

Umbrella

— MAGAZINE 2020 —



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**THE GET LEAN
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**MONEY
SAVING TIPS**

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Welcome



Hello and welcome to the second edition of our FE First award winning lifestyle magazine, Umbrella.

Here at Barnsley College, we wanted to put together something a bit different that was innovative 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 keeping safe and secure online (Page 7), how to change a tyre (Page 35) or even learn how to get the perfect smokey eye (Page 24) 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....ooh and don't forget to look out for the mini umbrellas (see below) that are hiding in here somewhere for your chance to win £25 in High Street vouchers. Log on to www.barnsley.ac.uk/umbrella to enter.

*Marketing, Communications
and PR Team*

COMPETITION
Where's the brolly?

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 August 2020.

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

Contents

BUSINESS AND FINANCE

How to write a killer CV **P4** // Money saving tips **P5**

DIGITAL

Keeping safe and secure online **P7** // How to defeat the email demon **P8** // The rise of the podcast **P9**

HOLIDAYS AND CULTURE

The Umbrella tours, the world's top holiday destinations **P10** // 5 Money-saving holiday tips **P12** // Iceland holiday review **P13** // Richard Kitson - the man behind the canvas **P14** // The truth about feminism **P16** // Local theatres **P17**

FOODIE FEATURE

National dishes from around the world **P18** // Tickle your taste buds with Romanian cuisine **P20**

HEALTH AND BEAUTY

How to do CPR **P22** // The power of music **P23** // A step-by-step guide to the perfect smokey eye **P24** // A step-by-step guide on how to get the famous red lip **P25**

SPORT AND FITNESS

The get lean workout **P26-28** // A beginners' guide to Esports **P29** // Counting the cost of the beautiful game **P30**

HOME AND FAMILY

Animal fact sheet **P32** // Things to do with kids around Barnsley **P33** // How to keep your home safe while you are away **P34** // How to change a flat tyre **P35** // Extend your living space with a modular building **P36** // Board games are for life **P37**

PUZZLES

Get your thinking caps on **P38-39**

PRINCE'S TRUST

Turning lives around **P40-41**

HOW TO WRITE A KILLER CV



The average employer spends less than 30 seconds passing judgement on your CV.

As a first opportunity to showcase your skills to a potential employer, your CV can put you head and shoulders above your competition and give you a head-start towards bagging an interview for that dream job.

Our guide to writing a killer CV combines the key, tried and tested CV writing methods.

Layout

Easy to read fonts, clear headings and a consistent style throughout are essential. Consider the type of role you are applying for too; creative jobs are likely to permit some vibrant design elements whilst roles in more office-based settings require a simpler style.

Length

Keep your CV to two sides of A4 paper. A shorter document might suggest a lack of experience whilst a longer CV will struggle to hold the attention of the recruiter and may stifle your career highlights. If you need to trim the content, focus on the aspects of your CV that are most relevant to the role you are applying for and lose the rest.

Personal details

State your name in the header of your document and in a larger font than the body text in your CV, so it stands out. Keep your personal details minimal to avoid any foregone conclusions; postal and email addresses plus a telephone number are all you need. Some people include a photograph of themselves here, but that can be risky business as it can influence the recruiter's first impression.

Employment

Avoid the temptation to simply list your employment history in chronological order with a description of your responsibilities against each job. Instead, use this section to highlight the experience and skills you can offer which will support you in the role for which you are applying. Think about your biggest achievements to date and be sure to include any that will help to demonstrate that you can hit the ground running and benefit your potential new employer's business.

Education

Include a simple list of the qualifications you have and leave out any that might be interpreted negatively, like failed exams. Include any courses you have attended and professional qualifications that relate to the job you are applying for.

Hobbies and interests

If your career history is brief, or you are leaving education and just starting out on your career journey, include a brief section on hobbies and interests. This is an opportunity to detail life experience that demonstrates a good work ethic and attitude or softer interpersonal skills.

With these key sections included in your CV you can't go far wrong in landing that dream interview!

If you need to brush up on your skills, we can help. See our list of full and part-time courses: www.barnsley.ac.uk/courses

MONEY & SAVING TIPS

If you want to make your wages stretch a little further each month, then our handy money saving tips will help you to cut your outgoings and maybe even have spare cash at the end of the month.

Do a money audit

When was the last time you sat with a cuppa and reviewed your finances? Make the time to review your direct debits and standing orders and check that you still use what you're paying for. Check with the supplier to find out if you can change your monthly subscription or cancel the service if you are definitely sure you won't need it again.

Get a bank account

Having a bank account and reviewing your statements will help you to manage your finances better and you can earn interest on your savings. If you already have a bank account, switch provider and you might receive a one-off deal for signing up.

Plan your expenses

Use your money audit to find out when your big purchases will be. Try to save a little each month and pay for expensive items annually and often you'll save money. Doing a weekly or monthly budget will help you identify where and when you're spending money, which will help you recognise where you might be able to save.

Loyal customer? Get rewarded

Many retailers and service providers will reward you for shopping with them by offering loyalty schemes and points every time you make a purchase. These points can be converted into money off vouchers that can be used later in the year.

Claim cashback

If you're making a purchase online check if you can claim cashback before you buy it. Register for an account with a cashback site, such as Top Cash Back or Quidco, and search for the retailer that you want to make the purchase from. If it's listed and you purchase the item through the Cashback company's website, then you should receive your cashback within a few months. Use these sites properly and you could earn hundreds of pounds each year.

Spend-free days

If you're spending money every day, then try to have one no-spend day a week. Doing this will help you to forecast when your outgoings will be, plan your spending for the week and make you become more careful with money in the future.

Do your research

Before making a big purchase, do your research and see if any other retailers are offering the same product cheaper. Many companies also price-match but you will have to be able to prove you've seen it somewhere else at a lower price.

What's in your lunchbox?

Instead of buying lunch every day, make your own sandwiches or take leftovers to work instead. Not only will you save money, you'll also be reducing food wastage – so everyone's a winner!

Is it me or is it hot in here?

Reduce the temperature in your house by just 1°C and you will save money on your heating bills.

Use the library

Don't purchase the latest book releases, join your local library and you can read hundreds of books for free. Some even have free access to computers and the internet too.

Save cash and the environment

Always use the car for work? If you could walk or cycle to work instead of driving you're guaranteed to save money on your commute. If this isn't possible, look for alternative ways to travel such as using public transport or join a car-sharing scheme and you could lower your fuel bills, limit the damage to your car and help to lower your carbon footprint.

Use Barnsley College's Images salon to shave money off your haircuts and pedicures

Don't pay for big-name salons to cut your hair, book an appointment at Images hair salon instead. Our trainee hairdressers, barbers and beauticians will trim your locks, pamper you or apply your make-up at a fraction of the price. To book, call Images salon on ☎ 01226 216 273.

Get organised

Being organised will help your money go further. Even the little things like writing a shopping list and sticking to it or not going food shopping when you're hungry will help you to save money.

Fancy yourself as an Accountant? See our list of accountancy courses: www.barnsley.ac.uk/business

KEEPING SAFE AND SECURE ONLINE

Most of us rely on our computers, phones and other electronic devices to carry out important tasks and transactions, such as banking, shopping and paying for utility services.

The following information should be followed and understood by all internet users, regardless of what type of computer, operating system, or device they are using.

USE SAFE AND STRONG **PASSWORDS**

It is best to use a strong password for websites that store confidential data, such as an online banking site. Using a different password for each website requiring a login is also a great way to minimise the risk of problems.

CONFIDENTIAL DATA IS NOT SUITABLE FOR **EMAIL**

Emails are not encrypted and could be read by a third party if intercepted, so it is advisable to never transmit confidential data over email, such as passwords or credit card information.

TAKE CARE WITH EMAIL **LINKS AND ATTACHMENTS**

Attachments and hyperlinks sent through email can often contain viruses so it is best to take care with any attachment or link, even if sent by a usually trustworthy source.

DON'T BE CAUGHT BY **PHISHING SCAMS**

Phishing scams and techniques are used to trick you into giving your account information. Websites which require logins such as banking sites, Amazon, eBay and Paypal are popular targets.

LOG-IN LOCATIONS ARE IMPORTANT

Workplaces can use other methods of monitoring the computer while online. People with access to this information could read these logs and gather usernames and passwords. Only save password information onto a browser on your home computer. Information sent to and from your computer

can be intercepted when you use a wireless network. To prevent this, make sure your home wireless network is secure and only log onto a secure network using Wi-Fi Protected Access (WPA) or, alternatively, Wired Equivalent Privacy (WEP).

See yourself as the next Bill Gates? See our list of Computing courses:

🔗 www.barnsley.ac.uk/computing

HOW TO DEFEAT THE EMAIL DEMON

How's your inbox looking? How often do you check your emails? Constant inbox checking doesn't help you to get more done, it actually holds you up and damages your productivity.

