

# Workshop 3 40 minutes maximum

1<sup>st</sup> workshop then tea  
2<sup>nd</sup> + 3<sup>rd</sup> workshops  
then plenary



Introduction slides and story- David 10 minutes



David Introduce John



John Presentation < 5  
minutes



John singing workshop 20+ minutes



David summarise and direct on to next activity





# **Workshop 3**

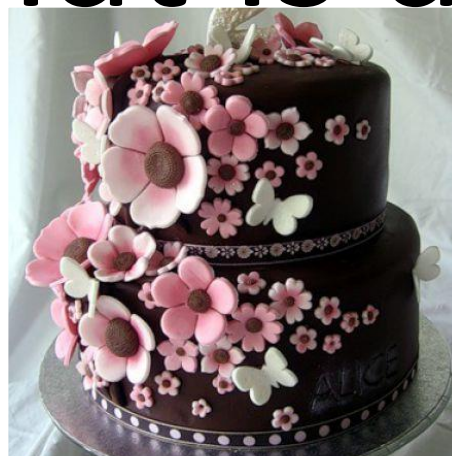
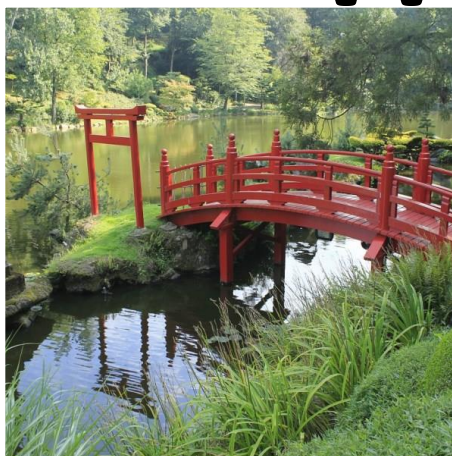
## **Avoiding burnout**

A red wooden sign with white text that reads "DANGER THIN ICE". The sign is mounted on a wooden post and is set against a background of a vast, flat, light-colored landscape, likely snow or ice. The sign is slightly tilted and shows some wear and tear, including a small hole near the top center.

DANGER  
THIN ICE



# What is art?



# Dopamine

Motivates :-

- Sex
- Food
- Drink
- Comfort
- Creativity

# Creativity is crucial to our survival

- Allows flexible thinking
- Accepts novelty
- Enhances self-esteem
- Connects with others
- Gives a sense of purpose

Let's give  
it a try!



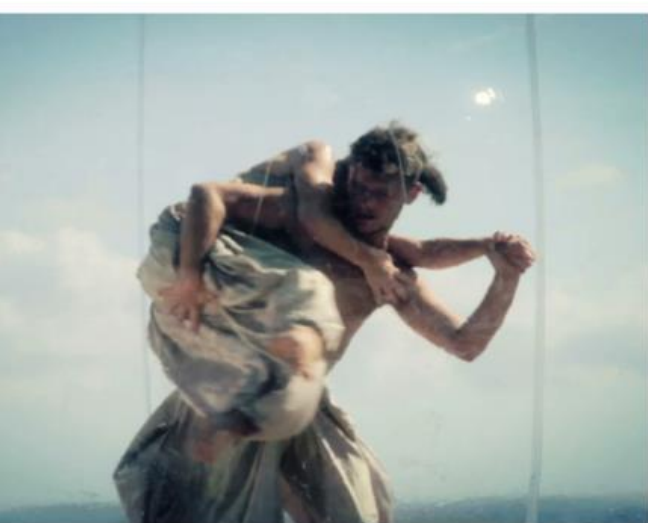


# Dr Jon Hughes

- Composer, sound artist and researcher
- Choir leader and singer
- Working collaboratively with practitioners from different disciplines, including visual arts, dance, archaeology and the natural sciences.
- Work funded by many organisations including Royal Society of Chemistry, Arts Council, and Wellcome Trust.



