

Umbrella

— MAGAZINE 2019 —



— A new FREE lifestyle magazine brought to you by Barnsley College —

**FINDING THAT
DREAM JOB**

**THEATRE FOR
THE FAMILY**

**THE ULTIMATE
GYM PLAYLIST**

**HIDDEN GEMS
OF BARNSLEY**

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Welcome



Hello and welcome to the first edition of our new lifestyle magazine, Umbrella. Here at Barnsley College we wanted to put together something a bit different that was new and refreshing for readers but drew upon the knowledge, skills and expertise of our staff and students.

There's a bit of something for everyone in here so whether you want to find out more about social media trends for your business, get gardening tips from our Horticulture expert at Wigfield Farm or even learn how to get the perfect eyebrow with our step-by-step guide, we're sure there'll be something to keep you and the kids informed and entertained.

Sit back and enjoy....oooh and don't forget to look out for the little umbrellas (see below) that are lurking in here somewhere for your chance to win £25 of High Street vouchers Log on to www.barnsley.ac.uk/umbrella to enter.

Sally

Sally Steadman **Editor**

COMPETITION
Where's the brolly?

This umbrella doesn't count!

Look for our five mini umbrellas hiding on various pages for your chance to win £25 of High Street vouchers.

Visit www.barnsley.ac.uk/umbrella to enter. Tell us the page numbers and exactly where they are. Closing date 31 July 2019.

One winner will be drawn at random from all correct entries.

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FINDING THAT DREAM JOB



Whether you're a recent graduate or looking for a career change, finding a new job can be a challenging and daunting experience. But with preparation you should be able to make the process less stressful.

Here's our top tips to help you find your perfect role:

Get clear on what you want

Before starting your job search, take the time to reflect on your strengths and weaknesses and the type of work you enjoy doing. Think about what job you want. Identify what's most important to you: title, money, promotion, the work itself or location, as this will help you identify the type of company you want to work for.

Identify your skill set

Most people start their job search by looking at job titles and finding a role that appeals to them. However, if you identify your strengths and the expertise you possess then look at the position's required skills instead. By doing this, you will find jobs that match your talents and maybe open doors to more job opportunities.

Get organised

Before you start applying for jobs, take the time to develop a system that helps you to keep track of the roles you've applied for and where you are in the process. A spreadsheet works well keep a track of the jobs you've applied for, if you've been invited to interview etc.

Location, location, location

When searching for jobs, it is important to consider the location of it. Before you apply for a job, ask yourself: Do I want to commute every day? How will I get to work? etc. Also, think about where the recruiting employer may advertise for staff and use this information to shape your job search.

Time your job hunt

Finding and securing the right job can take months so allow yourself ample time to prepare and search for a job that you want. Good months to search for new roles are January, March, October and November.

Thought about working for Barnsley College? We offer great benefits and rewarding careers. See www.barnsley.ac.uk/vacancies for our latest vacancies.

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BARNLSLEY'S VOICE IN THE YOUTH PARLIAMENT



Dominic Jones



Brandon Green

The UK Youth Parliament enables young people to use their energy and passion to change the world for the better.

The UK Youth Parliament provides opportunities for 11-18 year olds to use their elected voice to bring about social change through meaningful representation and campaigning.

Dominic Jones and Brandon Green are members of the Youth Parliament and current Barnsley Sixth Form College students.

They represent the young people of Barnsley at a local, regional and national level. Promoting issues that are important to their constituents and meeting with decision makers to try to make change. They work to campaign on the issues that are voted on locally, regionally and nationally in Make Your Mark, the UK's largest youth consultation.

It's certainly been a busy year for Dominic and Brandon. Here's just a glimpse of what they've been campaigning for:

Transport:

- Formation of a Transport Charter that sets out the rights and responsibilities of those involved in the public transport experience.
- The introduction of journey assistance cards that help those with invisible disabilities.

- Shaping a plan to increase the take up of 16-18 year olds using public transport, ensuring providers offer value tickets for young people.
- Attended regular meetings with regional transport leaders and decision makers to discuss current issues.

Work Experience:

- Creation of an 'Employer's Promise' that sets out what local businesses say they look for in employees and how they are going to help young people gain these skills.
- Collaboration with regional and national organisations who co-ordinate policy and strategies.
- National investigation by the Youth Select Committee that looked at barriers to gaining placements and ways these can be tackled.

Curriculum for Life:

- Relationship and sex education will be compulsory from September 2019 as a result of the Children and Social Work Bill. The Government plans to consult on giving the same status to personal, social, health and economic education.

Votes at 16:

- Seeking support from local MPs for a Bill going through Parliament that would lower the voting age to 16 for elections and referendums, alongside introducing political education in schools.

Interested? You can study **A Level Politics** at Barnsley Sixth Form College.
www.barnsleysixthformcollege.co.uk



QUIZ

Are you a politics whizz?

Questions taken from www.ukparliamentweek.org

- 1. How many parts make up the UK Parliament?**
 - a) 2
 - b) 3
 - c) 4
- 2. Who was the first female speaker of the House of Commons?**
 - a) Margaret Thatcher
 - b) Theresa May
 - c) Betty Boothroyd
- 3. In what year were proceedings of the House of Lords first televised?**
 - a) 1985
 - b) 1987
 - c) 1990
- 4. What is the name of the seat on which the Lord Speaker sits?**
 - a) The Woolpack
 - b) The Woolback
 - c) The Woolsack
- 5. How many constituencies are there in the UK?**
 - a) 450
 - b) 550
 - c) 650
- 6. What do the letters PMQ stand for?**
 - a) Prime Minister's Quota
 - b) Prime Minister's Questions
 - c) Prime Minister's Queries
- 7. How many signatures are needed before the government responds to an e-petition on the gov.uk website?**
 - a) 10,000
 - b) 50,000
 - c) 100,000
- 8. What deposit is required if you wish to stand as an MP?**
 - a) £500
 - b) £1,000
 - c) £5,000

SOCIAL MEDIA TRENDS FOR YOUR BUSINESS

Written by Barnsley College Creative Media student and trainee Digital Marketing Executive at Bigfoot Digital Emilyjo Haigh

Whether you're a small e-commerce business, wannabe instagrammer or large scale non-profit, social media trends are essential for any business progression.

Being seen online isn't all about paying for adverts on Google, or having amazing SEO (Search Engine Optimisation) tactics. Social media plays a key role in boosting brand awareness. It can be hard to get noticed as a small business, especially in an up-and-coming town like Barnsley. Getting that extra leverage over other competitors in your industry can be a make or break situation - which is why starting up social media could be essential in your five year plan.

For those newbies to the online world, social media can be a hard concept to grasp. Even with some beginner knowledge, it can be difficult to get the results you want. In this article we are going to talk about my top five social media trends that are bound to boost your following and, most importantly, create conversations and generate leads.

Facebook Audience Tools

This is as much a trend as it is a social media essential. Targeting specific audiences online is the only way you will generate website traffic or gain a larger following. Facebook has been a growing platform since 2004, and as more and more businesses and influencers seek a following, the site has made it easier to track your progress.



In business mode, there are now several options to create traction on your page. With some of these options being the usual, such as 'Feeling/Activity', 'Check In' and 'Photo/Video', there are new, business targeted options that will pinpoint your audience the way you need to. Specifically, the 'Advertise Your Business' tool is handy in this.

You would think that targeting an audience on Facebook would be difficult, yet it is now incredibly easy to create paid adverts that are unique and specific. There is no longer any need to have any professional knowledge, as the simple question and answer technique allows Facebook to do all the work, so you can sit back and relax. This is an essential social media trend you should not be missing out on.