With that in mind, these email-zapping productivity tips can help you to reclaim your time by stopping yourself from checking your inbox whilst you're in the lift, en-route to meetings and during your lunchbreak.

Restrict inbox checking to certain times of the day

What would happen if you only looked at your inbox twice a day? At the end of your morning routine, get into your emails and delegate tasks, shift actions into your 'to do' list and respond to queries. In the afternoon, before your working day closes, close the loop on any unfinished tasks, act on anything that needs a response before you leave work for the day and prepare for tomorrow. Feeling daunted? Try to gradually reduce your inbox time, and prepare to be amazed!

Tools such as Inbox Pause and Boomerang are a popular means of preventing emails from arriving before you're ready for them, or scheduling your mail to leave your outbox precisely when it suits you.

Unsubscribe!

That email alert you signed-up for last year when you were researching cake recipes for your toddler's birthday party probably is less than critical today. Taking a minute to find the mandatory unsubscribe link in any email that triggers an instant urge to hit delete, will instantly declutter your inbox.

Create a few rules

Rules can be used to automatically divert messages into specified folders (outside of your inbox) based on things such as the sender or message content. Inbox rules and folders can be a quick way to bring order to your inbox and support you in prioritising projects and important messages.

Rethink the way you communicate

Instead of immediately typing an email, choose to communicate via your phone, text message or in person. Often, email is not the most appropriate tool for a communications job. Tasks can get done faster, misunderstandings might be avoided and relationships nurtured when we choose to side-step our emails.

Keep things simple

Closely related to the above point; consider the way you respond to your emails. Try to stick to brief statements to prevent lengthy email back-and-forth, or set-up auto-responders to answer frequently asked questions.

You don't need to constantly monitor your inbox. You don't need to check your email at lunch, en-route to meetings or lying in your bed at midnight. The productivity increase and the reclaimed time will seriously pay dividends on your efforts to reduce your email headache.

Hint: These tips can also apply to social media.

Earn while you learn with one of our apprenticeships! See our list of apprenticeships.

🔗 www.barnsley.ac.uk/apprenticeships



Podcasts are a great way to pass the time, whether you are commuting, working or relaxing.

Podcasts are booming in the UK, with nearly 7.1 million people now listening to podcasts each week. But what has led to the rise of podcasts?

There has been a big shift from radio to audio. Massive improvements to technology and user experience, plus a rise on the topical issues has brought audio to the forefront of change.

What does this mean? It means that the future of audio technology looks bright and it's clear to see that podcasts are moving along in time with new technology.

Smartphones are the perfect platform for podcasts. You can listen to a podcast while you're using any other application.

It's one of the quickest and easiest ways to distribute, record and listen to the topics you are interested in.

The main benefit of a podcast is its mobility and accessibility. A podcast can be listened to anywhere in a car, at an office, in a coffee shop, on a treadmill and a host of other places.

There is an audience of millions who want to listen on demand 24/7, who wants portable, free and customised content.

The podcast industry is healthy and growing. The continued rise of smartphone ownership, the exceptional growth of podcast content and the on-demand media culture, all provide an ideal environment for podcasts to find new listeners.



Interested? You can find out more about our podcast at:

🔗 www.barnsley.ac.uk/podcast

The Umbrella tours, the World's top holiday destinations

If you're ready to plan your next big adventure these holiday destinations are top of the list for this year.

Holidaying abroad broadens our horizons, opens us up to new cultures, food and traditions and leaves us with memories that last a lifetime.

USA

Orlando – best for theme parks

With both Walt Disney World Resort and Universal Parks, Orlando is perfect for family fun.

With relatively cheap package holidays available, Orlando is now within easy reach as a fun-filled, sunny holiday destination.

Many tour operators include the option to buy theme park tickets before you go, so you can get stuck into the action as soon as you arrive!

Time difference: GMT -5 hours

Currency: US Dollar



Spain

Majorca – best for beach holidays

The island of Majorca has been a favourite destination for Brits looking for a cheap, easy, reliable summer holiday for a long time.

With long sandy beaches, lively nightlife, family friendly accommodation and loads to do it's an all-round holiday destination. With lots of resorts to choose from you're sure to find one that suits you.

Time difference: GMT +1

Currency: Euro



Japan

Tokyo – best for the Olympic Games.

Japan will host the summer Olympic Games this year and most of the action will be centred on the capital city, Tokyo.

Here you'll find ancient traditions meeting the ultra-modern. If you're not taking in the sport you can shop for cutting-edge technology gadgets, visit centuries-old temples or take part in a tea ceremony.

If you're looking for something completely different – think about visiting Japan.

Time difference: GMT +9 hours

Currency: Yen



Poland

Warsaw – best for city breaks

Just a 2 hours and 30 minute flight from Manchester Airport makes Warsaw a perfect destination for a weekend city break.

Steeped in history, with a vibrant music scene and loads of fascinating museums, Warsaw offers the culture-seeker everything they could wish for from a capital city.

Add this to the fact that Poland is one of the cheapest European countries you don't have to break the bank to have a fabulous time.

Time difference: GMT +1

Currency: Zloty



Australia

Sydney – Best for a long-haul adventure

Sydney might be the other side of the world, but there's lots about it that make it an ever-growing choice for a long-haul destination for Brits.

Sydney Opera House, the Harbour Bridge and Bondi Beach are part of the thriving heart of the city and are must-see fixtures on anyone's itinerary. Apart from sightseeing, Sydney is a foodies paradise with Asian fusion cuisine, a coffee culture and pie and mash all on the menu. Adding all this together makes Sydney a great place to spend some time.

Time difference: GMT +11

Currency: Australian Dollar



Expand your horizons with one of our Travel and Tourism courses:

www.barnsley.ac.uk/tandt

5 MONEY-SAVING HOLIDAY TIPS



Whatever time of the year it is, it's likely most of us are dreaming of our next holiday!

Holidaymakers can spend hundreds or thousands on planning the perfect getaway when considering everything from flights and transfers to accommodations and insurance, it all adds up to an expensive reality.

Our very own Travel and Tourism Curriculum Leader, Rebekah Morris gives her five tips to help you save before your holiday and whilst you're away!

Book early

Most major airlines have a quota of seats they will sell for the lowest price, therefore getting in early is essential. Over a matter of weeks or sometimes days, prices can change immensely.

Clear your cookies

Searching for holiday deals means the cookies on your device are storing lots of data. Clear your cookies to ensure the websites you are visiting don't hike up prices – as they can see you have been there before and are interested in booking.

Book mid-week flights

Off-peak travel such as early morning, late nights, mid-week, and avoiding school holidays, are generally cheaper than those that are during normal working hours.

Only take out the amount of money you'll need

UK holidaymakers return home with an average of £27.93 each year in leftover foreign currency. Therefore, deposit the leftover foreign currency in your bank account or give it to charity if it's just small denominations.

Pack light

If you have booked less than a week away, you can get away with hand-luggage only and save yourself splashing out on baggage. Plan the clothes you'll want to wear before you go, and wear things more than once and mix and match items. Finally, wear your bulkiest items on the plane to save even more space.

For more information on how to save money in general see our Money Saving Tips article on page 5.



Holiday Review: Iceland

The holiday all year-round!
By Davina Macfarlane

Whether you're planning a summer or winter break, visiting Iceland is absolutely amazing all year round, but every season has its own charm.

Iceland is a perfect winter destination. As the name implies, the country is famous for its majestic glaciers and snow-covered lava fields, the Northern Lights and blue lit ice caves.

Icelandic summers offer endless light. This is the brightest and most colourful season in Iceland. Summer is prime time for hiking and pool hopping between natural hot springs.

Seeing the sun refuse to set for the first time by itself is an experience that is sure to leave lasting memories. There really is something all year-round!



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. Personal hygiene products ☐
10. Finally, don't forget your sense of humour, patience and some common sense! ☐

Richard Kitson

The man behind the canvas

Barnsley-based artist Richard Kitson has enjoyed a fruitful last couple of years alongside teaching A Level Art and Design at Barnsley Sixth Form College.

In 2018, Richard participated in Sky Arts Portrait Artist of the Year where he painted Paralympic athlete Kadeena Cox MBE at the Wallace Collection in London. 2018 also saw the opening of his first solo exhibition at the Cooper Gallery featuring 25 paintings and drawings created between 2008 and 2018.

Richard's first international solo exhibition took place during the spring of 2019 at the Labor Im Chor gallery, part of the Museum and Galerie im Prediger in Schwäbisch Gmünd, Germany.

The Umbrella magazine caught up with Richard to discover what drives him as an artist and inspires the paintings, drawings and etchings he creates.

Umbrella magazine (UM): Can you tell us more about your career as an artist?