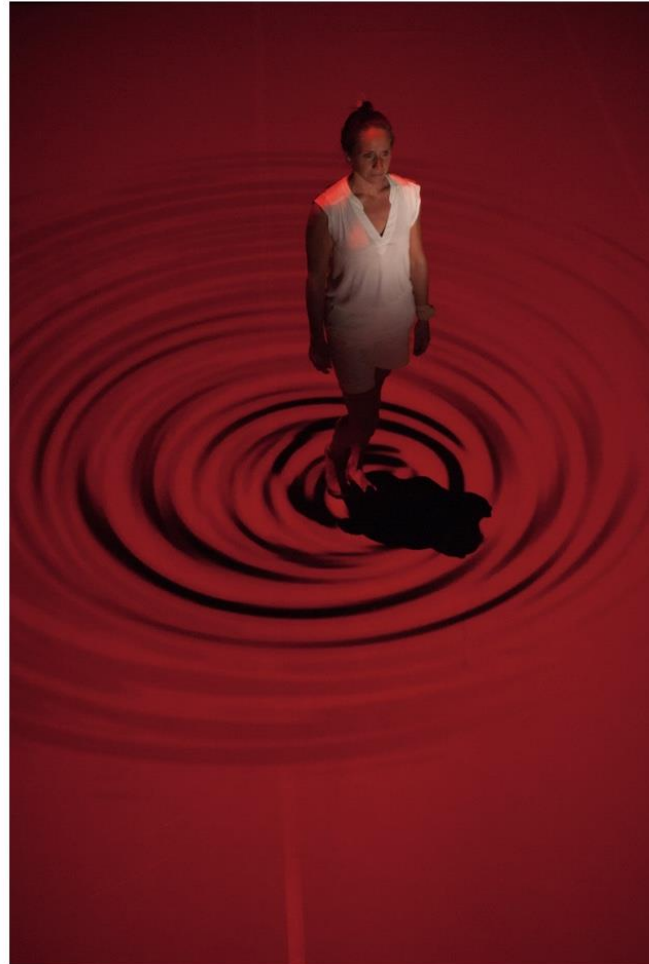
# Terrarium



# Shoreline

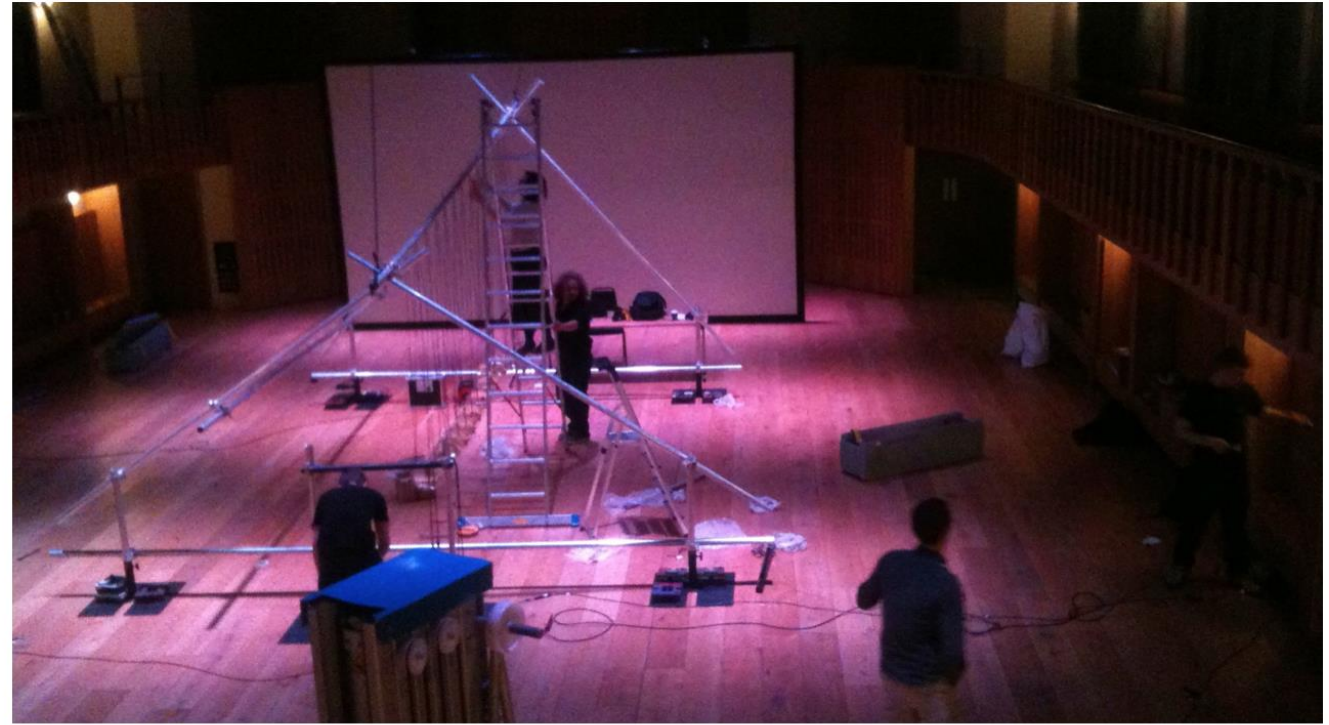


# Transmission



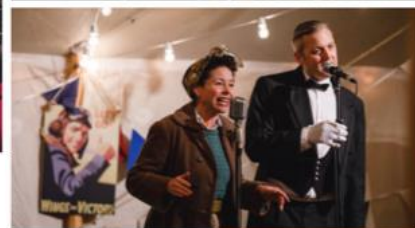
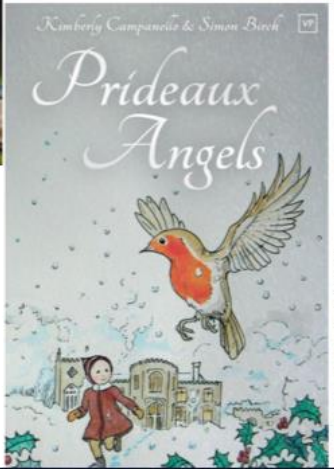
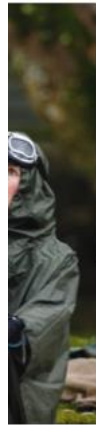
**Antibiotic Resistance**  
Created with evolutionary biologist  
Professor Mike Brockhurst

# Phase Revival



Based on harmonic principles used in  
Chemical Spectroscopy  
In collaboration with Professor Ben  
Whittaker, University of Leeds, Opera  
North and Royal Society of Chemistry

