



Personalized English learning through news and games.

Start Your Learning Journey

Choose the type of news:

Sport 🏆

Let's Watch News 🚀



搜尋



上午 10:14
2025/12/29



Personalized English learning through news and games.

Start Your Learning Journey

Choose the type of news:

Sport 🏆

Sport 🏆

Business 💰

Innovation💡

Culture🎭

Arts🎨

Travel✈️

Earth🌐

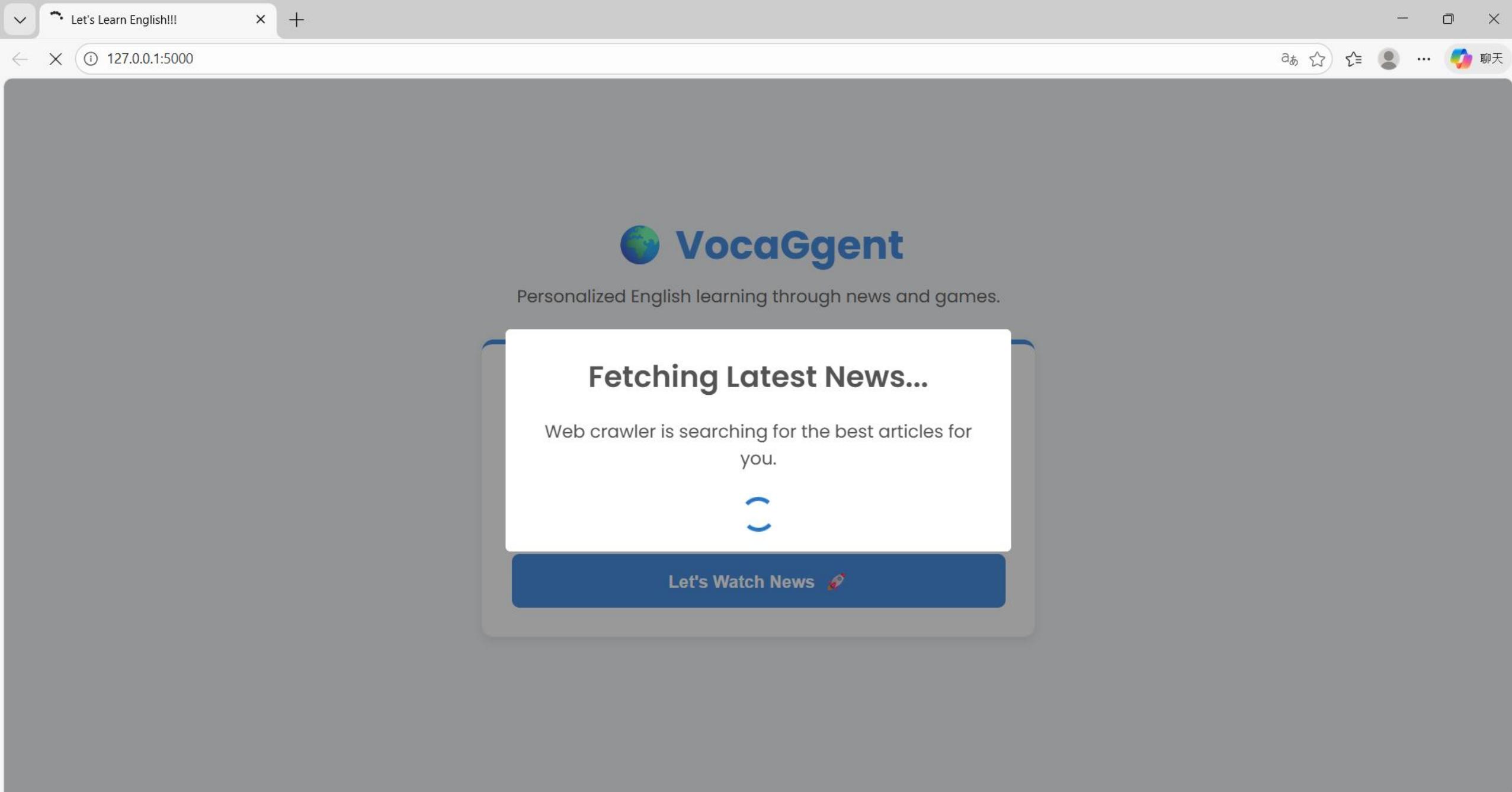
General News📰



搜尋



上午 10:14
2025/12/29



搜尋



上午 10:15
2025/12/29

Arts News

Select an article to start reading and learning.