Richard (RK): I have been exhibiting paintings in group exhibitions since my late teens but my art career didn't really get going until I moved to my current studio in the spring of 2017.

Since 2008 I have been building up a body of work that would fill a gallery and, in 2018, I had my first solo exhibition at the Cooper Gallery in Barnsley.

This enabled me to see my work altogether for the first time and gain a sense of the direction it was taking.

I also started doing workshops at my studio and in other venues around the North of England. This work has increased since I participated in Sky Arts Portrait Artist of the Year 2018.

UM: How long have you been interested in art and how has your interest developed?

RK: I was one of those kids who was inept at most subjects at school. Art was the only subject I really enjoyed both in school and as a hobby.

This only increased as I got older and, except from a spell as a gigging musician, I never really considered doing anything else. Apart from teaching I seem to have always followed precarious career pathways.

UM: Which artwork are you most proud of and why?

RK: I couldn't say I was 'proud' of any specific painting, I don't think of my practice in that way. I'm glad I am managing to sustain my practice as it is enabling me to improve. Practice makes progress.

UM: What's been your biggest achievement as an artist and why?

RK: I'd say my exhibition at the Cooper Gallery and my first international solo exhibition in Schwäbisch Gmünd. Both exhibitions felt like I wasn't barking up the wrong tree by pursuing a career in art. No one asks you to be an artist, so to start getting some recognition after 20 years is a nice feeling.

UM: Who have been your main artistic influences?

RK: I have been influenced by lots of artists over the years but I keep going back to three who have had the greatest impact.

As a teenager I mainly painted landscapes and John Constable was a key influence, both in his technique and tendency to paint the places he knew well.

As I got more into portraiture I became pretty obsessed with Rembrandt's work who, as well as influencing my painting technique, got me interested in printmaking too. In recent years Lucian Freud has had a huge impact on my style and approach to painting.

UM: Do you have a routine which gets you in the mood to work at your art?

RK: I don't subscribe to the notion that you have to be in the 'mood' to make art. Instead I think you have to be well organised, that way you put yourself in a mind-set where you are ready to work.



I do this by arranging my sitters to visit my studio at a set time each week for a painting session.

This way I know they are coming so I have to be prepared and engaged to avoid wasting their time or my own.

UM: What's the strangest thing you've ever drawn or painted?

RK: My childhood drawings were littered with monsters and characters of dubious intent.

I fancied a career as a concept character artist when I was young, something like Allen Lee who illustrated The Lord of the Rings. That all changed when observational drawing took over which was a shame really as I used to have a vivid imagination.

UM: What advice would you give to anyone wishing to develop as an artist?

RK: Whilst it's important to explore different ways of making art and to take on advice, you should always trust your instincts. People will try to influence the way you work, be they friends, teachers or otherwise but not always for the better. No one knows your art better than you do.



THE TRUTH ABOUT FEMINISM

Written by Barnsley College Creative Media student Katy Dickinson

Since it first made an appearance in New York in 1848, feminism has been still widely talked about to date, and yet the outlook that some people share on this life-changing movement is something of negativity and women superiority.

Feminism is still being widely debated today. Some people view feminism with a degree of negativity as they see it as a movement for female superiority. So, how did feminism gain this reputation and how should we view it?

Firstly, let's start off with the basics, what is feminism? According to the Oxford Learner's Dictionary, a feminist is 'a person who supports the belief that women should have the same rights and opportunities as men'. So the idea of feminism is solely rooted into equality of all.

This goes hand in hand with stopping racism, homophobia, ageism and religious discrimination - all things that are vital in provoking safety within society and is critical to ensuring one's personal security and wellbeing. If you would proudly say to a woman that you are not a feminist, would you be able to proudly say to a woman that you do not support them having equal opportunities to men?

It is clear to see, with half the world's population being women, we should not be prejudiced towards feminism. Much of the negative stigma over the years has come from the media and 'third wave' feminists. Many people are not even aware there are, for whatever reason, different tiers of feminism.

These 'feminists' actions can be summarised by 'choosing to battle obstacles by inverting sexist, racist, and classist symbols, fighting patriarchy with irony, answering violence with stories of survival, and combating continued exclusion with grassroots activism and radical democracy.' Third wave feminists are regarded as 'hating men', using violent methods and demanding women superiority. So the positive belief that lies at the root of feminism has been poisoned by the vision of, not equality for all, but for almost a dominance, a revenge.

How then is it fair that we class these people as feminists, when the morals they stand by go against all those that have done all the good for us?

Now we have tackled the negative stigma, many of you will be asking, why do we need feminism today? Aren't women already equal to men? Although in places such as England we are fortunate enough to only have a small gap between equality, some places aren't quite as lucky. For example, in Saudi Arabia, it was only until 2011 that women were allowed to vote, they were not allowed to drive until 2018 and it is still law that every woman needs a male guardian as if they are not capable of independence.

The country plans to make a social reform by the year 2030, however it is our jobs as feminists to stand up for these innocent women's rights and ensure there is a social reform, otherwise the progress we have accomplished so far, could be undone.

Sadly, the story of Saudi Arabia is repeated in a number of countries around the world. Gender inequality is very much alive and thriving to this day, however, there are a few simple things we all can do to continue with this progress. Proudly call yourself a feminist labeling that you believe in equality for all. Vote for women's rights and tell other people about the beauty of feminism. Speak out about inequality if ever you come across it and give support to those in other countries that are still in need. All it takes is a few simple actions when we stand united, and we can change the world forever.



LOCAL THEATRES

Fancy a day out with the family? Maybe you want to treat yourself next pay day? A trip to the theatre could be just what you're looking for.

Check out our favourite theatres nearby and plan your visit today!

- **The Civic** – Barnsley
- **The Lamproom Theatre** – Barnsley
- **Crucible Theatre** – Sheffield

- **Lyceum Theatre** – Sheffield
- **The Academy Theatre** – Barnsley
- **Cast** – Doncaster
- **Lantern Theatre** – Sheffield
- **Theatre Royal** – Wakefield



TIPS FOR A TOP TRIP:

Don't be late

Always make sure you allow plenty of time for your trip to the theatre, you don't want to miss the start of the show!

Do your research

Be sure to carefully pick your show. There'd be no point in going to watch a play if you really wanted to see a musical.

Consider where to sit

Each area of the auditorium has its own particular qualities so it's important you pick the one that's right for you (and your knees)!

Think about your snacks

No crunching on crisps or nibbling on noisy nuts. You wouldn't want to distract the audience or the cast with any noise that's not coming from the stage.



Release your inner creativity with our Creative Media courses:

www.barnsley.ac.uk/media

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

www.barnsley.ac.uk/performingarts

National Dishes the World

from around

Martyn Hollingsworth, Catering and Hospitality course leader and chef, talks us through national dishes from around the world. "A national dish is any country's culinary and cultural identity. While smaller nations, like Spain and Mexico, have a nationally common cuisine, some countries, like USA or India, are so vast and diverse in their culinary cultures, that picking just one national dish seems difficult". **But here are my picks:**

Poland | Bigos

A stew of white cabbage, mushrooms, tomatoes, and an assortment of different meats such as ham, pork, beef, veal, bacon or venison.

Hungary | Goulash

A filling stew of beef, vegetables, red onions, and spices, goulash gets its flavour from paprika.

Spain | Paella

Rice simmered in a broth of garlic, tomatoes, freshly cooked vegetables, and shallow-fried meat or seafood.

Italy | Lasagne

Layers of vegetables, cheese, and sometimes meat, sandwiched between sheets of pasta, cheese and tomato sauce.

India | Biryani

Long-grained rice flavoured with exotic spices and is layered with lamb, chicken, fish, or vegetables in a thick gravy.

Mexico | Tacos

Tortilla folded with ground beef and cheese filling. Garnished with tomatoes and onions and served with guacamole, sour cream and salsa.

Sweden | Swedish Meatballs

Ground beef meatballs served with gravy, pickled cucumber and lingonberry jam.

Russia | Blini

A blini is a pancake traditionally made from wheat or buckwheat flour and served with butter, caviar, fried onions, carrots, fillet of sea bass, boiled eggs, blue cheese or pickles with crab meat.

UK | Fish and Chips

Fish and chips is a hot dish consisting of fried fish in batter served with chips. This is sometimes served with mushy peas, curry, gravy, beans or tartar sauce.

USA | Hamburger

Grounded meat patty between a sesame bun with lettuce, tomato, onion, cheese, and other additions, such as ketchup, mayonnaise, pickles and mustard.



Cook up a storm with our Catering courses:
www.barnsley.ac.uk/candh

TICKLE YOUR TASTE BUDS WITH ROMANIAN CUISINE

Romanian food isn't necessarily the first thing you think about when considering international cuisine but foodies and travel enthusiasts alike are loving the hearty richness and intensity of flavours.

