



#### PODCASTS

- Happy Place by Fearne Cotton
- 2. <u>Dear Joan and Jericha (Julia Davis and Vicki Pepperdine)</u>
- 3. Bookclub
- 4. Getting Curious with Jonathan Van Ness
- 5. Incharge with Diane von Furstenberg

#### BOOKS

- Educated by Tara Westover
- 2. On Love by Alain de Botton
- 3. Show Them a Good Time by Nicole Flattery
- 4. Weather by Jenny Offill
- 5. <u>I've Been Thinking by Maria Shriver</u>

#### SPOTIFY PLAYLISTS

- 1. <u>Ludovico Einaudi</u> Calming and concentrating.
- 2. Nativ American Flute: Sleep Music For falling asleep.
- 3. Yoga & Meditation
- 4. Cooking & Drinking
- 5. Enjoy your coffee with Sunday Morning

#### TV SERIES

- 1. Fauda
  - 1.1 And if you like Fauda, check out <u>Parabellum</u>, a company <u>Entourage Projects</u> helped create.
- 2. The Sinner
- 3. The New Pope
- 4. Homecoming with Julia Roberts
- 5. Hunters with Al Pacino

- 1. World Central Kitchen Working across America to safely distribute individually packaged fresh meals in communities that need support, for children and families to pick up and take home, as well as delivered to seniors who cannot venture outside. WCK has also joined forces with initiatives across America to deliver fresh, hot meals to hospitals and clinics fighting on the frontlines.
- 2. <u>Major Food Group Employee Relief Fund</u> Is a New York-based restaurant group and 100% of proceeds will go directly towards supporting their teams who need immediate relief as they navigate this crisis.
- 3. Nest Nest is a non-profit organisation building a new hand worker economy to increase global workforce inclusivity, improve women's wellbeing beyond factories, and preserve important cultural traditions around the world.
- 4. <u>Rise Art</u> For every artwork ordered on Rise Art, they give an art kit to a children's hospital. The kits are designed for young patients, and it's theirs to use and keep.
- 5. <u>City Music Foundation</u> We are aware that coronavirus will be impacting artists and creative workers in a number of different ways. The City Music Foundation turns exceptional musical talent into professional success by equipping outstanding musicians with the tools, skills, experience and networks they need to build and sustain rewarding and profitable careers.



#### OUR TOP HOME PICKS



#### FOOD DELIVERIES

- 1. <u>Sakara Life</u> (USA) Organic meal delivery based on a whole-food, plant rich diet. Sakara Life is collaborating with skin goddess Barbara Sturm to create an anti-inflammatory programme designed to rejuvenate your complexion and enhance your health in just one week: <u>Sakara X Barbara Sturm</u>.
- 2. Violet (Los Angeles) Open for take out and delivery.
- 3. <u>Detox Kitchen</u> (London) Freshly prepared, delicious, healthy meal plans delivered to your door.
- 4. <u>Dishpatch</u> (London) Independent businesses delivering food in London.
- 5. Caviar (USA) Food delivery service.

## BABY FOOD DELIVERY SERVICES IN LONDON

- 1. Little Eats
- 2. Bellota Baby
- 3. Little Eco Eats
- 4. Ratatouie
- 5. Little Tummy

## COMPANIES DELIVERING TO YOUR HOME (IN THE UK)

- 1. <u>Pasta Evangelists</u> Fresh, artisan pasta kits delivered across the UK.
- 2. <u>The Cheese Geek</u> Hand-picked, top quality cheese delivered to your door.
- 3. <u>Bloombox Club</u> Make your home environment more comfortable with air-purifying plants, natural humidifiers and mood-boosting plants.

#### YOGA WORKOUTS

- 1. Annie Clarke
- 2. Yoga with Adriene
- 3. Hello Yoga
- 4. Barrecore
- 5. Asana Rebel

#### BODYWEIGHT WORKOUTS

- 1. Tracy Anderson
- 2. Lekfit
- 3. Freeletics
- 4. Sweat
- 5. Jo Manoukian's Dance Class

#### GYM STUDIOS OFFERING WORKOUTS LIVE ON INSTAGRAM

- 1. Fly Ldn Free yoga and barre classes.
- 2. Gymshark Free bodyweight workouts.
- 3. Barry's Bootcamp Free 30 minute online classes.
- 4. <u>Core Collection</u> 7 days of free digital classes.
- 5. Kobox Free at home boxing-based workouts.
- 6. Bonus: Chris Hemsworth's Centr App Is offering a free six week trial!





