

WORLD MENTAL HEALTH DAY

Today (Thursday 10th October) is World Mental Health Day. There will be a variety of activities taking place throughout the day - don't miss the chance to see the therapy dogs who will be visiting a variety of locations in College today!

The day is a chance to explore and reflect upon some of the key facts around mental health. Did you know that one in four of us experience mental ill health in any given year, yet 55% of us feel too scared to talk about it? Check out the screens for more information about the facts surrounding mental health and ways you can support others who may be experiencing mental ill health.

Please also visit the team in the Dining Area to sign our World Mental Health Pledge today and show your support for ending the stigma around mental ill health.

Remember there is also lots of help and support within College - speak to our Student Welfare Officer or your Progress Tutor to find out more.



DE-STRESS WITH A BOARD GAME

If you fancy doing something different when you are not in a lesson, why not pay a visit to the Board Games Club?

Every day from 3.30pm- 4.30pm you can enjoy games including UNO, Jenga, Monopoly, Chess, Draughts and Snakes and Ladders in the LRC - simply pop along!

 [@huddnewcoll](https://twitter.com/huddnewcoll)

YOUR ENRICHMENT BOOKLET

We hope you are settling in to life at HNC and enjoying your enrichment programme.

Now you have found your feet at HNC, we will be providing you with your enrichment booklet which also provides you with some information about some of the opportunities you can expect from early next year!

Although our Freshers' Fair shared lots about the enrichment on offer, we understand there is a lot to take in during those early days - so make sure you sit down and take a look at the huge range of opportunities you can sign up for.



STUDENT DIVERSITY CHAMPIONS

Our Student Diversity Champions are meeting more regularly due to demand. If you would like to raise a topic for discussion, please speak to a member of the team

Know someone in Year 11?

Please tell them to join us on Thursday 24th October from 5.30pm at our Open Event!

Black History Month

Don't forget that our competition is still open - make sure you submit your entry by next Friday