Traditional dishes take inspiration and techniques from neighbouring countries such as Hungary, Germany and Turkey so whilst Romanian food has a very familiar taste, at the same time, it tastes like something you've never tried before!

Food, cooking and sharing a meal with friends and family is an essential 'ingredient' in Romanian culture and everyday life.

Much importance is placed on eating, drinking and spending hours around the dinner table. Any excuse to prepare and enjoy a feast with each other!

Our very own Head of Department for English, Maths and Essential Skills, Andra Ghencea, was born and raised in Romania before moving to the UK.

Here she shares with us one of her favourite traditional Romanian dishes. Why not have a go at livening up your menu and try something new?!

Sarmale (Romanian Cabbage Rolls) is widely considered to be Romania's national dish. Sarmale is one of the most popular recipes with each region having its own subtly tweaked version with different meat, vegetables and local herbs.

Ingredients

- 1kg combined minced pork and beef
- 100g arborio rice (basmati rice can also be used)
- 1 large onion chopped
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 2 tablespoons olive oil
- 1 large sour cabbage
- 700 ml tomato juice
- 10 slices chopped smoked bacon
- Fresh thyme sprigs
- 3-4 bay leaves
- Salt and pepper
- 1 teaspoon of water
- Sour cream
- Polenta



Sarmale

Photo credit: www.jocooks.com

Method

1. Prepare the meat stuffing by combining the minced pork and beef.
2. Boil the rice until almost ready. Set aside to cool.
3. Meanwhile chop the onion. Sauté half of the quantity for a couple of minutes, saving the other half for later and set aside.
4. In a large bowl mix the meat, sautéed onions and boiled rice, dried herbs, 1 teaspoon water, salt and pepper and mix well using your hands.

Making the rolls

5. Remove all the cabbage leaves gently so as not to break them. You will only need the large leaves to make the rolls. The middle part will be chopped and added between cabbage rolls layers. Cut each large leaf in half, removing the tough core part too to make it easier to roll them.

6. Add a tablespoon of the meat mixture to each half leaf. Cover the filling with the edge from the base of the leaf. Bend edges on both sides and cover over the filling. Roll the stuffed cabbage leaf holding firm, so they won't break during cooking time. Repeat these steps until the meat mixture is used up.

7. Roughly chop the smaller/broken cabbage leaves and set aside.

8. Place a large saucepan over a medium heat, add 2 tablespoons of olive oil and sauté the rest of the chopped onions for 2-3 minutes. Add part of chopped sour cabbage leaves and sauté for another 2 minutes.

9. Distribute the whole mixture on an even bottom layer and turn the heat to minimum. Arrange all the rolls over the cabbage and add some of the chopped bacon, bay leaves and fresh thyme sprigs evenly among the rolls. Create a second layer by repeating the above steps until all the rolls are used. When you finish the layer, add some more chopped sour cabbage on top, smoked bacon, another 2 bay leaves and some fresh thyme.

10. Add half part tomato juice and half part water to cover the rolls entirely. Place a lid on top of the saucepan and boil them on slow heat for at least 2 hours.

11. After 2 hours, add the remaining tomato juice to the saucepan, place back the lid and boil for another 1-2 hours. The total cooking time should be at least three hours.

12. Serve hot with a bit of sour cream on top and with a side of polenta.

Recipe notes

You can use fresh cabbage instead of sour cabbage, but first you will have to blanch the cabbage. To do so, first core the cabbage. In a large pot of boiling salted water, add the cabbage and blanch it for 5 to 8 minutes or until the leaves are softened. Remove from the pot and chill under cold water.

Another alternative to softening the cabbage leaves is to wrap it in a plastic wrap and freeze it for a couple days.

Remove the cabbage from the freezer and thaw it out at room temperature. Once the cabbage has thawed out, the leaves should be softened.

Suitable for freezing. Defrost before cooking. Place rolls in a baking dish with the juice and bake for about 1 hour at 180 degrees celsius (160 degrees celsius fan oven).

Want to learn English? See our English for Speakers of Other Languages course.

www.barnsley.ac.uk/esol

HOW TO DO CPR

Health, Science and Social Care Professions tutor and Health expert at Barnsley College, Viv Herbert, talks us through how to do CPR - useful in many emergencies.

"Are you okay?"

CHECK FOR DANGERS

If you come across someone who is unconscious, always check for danger to make sure there is no hazard to you or the person you are helping. First check for a response, you can do this by gently shaking the person's shoulders and ask loudly, 'Are you okay?'.

CHECK FOR NORMAL BREATHING

If someone needs CPR they will not be breathing and will not be conscious. Keep the persons' head back and check for normal breathing by:

- Feeling for breath on your cheek.
- Regular chest movements.
- Listening for breathing.

Look, listen and feel for no more than 10 seconds. If you are sure the person you are helping is breathing normally, then place them in the recovery position and call 999.

If the person you are helping is not breathing open their airway. You can do this by placing one of your hands on the person's forehead and softly tilt their head back, use your other hand to lift their chin.

If the person you are helping is not breathing you should:

- Request someone to call 999 instantly and ask for an ambulance.
- Ask someone to find a public access defibrillator.*
- If you are unable to find anyone to help you, call 999 before you start CPR.

GIVE 30 CHEST COMPRESSIONS

Kneel beside the person you are helping and place the heel of your hand on the centre of their chest. Cover the first hand with the heel of your other hand and interlock the fingers of both hands together.

Keep your arms straight and use the heel of your hand to push the breastbone down firmly so that the chest is pressed down between 5 and 6cm and release.

Do this at a rate of 100 to 120 chest compressions per minute.

GIVE TWO RESCUE BREATHS

Pinch the persons' nostrils closed and support their chin with your other hand. Take a normal breath and put your mouth over the person's and blow until you can see their chest rise. Remove your mouth and watch their chest fall. The two breaths should take no longer than five seconds.

REPEAT UNTIL AN AMBULANCE ARRIVES

Repeat the 30 compressions and two rescue breaths. Keep going until the ambulance arrives and takes over, or the person starts to show signs of regaining consciousness. If you would prefer not to do rescue breaths just do the compressions. That is better than doing nothing until help arrives.

*Visit www.heartsafe.org.uk for a map of local defibrillators.

Want to learn more? You can study Health, Science and Social Care Professions at Barnsley College.
www.barnsley.ac.uk/health

THE POWER OF MUSIC

Wedding songs, break-up songs, number one when you were 15 songs...

We all have a favourite and at least one that, when we hear it, tugs at our heart strings; so it's no surprise that numerous studies have shown that listening to music can benefit our mental health.

Bob Marley once sang: "One good thing about music, when it hits you, you feel no pain" and according to some studies, he was right. The idea that songs can have therapeutic powers dates back to early civilization and developed as a formal practice after World War I and World War II where doctors treating hospitalised veterans were noticing significant improvements to both physical and emotional health following concerts by community musicians.

If we look at the science behind music therapy, it reveals that the many pathways the brain uses to process music, are the same pathways that process pain. This means if the brain is occupied, for instance, on the astounding melody of Beethoven (or Justin Bieber, whatever floats your boat!) there won't be much room left to relay the message of pain coming from the prick of a dentist's needle.

As well as helping to lessen the minor bouts of pain and discomfort, music can also manage stress. Slow quiet music has been said to slow the pulse and heart rate, lower blood pressure and, in turn, decrease the levels of stress hormones. If you're a sucker for yoga, try including relaxation music in your next session; music is said to absorb our attention, allowing us the time to explore our emotions. This means it can be the perfect partner to meditation, helping to prevent the mind wandering.

Certain songs have the ability to remind us of particular periods in our lives, others totally transport us back in time, but how? Once again, it all comes down to the wonders of the grey matter; music is said to engage with regions of the brain responsible for motor actions, emotions and creativity. Essentially, familiar music acts as a soundtrack to the mental movie in our minds, calling back memories of a person or place for example.

Wherever it continues to play a vital role in our lives, researchers will continue to delve deep and investigate beyond mental health, exploring just how powerful music can be.

We may find the experts calling for music therapy to be incorporated into health care or we may find, for some conditions, music being used to improve, or even replace, current treatments... but for now we'll just keep reaching for our headphones!

TIPS:

- 1 Pick your melody**
Choose music that makes you feel good, whether it's rock, classical or pop tunes.
- 2 Feel the beat**
Listen to, play or sing whenever you think you need it.
- 3 Watch the volume**
Be careful not to damage your ears. Playing music too loudly, especially if you're wearing earbuds, could be dangerous.

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

THE PERFECT SMOKEY EYE

A STEP-BY-STEP GUIDE

Smokey eyes have always been a popular make-up look. The key to this timeless classic is blending. Make sure that you have a good blending brush and blend upwards to give you the perfect sophisticated look.