Facebook Live

Another new social media trend is the 'Facebook Live' feature, an up-coming way to directly interact with your followers. Facebook Live is essentially live video sharing, which allows you to break the fourth wall and show 'behind the scenes' content that will up the trust rating on your brand. Whether you use it for question and answer sessions, to showcase products, promote events or do product demonstrations, it's a great way to reach out in a friendly, informal manner.

Know your hashtags from your hash browns with our creative and digital **Media** courses.

www.barnsley.ac.uk/media



Instagram Stories

Instagram is slowly overtaking the popularity of Facebook, which means the photo-sharing app is well and truly an essential when it comes to social media trends for your business. With the feature of 'Instagram Stories' there is no reason to not delve into (or at least try) this technique to bring in followers. Instagram Stories provides brands with an opportunity to reach a higher number of people and to encourage and improve traffic or sales. You can tag or directly link to your Instagram page, and with the new 'Swipe Up to Buy' feature, e-commerce businesses and wannabe influencers can promote easier.

Pinterest Pins

Pinterest is known as something not for the majority, usually something that brands and influencers decide to skip over. However, this really is a waste of a great opportunity. Although it can be considerably more difficult to get the hang of this social media trend, building a following can be easy if you put in the time and dedication it deserves. Pinning things regularly and creating boards that may be of interest to your audience will give them further insight to your brand message, and ultimately, boost your trust rating when it comes to potential customers. Being active on all platforms shows just how interactive you are, and persuades customers to get in touch.

Another new feature of Pinterest is buyable pins, which allow you to attach a price and link to buy on your pins. This can be an easy way to get direct website traffic, and with imagery attached, it's something worth trying out.

Snapchat Stories

Snapchat is one of the most popular applications for teenagers and young adults, the easy photo sharing app is commonly used for sharing everyday life moments to friends and family. However, from a business point of view, Snapchat can be a handy feature to spread product or event information. Snapchat stories have several features, similar to Instagram stories, that allow you to get customers to interact with your business. Even for influencers it can be a handy tool, showing behind the scenes snippets of your lifestyle will make you a more relatable figure for your followers. With the 'Our Story' feature, you can even reach out to potential customers in a specific location, this is particularly beneficial to local businesses.

These five features are almost essential to having a strong social media following, no matter what your aim is. However, if you're still worried about the world of social media, remembering these top tips will ensure a steady growth on all your social media platforms:

Keep engaged: Being inactive on social media will stop customers from viewing your profiles. Updating using the above social media streams will show the online world that you are there, and ensure you get noticed.

Competitions: Everyone loves a good competition or giveaway, and don't let social media stop you. Promote, promote, promote!

Stay determined: Social media success doesn't come overnight, stay focused and don't give up!



A YEAR IN THE GARDEN

JOBS FOR EACH SEASON



Head of Wigfield Farm and Horticulture expert at Barnsley College, Peter Wood, talks us through the typical jobs in a gardener's year.

Spring

One of the busiest times for a gardener, the warmer weather brings the garden to life with the welcome arrival of colour as spring bulbs flower.

- Dig over beds and borders adding fertiliser to areas for planting or sowing.
- Weed and hoe under hedges as well as beds and borders.
- Provide ventilation for plants in greenhouses, cloches and cold frames (temperatures can rise quickly during day but nights can still be frosty).
- Water plants in dry weather.
- Sow/plant/divide flowers and vegetables.
- Mow the lawn more frequently and possibly apply a spring feed (there's still time to sow a lawn or lay turf).
- Attend to container grown plants and hanging baskets, ensuring they are protected until the danger of frosts has gone.

Summer

Long warm days, light evenings and an abundance of colour means the summer provides more time to enjoy the garden and generally being outdoors. Many plants and flowers will be at their best. Make sure to sit back and relax in between those gardening jobs!

- Continue watering and weeding, especially around the vegetable garden, flower beds and containers.
- Protect against pests, insects and birds.
- Harvest salad crops, fruit, vegetables and herbs.
- Place hardier house plants outside to encourage strong growth and improve flowering.
- Ask a friend/neighbour/family member to help out watering seedlings, young plants, hanging baskets or tubs if you go away on holiday.
- Enjoy freshly cut flowers from the garden for your own displays.
- Start planting spring bulbs ready for a good spring display.

Autumn

Generally a time to wind down in the garden as it takes on its autumnal glow of reds, oranges and browns. Days are shortening and it can be a real mix of sunshine and rain. Time to start planning for next year's garden!

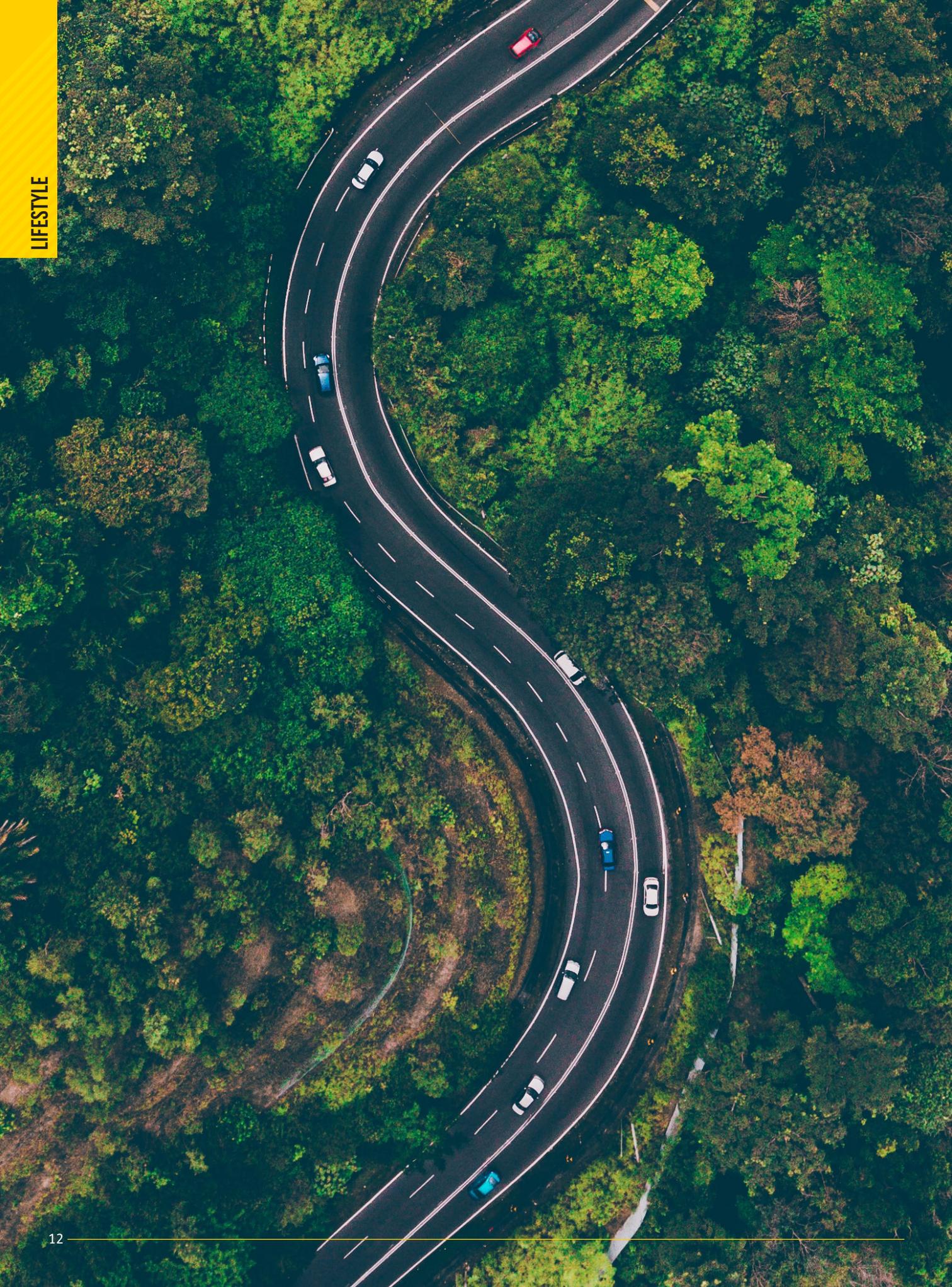
- General tidying up and plenty of sweeping leaves (possibly make a leaf mould compost heap).
- Stretch nets over garden ponds to prevent leaves falling in.
- Clean out the greenhouse and insulate with special material that lets in light but not the cold.
- Provide frost protection to tender plants outdoors by placing undercover or in cloches.
- Apply slow-acting fertiliser, bonemeal and well-rotted organic mulch to provide nutrients and act as winter protection.