## OUR TOP 5 WAYS TO STAY ON TOP OF YOUR BEAUTY REGIME WHILE AT HOME

#### CLARINS SELF TANNER

Best bronzer for the face, if you feel a bit pale from not getting any sun.



## Declutter your makeup drawers: here is

THE ZOE REPORT'S TOP PICKS

for best beauty organisers.



ROOT COVER UP

We love the Rita Hazan salon in NYC, and her root cover up products are fantastic too!



#### TATA HARPER BLUSH

We love this product. An all natural, smooth and blendable cheek tint that you can use on lips too- perfect for zoom calls when you don't want to be totally barefaced!

#### YELLOW SUBMARINE NAIL LACQUER

Give your DIY nails a luxe pop of spring with toxic free Yellow Submarine from butter LONDON.





What is your Greatest Extravagance?

FM: A bowl of crispy basmati rice, while a beautiful lady reads me TS Elliot with a bottle of Chateau Ausone, 1985.

When and where were you happiest?

**FM:** With a large fire under the stars, holding a large wood stick and roasting a whole lamb for my children.

What is your most treasured Possesions?

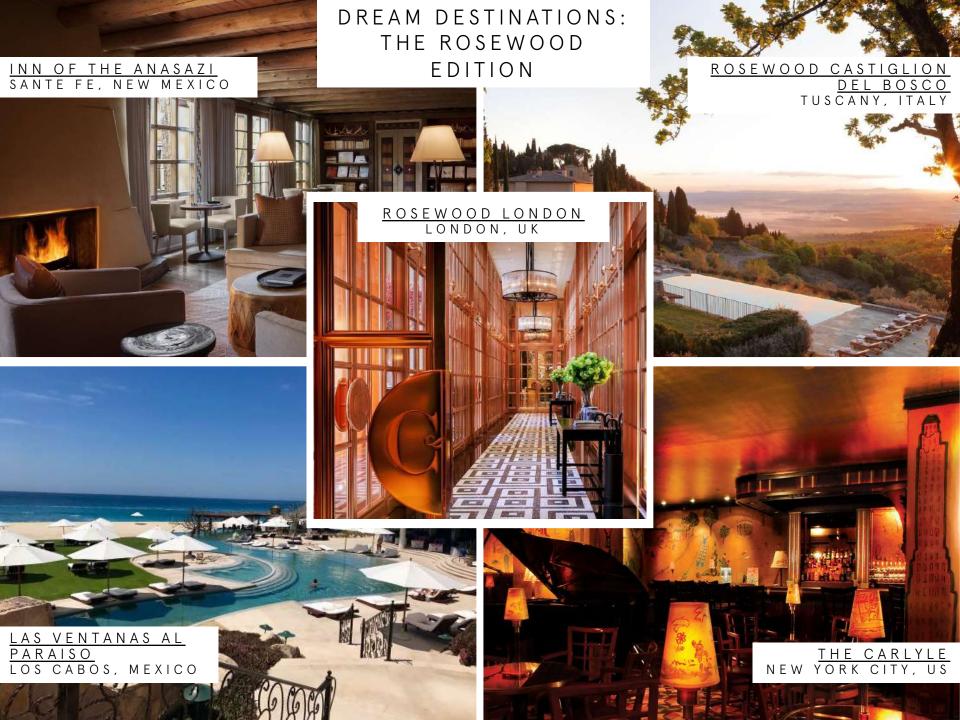
FM: My romance with life.

Who is your Fiction Hero?

FM: The Little Prince (Antoine de Saint-Exupéry).

What is your Motto?

FM: Be patient and silent.



#### OUR TOP 5 EASTER TABLE DÉCOR IDEAS





DECORATE WITH CANDY Chocolate eggs make a decorated table interesting and loved by everyone, like this abstract egg by <u>Edelweiss</u>.









USE GOLD DETAILS Gold accents bring a beautiful layer of richness and elevated living to an Easter brunch table setting.