Level 3 Make-up Artistry students, Ellie Schofield and Ruby Daveron from our Hair and Beauty department have provided this easy step-by-step guide on how to create the perfect smokey eye.



1.

Start by applying a concealer base to the eyelid and pat for maximum coverage.



2.

Without setting the concealer, pack a warm orange-brown shade onto the lid and carefully blend out the edges.



3.

Take a darker shade and pack it onto the lid, this time only blend up to the crease of the eye.



4.

Add black eye shadow on to the lash line and blend into the previous shade until you are satisfied.



5.

Apply mascara and false lashes and you're done!

Be the next Charlotte Tilbury. Check out our full and part-time Beauty courses.

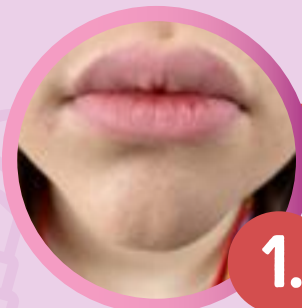
www.barnsley.ac.uk/handb

HOW TO GET THE FAMOUS RED LIP

A STEP-BY-STEP GUIDE

Bold lips have withstood the test of time and a flattering red shade can take your make-up look to the next level.

Our Level 3 Make-up Artistry students, Daisy Wilding and Anita Walker share their tips below for a fool-proof red lip.



1.

Make sure the lip is free from any product.



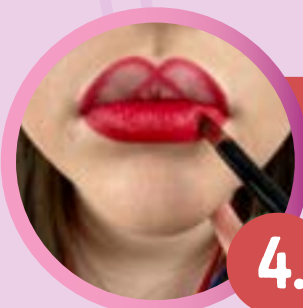
2.

Line the lip with a red lip liner.



3.

With the lip liner, draw lines from the Cupid's bow towards the lower lip to make the lips look plumper.



4.

Fill in the lip with a red lipstick that matches the liner.



5.

Apply a lighter shade in the middle, creating an ombre lip to make your lips look fuller.

Want to learn more? View our list of full and part-time Hair and Beauty courses.

www.barnsley.ac.uk/handb

THE GET LEAN WORKOUT

Follow this tough but rewarding training plan to shock your body into burning fat and building lean muscle to transform your physique.

In this workout, our Health and Fitness expert, Enzo Guarini, has chosen the 12 best exercises to get lean and toned.

You'll be doing weighted moves to put on muscle, yet following a fast-paced routine that raises your heart rate and burns fat.

Consult your doctor before starting any exercise programme and don't forget to start the session with an adequate warm up.

1. INCLINE SPRINTS

Once warmed up complete 15 seconds incline sprint, then reduce to a slow pace walk for 45 seconds. Repeat this five times.

Sets 5 | Reps 15s | Rest 45s



2. BODYWEIGHT SQUATS

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

Sets 3 | Reps 15 | Rest 45s



3. DUMBBELL SQUAT AND PRESS

Hold a dumbbell in each hand and stand with your feet facing outwards approximately shoulder-width apart. Squat down until you roughly reach a 90° angle. Press the weights directly overhead until your arms are straight, then lower them back to the start.

Sets 3 | Reps 10 | Rest 45s



4. DUMBBELL LUNGES

Hold a dumbbell in each hand and stand with your feet approximately shoulder-width apart. Keep your shoulders back and your back straight. Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90° angle.

Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one. Return to the start position by slowly straightening your legs and raising your body back to a standing position.

Complete all the repetitions for one full set, then switch legs, or you can alternate between legs for each rep.

Sets 2 | Reps 12 | Rest 45s



5. MACHINE LEG EXTENSIONS

First choose your weight and sit on the machine with your legs under the pad and the hands holding the side bars. Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause for a second on the contracted position. Slowly lower the weight back to the original position as you inhale, ensuring that your legs do not go past the 90° angle.

Sets 1 | Reps 10 | Rest 60s



6. JOG

Avoid hitting the ground heel first. This is bad for your knees. Instead, try to hit the ground with the flat of your foot or, ideally, on the front/balls of your feet. Bend your arms at a 90° angle. Keep your head straight. Don't look down any more than you have to.

Sets 1 | Reps 500 metres | Rest 45s

7. ROWER

Start by strapping your feet into the pads. Bring your knees up and reach for the handlebar at the front of the machine. Your torso should be just slightly tilted forward over your legs, but focus on maintaining a good posture to keep your spine straight.

Beginning with your leg muscles, push off the footplate, really using your hamstrings. Focusing on your core muscles, start to lean backward into a 45° angle. When you're almost to that angle, pull the handlebar back towards you. Keep your shoulder blades together. Then reverse the movement back to the start position.

Sets 1 | Reps 500 metres | Rest 60s



8. LAT PULL DOWN

Grasp the bar with a wide overhand grip. Pull the bar down until it's approximately level with the hips. Exhale during the down motion and keep your feet flat on the floor. From the bottom position, with the bar close to your hips, slowly return the bar to the starting position while controlling its gradual ascent.

Sets 2 | Reps 10 | Rest 45s

9. KETTLEBELL SWINGS

Start with the kettlebell between your feet. Focus on the movement of your hips as you push back with your butt, and bend your knees to get into the starting position. Keep your back parallel to the ground and look ahead.

Explode upward using your hips for power, and swing the kettlebell outwards. Let the kettlebell swing as you guide it back to the starting position with your shoulders and hips.

Sets 2 | Reps 12 | Rest 45s



THE GET LEAN WORKOUT

10. DUMBBELL SHOULDER PRESS

Hold a dumbbell in each hand and sit on a bench with back support. Plant your feet firmly on the floor about hip-width apart. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level. Pull your abdominals in so there is a slight gap between the small of your back and the bench.

Push the dumbbells up and in until the ends of the dumbbells touch lightly, directly over your head, and then lower the dumbbells back to ear level.

Sets 2 | Reps 12 | Rest 30s



11. RUSSIAN TWISTS

Start by sitting on the floor, with your knees bent and feet flat on the ground. 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. Hold the weighted ball in front of your chest, then brace your core and raise your legs up off the ground. Rotate the ball all the way over to one side, then do the same in the other direction.

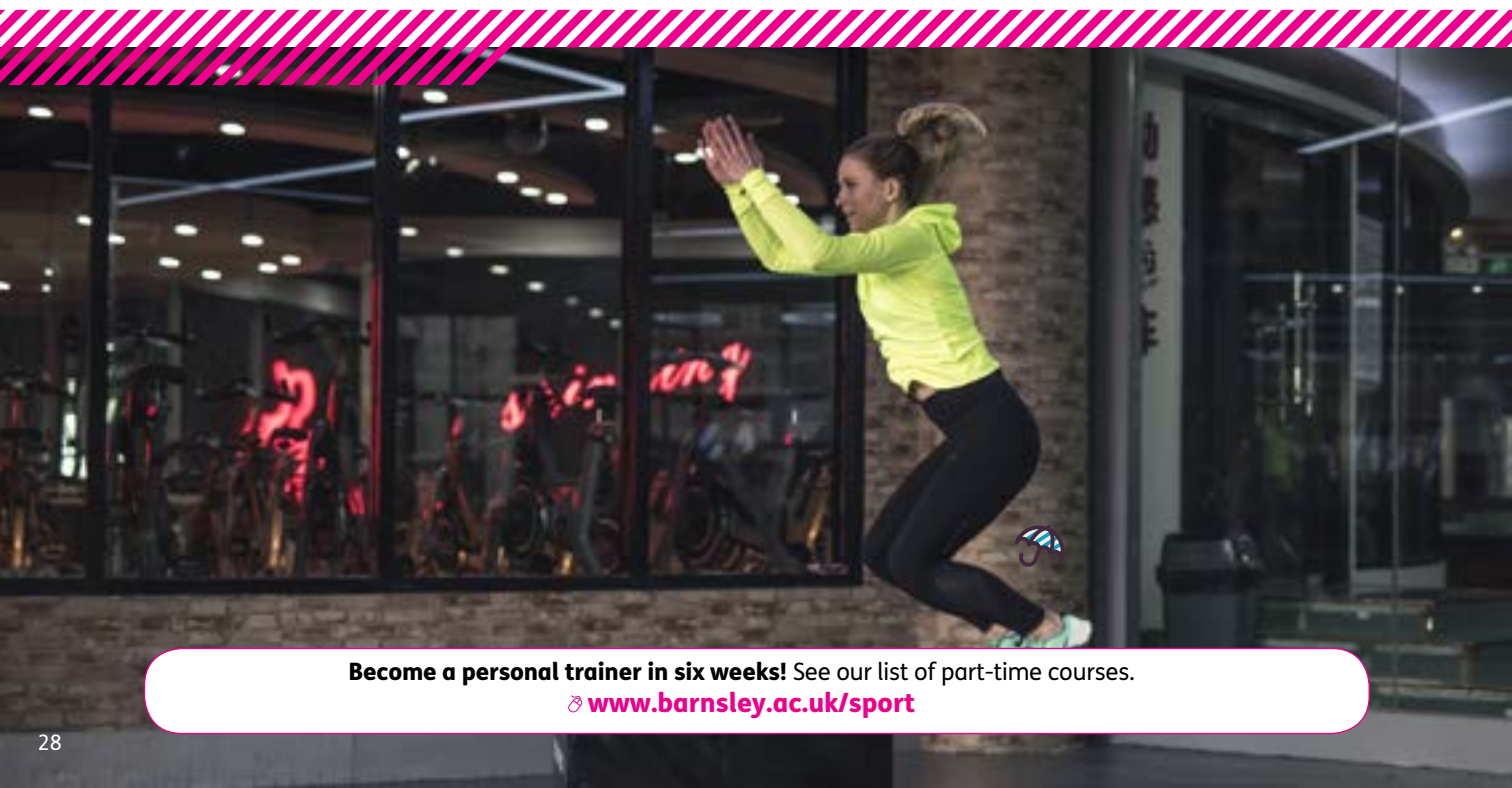
Sets 2 | Reps 12 | Rest 15s



12. 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.

