



Good Things You Can do for Free

In a world where everything seems to come with a price tag, it's refreshing to discover the amount of good things that are available for free. Whether you're looking to learn new skills, improve your health, or simply enjoy some outdoor activities, there are countless resources and experiences that don't cost a penny. Here are some wonderful things you can enjoy without spending any money.

Education and Learning

Training and Courses

There are many prestigious online services offering **free courses** through platforms like Coursera, Youtube and LinkedIn. These courses cover a wide range of subject and are available to anyone with an internet connection.

Public Libraries

Public libraries are have resources for building your knowledge and they have a sing along for children and I took my son there when he was baby. They provide access to books, audiobooks, magazines, and sometimes even movies and music. Many libraries also offer free workshops, lectures, and community events.

Entertainment and Leisure

Community Events

Many communities host **free events** such as concerts, festivals, and art exhibitions. These events are great experiences. My sons rugby club often offer free tickets to see rugby and many locations, the London Broncos and is great for meeting new people, and have fun without spending any money.

Nature and Parks

The great outdoors is one of the best free resources available. **Parks, hiking trails, and beaches** offer endless possibilities for recreation and relaxation. Enjoy a picnic, go for a hike, or simply unwind and enjoy the beauty of nature.

Health and Well-being

Exercise and Fitness

You don't need a gym membership to be more active. Many resources offer **free workout routines** and fitness classes online. Additionally, activities like running, cycling, and yoga can be practiced in your local park or even at home. My son and I tried Parkrun and my son does free tennis lessons. Check out the Ten Project and do inclusive lessons.

Meditation and Mindfulness

There are numerous apps and websites that offer mindfulness exercises. I often will listen to rain dropping or the sound of the sea on Youtube or in the evening been listening to BBC Sounds. These can help you manage stress, improve focus, and enhance your overall well-being.

Technology and Online Resources

Software and Apps

Open-source software and free apps can be invaluable for both personal and professional use. I use notes APP on my phone to store notes if I don't have a notebook available, the free fitness APPs on my phone to manage my steps each day and Pinterest which is a brilliant online platform for ideas on many different things.

Giving and Receiving

Volunteering Opportunities

Volunteering is a wonderful way to give back to your community and gain valuable experience. You can volunteer in hospitals, there is a garden centre in Morden and café where there are volunteers and the Old Moat in Epsom and great way to give back to the community.

Recycling and upcycling

In many supermarkets now they allow people to recycle, such as clothes, shoes and bags. I like to see if I have a hole in an item of clothing if it can be stitched up and if I need anything taken up I will ask my mum and so if you are know someone or can upcycling or mend something yourself then it can save you a lot of time and money.

In conclusion, the best things in life truly can be free, and exploring these resources can lead to a richer, more fulfilling life. Whether you're looking to learn, relax, or contribute to your community, there's a wealth of opportunities waiting to be discovered—without spending a penny.