


If music be the food of love play on




Apparently, the definition of this famous quote from Shakespeare's *Twelfth Night*, is that music can cure heartache. According to research it can also do a lot more besides!


I'm sure most of us would agree that music is emotive. Hearing a particular song on the radio can put a smile on our face or bring a tear to our eye. It evokes memories; taking us back to a specific time and place in an instant. It can make us want to jump around the kitchen with joy or to sit perfectly still and just listen and be in the moment. It's no wonder then, that so many of us are music lovers. We may take for granted that our favourite tracks will lift our mood but have you ever wondered why....?




Listening to music can increase the brain's production of the hormone, Dopamine which helps to reduce feelings of anxiety, depression and stress.



Our blood flows more easily when music is played. Studies have shown that it can also reduce our heart rate and lower blood pressure.



By reducing our stress levels and providing strong competition to any pain signals entering our brain, music can assist in pain management and reduce the perceived intensity of pain. No wonder then that it is often used in health settings, including operating theatres!



Listening to your fave workout tracks can boost our physical performance and increase our endurance during a tough exercise session.

There are many reasons why listening to music or playing an instrument can improve our sense of wellbeing - far too many to list here! So why not turn the radio on, dig out your old vinyl records, put together a playlist on your phone or have a tinkle on the old ivories? You could also book on one of our music related courses - such as African Drumming!

Spotlight on - SS Dance & Wellbeing

It's no secret that our physical and mental health are closely linked. Getting together in a social environment to dance and listen to music whilst learning new skills can build confidence, help to overcome feelings of isolation and loneliness - plus its a great way to just enjoy yourself!

SS Dance & Wellbeing based in Dewsbury, is a community focused business working to reduce isolation, increase activity levels and enhance feelings of wellbeing and happiness through dance.



If you'd like to improve your health and enjoy moving your body, SS Dance & Wellbeing deliver a range of lively, energetic and fun dance sessions across West Yorkshire suitable for ages from 5 - 100 that can be done seated or standing.

You can find a full list of classes on their website: www.ssdancewellbeing.co.uk or call Sophie on 07748 396070 for further information. You can also get in touch via social media on Facebook, Instagram, Twitter, YouTube and TikTok.

SS Dance & Wellbeing are kindly delivering some sessions for us at the RWC in the Spring so watch this space!

Thank you for the Music!

Hi, I'm Jessica Kelly, a Creative Minds Project Worker for South West Yorkshire Partnership NHS Foundation Trust.



Over the last year, I have been working with people on inpatient and rehabilitation wards, running music sessions. Participants have shared that they have found these sessions to be uplifting and sociable occasions and they have helped them to focus their minds and feel more positive. Learners have also had the chance to realise their childhood dreams of playing a musical instrument.

The impact of these sessions was so beneficial that it was decided to extend the project and I have subsequently been working with the Recovery & Wellbeing College in Calderdale to deliver a Song Writing course (with another one being offered in Kirklees in the Spring). I am really enjoying sharing my skills and experience with a wonderful group of learners and together, creating some musical magic! I am also really excited to work on another project which is part of the Kirklees Year of Music, which will support people to write and perform their own songs.

Please look (and listen out) for more information on these courses and all I can say is.....

Thank you for the music!



Let's Get Physical

How to move more

In this modern world, many of us live sedentary lives; meaning we spend much of our time seated and are largely inactive. Below are some hints and tips for small ways to become more active, to improve our health and wellbeing without having to wear lycra!

Take the stairs - rather than use the lift or escalator. Simple!



Park further away - stop hunting for a spot as close to your destination as possible and choose to get a few extra steps in.

Get off the bus a stop earlier - and walk just a few extra minutes.

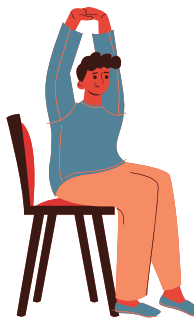
Forget online shopping - head to your local shops and take time to walk round and browse.



Drink more water - being more hydrated usually means more trips to the bathroom! Better still if your WC is located upstairs!

Move things out of reach - putting your TV remote control (or other objects) in the bedroom, means having to climb a flight of stairs before getting comfy on the sofa.