Sets 2 | Reps 30 | Rest 15s



Become a personal trainer in six weeks! See our list of part-time courses.

www.barnsley.ac.uk/sport

A BEGINNERS' GUIDE TO ESPORTS

Written by Barnsley College's Sport Curriculum Leader, Kalam Neale

Esports is competitive video gaming. People usually play against each other online and in tournaments, often in an arena environment. However, there is more to the industry than just playing video games.

Esports is a fast growing industry which engages millions around the world. Research from Digital Schoolhouse found that over 100 million viewers watch Esports via live streaming platforms. The global audience is estimated to be in excess of 400 million viewers with global revenues exceeding £600m.

The players themselves are generally competing for both cash prizes and glory. International competitions can come with huge prizes, plus sponsorships deals for the teams involved.

Many leagues now offer regular salaries and player rights. By remaining in competition, and not getting knocked out, players will receive a guaranteed salary, while winning competitions can earn them greater rewards.

The prospect of Esports coming to the 2024 Olympics has sparked a great deal of interest.

Here are the health and fitness aspects of gaming:

IMPROVE COGNITIVE ABILITIES

Various games include a great deal of mental concentration. Strategies, timing and memory are crucial aspects of winning.

ENHANCING SLEEP PATTERNS

Regular exercise is a great way to enhance your sleeping patterns. A lack of sleep is incredibly harmful to the body.

IMPROVE YOUR MOOD

Exercise helps to improve moods and contributes to managing your emotions.

MAINTAINING AND GROWING FRIENDSHIPS

Tournaments bring together people from all over the world, who strike up friendships and friendly rivalries as they battle it out to become Esports champions.

Friendships can improve a person's mental health.

TRAINING FOR ESPORTS

The key element in Esports for physical training is cardiovascular activity. This is because cardio workouts improve blood flow to the brain.

Are you a champion gamer? You can study Esports at Barnsley College.

www.barnsley.ac.uk/sport

COUNTING THE COST OF THE BEAUTIFUL GAME



Barnsley College Creative Media Production student Luke Pons, explores the cost of being a loyal football supporter.

Love it or hate it, football is a sport which is increasingly in the public eye. However, it is progressively getting harder for people to keep up with the huge surge in football prices.

This price surge stems from the game exploding onto televisions through mega money exclusive deals with broadcasters such as Sky and BT and from stupidly overpriced transfer fees.

The experience of watching football with the naked eye in an amazing atmosphere is one which is fading for many diehard fans. I feel very sad as a football fan to see the traditional working class game torn away from passionate fans who depend on it.

A season ticket at a Premier League club includes access to 19 league games which doesn't seem like a lot if you think about it, especially as the cheapest Premier League season ticket price is £320 which can be found at West Ham United.

This is a lot to pay in one go considering people attend matches with their families which may include children who also want to buy kits, food and programmes. In the 2018-19 season, fans across the UK coughed up a staggering £5 billion on season tickets, food and drink, away tickets and the average shirt price last year was £54, a bit pricy for a top don't you think?

In terms of personal experience, I currently pay £210 for my season ticket which is most of my monthly wage spent in one go. Isn't that just a bit wrong for a 17-year-old?



As for half time refreshments, the most expensive pie sold at a football ground is £4.50 at Fulham and, let's face it, it's not the best quality food is it?

The top price for a beer is £5 at West Ham and Tottenham and that doesn't even buy you a pint.

A big factor in clubs demanding these prices is that as the top Premier League clubs receive their income through television deals and large transfer fees, small clubs feel a need to charge these prices in order to compete and survive.

The Championship has the highest average adult away ticket in the four professional divisions at almost £32.

These high prices will only increase if we as football fans don't voice our opinions. We need to remind the owners of our clubs that we are their most important asset. What is your opinion?

Is the beautiful game becoming out of reach? Please tweet your view to me @FootballUpNort1



If you're a passionate football fan like Luke, the Football Up North radio show is perfect for you!

Join Luke and five of his fellow students between 3.30pm and 5.00pm each Friday on The Vibe www.barnsley.ac.uk/the-vibe as they discuss the latest talking points in the football world.

You can also follow the show on Twitter [@FootballUpNort1](https://twitter.com/FootballUpNort1)

ANIMAL FACT SHEET

Here are some of
the best **FUN** and
random facts
about **ANIMALS!**



Barn Owl

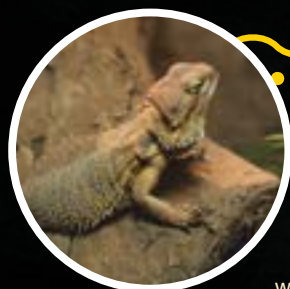
[*Tyto alba* Food]

Lifespan: Four years

Habitat: Barn Owls are found in low-lying arable areas where prey is abundant.

Diet: The natural diet of the Barn Owl in the wild comprises of small mammals, mainly Field Voles, Common Shrews and Wood Mice.

Random fact: Barn Owls have lop-sided ears! One is higher than the other, which helps them to pinpoint exactly where tiny sounds are coming from.



Bearded Dragon

[*Pogona*]

Lifespan: 5 to 8 years

Habitat: They spend most of their time in bushes and on rocks. But when it's extremely hot, they hibernate and go underground.

Diet: Bearded Dragons are omnivores. Their diet consists of small insects, lizards, crickets, and vegetables.

Random fact: Their name, Bearded Dragons, refers to their ability to flare out and change the colour of the skin on their throat when they sense any danger.



Alpaca

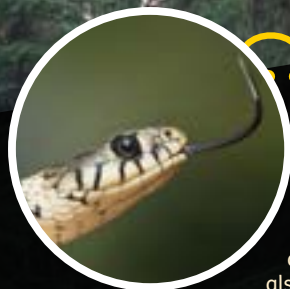
[*Vicugna pacos*]

Lifespan: 15 to 25 years

Habitat: An alpaca's natural habitat includes high mountain foothills.

Diet: Alpacas are herbivores. Their diet consists of hay, grass and leaves. They eat 1 to 2% of their body weight per day and can go without food or water for days.

Random fact: Alpacas were domesticated more than 6,000 years ago and raised for their exquisite fleece.



Snake

[*Serpentes*]

Lifespan: 6 to 8 years

Habitat: Their main habitation is forests, deserts, water and grasslands. Snakes also live in underground burrows and spaces under big rocks.

Diet: Snakes are carnivores. Most feed on eggs, insects, fish, rodents, lizards and small mammals.

Random fact: Snakes do not use their nose to smell. They use split tongues to taste and smell chemical composition in the air.



Meerkat

[*Suricata suricatta*]

Lifespan: 12 to 14 years

Habitat: Meerkats live in the deserts and grasslands of the southern tip of Africa.

Diet: Beetles, caterpillars, spiders, and scorpions. They'll also eat small reptiles, birds, eggs, fruit and plants.

Random fact: The babies, called pups, are born underground, where they are safe from predators. Several babysitters stay behind to watch over new-born pups. This duty rotates to different members of the mob, and a sitter will often go all day without food.



Goat

[*Capra hircus*]

Lifespan: 15 to 18 years

Habitat: They usually live in elevations of 3,281 to 16,404 feet above sea level.

Diet: Goats need a carefully balanced diet of high quality hay and grass.

Random fact: In bright light, the pupil in a goat's eye is rectangular rather than round.

Get up close and personal with these animals at Wigfield Farm.

🌐 www.barnsley.ac.uk/wigfieldfarm

THINGS TO DO WITH THE KIDS AROUND BARNSELEY

“Are we there yet?”, “I’m hungry”, “I want to go home”... sound familiar?

