LOGIK Centre Newsletter - Healthy Week Edition
Dear Colleague,

It's hard to believe that it has been over two months since the majority of us have been working from home. I hope all of you have managed to look after yourselves both physically and mentally and that our working from home edition of the brochure was some help to you in this regard.

We are moving into the next stage of this pandemic and slight changes are being made to move us gently out of lockdown. It is therefore timely that 8th - 12th June 2020 will be UOL Healthy Week - which will be virtual this year.

We here at OD&PL LOGIK are supporting this event as best we can in the circumstances by compiling a short Healthy Week specific programme and re-opening access to the Clubs and courses we introduced in our previous edition.

For more details about the full Staff Healthy Week programme please follow this link staffhealthy week webpage

We are looking forward to welcoming you back to OD&PL LOGIK Centre soon in the meantime - stay safe and well everybody!

Jo Westerman

LOGIK Centre Manager
If you would like to get involved, we have a small programme of try-it-out sessions for Healthy Week!

**LOGIK Centre Healthy Week Sign-up Form**

- *Dungeons and Dragons* - A short, one-off game for anyone who has wanted to give it a try! All materials will be provided and no prior knowledge is required. **Tuesday 9th June 5-7pm**

- *Book Binding Tutorial* - Follow along with May as she shows you how to make your own books using supplies you can find around the home! A material list will be provided in advance. **Tuesday 9th June 12-1pm**

- *Gardening Quiz* - Test your knowledge and make friends along the way. Gardening is great for both your mental and physical health. **Friday 12th June 2-3pm**

If you would like to join one of these events you can sign up via [this form](#)
Thinking about health and wellbeing should not be limited to one week - you should be giving yourself space and time to improve it everyday. One of the ways to do this is to embrace your hobbies and socialise with others with similar interests. The LOGIK Centre recently launched a series of social clubs which are run by University of Leeds employees and aim to promote wellbeing and socialisation around hobbies or interests. They are open to all staff and have received positive feedback about their effect on mental health and wellbeing.

Of those current members who responded to our survey:

- 100% said being part of a club had improved their social interaction during lockdown
- 100% said joining had had a positive effect on their mental health

Now we can take a closer look at some of the ways our clubs are affecting staff wellbeing.
Gardening has clear health benefits including reduced stress and anxiety, better sleep, self-esteem, dexterity, and benefits for heart health.

Gardening

Planting flowers and vegetables can bring beautiful and delicious bounties to your kitchen table, but it can also help improve your physical and mental health. Being outside for a few hours in the garden gives you a boost of vitamin D, improves physical fitness, and contributes to a healthier lifestyle. According to researchers at the Universities of Tokyo and Exeter gardening can promote positive moods, reduce anger and loneliness and promote self-esteem. You don't even need to have a garden to get some of the benefits - growing and caring for houseplants promotes many of the same benefits!

If you'd like to join others who enjoy gardening, the LOGIK Centre Gardening Club meets weekly and can be joined via this form.
Puzzle Hunts and Cryptic Crosswords

Completing puzzles and crosswords have a number of benefits for wellbeing: they can keep your mind active, provide a break from thinking about work, improve vocabulary, and exercise lateral thinking. Sharing hints, tips and puzzles brings these activities into the social word and builds connections between similarly minded people, reducing isolation and promoting positive mental health.

If you'd like to join others who enjoy puzzles and cryptic crosswords, the LOGIK Centre's Puzzle Hunts and Cryptic Crosswords Clubs meet weekly and can be joined via this form.
The LOGIK Centre is pleased to offer online social clubs via MS Teams for all University of Leeds staff during the current lockdown period. They will meet for an hour once a week via voice/video chat at a set time, with a text chat facility during the week for sharing updates and staying in touch. If you would like to know more about the clubs or think you’d like to join, then you can complete this form.

The LOGIK Centre clubs have been running for a number of weeks and have received positive feedback from members. Flip through some of the feedback we’ve received so far.

“Just that I’m really happy you set these up. I have had a great time so far and it's a way of breaking up my evenings.”

“I enjoy this club and look forward to meeting the other participants in person in the LOGIK Centre.”

100% said being part of a club had improved their social interaction during lockdown.

“It’s good to have the clubs as I like film and crafting and the chance to have a chat is good as it breaks up the working day and sitting staring at a pc all the time!”

Clubs are flexible to your needs: “I am happy enough just having a small group to post in about our shared interest and not to do meetings or zooms or anything as I do enough of that with people I know.”

100% said joining had had a positive effect on their mental health.

If you have an interest or hobby that is not represented here and you would like to set up your own social club, we would be delighted to hear from you! Please contact us at logikcentre@leeds.ac.uk

Puzzle Hunts

Teams chat – Monday 12pm

There is a wide world of paper-and-pencil puzzles to be found online, beyond even crosswords and logic puzzles (but plenty of those, too). This includes puzzle hunts, which are puzzle collections where solving each one reveals a secret word, then all those words combine as a final puzzle. Puzzles in puzzle hunts might not even have instructions — you will need to figure those out, too. Come discover vast archives of puzzles, learn techniques and tools for solving them, and meet others interested in co-solving these puzzles with you.

If you would like to join please complete this form.
**Movie Club**
Teams chat – Tuesday 12pm

Join the Movie Club to regain the shared experiences of watching films together, in your own time. We will decide upon each film together from those available to access online and we’ll all have a week to watch the film at our leisure. Then we can come together for a group call and a live discussion, with a text chat throughout the week.

If you would like to join please complete [this form](#).

**Dungeons and Dragons – Beginners**
Teams chat - Thursday 7-9pm

Are you interested in playing Dungeons and Dragons? While we are all stuck inside, why not explore dungeons and steal treasure online? Run by a DM with over 15 years’ experience and fully set up online. New players will be welcomed and gently eased into the action, with no obligation to commit!

