

Emma Pitt-Steele

From: Vikki Rimmer <vikkirimmer@gmail.com>
Sent: 23 April 2020 11:14
Subject: The Lockdown Podcast Show
Attachments: 2020 Covid-19 time capsule sheets.pdf.pdf

Hi!

We wondered whether you might enjoy listening to the radio podcasts Zoë has made.

The Lockdown Podcast Show features top tips on how to be creative during lockdown, gardening, gaming and quizzes.

Email link: Episode 1

<https://www.buzzsprout.com/1013320/3380878>

In this episode learn how to make a time capsule, the best brownies ever and hear best selling children's author Michelle Harrison's top tips on how to make lockdown creative. There are three fiendishly difficult quizzes to take on Marvel, Friends and Disney, top tips on books, TV, gaming, recipes and gardening. Things to make you go 'yeh!' during lockdown.

[Timecapsule link](#)

Episode 2

<https://www.buzzsprout.com/1013320>

Zoë and friends have put together a show on how to celebrate your birthday during lockdown. Discover how to make an escape room at home, learn #hometasking ideas from Alex Horne of Taskmaster and hear how world-famous plant hunter Tom Hart Dyke celebrated his birthday in captivity in the jungle. Get some top tips on writing from best-selling children's author Alex Bell, Lottie and BBC Radio Kent's Phil Harrison take the quiz challenge and a 150 strong choir from Nottingham - The Liberty Singers - perform. George is back in his greenhouse in Chepstow and Conor gives top advice on gaming.

If you like it - please share :)

Vikki & Zoë

Xx

Sent from my iPhone

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