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To: [Sara Razzaghi](#)
Subject: FW: Student Wellbeing Newsletter - September 2023
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From: CCN College Life <COLLEGE_LIFE@ccn.ac.uk>
Sent: Tuesday, September 19, 2023 9:20 AM
To: City College Norwich All Students Mailing list
<CityCollegeNorwichAllStudentsMailinglist@ccn.ac.uk>
Subject: Student Wellbeing Newsletter - September 2023
Importance: High



September 2023

Dear Students,

Welcome from the Wellbeing and Safeguarding Team

Welcome to the College and we hope that you are settling in, getting to know the campus and your classmates, and are enjoying the first half term studying

with us. 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 team is on hand to support you with this. We hope the information below will give you some tips on how to manage if you are feeling anxious at times and some information on who to contact if you need support.

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. Contact us by [email](#) or get in touch with us via this [Wellbeing link](#) or ask your Tutor or Tutorial Supervisor to refer you.

We offer Drop-In Wellbeing Advice every Tuesday and Thursday at City College Norwich (11-1) and every Wednesday at Easton College (11-1) and every Thursday and Friday morning at Paston College (8.30-2.)

Our website is also full of helpful info, hints, tips and strategies for looking after your wellbeing as well as contact info on other supportive agencies you may find helpful.

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.

Helping Each other

It can be hard to see someone you care about struggling or becoming unwell but it is important we are there for one another in times of need. You don't have to be an expert on mental health to offer support. Oftentimes small, every day actions and adjustments can make a big difference.

If you know someone has been struggling don't be afraid to ask how they are. They might not want to talk about it and that's okay. Just letting them know they don't have to hide the issue from you is important. They may open up to you later on or they may not but you will have created a safe space for them.

Everyone will want different things from their support network, so ask them *how* you can help. Someone experiencing mental health problems often already knows what helps them but need help doing it. They might appreciate support at a doctor's appointment, or they might just want to walk and talk.

Don't be judgemental and don't force positivity on them. Phrases like 'cheer up' and 'pull yourself together' usually don't help and can make people feel worse and feel dismissed and disrespected.

Don't dwell on their mental health. Having a mental health problem is just one aspect of a person's life. Most people don't want to be defined by their struggles alone so keep talking about the things you have in common and the things you've always talked about together.

Helping Yourself

Don't put expectations on yourself that you wouldn't put on your closest friends. Try to imagine you are giving your friends or family advice and follow it yourself. Talk to someone about how you're feeling, be kind to yourself, seek support.

Feeling unsafe?

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.

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.