Winter

A quiet time in the garden with shorter, colder days and frosty nights, most plants are dormant at this time of year and require very little attention. Time to sit by a cosy fireside and enjoy looking through seed catalogues making plans for the new season!

- Check gutters and drains for fallen leaves.
- Dig over beds if ground allows and work in well-rotted manure, garden compost.
- Check that trees and shrubs haven't been lifted by frost. Re-firm by pressing down surrounding soil with feet, stake if necessary.
- Clear ice from ponds/bird baths breaking with care or using boiling water to melt.
- Plan next season's flower and vegetable gardens.

Whatever the size of your outdoor space, enjoy spending time tending to it but also take time to sit back, relax and take in the wonders of Mother Nature.



TOP 10 ESSENTIAL CAR CHECKS BEFORE A LONG JOURNEY



Are you planning a long car journey?

Darren Speight, Engineering tutor and Motorsport expert, talks us through his top 10 checks to ensure your car is in good condition and running well.

“Spending some time preparing your car beforehand can help to avoid most problems that you could encounter along the way and will ensure you reach your destination relaxed and on-time.”

1. **Anti-freeze.** Check the coolant level and top-up if required. Coolant protects your engine from extreme cold weather in the winter and keeps the engine cool during the summer.
2. **Tyres.** Check your tyres and tyre pressure. Ensure the tread on your tyres meet the legal requirements and ensure that they are in good condition with no cracks or bumps in them. Under-inflated tyres can lead to poor road performance and tyre blow outs so make sure there is enough air in them according to the vehicle load.
3. **Spare tyre.** There is nothing worse than having to change your tyre only to find that your spare is flat, damaged or even worse...it's missing! Ensure that your spare tyre is roadworthy and make sure that you have a jack and wheel brace that fit your car.
4. **Oil.** Without oil your engine could seize up very quickly.
5. **Top up your screenwash.**
6. **Lights.** Make sure all your lights are working properly including brakes, indicators, headlights, fog, full beam and internal lights.
7. **Windscreen wiper blades.** Wipers are a must to see the road properly so replace them if necessary.
8. **Fan belt.** Check your belt for cracks and shiny spots. If you see any then it will need replacing. Any squealing sounds coming from the engine will more than likely mean the belt is worn loose or damaged.
9. **Leaks.** Park your car on a clean patch of road and check it underneath to ensure there aren't any leaks. Even a small leak could lead to dangerously low fluid levels on a long journey.
10. **Kits.** Take a small tool kit containing essentials such as screwdrivers, wrenches etc. They may come in handy if you break down. A first aid kit may also come in useful. It is also important to take spare blankets/coats, snacks and water so that you can keep warm and hydrated if you unexpectedly break down.

ARE YOU A PHONE ADDICT?

Come on, be honest. Are you one of those people who weaves down a crowded street, forcing others to swerve out of your way as your eyes are glued to your mobile?

Do you feel twitchy and on edge the moment your mobile is out of reach?

If you've answered yes to these questions, you could well be experiencing nomophobia - a fear of being without a phone. Researchers at Iowa State University have devised a questionnaire which can be used to check and score your level of dependence on your smartphone.

To take the test, respond to the following statements on a scale of one (strongly disagree) to seven (strongly agree) and add up your score using the scoring system below the statements.

If I had my smartphone with me:

1. I would feel uncomfortable without constant access to information through my smartphone.
2. I would be annoyed if I could not look information up on my smartphone when I wanted to do so.
3. If I were to run out of credit or hit my monthly data limit, I would panic.
4. If I could not use my smartphone, I would be afraid of getting stranded somewhere.
5. If I could not check my smartphone for a while, I would feel a desire to check it.

If I did not have my smartphone with me:

1. I would feel anxious because I could not instantly communicate with my family and/or friends.
2. I would be worried because my family and/or friends could not reach me.
3. I would be nervous because I would be disconnected from my online identity.
4. I would be uncomfortable because I could not stay up-to-date with social media and online networks.
5. I would feel anxious because I could not check my email messages.

Tally up your score and check how strong your nomophobia is using the scores guide below:

- 10 or less: _____ Absent
- 11 to 30: _____ Mild
- 31 to 50: _____ Moderate
- 51 to 70: _____ Severe

**Are you surprised by your result?
Maybe a digital detox is in order!**



SHOULD YOU DO A DIGITAL DETOX?



A digital detox is all about ‘switching off’ from the digital devices that have become such a big part of our daily lives, in favour of social interaction in the physical world and improved physical and mental health.

Technology has brought huge improvements to our lives, yet spending too much time in front of a screen or on social media has been shown to have many negative side effects.

What is a full digital detox?

This involves giving up the use of all digital devices completely for a period of time, such as a holiday or even a specialist retreat centre. Lee Bell, a health, tech and fitness journalist for Forbes Magazine, argues that the best way to cut the habit is a ‘complete break from digital life.’

He says: “Five days is also a good amount of time to do a digital detox for, as you won’t feel excluded from your normal life for too long, but it’s also long enough for you to hit that all important ‘reset button’. Just switch off your phone, leave your laptop and tablet behind and go experience the physical world at its finest.”

Do you really need to give up completely?

If a completely digital detox just isn’t practical for you, that’s absolutely fine. Here are a few quick and easy tips to help reduce your screen time.

- Don’t eat in front of a screen.
- Resist checking your work emails at home.
- Try banning screens from the bedroom.
- Swap online conversations for real life ones.
- Be aware of how often you open up your smartphone simply because you are bored.
- Use digital wellness features to limit your app usage.
- Turn off your push notifications.

You may not need to do anything as extreme as completely giving up technology to reap the benefits – these lifestyle adjustments you can make a huge difference, and help make your relationship with digital devices a healthier one.

Travel Insurance

the 'need to know' essentials

Holidaymakers can spend a lot of time and effort planning the perfect getaway, but some still overlook the importance of getting travel insurance. The cost of insurance is generally based on three factors: age, trip cost and duration of travel.

There are many different reasons why good travel insurance is a 'must have'. Here are some of them!

Medical emergencies

Most travel insurance policies provide cover towards the costs of your emergency medical care and related costs. Medical costs can easily climb into thousands of pounds, so protective insurance coverage is absolutely essential not just for health reasons.

Loss of baggage and personal belongings

Travel insurance covers your baggage if it is lost, stolen, damaged or destroyed. Most insurance providers cover items such as cameras, laptops and jewellery. There is

usually a financial limit on what items are covered but it does mean you'll receive some compensation for lost or stolen items. Also if you lose your passport you will receive a replacement in a timely manner.

Trip cancellation or disruption

You're covered for any non-refundable travel costs if your holiday is cancelled or seriously delayed due to circumstances out of your control such as sickness, injuries, the airline going out of business or natural disasters.