How art therapy could cut staff burnout risk

Art therapy sessions could cut the risk of burnout by half, a study of London medics suggests. Researchers from Queen Ma...

[Read Full Article →](#)

Mural celebrating town's WI leader unveiled

A new mural celebrating Newquay's Women's Institute (WI) has been unveiled. Irish muralist Shauna Anseo has painted the ...

[Read Full Article →](#)

I quit job for 'far off dream' of being a belly dancer

A former flight attendant ditched her day job to become a full-time belly dancer after taking up lessons during Covid. L...

[Read Full Article →](#)

Memories recaptured through live performances

Childhood memories recorded for library archives are to be brought back to life by youth groups through live performance...

[Read Full Article →](#)

Giant community mural is nearly finished

A mural which champions the contributions of volunteers

Artist Oliver Jeffers 'loves being home' as he returns with new exhibition

The artist and author Oliver Jeffers is holding his first



How art therapy could cut staff bu X +

127.0.0.1:5000/news_detail/arts/1

總結 ⌂ A☆ ... 聊天

[← Back to Arts news](#)

How art therapy could cut staff burnout risk

Arts

Read Original Article

Art therapy sessions could cut the risk of burnout by half, a study of London medics suggests. Researchers from Queen Mary University of London and Barts Health NHS Trust worked with 129 doctors, nurses and other health professional from London hospitals to study the effects of group art therapy sessions. They found that those who took part in the sessions reported "much lower emotional exhaustion and depersonalisation, and less stress, anxiety and depression". Art therapy has since been rolled out across five hospitals in London - with researchers saying it could be used to help tackle burnout in other professions too. For the study, described as a first of its kind, half of the participants took part in weekly group art therapy sessions, while the other half were on a waitlist. They were surveyed before and after six sessions of art therapy. Those who did not receive the art therapy reported feeling around twice as burnt out as those who did. The trial also found that the benefits lasted at least three months after the therapy ended. So how does it make a difference to medical

A standard Windows taskbar at the bottom of the screen, featuring icons for File Explorer, Microsoft Word, Google Chrome, and other system utilities.

上午 10:15
2025/12/29

How art therapy could cut staff burnout

127.0.0.1:5000/news_detail/arts/1

總結 ⌂ あ A☆ ☆ ... 聊天

too." But, she said, art therapy was not a cure-all: it must go alongside other tools to deal with burnout and mental health pressures. The sessions are funded by Barts Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Customize Your Learning

CEFR Level: -- choose --

Number of words: 10

 Start Vocabulary Learning

 Mind Map

 Reading Test

上午 10:15
2025/12/29

How art therapy could cut staff burnout

127.0.0.1:5000/news_detail/arts/1

あ A☆ ☆ 人 聊天

too." But, she said, art therapy was not a cure-all: it must go alongside other tools to deal with burnout and mental health pressures. The sessions are funded by Barts Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Mapping Ideas...

LLM is breaking down the article into a visual structure.

CEFR Level:
-- choose --

Start Vocabulary Learning

Mind Map

Reading Test

A standard Windows taskbar at the bottom of the screen, featuring icons for File Explorer, Microsoft Word, Google Chrome, and other system utilities.