If you would like to join please complete [this form](#).

**Dungeons and Dragons – Experienced**
Teams chat - Saturday 2-5pm

A group for playing pen-and-paper role-playing games online - if you’ve played D&D before but are in search of a new group then this is the one for you. RPGs like Dungeons and Dragons are a great way to socialise, have fun and exercise your problem-solving and storytelling abilities. Being stuck inside doesn’t mean we can't go on adventures!

If you would like to join please complete [this form](#).

**Create and Chat**
Teams chat – Thursday 1pm

Do you knit, crotchet, embroider, or are you currently working on a creative project? Are you interested in joining a group aimed at motivating, inspiring and helping each other, whilst socialising and sharing ideas and projects that you are working on? If so, this is the group for you. Everyone is welcome! If you are interested in discovering a new skill, want help and advice, or just want to join for the chat and social interaction, then sign up and let us know the type of group you would like us to be. Your ideas are important to help us create an inclusive group.

If you would like to join please complete [this form](#).

**Arts and Crafts**
Teams chat - Wednesday 1.15 - 1.45pm

The arts and craft club is a fun space where you can share craft ideas and projects you are working on, with an emphasis on paper craft, sketching, painting, and creating with whatever you have at home. Everyone is welcome, even if you are new to crafting and want to find out more, or if you just want to socialise and discover a new skill. We will be doing follow-along tutorials, sharing creations and encouraging one another to keep creating!

If you'd like to join please complete [this form](#).
**Premier League Football Club**  
**Teams chat – Thursday 5.30pm**

This group will be a discussion of Premier League football. We will talk about a wide range of things to do with the PL and UEFA Champions’ League. We may have themes or questions to spark debate, such as: “Who is the greatest central defensive midfielder at the moment?”

If you would like to join please complete [this form](#).

**Gardening Club**  
**Teams chat – Friday 4.30pm**

This group is for those who share a passion for gardening or who, in these difficult times, are now discovering an interest in anything green. If you would like to share resourceful ways to grow something on a windowsill or outdoors, proudly show off your first green shoots, enjoy a virtual visit of gardens or just chat about green spaces, then this group is for you!

If you would like to join please complete [this form](#).

**Cryptic Crosswords**  
**Teams chat – Friday 5pm**

Ever wanted to solve cryptic crosswords, impress your friends and look smart on the train? You don’t need to be a polymath with a background in classics, you just need to learn the rules of the game. This is a classroom and forum for total beginners.

If you would like to join please complete [this form](#).

**Wellbeing At Home**

Being at home in these uncertain times presents a whole new and different set of challenges than working from the office. It may feel overwhelming sometimes as we battle to balance home life, caring responsibilities, pets and partners – as well as work itself. So we have cultivated a set of resources for you to try that can help you to stay focused and healthy at home. Remember that different things will work for different people, so try out a few and see what you find is the most useful for you.
Wellbeing Resources

• For those of you looking to release the muscle tension issues associated with working for long periods at the computer, Deborah Marcus is providing 15 minute sessions of Stretch and Meditation at your desk on various days throughout the working week.

Please email or message Deborah via Teams and she will add you to her mailing list.

Email: D.Marcus@leeds.ac.uk

• Follow Along - Stretching and Flexibility Exercises

Lucy from Sculpt Fitness Studios in Sheffield gives you a quick introduction to stretching and flexibility. This quick burst of exercise and flexing will hopefully help act as an introduction to longer and more intense workouts, or just as a short release of energy.

• Women's Cafe Podcast

A podcast about women, empowering women, celebrating women hosted by Janette Bereza from LUBS (University of Leeds).

• The Happiness Lab Podcast

In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and shares some surprising and inspiring stories that will forever alter the way that you think about happiness. She's changed the lives of thousands of people through her class "Psychology and the Good Life," and she will change yours too.

• The Mental Health Foundation

This relaxation exercise is narrated by Mindfulness expert Professor Mark Williams and features a series of breathing and visualisation techniques.

A University of Leeds curated list of wellbeing themed courses.

• LinkedIn Learning Collection

A selection of LinkedIn Learning courses:

• Better Wrist and Elbow Support
• Computer and Text Neck Stretching Exercises
• The Mindful Workday
• Chair Work: Yoga Fitness and Stretching at Your Desk
**Introduction to Ergonomics 101: Hacking your workspace**

Healthy Posture Working from Home:

Learn how to care for your back and be comfortable while working from home, in this video made for us by Mark Butterworth from Headingley Chiropractic Clinic.

[Video by Mark Butterworth from Headingley Chiropractic Clinic.](https://sway.office.com/IOn2wW6OP3ylraFg#content=yNoFSKmTOG8o6n)

**Staff Counselling**

The University of Leeds staff counselling service is running on a remote basis. [Check their website for details of how to access this service.](#)

**Contact details**

LOGIK Centre

5-7 Lifton Place (entrance on University Road)

University of Leeds

Leeds
Email:

logikcentre@leeds.ac.uk for courses and classes.
staffcentre@leeds.ac.uk for wellbeing and events.

Website: www.logik.leeds.ac.uk

Jo Westerman, Centre Manager
Eileen Barrett, Learning for Life Adviser
Emily Webb and Clare Cook, Centre Administrators

If you wish to receive information on courses and activities running in the LOGIK Centre, please use our email address above and request to be added to the mailing list. We have two mailing lists, LOGIK Centre for LOGIK Courses and Staff Centre for events, wellbeing information, ‘work perks’ information and Centre closures. Please state in your email which mailing list you would like to be added to.