Personal liability

Personal liability cover is an important part of travel insurance. It covers you in case you face legal action, which might arise should you accidentally injure someone else or damage their property while you're abroad. All policies vary in terms of the exact elements and levels of cover they offer, so it's important to make sure you read all the fine print and make certain that the insurance policy you are taking out covers everything you want it to.



Anyone for a Sobremesa?

We all know the hurried feeling that comes from eating on the run. Every weekday lunchtime Barnsley town centre is awash with scurrying workers clutching a sandwich as they jog back to the office or anxiously checking their watch while waiting in a café queue.

Wouldn't it be nice to have a leisurely meal and, afterwards, sit, chat and laugh with friends and colleagues while allowing

your feast to settle? Indeed, it would be even more pleasant if this happened so often that a specific word was needed to describe that post-dining relaxation period. Perhaps it is a reflection on the hectic nature of British life that no such word exists in the English language.

However, the Spanish language does have such a word: **Sobremesa!** The Sobremesa is a Spanish tradition and it sounds a fine one to us. Fancy giving it a try soon? We think you should! Another coffee anyone?!

Holiday Review



Barcelona

The holiday for everyone!
By Davina Macfarlane

Whether you're planning a city break for two days or two weeks, Barcelona in Spain is where you'll want to be heading. Thanks to its great location, Barcelona is perfect if you're after a beach holiday and still want all of the modern amenities that come with a large city.

Barcelona is full of museums, galleries and cultural attractions, with the most famous including Gaudi's Sagrada Familia Church, the Picasso Museum, the Palau Reial de Pedralbes and the Barcelona City History Museum. Sports fans will want to visit the excellent FC Barcelona Tour, which allows visitors to explore the famous Nou Camp stadium. There really is something for everyone!

Your holiday checklist

Love it or loathe it, packing for your holiday has to be done, here are our top 10 holiday essentials:

1. Passport
2. Tickets
3. Travel insurance
4. European Health Insurance Card (EHIC)
5. Travel adapters and electronic chargers
6. First aid kit – including personal prescription medication
7. Sensible clothing
8. Travel money
9. Toiletries
10. Finally, don't forget your sense of humour, patience and some common sense!

Expand your horizons with one of our **Travel and Tourism** courses.

www.barnsley.ac.uk/tandt

STAY SAFE IN CROWDS

Do you sometimes feel nervous in a busy or crowded place?

Our very own Public Services tutor Laura Wood talks us through some really useful information that we all should know.

Large groups of people will always attract a certain amount of risk. The key to enjoying any event in a crowded venue will depend almost entirely on your ability to control personal panic, assess the situation and take immediate action.

The advice here is not to avoid crowds. Rather, be sure to follow these tips to keep yourself and your loved ones safe and healthy while you're out living life to the fullest:

Maintain your awareness

The first rule of thumb in large crowds is to be aware of your surroundings. Take your time and look into the parking setup, entrances and exits and traffic around the area. It's a good idea to take a photograph of everyone together, this way, you have a visual record of what everyone has on and any distinguishing features if someone should get lost.

Identify exits

Identify all possible exits. Be sure to find the exits that are closest to where you will be standing, sitting or waiting. Also look for potential other ways out such as windows, in case you cannot get to an exit.

If an incident occurs grab your family members

If you are out with family or friends, the first thing you should do is grip the hands or lock elbows with all of the people who are with you. Reassure the people you are with that you have strength in numbers and that you will be fine if you stick together.

Protect your valuables

Criminals are known to operate amidst large crowds. To avoid being targeted by pickpockets, you should carry only essential items packed inside zipped pockets or small backpacks that would be difficult for others to reach inside.

By remembering some important safety tips before you go, you can minimise your chance of getting hurt in a crowded event. When in doubt, use caution and trust your instincts.

WHAT'S HOT/TRENDING? IT'S IN THEIR JEANS

Written by Barnsley College Digital Media student Jaye Lycett

From the mines, to the rebellion, to fashion, jeans have been a staple product in people's lives since their invention in 1873. But how have they changed? Who is wearing them now? And how can you get the look for less?

Although they were first designed as work clothes for miners and cowboys, jeans have come a long way since the 1800s, becoming an important part of women's rebellion against dressing modestly and being confined to skirts and dresses.

Now that jeans have become common in Western wardrobes across Europe and USA, styling them properly has become an essential part of fashion. Because of this, several big name brands have taken the trend as an opportunity to ridiculously overprice their products. It's difficult to know if you're actually paying for quality. Here we round up some of the best jeans around, with a student-friendly price tag.



1.

As demonstrated in the photo, the 80s/90s trend of baggy, high-waisted, loose fitting mom jeans made a big comeback in 2018, usually paired with a woolly jumper or striped shirt. In Urban Outfitters, a pair of mom jeans usually averages between £40 and £60, whereas this pair as modelled by me cost a mere £12 from Primark. Bargain? Bargain!



2.

Another trend to make a big comeback in recent months is camouflage. Camouflage shirts, camouflage jackets, and – you guessed it – camouflage jeans. On websites such as Boohoo or Forever21, a pair of camouflage jeans would cost you between £22 and £25...but after a short search on Amazon, we found this pair for a smashing £10 (not including postage).



3.

Last but definitely not least, something that's been very fashion forward since early 2017 is embroidery. The trend mostly seems centred around embroidering flowers onto every garment possible (I've even seen embroidered bum bags knocking about since festival season), which I am LIVING for. As demonstrated, Millie is modelling her pink floral embroidered jeans, which also follow the trend we see everywhere these days - ripped jeans. From Quiz, these jeans cost £15; another purchase that won't burn a hole in your purse or break the bank.

Special thanks to the wonderful models who agreed to take part and Amelia Bentley for her photography. Happy shopping!

Are you a budding Vivienne Westwood? Check out our **Fashion** courses.
www.barnsley.ac.uk/art



BRING A LITTLE SCANDI HYGGE INTO YOUR HOME

Written by Barnsley College Digital Media student Georgina Weston

Pronounced ‘hoo-ga’ or ‘hue-gah’, the word is becoming increasingly recognisable as the Danish way of living.

There is no literal translation, but hygge is frequently described as ‘cosiness’ or ‘togetherness’ in English. Largely defined as more of a feeling or mood rather than a specific word, the concept can be interpreted as a mental state of cosiness.

Scandinavian interior design uses a blend of textures, contrasts, and soft hues to make sleek, modern furniture feel warm and inviting. By embracing the hygge philosophy, Danes have understood how to showcase the best of Scandinavian modern design while still layering a space to feel cosy. Follow our top tips below to bring hygge into your home.

Get geometric

Combined geometric and symmetrical shaping is the basic essence of this trend and it can be included in anything from wallpaper to the design of furniture, furnishings and accessories.

Monochrome your palette

Most colour schemes used within this style are extremely basic; normally a monochromatic scheme as this is extremely simple to coordinate with any room. Blacks, whites and greys are the norm for this dramatic style. Yes we know this doesn't sound cosy, but by using these colours as your base any feature colour can be

added in the form of furnishings, decorations and quilts to liven up a room.

Use wood to bring the outside in

Scandinavian design highly favours wood or natural coloured items (excluding wood with a rosy undertone) to define balance within a space and characterise its features.

Invest in candles

Whether scented or unscented, candlelight transforms the clean cut style of Scandinavian interiors, with a simple lit candle seen as one of the most fundamental hygge moments to achieve.

Collectively all of the above are the simplest ways to maximise the hygge sensation at home.

Of course there is no need to wholly redecorate or refurnish a room, instead you can find many Scandinavian style accessories at affordable prices from well-known high street retailers.