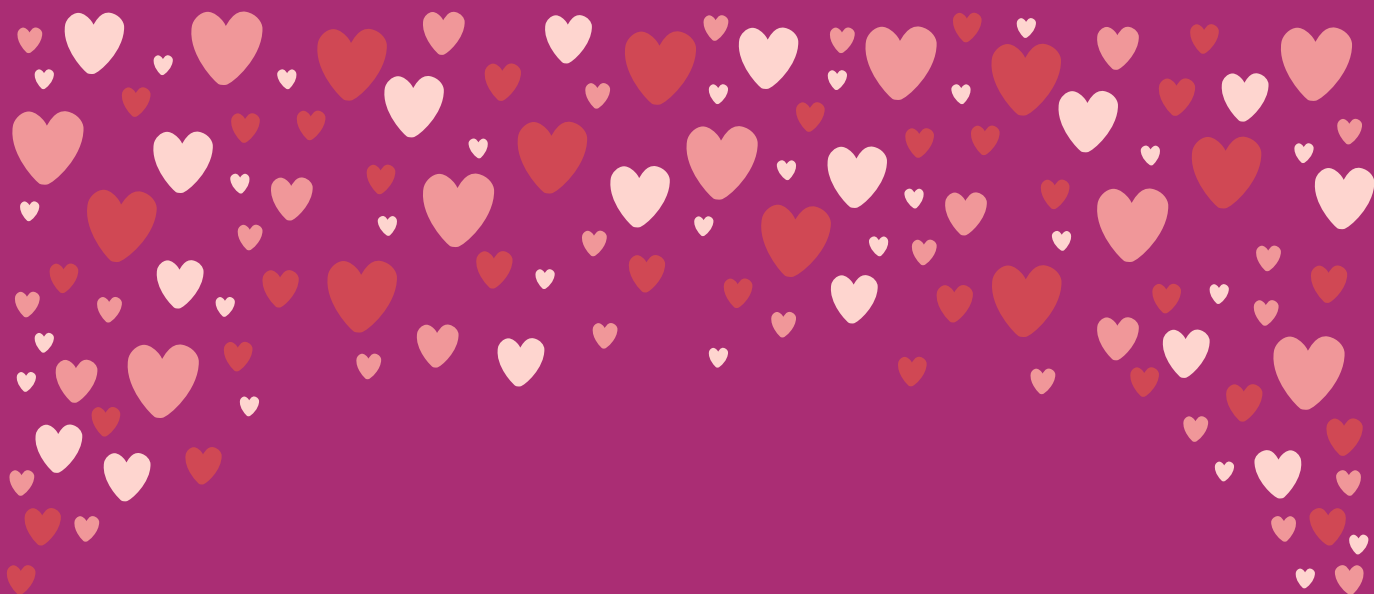
Use time wisely - stretch or do a simple exercise during TV adverts or while waiting for the microwave to ping!



Arrange an active get-together - when meeting up with friends, suggest going for a walk / bowling / driving range. Let your imagination run wild with fun activities you could do as a group.

Remember, getting more active doesn't have to be a chore!!

Give a little lovin'



Valentines Day is almost here and, depending on our situation we may or may not be looking forward to it. Perhaps you are excited to share the day with a loved one? Maybe you think it's a commercial exercise and have no interest in the occasion? Perhaps you would like to demonstrate your love but don't have anyone to express it to?

Whatever your current circumstances or views, we think that a day to demonstrate our love, to either a partner, friend, family member or ourselves isn't such a bad thing. We admit, that we really don't need a dedicated day each year to do that, but sometimes days, weeks, months can go by without us paying any attention to the love and compassion we show (or don't) to either ourselves or those around us.

So this Valentines Day, why not give a little lovin' to both yourself and your nearest and dearest. You don't need a dozen roses to do that. Simply a kind word or act can speak volumes!

Your Opinion Matters

Our Trust has asked us to review the work we do in our College. If you would like to tell us how we can improve and what you would like to see us do in the future please get in touch via, email, phone or letter! You can also fill in a survey online – go to our website and the Weekly Update on our home page for more details.

The Bottom Line

Worrying about money can be very stressful! It can take over our thoughts and impact negatively our mental wellbeing and can even cause feelings of embarrassment, guilt and shame. Managing your finances can be all the more difficult when you feel like this and it is easy to avoid, rather than deal with the problem.

There are things you can do, and we would like to help where we can. That is why we would recommend you use the **Mental Health and Money Toolkit**.

This was designed by people who have mental health and money problems as well as by professionals. You can find it on our website in our Resources page under 'Wellbeing Resources' or we can print a hard copy and send it for free to your home address. Just email or call us.

Remember you are not alone!

Stay up to date, follow us on our socials



Contact us

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