



Hey you,

Thank you for interacting with our online resources, we hope that wherever you are, & however you're feeling that you're doing ok and if you're not, that's totally fine too. We all have tough times from time to time. We've put the below resource list together to inspire, connect and signpost you to free content that might be helpful for you. We can't be responsible for all of the content on the below suggestions; some of it might resonate and others might not, we probably won't have included your favourite or you might know of something else that's useful (mental health, grief and loss are so vast it would be impossible too!) If you've got a suggestion though that's ace, you can add a recommendation to the Padlet board. We are sending you loads of love and hope that some of this might help to lift you or to find some solace.

Go gently,

Carly & The Fandangoe Skip Team

Get on board with our online Q&A

Check out the Padlet here, even if you can't make it down to the Skip you can still join in the conversation - <https://padlet.com/hello256/fandangoeskip>

Free online community session: Friday 12th August 12-1pm with Carly from The Loss Project- join us for a skip follow up session, a free online, friendly, & informal space for people to come and chat to others online. Register here: <https://www.eventbrite.co.uk/e/355044968057>



BLOGS:

The Loss Project loves a blog and we champion people to share their stories with us. We've created a blog channel for the Fandangoe Skip, which you can access here: <https://www.thelossproject.com/blog/categories/the-fandangoe-skip>

You might find some of these blogs interesting too:

A blog about grief- <https://www.thelossproject.com/post/guest-blog-dear-you-a-letter-about-grief-by-emma-russ>

The Vertelle Project- connecting women and nature: <https://www.vertelle.co.uk/blog>

LGBT Health & Wellbeing- <https://www.lgbthealth.org.uk/blog/>

**The Blurt Foundation shares their top 10 blogs- <https://www.blurtitout.org/2017/03/31/10-mental-health-blogs/>
(The Blurt Foundation also do some really good stuff!)**

Men's Health Matters- <https://mensmindsmatter.org/blog/>



Young Minds - <https://www.youngminds.org.uk/young-person/blog/>

Black Mind's Matters - <https://www.blackmindsmatteruk.com/blog>

Unwanted Life: <https://unwantedlife.me/>

If you'd like to write a piece about your experience of the Skip, then please email Carly - hello@thelossproject.com

PODCASTS:

Feel Good Live More Podcast - <https://drchatterjee.com/blog/category/podcast/>

The Grief Gang Podcast - <https://podcasts.apple.com/gb/podcast/the-grief-gang/id1489821860>

Podcast recommendations - <https://podbiblemag.com/guest-blog-podcasts-mental-health/>

Grief Cast - <https://cariadlloyd.com/griefcast>

Dane Baptiste Questions Everything - <https://podcasts.apple.com/gb/podcast/dane-baptiste-questions-everything/id630022425>

Insane in the men brain - <https://play.acast.com/s/insaneinthemenbrain>



Insane in the men brain - <https://play.acast.com/s/insaneinthemenbrain>

Nova Reid Podcast - <https://novareid.com/podcast/>

Like Minded Friends - <https://podcasts.apple.com/gb/podcast/like-minded-friends-with-tom-allen-suzi-ruffell/id1049741444>

Get Real - Mental Health & disability - [https://www.ermha.org/get-real-podcast/#:~:text=%E2%80%9CGet%20Real%20\(has\)%20the,%2C%20Clarity%20Clinic%20\(Chicago\).](https://www.ermha.org/get-real-podcast/#:~:text=%E2%80%9CGet%20Real%20(has)%20the,%2C%20Clarity%20Clinic%20(Chicago).)

The Mindful Muslim podcast - <https://podcasts.apple.com/gb/podcast/the-mindful-muslim-podcast/id1120442381>

FREE RESOURCES TO ACCESS

Collage workshop - <https://vimeo.com/671898272>

Zine Making workshop - <https://vimeo.com/671895220>

Collage memorial workshop - <https://www.thelossproject.com/product-page/colours-of-loss-workshop-pre-recorded>

The Grief Compass a reflective journal around grief and loss - <https://www.thelossproject.com/product-page/the-grief-compass>