Within the town centre, Primark has one of the best seasonal and affordable room collections which add the ultimate Scandinavian touch.

On its website, and in store, Primark offers an array of different items from candles, to cushions, to throws. All of these are ideal for those needed feature colours and can be picked up for under £10. Primark's home collection is highly inspired by the Scandinavian design trend and this can be seen in many of its products.

Other retailers also relish in a Scandinavian design when it comes to home decoration. Visit IKEA, Dunelm and even ASDA for more hygge happy accessories.

Famous People from Barnsley

Our town has produced many successful people, not all them well-known...but can you identify the following famous people from Barnsley?

1. Born in Darfield this poet, journalist and broadcaster is known as 'The Bard of Barnsley'.
2. A leading landscape watercolourist, this artist was raised in Barnsley and opened his first gallery here in 1963.
3. An expert on Cleopatra, this leading Egyptologist was educated at Barnsley College.
4. This missionary spent 51 years in China during the nineteenth century.
5. The presenter of BBC Radio 4's Woman's Hour, this journalist and broadcaster was awarded a DBE in the 2011 Birthday Honours for services to broadcasting.
6. This football manager was the first Englishman to put a national team into the Final of a World Cup. The country was Sweden.
7. This bald headed actor was born in Sheffield, but grew up in Barnsley. He worked as a teacher before turning to acting. His first acting job was as the sports teacher Mr Sugden in Kes.
8. Described as a superstar of the British acoustic music scene this singer is one of only a handful of folk singers to have been nominated for the Mercury Prize.
9. This author of the award-winning novel *Chocolat* had parents who were teachers of French at Barnsley Girls' High School.
10. Born in 1748 this inventor and locksmith has given his name to a popular pub in Barnsley town centre.

Barnsley Sixth Form College



Construction Centre (CUBE)



Old Mill Lane campus



THE CHANGING FACE OF BARNLSLEY

Barnsley town centre is undergoing exciting major redevelopment as the The Glassworks takes shape and it's fair to say that the buildings of Barnsley as we know it today are a far cry from those of yesteryear.

The Barnsley College campuses situated in and around the town centre have played a major role in redesigning the landscape of the town. Over the last 10 years, we've been no stranger to construction traffic, cranes, trucks and diggers with older buildings being replaced with striking new structures providing Barnsley with state-of-the-art, high quality education facilities.

Barnsley College is proud to offer its students outstanding teaching in outstanding buildings.

DID YOU KNOW?

Construction is a growing industry and is expected to continue to grow over the next five years. The current skills shortage within the sector means that employers are crying out for skilled workers to help meet the demands of the industry.

• In the next five years, over 230,000 construction jobs are expected to be created.*

• By 2022 employment in construction will reach 2.77 million*

• The Construction sector is expanding locally and £1.4 billion of new infrastructure projects are planned for the Yorkshire and Humber region.**

* Go Construct ** Careers Yorkshire and Humber

Hidden Gems of Barnsley



If we take time to look up as we're walking around Barnsley's town centre, a world of architectural beauty awaits!

All these features can be found on buildings around the town centre...can you spot where?

1.



2.



3.



4.



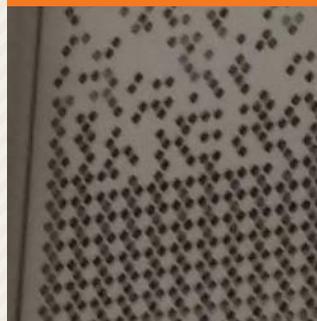
5.



6.



7.



8.



Villages of Barnsley

WORDSEARCH

N	O	T	R	A	D	O	X	S	P	R	I	N	G	V
O	H	W	H	T	R	O	W	D	O	D	J	N	H	S
N	M	W	O	M	B	W	E	L	L	V	O	U	G	M
L	A	Q	C	Y	Y	E	L	S	R	E	H	T	A	O
S	D	K	T	J	C	F	H	F	U	Z	J	G	Y	N
I	L	L	E	W	E	L	P	P	A	M	R	K	A	K
L	E	X	B	X	B	N	O	T	S	Y	O	R	R	B
K	I	X	V	O	B	F	V	G	J	X	A	W	D	R
S	F	N	L	B	I	R	D	W	E	L	L	V	N	E
T	R	W	I	L	T	H	O	R	P	E	F	C	E	T
O	A	F	V	K	F	T	W	U	J	S	Y	W	K	T
N	D	Z	K	Z	P	A	Q	G	G	U	Y	D	D	O
E	O	J	U	K	X	G	E	V	A	H	M	D	G	N
P	H	G	U	O	R	B	S	R	O	W	O	P	L	Z
R	I	R	X	U	L	D	Q	C	A	R	L	T	O	N

- ATHERSLEY
- BIRDWELL
- CARLTON
- DARFIELD
- DARTON
- DODWORTH
- JUMP
- KENDRAY
- KEXBROUGH
- MAPPLEWELL
- MONKBRETTON
- OXSPRING
- ROYSTON
- SILKSTONE
- WILTHORPE
- WOMBWELL
- WORSBROUGH

Page 7: Are you a politics whizz? 1. b) 3. The Lords, the Commons and the Monarch 2. c) Betty Boothroyd 3. a) 1985; Regular TV coverage of the House of Commons did not begin until 1990. 4. c) The Woodcock 5. c) 650 at the time of publishing. 6. b) Prime Minister's Questions. 7. c) After 10,000 signatures, petitions get a response from the government. 8. a) 500.

Page 22: Famous people from Barnsley: 1. Ian McMillan 2. Ashley Jackson

Page 32: Storytime quiz: 1. Snow White. 2. Pinocchio. 3. Cinderella. 4. Aliens - from Aliens Love Underpants. 5. Gretel. 6. Little Red Riding Hood. 7. The Gruffalo. 8. A crocodile. 9. Mowgli. 10. Peter Rabbit.

Page 38: Can you crack the code: 9861

3. Joann Fletcher 4. James Hudson Taylor 5. Jenni Murray 6. George Raynor 7. Brian Glover 8. Kate Rusby 9. Joanne Harris 10. Joseph Bramah



ALLERGENS UNDER THE MICROSCOPE

Take a journey into an A Level Biology class as we introduce you to some of the more common allergens and the symptoms of the reactions they cause.

One of the most common allergens (a substance which causes an allergic reaction) is pollen but there are some weird and wonderful ones which can affect people including water, money, sunlight, leather and toys. Most allergens are generally harmless to people who aren't allergic to them. Here are some of the most common:

- **Dust mites.**
- **Food - people frequently experience allergies to eggs, fruit, nuts and shellfish.**
- **Hayfever - an allergy to grass and tree pollen.**
- **Household chemicals - these can appear in detergents and hair dyes.**
- **Insect bites and stings.**
- **Latex - which is used to make items such as gloves.**

- **Medication - including ibuprofen, aspirin, and certain antibiotics.**
- **Mould - small particles become airborne.**
- **Small flakes of animal skin or hair.**

Allergic reactions usually happen quickly within a few minutes of exposure to an allergen. Symptoms can include:

- **Sneezing.**
- **A runny or blocked nose.**
- **Red, itchy, watery eyes.**
- **Wheezing and coughing.**
- **A red, itchy rash.**
- **Worsening of asthma or eczema symptoms.**

Most allergic reactions are mild, but occasionally a severe reaction called anaphylaxis or anaphylactic shock can occur and would require urgent medical treatment.

Seek medical advice if you think you could have an allergy.

Want to learn more? You can study **A Level Biology** at Barnsley Sixth Form College.
www.barnsleysixthformcollege.co.uk

A STEP-BY-STEP GUIDE

TO THE PERFECT EYEBROW

Our expert tutors in the Hair and Beauty department explain how to master some of the latest looks.

