

# Welcome to Stockland's Lively Links

Ideas to keep you busy at home

The team at Stockland has put together some interesting links, podcasts, puzzles and downloads for your mind, body and most importantly, your soul.

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To access a digital version of this page please open your internet and type in:  
**[stockland.com.au/isoaide](https://stockland.com.au/isoaide)**

The digital version allows you to click the links in blue throughout this document that will take you directly to the web page so you don't have to free type the long internet addresses into your internet browser. If any of the technology or terms mentioned in this 'Iso-aide' document are new to you, scroll to the bottom of this document to read our FAQs.

## Cooking Demonstrations & Nutrition

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**Jamie's Ministry of Food** online series of facilitator/food trainer driven cooking sessions and digital program materials. [https://zoom.us/rec/share/w8NHI57P\\_1JLYpXPxE7ValEvRrzgT6a8gShMrPUNxBqsTeW5H9HxMuJp10e6sMOP?startTime=1589330089000](https://zoom.us/rec/share/w8NHI57P_1JLYpXPxE7ValEvRrzgT6a8gShMrPUNxBqsTeW5H9HxMuJp10e6sMOP?startTime=1589330089000)

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Join in each week to a series of online cooking demonstrations with **Miguel**. Here you can Register for our free online cooking demonstrations & view / print other Miguel recipes. <https://stockland.com.au/shopping-centres/centres/stockland-piccadilly/offers-and-events/events>

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**Live Life Cook** are offering Stockland residents access to a new video each week for a period of 12 months access to a series of nutrition and meal plan tips hosted by renowned Chef John Casey. Each episode features simple recipes that are based on common ingredients that are readily available to the home cook.

<https://stockland.1989.livelifecook.com.au>

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## For the Body

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**Live Life, Get Active Online Camps.** This platform is available to all residents and staff. All you need to do is register for a camp on the LLGA website below.

<https://livelifegetactive.com/>  
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**Community Moves** is a studio run by Exercise Scientist Van Marinos and feature online, low-impact, functional workouts focus on weight-bearing resistance training that help to improve balance, coordination, and strengthening bones, but most importantly, they're all about community and connection!

[https://communitymoveshealthandfitness.com/community\\_moves\\_ahp37228267?page\\_id=37228268&page\\_key=6hoa6ulslezdc5uz&login\\_redirect=1](https://communitymoveshealthandfitness.com/community_moves_ahp37228267?page_id=37228268&page_key=6hoa6ulslezdc5uz&login_redirect=1)  
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This is the ultimate online program for people who like variety. **Flow Athletic** are live-streaming over 65+ classes per week via private Facebook live pages including strength, spin, yoga, Pilates, and even kids' classes. Founder and former NRL player, Ben Lucas, has been a trainer for upwards of 18 years and understands the need for a time-saving program (most classes are 30-minutes) with plenty of variety.

<https://flowathletic.com.au/>  
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**Soul Alive** is a live-streamed meditation platform by meditation master Luke McLeod and is run three times a week. The classes are also kept live for 24-hours afterward in case you miss them.

<https://www.soulalive.com.au/>

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## For the Mind & Soul

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**MyGov online** helps you learn about how to access government services and information online. The "All about myGov" topic will teach you how to use the Australian Government's myGov website confidently and safely.

It also covers how to make Medicare claims and link to other critical government services including how two-factor authentication works and how to retrieve information through the myGov inbox.

[https://beconnected.esafety.gov.au/topic-library/introduction-to-mygov/?utm\\_source=Network+Partner+Newsletter&utm\\_campaign=7a82ebac01-EMAIL\\_CAMPAIGN\\_2020\\_06\\_24&utm\\_medium=email&utm\\_term=0\\_896ae2ea80-7a82ebac01-113412207&mc\\_cid=7a82ebac01&mc\\_eid=2b6aced6bf](https://beconnected.esafety.gov.au/topic-library/introduction-to-mygov/?utm_source=Network+Partner+Newsletter&utm_campaign=7a82ebac01-EMAIL_CAMPAIGN_2020_06_24&utm_medium=email&utm_term=0_896ae2ea80-7a82ebac01-113412207&mc_cid=7a82ebac01&mc_eid=2b6aced6bf)

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**GoVolunteer**, matches people who are interested in volunteering with appropriate volunteering opportunities.

<https://www.volunteeringaustralia.org/get-involved/govolunteer/#/>

## ..... **Stockland CARE Foundation Partners (mental health support)**

The Stockland CARE Foundation has brought together charity partners ReachOut, Redkite and R U OK?, in a collaborative partnership model that aims to improve wellbeing in communities across Australia. <https://www.stockland.com.au/shopping-centres/everyday-ideas/gallery/keeping-mentally-active>

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**Music** - Virtual concerts to watch from the comfort of your own home.

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

# Frequently Asked Questions

**Q: How do I download an 'App'?**

A: I have an iPhone: <https://youtu.be/IYZzxpFMytg>

A: I don't have an iPhone: [https://youtu.be/J\\_IALKPRJaE](https://youtu.be/J_IALKPRJaE)

**Q: Facebook looks great, do I need an account?**

A: Yes you will. This link will help you set up a Facebook account/page.

<https://www.facebook.com/help/104002523024878>

NOTE: Remember to set your privacy settings so only people you choose can see your page. It's best to only accept 'friend requests' from people you know.

**Q: Now I have Facebook – how do I watch a live broadcast?**

A: This link will take you through step by step:

<https://www.wikihow.com/Watch-Facebook-Live-Video-Broadcasts>

**Q: I'm getting an error and it says what I want to watch is not supported?**

A: A lot of the websites in this document don't work on Internet Explorer. Consider downloading 'Google Chrome' on your computer or mobile phone and they should work.

**Q: What is a podcast?**

A: Here is a plain English article that explains exactly what a podcast is:

<https://www.thepodcasthost.com/listening/what-is-a-podcast/>

**Q: Everyone says I should listen to podcasts, how do I do that?**

A: This is a great article from the Guardian Newspaper that gives you a easy to follow guide.

<https://www.theguardian.com/media/2017/oct/07/how-to-listen-to-podcasts-everything-you-need-to-know>

**Q: How do I search for a podcast that I would be interested in?**

A: There are lots of sites that offer different kinds of podcasts. The best place to start is to 'Google' search a topic you are interested in. For example, type "a podcast on sailing ships" into Google to find a whole series on ocean sailing.

**Q: What is a 'TED Talk'?**

A: TED is a free website with video 'talks' about topics on everything you could think of. It is a non-for-profit platform that is devoted to sharing ideas and information. "TED" stands for "Technology, Entertainment and Design". Go to: <https://www.ted.com/about/our-organization>