

Self-Made Resources

In this resource, you'll find:

- **Support for Freelancer & Entrepreneurs during COVID-19**
- **Keep Learning**
(FREE online workshops, newsletters & events to support your professional development and leadership)
- **Making It Work** (Advice on how to look after yourself)

Support for Freelancers and Entrepreneurs during COVID-19

We've compiled a list of resources to help you and your business navigate the challenges of COVID-19, this includes access to financial support, career development opportunities and sector guidance.

Support for Freelancers

- [The Freelance Kit](#) is a website full of downloadable digital resources & templates for freelancers, such as business plans, contracts & social media plans. Check out their blog for practical tips for surviving Covid-19 and futureproofing your business, such as budgeting and finding new income streams.

- [Screen Skills](#) provide career development opportunities and support for the screen industries. They released a video on how to access government support for freelancers, including a very helpful Q&A with more specific questions.
- [The Professional Freelancer](#) is a newsletter and community for anyone who wants to be happy and successful working for themselves. It's written by Anna Codrea-Rado, a journalist, podcaster and campaigner for freelance workers' rights, who ran one of our Self-Made events in 2019.
- [Pay it Forward](#) is a scheme that enables you to pre-sell your services to be delivered at a later date. Perfect to support cash flow for freelancers that aren't able to work right now.

Support for Entrepreneurs

- [Creative England](#) have created a guide for managing the continuity of your business during the coronavirus crisis, which includes tasks you can do right now to assess your business and links to financial support.
- [Creative Entrepreneurs](#) is a one stop shop, including events, resources & opportunities. They have compiled a list of key resources to help you navigate the challenges of COVID-19, which they'll continue to update.
- [Creative Industries Federation](#) is the membership body which represents the UK's creative industries. They have collated advice from across the sector to provide guidance, including specific support for businesses & the self-employed. They're also offering free membership for four months to freelancers/self-employed and microbusinesses/charities.
- [Prince's Trust](#) offers free courses, grants and mentoring opportunities to inspire young people to build their confidence and start a career. They have recently launched the Enterprise Relief Fund which offers grants, guidance & one-to-one support to 18 to 30-year olds across the UK who are self-employed and/or running their own business.

Keep Learning

Whether you're thinking of starting a business, or want to develop your professional skills, check out these FREE online programmes.

Keep Learning: Professional Development

- [Barclays Bank](#) have launched the 'Back to Business' programme – a FREE online toolkit designed to help entrepreneurs get back on their feet. Aimed at Small to Medium business, the self-paced programme lasts 15 hours and you have two months to complete it.

[Cherie Blair Foundation](#) supports female entrepreneurs through development programmes, mentoring, advocacy and research. On their website they have a series of FREE videos that cover a variety of business skills such as pitching, business planning & marketing.
- [No Bull Business School](#) does what it says on the tin- straight up courses on building a business. Alongside a range of online courses, they have a free video on 'How to convert your followers into customers'. Also, recommend following them on instagram (@nobullschool) for regular inspiring videos on their IGTV.

Keep Learning: Developing Leadership

As a freelancer or entrepreneur you are the CEO of your brand. This section provides resources to support you to lead change in the creative sector and beyond.

- [Clore](#) run leadership programmes specifically for working in the arts, culture and creative sectors. During lockdown they have launched 'Leading from a Distance', which is a series of videos from cultural leaders and facilitators sharing tips, tools and strategies for leading effectively amid the pandemic and beyond.

#ROUNDOURHOUSE



- [Freelance Queens](#) are a collective of freelance women working within the creative industry. They have created a resource on how to support people of colour, including questions to ask when working with an organisation and top tips to support mental well-being.
- [Transmission Roundhouse](#) have created a guide to start or continue your education on anti-racism, including information on how to access therapy and a list of creative resources.
- [THNK](#) are a social enterprise who run leadership programs to develop creative leaders. They have published a series of helpful articles with practical tips on how to develop your leadership skills in these fast-moving times.

Keep Learning: Staying Inspired and Engaged

Many of us feel detached from the creative community which makes it difficult to stay engaged, feel inspired and keep up to date with industry information. This set of resources includes newsletters, digital networking events & podcasts so that you can stay in the know with sector-wide updates and virtual happenings.

- [Artsadmin's E-digest](#) is a FREE weekly newsletter aimed at artists, featuring information submitted by a wide network of people on funding, commissions, platforms, workshops, resources, jobs, opportunities, studio space and more.
- [Creative Entrepreneurs](#) is a one stop shop, including events, resources & opportunities. They've taken their monthly networking social 'The Circuit' over to instagram (@creative_entr) during lockdown, you'll hear from a speaker and have a chance to ask questions.
- [Lecture in Progress](#) are a creative career resource. You can find a directory on their website which includes a list of schemes, opportunities and networks for BIPOC creatives, including jobs and creative funding; learning opportunities; networks and platforms and mentorship programmes.

- [The Vaizey View](#) is a FREE newsletter brought to you by the team of Ed Vaizey (former MP and Minister for Culture, Communications and Creative Industries). It covers government and creative industries updates, resources and opportunities.
- [Women Who](#) is a community for working women founded by writer Otegha Uwagba. Her Sunday Times bestselling career guide, "Little Black Book: A Toolkit for Working Women" is a must read. You can sign up to Women Who's weekly newsletter which is full of ideas to help you work better and a podcast In Good Company, hosted by Otegha, which is full of practical advice, fresh ideas, and interviews with smart, successful women.

Making it Work

Here are some ideas and information on how to maintain your health, happiness and hope as we work in uncertain times. This section includes suggestions on looking after your wellbeing, tips for creating productive routines at home and staying on top of it!

Working From Home

WATCH: [Our Top 5 Working From Home Tips](#)

Working from home can feel near impossible when you're in a small flat, share your space or simply aren't used to it. Creating a routine can provide a sense of control during a time of uncertainty, reduce time to panic or get into a negative mindset and start habits that will match your aspirations.

Here's some tips:

- The long term future can feel overwhelming, so try planning your next day each evening
- Include a morning routine, lunch breaks, time to move, time for fun and time to get outside
- Morning routines set you up for the rest of your day- try keeping your commute, but instead go for a walk, read a book or listen to a podcast (why not check out Transmission Roundhouse)
- Create new rituals and routines in the new time you have, never had time for a nice breakfast before? Now is the time to give yourself that.



Looking After Yourself

Remember that it's okay to feel freaked out about this. Your anxiety here is valid, and you're allowed to feel your feelings. **You're not alone.**

Recognise your anxiety when it's happening. How do you feel? What's happening? How is your anxiety functioning? It puts you back in control.

Give yourself at least one screen-free task per day, that will take you at least half an hour. You can double it up with your recommended 30 mins of moderate activity, or clean out your cupboards, or even just relax with a book.

Call your people! Chances are your friends and family have felt it too, and will understand. You can call them and just say 'I'm feeling really anxious, please can you help me take my mind off this' and start a conversation about TV shows.

Financial self-care. An essential part of our overall wellbeing is understanding how to manage our money and building a stronger relationship to our finances. To learn more about this and where to start, check out [Vest Pod](#), they provide supportive and practice advice on money and wellbeing.

Why not also follow Bola Sol, a financial wellbeing coach and speaker at our Cash Flow & Future Goals Self-Made event in 2019- you can find her on instagram at [@bola_sol](#)

You can find more support and guidance, including our Isolation Self-Help Kit, over at our [Info & Advice Base](#).