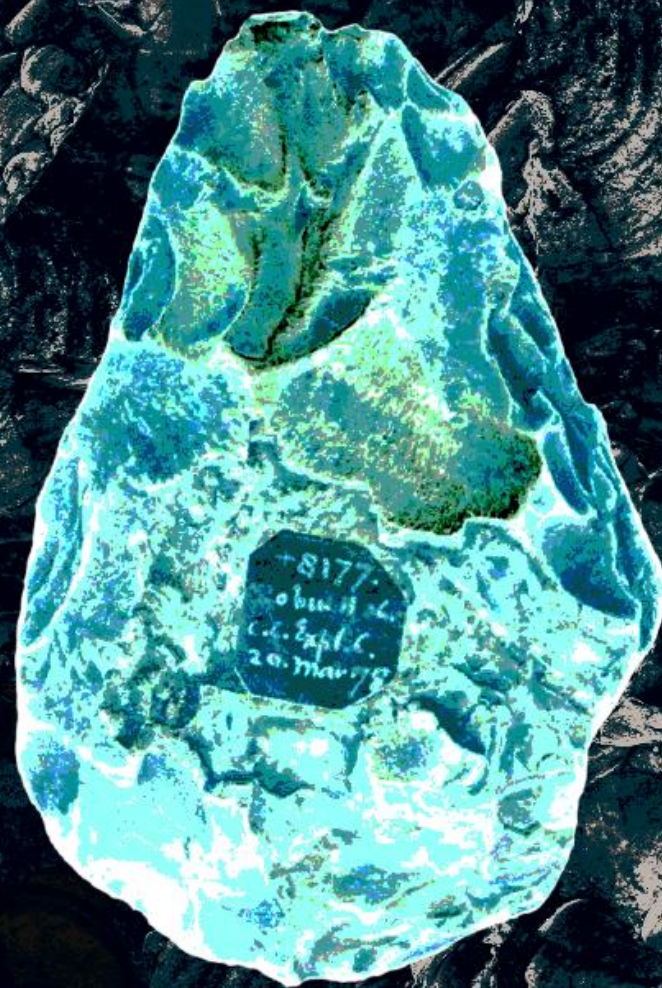
# Prideaux Angels



# REFUGIUM

*A response, in sound, to the caves, cliffs and wider landscape of Creswell Crags*

REFUGIUM



# Community Choirs



## YORK BIG SING

bringing people of all ages together through song

intergenerational singing workshops  
**FREE** Summer 2018

families, children and young people welcome!  
we want people from different ages and different backgrounds singing together across the city  
learn to sing beautiful vocal harmony from around the world  
no experience necessary - all music taught by ear

