to start.

The website offers interactive online tutorials in computer programming languages like HTML, Python, Ruby and Javascript. It can teach you to (eventually- after mastering the basics) create your own webpages and interactive designs. You can also learn to code through [Raspberry Pi's](#) learning resources.

Craftsy

<https://www.craftsy.com>

For the creative amongst you, Craftsy is the perfect one stop shop to learn different creative skills. From quilting and knitting to cake decorating and paper craft, you learn via high-definition interactive video tutorials and downloadable workshops. Some classes have a cost associated with it but others are completely free.

You can even purchase kits to go along with the classes (however, there may be someone on the ward who can help source materials – ask your YPSW or YPCW first). Classes include Bag-Making Basics: Reversible Tote & Zipper Pouch, Beautiful Wirework Jewellery, Knit Like a Master and more.

Coursera

<https://www.coursera.org>

Coursera allows you to complete courses hosted in Universities around the world. You can access video lectures, tutorials, assignments and peer support. You can even complete full degrees through the app! There are costs associated with some courses – anything from £15 - £25,000. Some content is available for free. Courses run at different times throughout the year.

Derby University

<http://www.derby.ac.uk>

The University of Derby run free, online courses that have undergone a thorough academic quality reviewing process. These courses would make a great addition to your CV, and require a commitment of 2 hours per week for 6 weeks. Upon completion, you will be issued with an E-Certificate. Course topics include: operations management, today's digital worlds, depression, autism, Asperger's and ADHD.

Duolingo

<https://www.duolingo.com/>

Learn to write, speak and understand other languages like a game. Progress through levels and even add achievements to your LinkedIn profile (or CV). You can download the app to your Android or iPhone and play in your own time. There are loads to learn! They include: Spanish, French, German, Italian, Portuguese, Dutch, Russian, Swedish, Polish, Esperanto, Ukrainian, Hebrew, Vietnamese, Swahili, Hindi, Korean, Indonesian and Klingon... yes, really!

Elevate

<https://www.elevateapp.com>

Elevate is a brain training program designed to improve attention, speaking skills, processing speed, memory, math skills, and more. Each person is provided with his or her own personalised training program that adjusts over time to maximise results. [One study](#) has shown that brain training apps can help with 'chemobrain'!

Future Learn

<https://www.futurelearn.com/>

Future Learn are a private company wholly owned by The Open University. You can browse their extensive course list to find something that you'd like to learn about. They have courses in a diverse range of subjects which vary in length. Most are six to ten weeks long but some are shorter two and three week courses. Each course has weekly tests and quizzes on content and there may also be the opportunity to complete an assignment or final exam.

Those who score 70% or higher can buy a Certificate of Achievement which shows your name; an outline of what you've learned and how long it took; the logos of the university and other organisations associated with your course. Your printed certificate will also include the lead educator's signature. This costs £40 to £60 (approximately). Courses include exploring filmmaking, forensic witness, introducing robotics, business fundamentals and more.

Justin Guitar

<http://www.justinguitar.com/>

Ever wanted to learn guitar? This website has hundreds of free lessons for those who have never played before right up to those who have a basic knowledge. Dip in and out as much as you want. All videos online are free with an app coming soon!

Lynda

<https://www.lynda.com/>

Lynda.com is an online learning platform that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals through a video library of engaging, top-quality courses taught by recognized industry experts. These courses can be used on your CVs or LinkedIn profiles (Lynda is owned by LinkedIn). Lynda has over 4,000 courses on anything from Business to Photography. Lynda costs roughly £13 per month (with a free trial).

Open Learn

<http://www.open.edu>

OpenLearn gives you free access to learning materials from The Open University. The website has lots of free courses under the topics of: Health, Education, History, Money, Environment, Maths, and Politics (to name a few). You cannot gain qualifications from this course, but just expand your knowledge on certain topics.

TED

<https://www.ted.com/>

TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues – in more than 100 languages. Watch talks on hundreds of topics from renowned and upcoming speakers all over the world (including Belfast!). Easy watching and listening from a hospital bed if you don't want to engage in anything too taxing.



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