

Keeping the Mind Active – Get online

Activities to stimulate and motivate the mind are essential throughout these times of uncertainty and periods of self-isolation.

Find My Past – Family and Local History

You may have been intending to look into your family tree for some time but never got around to it. Now is the time to make a start.

The first step is easy – you need a library membership, to get your digital membership go to <https://Sunderland.libraries.gov.uk> and click 'Join your library!' and complete the form, making sure to set a secure PIN.

Discover your family's story using a selection of free resources, **Find My Past** enables you to access thousands of records to investigate your historic past, who doesn't have any skeletons in the cupboard?

You can search through Census, electoral, parish and military records to get you started on the way to bringing your family history to life.

To access Find My Past for free you must be a library member and email enquiry.desk@sunderland.gov.uk to obtain access details.

You can also sign up and download the magazine '**Who Do You Think You are?**' to help you further, just follow the library website for eMagazines, its all free!

Digital Reading

Reading has been shown to help with anxiety by lowering the heart rate and relieving stress, reading is a therapeutic form of escape and stimulates the brain.

To access free reading resources, visit <https://Sunderland.libraries.gov.uk> and join your library if you haven't already. Click 'Join your library!' And complete the form, making sure to set a secure PIN.

Use the links to access BorrowBox and RBdigital. You can download both apps to your smartphone, tablet or Kindle Fire from the App Store or Google Play and create your own personal account from the within the apps.

Browse the titles and download within seconds. You can choose from eMagazines from RBdigital and select from over a 1000 eBooks titles and over 750 eAudiobooks from BorrowBox, all for free. Create your own personal library.

If you're exploring your family history, try Who Do You Think You Are, from RBdigital, a magazine full of genealogy hints or tips. Try the BBC Good Food magazine or Good Housekeeping for delicious recipes to make those store cupboard staples go further. Or learn a new hobby with Amateur Photographer, Amateur Gardening or Computer Active.

Indulge yourself with Hello magazine or Women's Own or maintain your general health by downloading Mens Health or Womens Health magazine. You can save a fortune, build your own magazine library and receive an email when new editions are published.

Online learning for kids

Children can keep their mind active and creative and stave off boredom using online resources such as our subscription Ziptales.visit <https://Sunderland.libraries.gov.uk> and click 'Digital Resources'. Follow the link to the Ziptales website and enter your library card number to enter.

For toddlers you can make your own Rhyme Time session using the **Wind the Bobbin** app, all free to download

There are plenty of children's ebooks too, all the favourite authors, including plenty of David Walliams, Jacqueline Wilson & all the Harry Potters!

Your library card number is the long number beginning with an 'L' on your library card or the 6 digit number given when you join online.