The latest trend in beauty confirms that bigger really is better. Gone are the days of tweezing and minimizing your eyebrows, ladies! Thin brows are out and now we are bringing out the bushy-ness! Read on for perfect brows...

First, you need to make sure you have all the correct tools to create the brow. You will need a brow pomade (in the correct shade for your model), a brow gel, a spoolie brow brush, concealer brush and a concealer to define the brows (brand of your choice).

1. Take the spoolie and give the brow a quick brush through to make sure any loose hairs fall out and so that the brow falls into its natural shape.
2. After a quick brush through with the spoolie, take the brow pomade and the brow brush and begin to draw the underneath outline of the brow. Take your time when doing this as it will quickly become a messy job if you don't. Try to stick to the natural brow shape and line.
3. After drawing the underneath outline of the brow, draw the top outline too and meet at the end of the brow in a sharp point. Take the same amount of care with this. When drawing the start of the brow outline, begin a quarter of the way along the brow, as the beginning of the brow doesn't want to be blocked. It needs to fade into the rest of the brow.
4. Fill the brow in with product and use the spoolie, brushing from the beginning to the end of the brow to blend the product through.
5. After another quick brush, go in with your chosen concealer and concealer brush and begin to define the brow underneath, then once you're happy with that, define the brow along the top. After this is done, blend the edges of the concealer on the face out so that the base looks smooth.
6. Finally, brush through the brow with a brow gel to set the brow products and for the last time, give the brow another brush with the spoolie.
7. And there you have it, a perfectly finished brow! Repeat these steps for a pair of perfect brows.

1



2



3



4



5



6



7



Want to learn more? Check out our full and part-time **Beauty** courses.

www.barnsley.ac.uk/handb

French and Dutch plaiting

Fancy trying a new style on your hair?

Got a daughter who'd love a professional-looking plait?

Read on to become a plaiting pro in no time!

French and Dutch plaits are actually the most classic three-strand plaiting hairstyles. We have broken down both the French and Dutch plaits into easy-to-follow steps. Follow these you'll be plaiting like a pro in no time!

Step 1

Brush the hair to remove all knots. Take a triangular section from the top of the head.

Step 2

Evenly divide the section into three smaller sections.

Step 3

Take the right hand section over the top of the centre section.

Step 4

Take the left hand section over the top of the centre section.

Step 5

Using the finger or a tail comb take a section of hair from the hair line to the right hand edge of the plait. Combine this with the right hand section of hair and take over the centre section.

Step 6

Repeat step 5 taking hair from the left hand side of the head over the centre section. Continue alternating each side until you reach the nape of the neck. Plait the remaining hair to the ends and secure with a band or hair accessory.

1.



2.



3.



4.



5.



6.

The difference

French Plait

Follow the step-by- step instructions.

Dutch Plait

Use same techniques as French but take the right section under the centre section instead of over, repeating on the left side.

Be the next Andrew Barton. Check out our full and part-time **Hair** courses.
www.barnsley.ac.uk/handb



THEATRE FOR ALL THE FAMILY

Going to the theatre is not the typical entertainment for most families, but it should be! Especially for children, watching a live theatre performance can boost literacy, encourage communication, imagination and curiosity and even lengthen attention spans; perfect for any growing mind!

But theatre isn't just for the young or even young at heart as there truly is a show for everyone. We've picked some of the top shows on at the moment that are sure to delight at least one member of the family, that's this year's birthday presents all wrapped up!

For the little ones

Matilda the Musical

Matilda the Musical is the multi-award winning musical from the Royal Shakespeare Company, inspired by the beloved book by Roald Dahl. A moving and subtle spectacle which will have kids in stitches and adults in tears, it is the perfect treat for all ages and is a fantastic introduction to theatre.

For the literature lovers

Macbeth

When you think of theatre, Shakespeare would normally follow close behind. Theatre and literature lovers alike can find a play for them in Shakespeare's many writings of tragedy, comedy and romance.

Our personal favourite Macbeth is touring the UK in 2019. The Scottish play confronts the destruction that results from the quest for power and examines the evil forces that can take root in the imagination of a tyrant.

The Electric Theatre is a vibrant theatre complex situated in the heart of Barnsley and includes two dance studios, classrooms and a 180-seat theatre with specialist infrastructure.

Located close to the bus and train station, the theatre hosts curriculum based performances by our students and some external performances. A variety of shows can be seen from music performances, drama, musical theatre, dance and variety to external touring shows.

Go to www.barnsley.ac.uk/electric-theatre to see what's on.

For the brave

The Woman in Black

Susan Hill's acclaimed ghost story comes dramatically alive in Stephen Mallatratt's ingenious stage adaptation. This gripping production is a brilliantly successful study in atmosphere, illusion and controlled horror.

Nothing will sort the brave from the brawn quicker than watching a horror story unfold right before your eyes.

For the jokers

The Book of Mormon

South Park creators Trey Parker and Matt Stone have taken to the West End stage to introduce their satirical musical *The Book of Mormon*. This show's content is not for the faint-hearted, with strong language and controversial jokes that are sure to leave the comedians in the family crying with laughter.

For the adults

The Rocky Horror Show

Since its first appearance at the Royal Court Theatre in June 1973, Richard O'Brien's *The Rocky Horror Show* has become the world's favourite Rock N' Roll musical. Ready to thrill you with its frightful, fun, and naughty moments, this is the boldest bash of them all, so sharpen those stilettos for the rockiest ride of your life!

For the whole family

Wicked

Acclaimed as "one of the West End's true modern classics" (*Metro*), and already the 14th longest running show in London theatre history, *Wicked* tells the incredible untold story of Oz's Glinda The Good and the Wicked Witch of the West.

This magical adventure casts its spell over the young and old and is a truly thrilling theatrical experience with brains, heart and courage.

Don't be fooled into thinking you'll have to spend a fortune on tickets and travel to see these shows, many listed above tour across the country so you should be able to find a showing near you. Many theatres also offer concession tickets and may have special offers on bookings so look around for the best deal.

A great way to get the family into theatre is at your local college or community amateur group performances. Here you'll find low prices, it's local to you and you'll get the chance to watch the stars of the future, today.



See yourself as a future star of the stage and screen? Check out our **Performing Arts** courses.

www.barnsley.ac.uk/performingarts

STORYTIME QUIZ

Can the kids beat you in this quiz based on popular children's story book characters?

1. I live with seven little men and love apples, who am I?
2. I am a wooden boy with a cricket for a best friend, who am I?
3. I went to the ball and lost a shoe, who am I?
4. We live far away and love underwear, who are we?
5. My brother and I went into the woods and found a sweet house owned by a wicked woman, who am I?
6. I like red clothes and take sweet treats to grandma but am chased by a wolf, who am I?
7. I have purple prickles down my back, terrible teeth in terrible jaws and a poisonous wart on the end of my nose, who am I?
8. I frighten people when they hear my tick-tock, what kind of animal am I?
9. I live in the jungle with a bear, a panther and a snake, who am I?
10. I am a rabbit who wears a blue jacket and steals food from Mr McGregor's garden, who am I?

Please see page 25 for answers.

Kids' Kitchen

Home-made yummy cereal bars

This fruity, chewy flapjack is packed with delicious oats and cereal - kids can help make them and they're perfect for lunchboxes.