These words are enough to tip even the most patient parents over the edge so stick close to home on your next family day out with our favourite places to visit.

CANNON HALL FARM

Meet the meerkats, explore the adventure playground, visit the farm and grab a bite to eat in the café at Cannon Hall Farm.

Check out www.cannon-hall.com for upcoming activity timetables and events.

BARNSELEY BOWL

Know your strikes from your spares? Barnsley Bowl is a fabulous bowling alley with arcade games and a restaurant available.

Just five minutes from the town centre it is fully accessible with ample free parking.

WIGFIELD FARM

Open seven days-a-week, Wigfield Farm host a range of activities including Messy Mondays, Piglet Playground and Teenage Animal Club.

If you fancy treating the kids, or having a go yourself, you can book a VIP Animal Experience and face your fears, get up close and touch and hold a variety of weird and wonderful animals.

LOCKE PARK

If wrapping up warm and packing sandwiches for a stomp sounds like your perfect Saturday morning, we think you would love a trip to Locke Park.

There is a café too if you need a pit stop.

SOAR: TRAMPOLINE PARK

Are you a sucker for Ninja Warrior? Have you always fancied a trip to Total Ninja?

Give Barnsley's trampoline park a go! With family and team building activities there's something for everyone.

CALYPSO COVE WATERPARK

Pack your armbands and don't forget your goggles! Located in the Metrodome Leisure Complex, the waterpark is home to diving boards, slides and waves as well as interactive toddler splash zones and water features... a great way to spend the day.

Inspire the next generation of children with one of our Childcare courses.

🌐 www.barnsley.ac.uk/childcare

HOW KEEP YOUR HOME SAFE WHILE YOU ARE AWAY

Luke Hellewell, Public Services tutor and criminology expert, talks us through his tips in keeping your home safe while you are away.

“Don’t worry about home security while you’re on holiday, follow my nine expert tips on keeping your home safe, instead.”

Don’t tell everyone you’re on holiday

Refrain from telling people outside your immediate friends and family that you are going away, when and for how long. Certainly don’t brag about your upcoming holiday on social media, you don’t know who can read your comments or who they will tell.

Install a wireless home security and video monitoring system

A home security monitoring system will provide an enhanced level of security and peace of mind while you’re away.

Tell trusted neighbours and friends

Tell your trusted neighbours and friends you will be away so that they can keep an eye out for any suspicious activity while you’re gone. Leave them your contact details, a spare set of keys so that they can drop by to close curtains, switch lights on and off and make the place look lived in.

Don’t leave a hide-a-key

Potential thieves will always look for your hidden key and they will find it.

Hold your mail and parcels

Fully stuffed mailboxes and letters piled on the doorstep is a dead giveaway that you aren’t home. Use the Royal Mail’s Keepsafe scheme when you go away on holiday. It will keep letters and parcels for up to 66 days and deliver on your return.

Lock up valuables in a safe

Potential thieves will always check the bedroom first for valuables, so get a small safe and keep them secure. Alternatively, put valuables somewhere unusual like a kitchen cupboard or bathroom closet in an inconspicuous container.

Protect your appliances and save energy

Always remember to unplug all the appliances that you can to protect them from the risk of electrical fires and to save you money. Don’t forget to turn off alarm clocks and turn down your telephone volume, an endlessly-ringing telephone indicates that no one is home to answer it.

Install smart lights

Most smart lights have holiday modes that turn the lights on and off at random times instead of sticking to a set time every day. This can help keep your home safe if your house is being watched, burglars could get wise to there being a set pattern.

Double check

Just before you leave, spare a few minutes to walk around your home to double check everything is safe and secure. Worth every minute for peace of mind!



Could you be a detective? Find out more about our Public Services and Criminology courses.

🔗 www.barnsley.ac.uk/publicservices

EXTEND YOUR LIVING SPACE WITH A MODULAR BUILDING



Looking for extra space for a garden room, office or studio?

A modular building could be the perfect solution. Duncan Bulloch, Director of C-STEM at Barnsley College explains more about modular buildings.

Modular buildings, or prefabricated buildings as they are also known, are becoming more popular because they are faster to construct, cost effective and more environmentally friendly due to the unique sustainable form of construction.

What is a modular building?

Modular buildings are built off-site and indoors. They are built in sections or modules that are then packed and transported to their final location where they are assembled by a builder. Modular buildings aren’t mobile homes. They are deemed to be the same as ‘real property’ and are built to the same building regulations as site-built structures.

What can modular buildings be used for?

They can be used for a whole range of buildings including:

- > Housing
- > Permanent housing
- > Living space
- > Extension to a house

They can be used as a separate additional building in a garden or elsewhere on a property for an office, garden room, exercise studio or a self-contained building for guests.

Commercial purposes

Modular buildings can be used as additional classrooms for schools or colleges or extra space for businesses.

Unique buildings

More and more people are using modular buildings for unique contemporary housing or one of a kind Airbnb experiences.

What are the benefits of a modular building?

Speed of build

Modular buildings can be completed 30% to 50% quicker than traditional construction methods.*

Because modular buildings are built indoors, they don’t see the typical on-site delays which are usually weather related. On-site foundation work can take place at the same time as the modules are being built which saves time.

Less disruption

Most of the building work takes place off-site which results in less disruption on-site.

Environmentally friendly

Modular buildings are built with sustainable building materials.

Cost-effective

They are usually cheaper than traditional construction builds.

Customised to your needs

Each modular building can be tailored to meet your needs and can be designed and customised to fit your space and budget requirements. The innovative and practical design means that the building design can fit your requirements whether that’s a modern and contemporary building for your garden or a building for a classroom.

Quality of materials

The indoor production of modular buildings results in less damage to materials from the outside elements and they are protected from moisture and weather damage whilst in production.

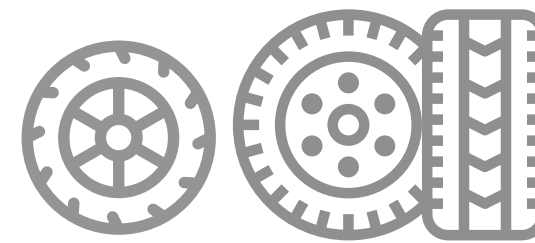
There are many benefits to a modular build as well as being better for the environment, so the next time you are thinking of expanding your living space or are looking for extra office space, why not think about a modular building?

*Green Modular website

Build a career in Construction with one of our courses.

🔗 www.barnsley.ac.uk/construction

HOW TO CHANGE A FLAT TYRE



Engineering tutor Darren Speight talks us through some simple steps on how to change a tyre.

Knowing how to change a tyre is a necessary skill required for drivers. Flat tyres can occur anywhere at any time and can be a daunting task.

If you do experience a flat tyre try not to panic and make sure you stop in a safe place. Don't attempt to change the tyre if your safety is at risk or if you don't have the correct tools.

Most cars come with either a spare tyre or a tyre repair kit. If your car doesn't have either of these find a safe place to park, put on your hazard lights and call for assistance.

The guide below will help you to either change or repair your tyre and help to get you on your way.

Always consult your car handbook before attempting to change/repair a tyre.

CHANGING A TYRE

1. Find a safe place, apply your handbrake, turn on the hazard lights and make sure all the passengers are out of the car.
2. Take out your spare wheel and tools, including a jack, from the boot of your car.
3. Position the wheel chocks which will help to further ensure that the car doesn't roll while you change your tyre. Position the chock to the opposite wheel to the one with the puncture. For example if you are changing your rear-left tyre then place the chock in front of the right-front tyre.
4. Use the wheel wrench (or the wheel nut key if your car has locking wheel nuts) to loosen the wheel nuts.
5. Find a suitable jacking point. This can be found in your handbook (try to position your jack close to the punctured wheel). Raise your car until the tyre is about 10-15cm off the ground.
6. Remove the loosened wheel nuts and then remove the tyre from the car.
7. Put on the spare wheel, replace the wheel nuts and tighten by hand.
8. Lower the car gently back to the ground with the jack. Use the wrench to fully tighten the wheel nuts.

9. Put all the equipment away.

10. If you have a tyre pressure gauge then check the pressure matches the recommend PSI in your handbook. Otherwise drive your car to the nearest petrol station to check the tyre pressure.

11. Don't forget to repair or replace your punctured tyre as soon as it's convenient.

REPAIRING A PUNCTURED TYRE

A tyre repair kit will contain a compressor which can be powered from your car's 12v socket and a bottle of sealant.