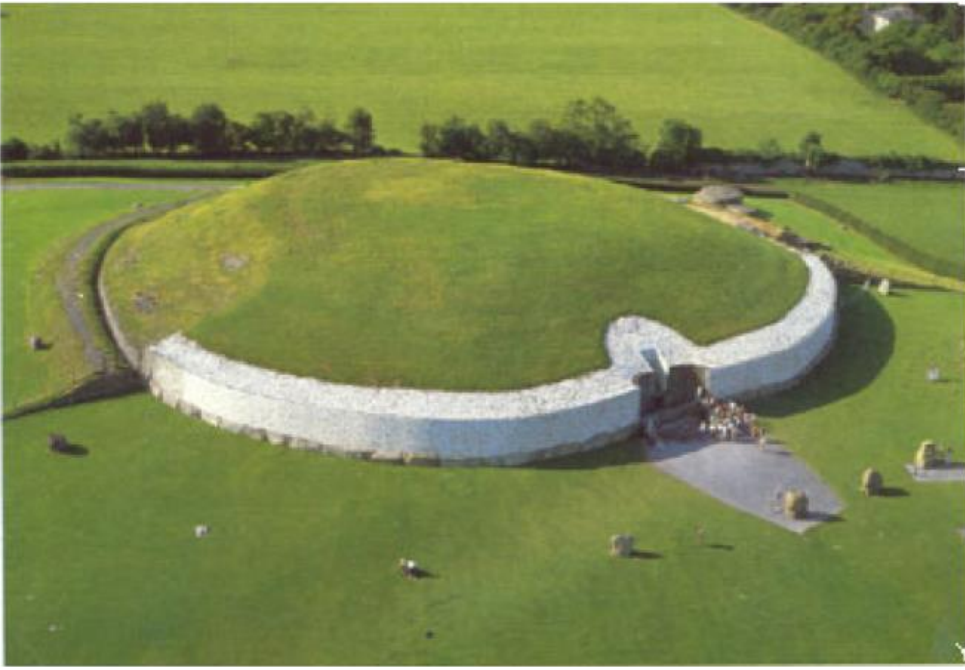
at Explore York libraries across the city

24.06.18	York	1.00 pm
29.06.18	Clifton	12.30 pm
07.07.18	Bloom Festival, York	1.00 pm
22.07.18	Rowntree Park	2.00 pm
23.07.18	Poppleton	12.30 pm
27.07.18	Fulford	3.00 pm
04.08.18	Dunnington	10.30 am
10.08.18	Copmanthorpe	3.30 pm
14.08.18	Acomb	10.30 am
25.08.18	Huntington	10.30 am
01.09.18	Bishopthorpe	11.30 am

info: [www.yorkartseducation.org.uk](http://www.yorkartseducation.org.uk) email: [bigsing@yorkartseducation.org.uk](mailto:bigsing@yorkartseducation.org.uk)  
phone: 01904 293236 @yorkbigsing