Ingredients

- 50g mixed dried fruit (a mixture of raisins, sultanas and apricots is nice)
- 50g mixed seeds
- 140g oats
- 25g multi-grain hoop cereal
- 100g butter
- 100g light muscovado sugar
- 100g golden syrup

Method

1. Grease and line a 20cm square cake tin with baking parchment.
2. Put the dried fruit in a mixing bowl. Add the seeds, oats and cereal, and mix well.
3. Put the butter, sugar and golden syrup in the saucepan. Cook gently on the hob, stirring with the spatula, until the butter and sugar are melted.
4. Remove from the heat and pour the dry ingredients into the saucepan. Mix well until all the ingredients are coated with the syrup mix.
5. Fill the baking tin with the mixture. Use the spatula to press the mix down evenly. Bake at 160C/140C fan/gas mark 3 for 20 minutes, then leave to cool completely before cutting into squares or fingers. Store in an airtight tin for up to three days - if they last that long!

Share your
favourite
child-friendly recipe with us at:
www.barnsley.ac.uk/umbrella
for a chance to see it
featured in our
next issue.

MAKATON

AN INTRODUCTION

If you watch CBeebies and in particular Mr Tumble, you'll be aware of Makaton. It is a language programme using signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order.

With Makaton, children and adults can communicate straight away using signs and symbols. Many people then drop the signs or symbols naturally at their own pace, as they develop speech.

Here our Learning for Living and Work (LflW) tutor Chantelle shows us some basic signs. Give them a try!

YES



NO



PLEASE



THANK YOU



FATHER | Tap twice



MOTHER | Tap twice



DRINK | Small movement



TOILET | Tip of first finger makes contact with body and makes repeat movement.



COLLEGE | 'C' hands meet in centre of forehead.



RESTAURANT REVIEW

THE OPEN KITCHEN AT BARNESLEY COLLEGE

Barnsley College has its own fine dining restaurant where the chefs and catering staff of the future learn and perfect their culinary and hospitality management skills. Open to the public, it is open Monday to Friday lunchtime and Thursday evenings.

Here loyal customer Sandra Dixon shares her very own restaurant review of this town centre eatery:

“We have been visiting The Open Kitchen restaurant for over four years now. The decor and food has certainly kept up with the times producing lovely first class ‘modern’ food, at a fraction of the price you would expect to pay in a top class restaurant.”

“We have had lunch meals, evening speciality and fine dining meals and we have never been disappointed! The young chefs of the future are doing a great job and they’re still learning. It’s a very friendly and social place and the staff are very attentive and friendly. I would definitely recommend and will definitely return.”

**Bookings and enquiries 01226 216 365
www.barnsley.ac.uk/openkitchen**

The **Open**
Kitchen



I stole Gordon Ramsay's cheese!

by Barnsley College Catering student Declan Crofts

Each year four students from Barnsley College's Catering and Hospitality department have the fantastic opportunity to spend a week as part of the catering team cooking for the Royal family, friends and acquaintances during the annual Royal Windsor Horse Show. I was lucky enough to be one of the chosen students...

Preparing hundreds of meals each day, we had supported lead chefs in cooking and serving classic and modern cuisine to both the royal restaurant and members' restaurant which catered for VIPs and exclusive guests.

When we got into Windsor we collected our passes to get through security. We had a tour of the kitchens and premises and met some of the other chefs and various other team members. My favourite part of the day was looking around the grounds and getting to see behind the scenes of the event.

On the morning of the first day in the kitchens we prepared the desserts for service as well as mucking in doing odd jobs. During service I was sending main courses to table with another chef. In the afternoon I became a Barnsley College social media sensation when there was a mix up with the cheese delivery. The cheese deliverer accidentally sent us Gordon Ramsay's cheese!!!! We used it anyway, but I'm praying for the delivery driver if Mr Ramsay ever gets his hands on him!

The whole experience was amazing! The days were long and sometimes tough but working alongside such supportive tutors and friends from my course made it all worthwhile as we were all in the same boat. We are so lucky to have been offered such an amazing opportunity and have taken away professional skills and techniques that we have learnt from the chefs who we worked with. My favourite part was definitely using Gordon Ramsay's cheese!

Royal Menu

Take a sneak peek at the Royal menu, you can find the recipes online at: www.barnsley.ac.uk/umbrella



GET YOUR THINKING CAPS ON!



CAN YOU CRACK THE CODE?

Jay runs a bank but has forgotten the combination number of the safe. However, he does remember the below clues about the combination:

1. The number has four digits (e.g. 1234 or 9876).
2. All the digits are different.
3. It begins and ends with an odd number.
4. The two middle numbers are even numbers.
5. 19 and 519 go into it exactly.
6. The sum of the digits is 24.
7. The product of the digits is 432.

Can you help Jay remember the combination of the safe?

Please see page 25 for the answer.



Pig Personality Test

For a simple way to test your personality, get a fresh piece of paper and draw a pig any way you want to.

Once you have drawn your pig, what does the way in which you've drawn it say about you?

Visit www.barnsley.ac.uk/umbrella to find out more.

SUDOKU

Sudoku puzzles are just one way to improve your memory, stimulate the mind, increase concentration power and keep the brain active...as well as having fun. Good luck!

Can you solve this Sudoku puzzle? The aim is to fill the grid with numbers so that each row, column and box contains all of the digits between 1 and 9.

Visit www.barnsley.ac.uk/umbrella for the solution.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

A WORKOUT AT WORK

On average, humans spend 9.5 hours a day sitting. Add that to the average of 7.5 hours of sleep we are getting and we're doing a lot of sitting around!

Sitting for long periods during the day is thought to slow metabolism, be a cause of tight hips and a bad back, and affect the body's ability to regulate blood sugar, blood pressure and break down body fat.

We know putting in a full day at the office can make it hard to find the time to exercise. But don't worry we have the perfect workout for you. All you need is 15 minutes and a little bit of space. No dumbbells, yoga mat or resistance band required. This is the simplest routine you've ever seen!

Consult your doctor before starting any exercise programme.

1. PRESS UP

Kneel on all fours with the hands a little wider than shoulder width. Straighten your legs out behind you so that your weight is distributed between your hands and toes. Start off with assisted press ups, if these are easy then advance to press ups. **Repeat 12 times, up to 3 sets.**



Assisted press up



Press up

2. MOUNTAIN CLIMBERS

Get into the push-up position (arms straight), balls of your feet on the floor. Brace your core and keep your body still. Slowly lift your right knee up towards your left arm, then back down to the starting position. That's one movement, your feet should only touch the floor in the starting position. Repeat with your left knee up to your right arm, and alternate legs with each rep. **Hold for up to 45 seconds.**



3. PLANK

Get in the push up position, but put your forearms on the ground instead of your hands. Squeeze your glutes and tighten your abdominals. Keep a neutral neck and spine. Make the exercise harder by shifting the elbows forward.

Hold for up to 45 seconds.



4. LEG RAISES

Lay supine in a relaxed position with your legs straight and your hands underneath your low back for support. Keep your legs straight and raise them towards your forehead while contracting your abdominals and exhaling. Once your abs are fully contracted and your legs are slightly above parallel, slowly lower your legs back to the starting position. **Repeat 12 times.**



5. RUSSIAN TWISTS

Start by sitting on the floor, with your knees bent and feet flat on the ground. Then lean back so your upper body is at a 45° angle to the floor. Keep your back straight at this angle throughout the exercise, as it will be tempting to hunch your shoulders forward. Link your hands together in front of your chest, then brace your core and raise your legs up off the ground. Rotate your arms all the way over to one side, then do the same in the other direction. **Repeat 10 times.**



6. SQUATS

Stand with your feet approximately shoulder-width apart. Feet facing outwards. Squat down till you roughly reach a 90° angle. To make this exercise harder, perform a jump as you ascend back up from the squat position. **Repeat 10 times.**



7. WALL SITS

Start with your back against a wall with your feet shoulder width and about two feet from the wall. Slowly slide your back down the wall until your thighs are parallel to the ground. Adjust your feet so your knees are directly above your ankles (rather than over your toes). Keep your back flat against the wall. **Hold for up to 30 seconds.**



Visit www.barnsley.ac.uk/umbrella to watch videos of these exercises.