#### FASTER RECIPES

- 1. <u>Braised Shoulder of Spring Lamb from Michel Roux Jr.</u>
- 2. <u>Kedgeree Risotto by Nigella</u>
- 3. Giada De Laurentiis' Best Easter Recipes
- 4. <u>Ina Garten's Comforting Easter Favourites From</u>
  Brunch to Dinner
- 5. Carrot Cake by Nathan Outlaw

#### EASTER DRINKS

- 1. <u>Town and Country Magazine</u> Whips up a batch of Easter-themed cocktails
- 2. Mini Egg Martini
- 3. Spiked Strawberry Lemonade
- 4. Kombucha Paloma
- 5. <u>Laurent-Perrier Cuvée Rosé</u>

#### KIDS EASTER DESSERT RECIPES

- 1. Keep kids busy with this DIY kit from <u>Biscuiteers</u>.
- 2. BBC is a treasure trove of fantastic recipes that always turn out great, <u>here are the Easter recipes for Kids</u>.
- 3. Krispy Easter Eggs
- 4. Organic Milk Chocolate Egg with Colouring Kit from Daylesford For little kitchen helpers.
- 5. <u>Carrot Patch Cupcakes</u> These cupcakes are bound to bring a big smile to your guests' faces —especially when they find out the carrot is frosting!





## LUXURY EASTER EGGS DELIVERED TO YOUR HOME

- 1. Paul A Young Stylish cosmic eggs and a more traditional selection of chocolatey bunnies and chicks, all made using the finest cocoa.
- 2. <u>Melt Luxury Notting Hill chocolatier delivers hand-</u> made Easter eggs that are fully free of plastic packaging.
- 3. <u>Liberty London</u> A range of Easter chocolates from London's most esteemed chocolatiers.
- 4. <u>Farhi</u> Decadent selection boxes which make Easter gifting and feasting easier.
- Coco Chocolatier The collection is enveloped in 'A
   Balancing Act' by talented designer Emer Tumilty
   and is a thoughtful Easter gift that wouldn't look out
   of place in an art gallery.
- 6. <u>MarieBelle NYC</u> A hidden Soho gem with a 20-year history of creating luxury chocolates. Try their gorgeous assortment of Large Chocolate Easter Eggs. Perfect for indulging!
- 7. <u>La Maison du Chocolat</u> For the chicest egg hunt.
- 8. <u>Edelweiss Chocolates</u> Edelweiss has been making handmade chocolates since 1942 in Beverly Hills. Try their hand-made White Chocolate Speckled Easter Egg with a surprise inside. A stunning centre piece for Easter.

#### PASSOVER RECIPES

- 1. <u>Martha Stewart's 12 Passover Entertaining Ideas for</u> the Whole Family
- 2. <u>Ina Garten's 5 Best Passover Recipes</u>
- 3. 30 New and Classic Passover Recipes
- 4. <u>Michael Solomonov's 5 Favourite Passover Recipes</u>
- 5. <u>66 Recipes Everyone Will Actually Want to Eat on</u> Passover
- 6. <u>Celebrity Passover Recipes</u>

#### SEDER TABLESCAPES

- 1. 15 Beautiful Tablescape Ideas for Your Seder Dinner
- 2. How to decorate your Passover Seder Table
- 3. This Jewish Holiday Requires Your Best-Dressed Table

#### PASSOVER 101

- 1. Passover 101
- 2. A brief history behind the 7 traditions of Passover
- 3. Celebrities celebrating Passover
- 4. Passover Quiz
- 5. Passover Crafts for Kids
- 6. <u>Last minute Passover Tips and Tricks</u>





#### EDUCATIONAL RESOURCES

- 1. <u>JK Educate</u> Offers Skype tutoring to students from Year 1 onwards, and can help with anyone looking to do 11+ revision, GCSEs and A-Levels, too.
- 2. <u>Brainly</u> This knowledge-sharing community online can be useful for parents who are stuck on a homework problem (and don't want to admit it to the kids). Get help from students and teachers, on everything from ratios to French, chemistry to SATs.
- 3. Outschool Offers a range of live, online classes for kids aged 3-18, from \$5 a class and easy to use on any device. Kids can do courses like a Hogwarts escape room experience or house elf kitchen training (translation: cooking), as well as vocabulary building using Greek roots and suffixes, coding, raising chickens and much, much more. Your kids will want to be learning all day...
- 4. Carol Vorderman's <u>The Maths Factor</u> is now free for children who need to brush up on their timetables or fractions.
- 5. This US company <u>Virtual School</u> has launched live daily classes for kids, as well as flashcards, parent guides and 1:1 help for anyone who needs it.
- 6. <u>Scholastic Learn at Home</u> A twenty-day plan with daily projects during school closures.