上午 10:16
2025/12/29

News Intelligence

News Structure Explorer

Art therapy cuts
burnout risk for London
medics

Study Design +

Key Findings +

Participant Experiences +

Implementation & Rollout +

Broader Implications +

Back Home



搜尋



上午 10:17
2025/12/29

Interactive Mind Map | Horizontal + 127.0.0.1:5000/mindmap 聊天

News Intelligence

News Structure Explorer

Art therapy cuts burnout risk for London medics

Back Home

Key Findings

- Lower depersonalisation
- Less stress, anxiety and depression
- Burnout reduced by approximately 50%
- Benefits persisted for at least three months after therapy

Participant Experiences

- Six weekly group art therapy sessions

新闻结构探索器展示了关于艺术治疗如何降低伦敦医护人员倦怠感的研究结果。研究发现，参与每周六次小组艺术治疗的医护人员在降低职业倦怠、减轻压力和焦虑方面取得了显著成效，且效果至少持续了三个月。

该研究的主要发现包括：

- 降低职业倦怠感（Depersonalization）。
- 减少压力、焦虑和抑郁水平。
- 倦怠感降低了约50%。
- 好处至少持续了三个月。

参与者体验方面，每周进行六次小组艺术治疗。

How art therapy could cut staff burnout +

127.0.0.1:5000/news_detail/arts/1

あ 聊天

too." But, she said, art therapy was not a cure-all: it must go alongside other tools to deal with burnout and mental health pressures. The sessions are funded by Barts Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Generating Quiz...

LLM is creating personalized questions based on the content.



CEFR Level:
-- choose --

 Start Vocabulary Learning

 Mind Map

 Reading Test



 搜索

















^

中

Wi-Fi

音量

电池

上午 10:17
2025/12/29

Reading Quiz | Explorer

127.0.0.1:5000/reading

總結 ⏪ あ A☆ ☆ 人 聊天

Article Comprehension

Reading Quiz

1 2 3 4 5

QUESTION 1

**According to the study, participants who attended the weekly group art therapy sessions reported which of the following improvements?
(Select all that apply)**

(Multiple answers possible)

- Much lower emotional exhaustion
- Higher job satisfaction
- Reduced depersonalisation
- Increased stress

上午 10:19
2025/12/29

搜尋

Windows Start

File Explorer

Word

Chrome

PowerPoint

Visual Studio Code

Google Sheets

OneDrive

Reading Quiz | Explorer

127.0.0.1:5000/reading

總結 ⌂ あ A☆ ☆ ... 聊天

QUESTION 3

Which groups of health professionals were mentioned as participants in the study? (Select all that apply)

(Multiple answers possible)

Doctors

Nurses

Teachers

Social workers

Other health professionals

QUESTION 4

The art therapy sessions were facilitated by a trained psychological professional to ensure safe processing of difficult emotional material.

上午 10:19
2025/12/29

Reading Quiz | Explorer

127.0.0.1:5000/reading

總結 ⌂ あ A☆ ☆ 人 聊天

QUESTION 5

Megan Tjasink suggested that burnout is a problem in which of the following sectors? (Select all that apply)

(Multiple answers possible)

- Medical sector
- Teaching
- Corporate sector
- Agriculture
- Social care

Submit My Answers

[← Back to Article](#)



任务栏图标包括：开始菜单、搜索框（显示“搜尋”）、文件夹、Word、Chrome、PowerPoint、Excel、画图、我的电脑、我的公文包。

上午 10:19
2025/12/29

How art therapy could cut staff bu X +

127.0.0.1:5000/news_detail/arts/1

あ A☆ ☆ 人 聊天

Charity. Following the successful pilot, they have been rolled out for staff across five hospitals in the Barts Health NHS Trust. Listen to the best of BBC Radio London on Sounds and follow BBC London on Facebook , X and Instagram . Send your story ideas to hello.bbclondon@bbc.co.uk

Analyzing Article...

LLM is selecting key vocabularies and creating examples.

()

 Start Vocabulary Learning

 Mind Map

 Reading Test

上午 10:20
2025/12/29

VocabApp | Learning Mode

127.0.0.1:5000/check_sentence#w_celebrate

Vocabulary

10 words

mural	noun
celebrate	verb
founder	noun
banner	noun
footfall	noun
tourism	noun
community	noun
local	adjective
feedback	noun

celebrate

VERB

TRANSLATION

舉行活動或儀式以表示歡欣、紀念或讚美。

STANDARD EXAMPLE

"The community gathered to celebrate the opening of the mural."