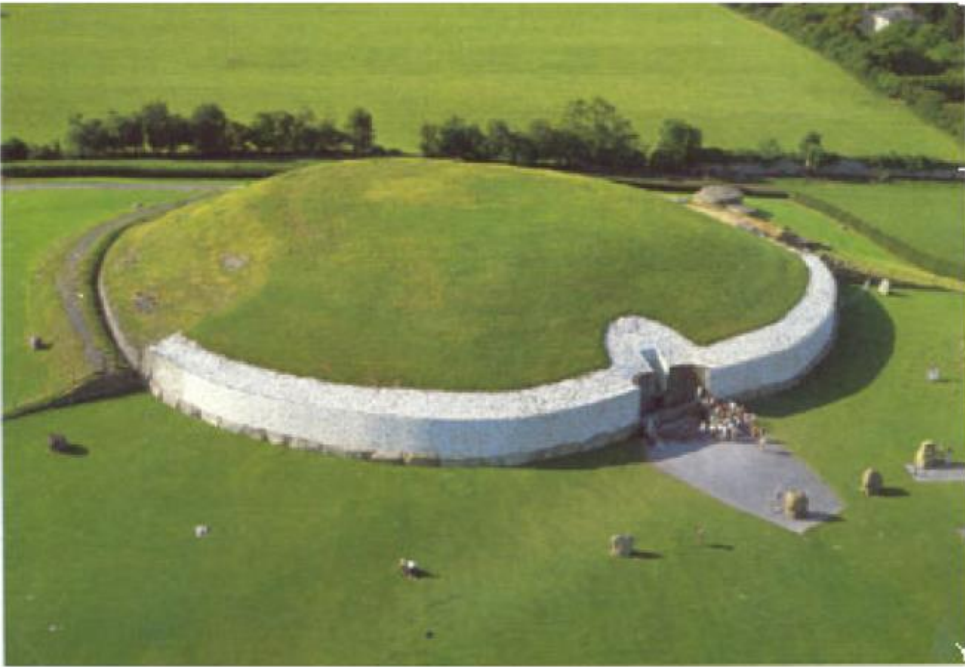
# Newgrange



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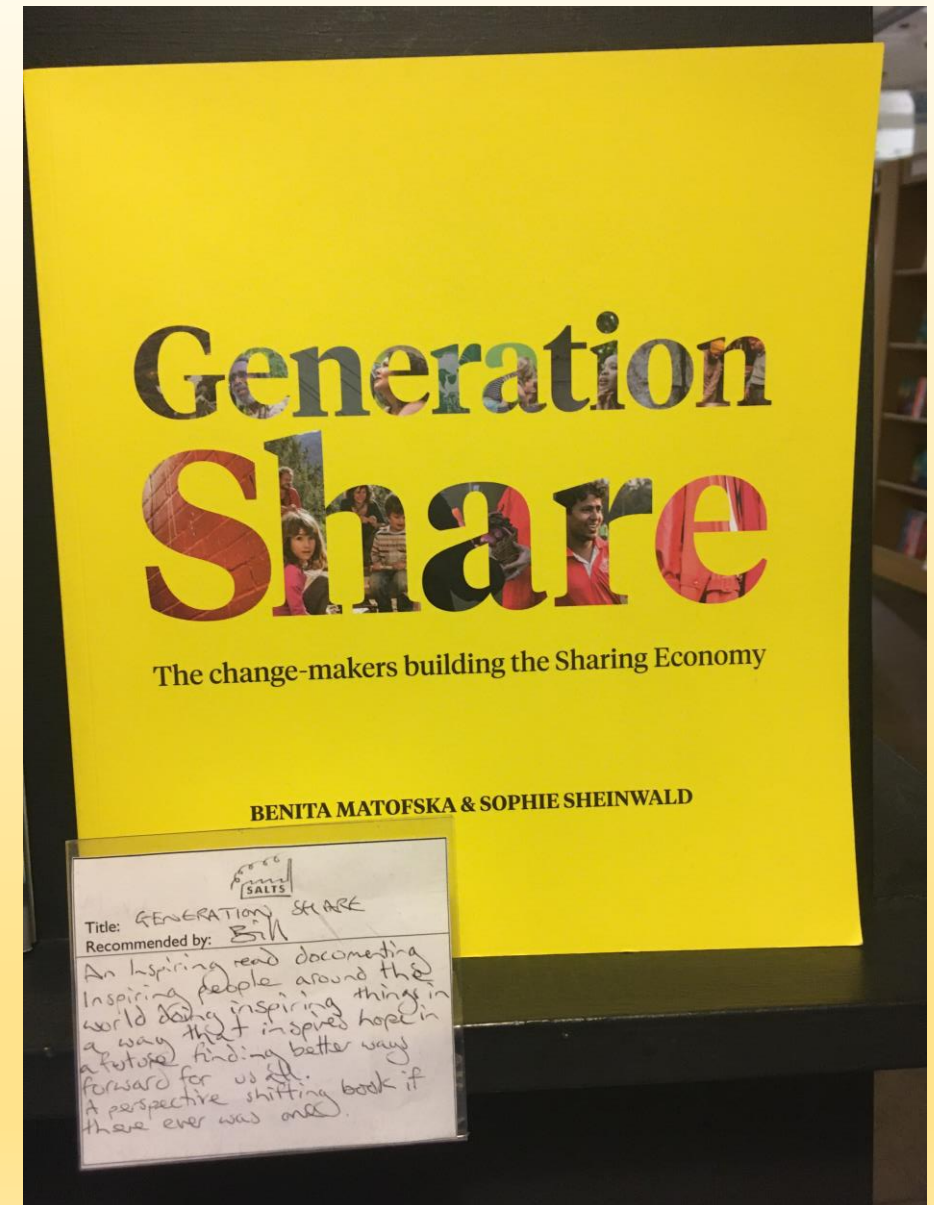
# Newgrange





“When we sing together, we share something more than just that magic time for ourselves and our wellbeing. We literally share harmonic vibrations in our bodies as our voices blend. It’s a true and tangible sense of feeling united and powerful in this increasingly polarised and lonely world. There’s no other feeling like it, we become better connected to ourselves and the community around us; this joy we find in singing together has a ripple effect.”

Sarah Tohill, Community Choir Leader- Quote from Generation Share





We can improve the

**Care**

of patients and ourselves by using

**Creativity**

and the existing resources in our

**Community**

TheKingsFund>

# Community is the best medicine

**Health Professionals have a  
key role in promoting this  
message**