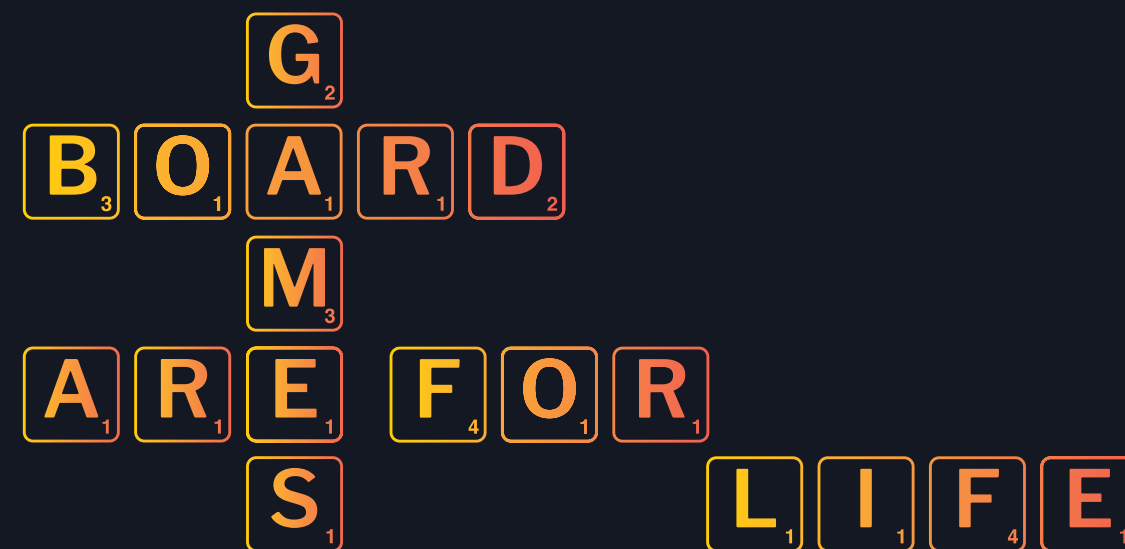
1. Find a safe place, apply your handbrake and put the car in gear. Turn on the hazard lights and make sure all the passengers are out of the car and grab your repair kit.
2. Inspect your tyre and try to locate the puncture. Certain punctures won't be able to be repaired. If you have a hole over 4mm or a damaged tyre sidewall you will need to call a breakdown service. If you see a nail or any other debris stuck in your tyre leave it there. Removing it may cause a bigger problem.
3. Follow the instructions from your tyre repair kit but, in most cases, you will need to connect the bottle of sealant to the tyre valve, the sealant should then flow into your tyre and cover the hole. When all the sealant is in your tyre, connect the compressor to the tyre valve and plug the compressor into your 12v socket inside your car.
Start the engine and pump the tyre to the correct PSI that is recommended in your handbook.
4. This repair is only a temporary measure so you will need to drive your car to the nearest garage. Ensure that you don't exceed the recommended speed which can be found on the tyre repair kit.

Equipment needed:

- Wrench
- Jack
- Wheel nut key
- Wheel chocks
- Car handbook

Know your nuts from your bolts with one of our Engineering courses!

www.barnsley.ac.uk/engineering



When was the last time you sat down with family or friends and played a board game?

Ever popular at Christmas as people get together but maybe we should find the time to ditch the digital distractions that consume our lives and enjoy a more traditional form of entertainment.

Playing a board game is a great way of bringing people of all ages together but did you know it could actually have a positive impact on your health?

Have fun and feel good

Playing a board game can often result in laughter which increases the release of those feel good chemicals, endorphins. Sharing laughter and fun with others can promote empathy, compassion and trust.

Family time

Sitting down with family with no interruptions may feel like an impossible thing in your home but playing games with your kids, or with your friends, is a perfect way to spend time together and build learning skills at the same time. Try to do this when the family is already together, after a family meal maybe.

Memory formation and cognitive skills

Allowing your kids to play board games helps them practise essential cognitive skills, like problem solving. Board games help the brain retain and build cognitive associations well into old age too.

Keeping your brain active

One of the primary benefits of playing board games is reducing the risk of cognitive decline. Keeping your mind engaged means you are exercising it and building it stronger. A stronger brain has lower risks of losing its power.

Lowers blood pressure

The release of endorphins makes us feel happy which helps muscles to relax and blood to circulate, which can contribute to lowering your blood pressure.

Reduce stress

Everyone can benefit from a healthy distraction that takes us away from electronic devices and screens. Playing a board game is an excellent way to unwind, kick back and relax.

Grows your immune system

Research has shown that negativity, depression and stress can reduce your ability to fight disease. Positive feelings, thoughts, laughter and enjoyment releases chemicals that can help fight stress and boost your immune system. A simple board game could give rise to the 'survival genes' and activate them in your brain.

Child development

Board games play a very important role in child health and brain development. They help children develop logic and reasoning skills, improve critical thinking and boost spatial reasoning. Encouraging children to play different types of board games can also increase verbal and communication skills, while helping develop attention skills and the ability to concentrate and focus for longer periods of time.

Develop fine motor skills

Many board games require the use of fine motor skills to pick up or move pieces, actions that take both co-ordination and dexterity. Regular practice and activity improve these basic skills.

So what are you waiting for? Time to dig out Monopoly, Scrabble and Cluedo and unleash a bit of healthy competition!

If you need to brush up on your skills, we can help. See our list of full and part-time courses.

www.barnsley.ac.uk/courses

GET YOUR THINKING CAPS ON!

BARNSLEY PLACE NAMES QUIZ

Think you know Stainborough from Worsbrough, Barugh Green from Hood Green and Hoyland Common from Silkstone Common? Then our place names quiz is right up your street! Simply use the below clues to identify places in Barnsley and surrounding areas:

- 1. Value of late comedian Ken.
- 2. Darker mount.
- 3. Leap of cattle.
- 4. Shortened name for motorbike manufacturer.
- 5. Monarch's boulder.
- 6. Rhymes with former snooker champion Stephen.
- 7. Lancashire town on river.
- 8. Scarlet stream.
- 9. Religious meadow.
- 10. Blemish intersection.
- 11. Freight vehicle's repose.
- 12. Texture of winter garment.
- 13. Fresh base for mason.
- 14. Eagle shaft.
- 15. Bottom of steps.

Think you've got a full house?

SPOT THE BALL

We've removed the ball from this photograph, which square should it be in?



Capital cities WORDSEARCH

How's your Geography?! Below are a list of countries but what you need to find are the **capital cities** of each of these countries hidden in our wordsearch!

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

- Australia
- Austria
- Canada
- Cuba
- Czech Republic
- Egypt
- Finland
- Iceland
- Indonesia
- Ireland
- Italy
- Jamaica
- Japan
- Netherlands
- Portugal
- Spain
- Sweden
- Thailand

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.

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

Visit: www.barnsley.ac.uk/umbrella for the answers!

THE PRINCE'S TRUST

Turning lives around

AGED 16-25?

Uncover your hidden talents. Improve your confidence. Gain a qualification.

Prince's Trust believe that every young person should have the chance to succeed. Alongside Barnsley College and South Yorkshire Fire and Rescue and South Yorkshire Police they help 16 to 25 year-olds who are unemployed or struggling in education to transform their lives.

The Team programme* is a 12-week personal development course that gives young people the chance to learn new skills, gain a qualification and meet new people.

There are various start dates throughout the year so it's never too late to join!

Three out of four people go on to work or college courses within three months of completing the Team programme.

What's in it for me?

- The chance to make a difference with a group community project.
- Take part in an action-packed residential trip.
- Get two-weeks' work experience in something you're interested in.
- Develop English and maths skills.

- A better chance of moving into a job, education or training.
- Gain practical skills that help you in a job and in life.
- Career advice and help with job-hunting and your CV.

It's completely free and won't affect your Jobseeker's Allowance.

So what's involved?

Day 1: Meet new people

Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal and there are plenty of activities so you'll soon feel part of the group.

Week 1: Take action

Over this week, you'll start planning for the weeks ahead – setting out what you want to achieve and finding out how to get your qualifications.

Week 2: New experiences

You'll spend this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation – trying canoeing, climbing, raft-building and much more.

Weeks 3-6: Something to talk about

As a Team, you'll decide on a project to benefit your local community and carry it out. This gives you great experience to talk about at interviews.

Weeks 7-8: Work placements

This is the time to see how the skills you have developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.

Week 9: Plan for the future

You'll get help to write a fantastic CV, practise your interview skills and write applications.

Weeks 10-11: Meet the challenge

You and your Team will take on a challenge to help others in the community. This is when you get to test out all the skills you've developed.

Week 12: Have your say

In your final week, you'll deliver a presentation giving you the chance to show off the talents you've discovered! This may sound scary now, but after 12 weeks you'll be surprised at how far you've come.

Want to know more?

Contact Barnsley College's Information Unit:

☎ 01226 216 123

✉ info@barnsley.ac.uk

🌐 www.barnsley.ac.uk/course/princes-trust

*Prince's Trust: 🌐 www.princes-trust.org.uk

Umbrella

— MAGAZINE 2020 —

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