Practice this word

Exit Learning



搜尋



上午 10:26
2025/12/29

VocabApp | Learning Mode

127.0.0.1:5000/learn#w_banner

あ A☆ ☆ 人 聊天

Vocabulary

10 words

celebrate	verb
founder	noun
banner	noun
footfall	noun
tourism	noun
community	noun
local	adjective
feedback	noun
committed	adjective

Exit Learning

NOUN

TRANSLATION

對某事物的回應、意見或建議。

STANDARD EXAMPLE

"Mark V...

Checking Grammar...

LLM is analyzing your sentence for "feedback"...

Your sentence.

I wish to have a good feedback.

Validate Sentence

A standard Windows taskbar at the bottom of the screen, showing icons for File Explorer, Microsoft Word, Google Chrome, and other system utilities.

上午 10:26
2025/12/29

Cloze Master

Restart

Hangman

Vocabulary

Home

Select Your Challenge

Pick at least 2 words to generate a custom cloze story.

Select All

mural

celebrate

founder

banner

footfall

tourism

community

local

feedback

committed

Generate Test !



搜尋



上午 10:28
2025/12/29

Cloze Master

Restart Hangman Vocabulary Home

Select Your Challenge

Pick at least 2 words

Please select

Select All

mural

tourism

community

local

feedback

committed

footfall



Generate Test!

Writing your story...

LLM is crafting a unique paragraph using your chosen words.



Cloze Master | English Learning

127.0.0.1:5000/cloze_play

總結 aあ ☆ ... 聊天

Cloze Master

Restart Hangman Vocabulary Home

Fill in the Blanks

Read the story and use the word bank below.

The town decided to _____ its heritage festival, hoping to boost
_____ and support _____ businesses, and they
welcomed _____ from visitors.

Word Bank

Click words to cross them out as you use them

celebrate tourism local feedback

Submit Answer



上午 10:27
2025/12/29

Hangman Challenge

127.0.0.1:5000/hangman

Hangman Challenge

Lives: 0/6

Preparing Game...

LLM is choosing of a word and its hint.

l o c a l

Guessed: l, o, c, a

Need a Hint? (Cost 1 Life)

Type any letter on your keyboard to guess

Restart Close Vocab Home



搜尋



英 聊天

上午 10:30
2025/12/29

🎯 Hangman Challenge

Lives: 0/6



Use Hint?

It will cost 1 life!

[Yes, help!](#) [Cancel](#)

Guessed:

💡 Need a Hint? (Cost 1 Life)

⌨ Type any letter on your keyboard to guess

[Restart](#) [Cloze](#) [Vocab](#) [Home](#)



搜尋



上午 10:30
2025/12/29

Hangman Challenge

127.0.0.1:5000/hangman

總結 ⚡ a a ☆ ☆ 人 聊天

Hangman Challenge

Lives: 3/6



Excellent!

You guessed the word!

Great!

He created the company and is its first leader.

Type any letter on your keyboard to guess

Restart Cloze Vocab Home



搜尋



^

英

WiFi

音量

录屏

上午 10:31

2025/12/29

Hangman Challenge

127.0.0.1:5000/hangman

總結 ⚡ a a ☆ ☆ 人 聊天

Hangman Challenge

Lives: 3/6



Excellent!

You guessed the word!

Great!

He created the company and is its first leader.

Type any letter on your keyboard to guess

Restart Cloze Vocab Home



搜尋



^

英

Wi-Fi

音量

亮度

休眠

上午 10:31
2025/12/29

Hangman Challenge

127.0.0.1:5000/hangman

總結 ⚡ a a ☆ ☆ ⌂ 聊天

Hangman Challenge

Lives: 6/6

Game Over

The word was: community

oh no, try again -w-

People who live nearby often support one another, join local activities, and feel a sense of belonging together.

Type any letter on your keyboard to guess

[Restart](#) [Cloze](#) [Vocab](#) [Home](#)



搜尋



英



上午 10:31
2025/12/29