#### ARTY & FUN VIRTUAL HOME ACTIVITIES

- <u>Tate Kids</u> Free games and quizzes, art activities, and homework. The best art website for kids during Faster Break.
- 2. <u>San Diego Zoo Live Cams</u> With over 10 live cams, you can see various animals in action whenever you like, including giraffes, pandas, elephants, koalas, penguins and more.
- 3. <u>Space Mountain, Walt Disney World</u> Take the kids for a thrill ride or an immersive adventure with these awesome POV rollercoaster.
- 4. <u>All Kids Network</u> For free worksheets and printable crafts, activities, and mazes.
- 5. <u>CosmicKids Yoga</u> Great fun for younger children. Yoga through Story Telling.

#### KIDS CONTEST

#### Jessica McCormack Creative Club

#### Fancy winning diamonds?

Join #JMCreativeClub colouring competition and the chance to win a pair of diamond Gypsets. The rules are simple, get colouring, post a picture of you colouring together with the finished piece on your Instagram grid with the hashtag #JMCreativeClub and tag @jessica\_mccormack.

Jessica will be choosing the winner on Tuesday 14th April. Visit their <u>T&Cs</u> page for more information. To enter the contest, download this picture! Good Luck!



Every Thursday from 7pm.

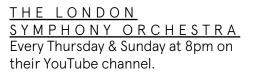
# National Theatre home

ROYAL OPERA HOUSE
YOUTUBE CHANNEL
Offering a free programme of curated online broadcasts, musical masterclasses and cultural insights.

VIRTUAL ART
EXHIBITIONS
& MUSIC CONCERTS



<u>DESERT</u> Coachella documentary premiering on 10<sup>th</sup> April.



THE CRAFTMANSHIP OF ALEXANDER MCQUEEN

British Fashion Council's online exhibition.



### HELPFUL INFORMATION FOR SMALL BUSINESSES & INDIVIDUALS

#### GOVERNMENT GUIDANCE

- 1. <u>U.K. Government Small Business Support</u> Official advice from the government for small businesses, freelancers and employees in the UK.
- 2. <u>U.S. Small Business Administration</u> A useful list of all resources and support available to businesses in the US.

#### PERSONAL FINANCE

- 3. <u>Support for your business during Coronavirus</u>
  Business experts have created an official page for advice and support for businesses in the UK.
- 4. <u>The UK Federation of Small Businesses</u> The FSB have compiled all the relevant announcements and legislation that will impact you as an entrepreneur.
- 5. <u>Coronavirus Resources for Artists, Creative Workers & Organisations</u> Emergency relief fund springboard for artists who have had work cancelled over the coming weeks. US Artists, make sure you put in an application!

#### ADVICE & GRANTS

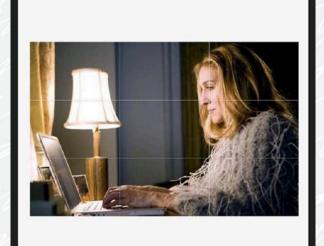
6. <u>Money advice from Sapling</u> On everything from loans to tax, Sapling is a treasure-trove of no-nonsense money advice for small businesses and freelancers.

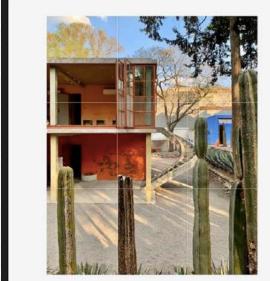
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## ENTOURAGE

If you would like any further information on Entourage Collection, please do not hesitate to contact us:

+44 (0)20 7731 1599

info@entouragec.com

@EntourageCollection

www.entourage-collection.com

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