

From: [Laura Myles](#)
To: [Sara Razzaghi](#)
Subject: FW: Student Wellbeing Newsletter - November
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Attachments: [image001.png](#)
[image002.png](#)

Kind Regards

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My working days are Monday to Friday

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From: CCN College Life
Sent: Wednesday, November 1, 2023 10:15 AM
To: City College Norwich All Students Mailing list <CityCollegeNorwichAllStudentsMailinglist@ccn.ac.uk>
Subject: Student Wellbeing Newsletter - November



November 2023

Dear Students,

Hello from the Wellbeing and Safeguarding Team

Welcome back after the half term break, we hope that you have enjoyed your time off and have returned ready to learn. This is an important email which focuses on your wellbeing.

It is really important that we take time to look after our mental health and wellbeing. Our teams are on hand to support you with this. We hope the information below will give you some tips on how to look after your wellbeing.

Wellbeing

Our Wellbeing Team are here to help you fulfil your potential and maximise your physical and mental wellbeing.

The team offers support with any health or wellbeing problem including:

- Relationships (personal and family)
- Self-confidence
- Managing stress and anxiety

- Personal, gender and sexual identity and LGBTQIA+ equality and inclusion
- Accessing counselling at college or externally
- Sexual health (pregnancy and the C-card for free condoms)
- Low mood and depression
- Eating disorders or self-harming
- Housing, money matters and debt
- Healthy living
- Support with stopping smoking and substance misuse
- Feeling lonely or isolated
- Bereavement
- Being a young carer of a parent or family member

How to get support

If you feel you need to talk over a concern or problem, we offer you one-to-one confidential advice and support. To find out more please see our [Wellbeing website](#) which is full of helpful info, hints, tips and strategies for looking after your wellbeing as well as contact information for other supportive agencies you may find helpful. You can also send us an email at wellbeing@ccn.ac.uk.

You can also attend Wellbeing drop ins without making a referral. These are held:
Ipswich Road, Norwich site – Tuesdays and Thursdays 11-1 in the Wellbeing Zone.
Easton site – Wednesdays 11-1 in the Student Centre (next to the library).
Paston site – Thursdays and Fridays 8.30-2 in the Tutorial Hub.

You can find the Wellbeing team:

- in the Wellbeing Zone at the rear of the Information Store at City College Norwich
- at the back of the Student Centre next to the library at Easton College
- in Student Services on the Lawns Site at Paston College.

These areas are for students to access support and guidance. They can also provide a quiet space to get away from the stress and pressures of everyday life.

Low Mood

This month's newsletter is all about managing low mood.

We all have times where we experience low mood or feel sad, often we feel this way for a reason and we start to feel better on our own. If these feelings last for a long time, or start to impact your day to day life, it might be time to seek some support. Experiencing low mood can be very difficult, but there are things you can do help yourself, and places you can go to get help from others.

Self-help & 5 Ways to Wellbeing:

Building these 5 things into your daily life are proven to make you feel better. We've listed some suggestions for how you can do all of these things today!



Connect – Talk to someone you trust, make time to meet a friend or family member, tell someone what they mean to you, thank someone.

Be active – take a walk, dance to your favourite song, take part in a team sport.

Take notice – spend time outside, give eye contact during a conversation, take a photo of something beautiful, write a journal.

Keep learning – ask someone a question about themselves, try something new, set yourself an achievable challenge and complete it within a week.

Give – do something nice for a stranger, pick up a piece of litter, smile at a person.

If you would like to look at other suggestions for self-help we recommend these links:

- [Mind](#)
- [Young Minds](#)
- [NHS](#)

External Support:

There are lots of services who can support with low mood.

We would recommend speaking to your GP if you've been suffering with low mood for some weeks.

You can also access talking therapies through these services:

- [NHS Wellbeing](#)
- [Kooth](#)
- [The Mix](#)
- College counselling

Our Wellbeing team can support you with booking a GP appointment or making any referrals to services.

Please contact our Wellbeing team directly if you would like to find out about what talking therapies are and how they can help you.

If you feel that you or a friend needs help to keep safe, please tell us. We will always respond, and we are here to help you. Contact a member of the Safeguarding Team by email at safeguarding@ccn.ac.uk or you can call Safeguarding: for City College Norwich and Paston College call 07795 487645 and for Easton College call 07772 785346.

Our Safeguarding Officers are Marie Pacey, Charlotte Hardiment and Sam Warner.

Our Designated Safeguarding Leads are Jerry White, Helen Richardson-Hulme, Jacky Sturman, Jo

Kershaw, Sebastian Gasse, Mat Scott and John Pollitt.

Outside of College:

- **If you feel unsafe outside of college hours you can call 111, option 2 to speak to the mental health team.**
 - **In an emergency call 999 and ask for the service you need.**
 - Samaritans is a 24/7 listening service, if you need to speak to them you can call 116 123.
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More support

- [Norfolk Wellbeing Service](#) offers support for young people in Norfolk and Suffolk
- The NHS have published a website dedicated to [mental Health and self-care for young people](#)
- Mental Health UK have published [5 Top Tips for Mental Wellbeing](#)
- Mind have published [How to improve your mental wellbeing](#)
- [More resources here](#)

Remember

1. You're not alone
 2. It's okay to not always feel okay
 3. We're here to help.
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Our mailing address is:

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We've sent this email to every student at City College Norwich, Paston College and Easton College.