If you prefer your workouts in a gym, check out our **Sports Village** memberships.
www.barnsley.ac.uk/honeywell-sports-village

£ * ! ? * + ! }



TOP 10 SPORTING OUTBURSTS

Written by Barnsley College Digital Media student Tom Wiggan

Competitiveness, frustration and celebration can bring out the best and worst in people and this list certainly proves that with some of the most dramatic outbursts evident in the world of sport! Which ones can you remember?

10. Boady Santavy – After competing in the 2018 commonwealth games, Santavy of Canada looked set to gain the gold medal in weightlifting in the men's 94kg event, before being pipped to the post by Papua New Guinea competitor Steven Kari. When realising that he would be settling for a silver medal, Santavy took his frustration out on his own gear, kicking the bags and chairs in pure rage.

9. Cristiano Ronaldo – In the run up to the 2016 Euros, Ronaldo threw a news reporter's microphone into a nearby river showing his frustration before the game had even started. When Portugal conceded a goal in the game against Hungary to make the game 3-2, Ronaldo threw a huge tantrum in the middle of the pitch. Portugal would end up equalising and would go on to win the 2016 Euros. So it wasn't all doom and gloom for Cristiano!

8. John McEnroe – Wimbledon 1981. John McEnroe was in the first round of the infamous tennis championships when he felt the need to show his frustration after the umpire ruled his serve as out. His screams of "You cannot be serious!" could be heard around the globe. Fortunately McEnroe would end up winning the game and eventually the tournament, so it didn't turn out bad at all for the former tennis champion.

7. Serena Williams – One of the more recent incidents on this list, in September 2018 Serena Williams had a huge outburst after losing the US Open final to Naomi Osaka. Instead of Osaka taking the limelight, Williams took it upon herself to cause a scene calling the umpire a "liar" and a "thief". This cost Williams a fine of \$17,000 for breaching the code of conduct.

6. Kieron Dyer and Lee Bowyer – Going back to 2005, Newcastle United stars Dyer and Bowyer engaged in a brawl in the centre of the field. This was the first time two members of the same team were seen fighting. That has definitely gone down in the history books as one of the weirdest moments in the Premier League.

5. Leon Lawson – In 2017, a boxing bout between Andre Dirrell and Jose Uzcategui took a turn for the worse after

Uzcategui seemed to land late blows on Dirrell after the bell had signalled. The referee had no choice but to disqualify Jose. But Leon Lawson, Dirrell's uncle, took further action by walking into Uzcategui's corner and punching him. This caused a huge outrage in the ring and action was taken on Lawson.

4. Eric Cantona – In 1995, in a game between Crystal Palace and Manchester United, a fan tried to confront Cantona after being sent off. This sent Cantona into a rage and he attacked the Palace fan, drop kicking him from across the other side of the barrier! For this Cantona was banned for a number of games and also fined £30,000 by Manchester United.

3. Mike Tyson – It wouldn't be a top ten outbursts list without mentioning Tyson. In a bout between himself and Evander Holyfield, Tyson attacked Holyfield but not in the way you would expect, instead of throwing punches, Tyson decided to bite Holyfield's ear, ripping it off in the process. This caused a disqualification in round three and Tyson was severely punished with a fine of \$3million.

2. Zinedine Zidane – In the 2016 FIFA World Cup final, the referee had no choice but to send Zidane off after he headbutted Italy's Marco Materazzi in the chest. It was believed that comments were made about Zidane's sister which caused him to take physical action. This was a huge blow for France as they would go on to lose the final on penalties.

1. Conor McGregor vs Khabib Nurmagomedov – This very recent bust up is why it deserves the number one spot. After Khabib made Conor submit in the fourth round, Khabib immediately jumped out of the cage and attacked Conor's trainers whilst his team headed into the ring to attack Conor. This sparked an all-out brawl in and out of the ring including fans fighting outside of the arena. Sport has never seen anything as big as this and probably never will again. We are yet to see what consequences there will be, but we are sure they are going to be pretty hefty!

THE ULTIMATE GYM PLAYLIST

You've dragged yourself to the gym, squeezed yourself into your spandex leggings, spent a good five minutes catching up on gossip whilst filling your water bottle and now the hard part: actually getting motivated to exercise.

There is no better way to get motivated and stay motivated throughout your workout than with the perfect playlist, we're not just making this up; it's scientifically proven!

The science behind the motivational playlist*:

- Working out to music is scientifically proven to boost performance, motivation, and help you push through the pain.
- Music with a strong beat has been found to help people's movements stay consistent during exercise.
- If you match the tempo of a song to your desired heart rate, or beats per minute (bpm), the song will help you maintain or pick up the pace.

Now grab your gym towel and let's get going...

1. **Wake Me Up** by Avicii: 125 bpm
2. **Love Shack** by B-52s: 134 bpm
3. **Fight for Your Right** by Beastie Boys: 135 bpm
4. **The Pretenders** by Foo Fighters: 172 bpm
5. **Talk Dirty (Featuring 2 Chainz)** by Jason Derulo: 125 bpm
6. **Roar** by Katy Perry: 180 bpm
7. **Turn Down for What** by DJ Snake and Lil Jon: 100 bpm
8. **On Top of the World** by Imagine Dragons: 100 bpm
9. **Bootylicious** by Destiny's Child: 104 bpm
10. **Eye of the Tiger** by Survivor: 109 bpm
11. **You Spin Me Round** by Dead or Alive: 128 bpm
12. **Sweet Child O' Mine** by Guns N' Roses: 126 bpm
13. **Pump Up the Jam** by Technronic: 126 bpm
14. **Work B**ch** by Britney Spears: 128 bpm
15. **Black Betty** by Ram Jam: 117 bpm
16. **U Can't Touch This** by MC Hammer: 133 bpm
17. **You Really Got Me** by Van Halen: 139 bpm
18. **The Phoenix** by Fall Out Boy: 138 bpm
19. **Give It Away** by Red Hot Chili Peppers: 183 bpm
20. **Beat It** by Michael Jackson: 139 bpm



*Dr Costas Karageorghis, reader in sport psychology at Brunel University London and author of *Applying Music in Exercise and Sport*.



If **Music** is your motivation, check out our full and part-time courses.
www.barnsley.ac.uk/music

SPORTING EVENTS FOR YOUR 2019 DIARY

Even though the FIFA World Cup is done and dusted for another four years and the Olympics isn't for another two, there are fantastic sporting occasions to fill your calendar in 2019.



WORLD SNOOKER CHAMPIONSHIP

Date: 20 April – 6 May
Location: Sheffield



U.S. OPEN GOLF

Date: 13 – 16 June
Location: California, USA



TOUR DE YORKSHIRE

Date: 2 – 5 May
Location: Yorkshire
Leaving Barnsley on 3 May.



WIMBLEDON

Date: 1 – 14 July
Location: Wimbledon



MONACO GRAND PRIX

Date: 23 – 26 May
Location: Monaco



TOUR DE FRANCE

Date: 6 – 28 July
Location: Belgium and France



ICC CRICKET WORLD CUP 2019

Date: 30 May – 14 July
Location: England and Wales



RUGBY WORLD CUP 2019

Date: 20 September – 2 November
Location: Japan



UEFA CHAMPIONS LEAGUE FINAL

Date: 1 June
Location: Madrid, Spain



ATHLETICS WORLD CHAMPIONSHIPS

Date: 27 September – 6 October
Location: Doha, Qatar



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