

HAPPY AND HEALTHY MINDS AND BODIES

This enrichment guide is intended as a supportive resource for you, packed with lots of ideas to help you to maintain a happy and healthy mind and body.

Take a look at our brand new competitions for you, and ways in which you can invest in your future self during lockdown



WELCOME

With the New Year starting with the third national lockdown, it is more important than ever to invest in our mental and physical well-being – all of course within current Covid-19 guidelines.

Whilst we are immensely proud of the resilience you have shown during this pandemic situation, and your continued dedication to your studies, these are difficult times and as a College, we want to help you to protect your mental health and well-being and physical

health during this pandemic.

This short enrichment guide contains a range of enrichment activities and opportunities that will not only help you to stay focused, to stay healthy, mentally and physically, but will also be an investment in your future. Employers and universities more than ever will value the new skills and knowledge you have gained during this pandemic - such as perseverance and resilience.

You can also still gain valuable work experience- virtually-

and work towards highly valued Microsoft Office specialist qualifications.

We know that lockdown prevents us from meeting friends and from engaging in a lot of fun activities. This enrichment guide also contains ideas about activities that you can do safely in lockdown that hopefully will be fun, including our new competitions.

Research suggests that 1 in 4 young people are finding it difficult to cope with life in this

pandemic. This guide also contains some sources of advice and help about mental health and wellbeing. Please remember, if you are worried about your mental health and wellbeing, we are here to help and support you too.

Stay safe and stay well. We look forward to welcoming you back to the Campus when it is safe to do so.

Angela Williams
Principal



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YOUR MENTAL HEALTH & WELL-BEING

This first section of the guide explores mental health and well-being support for you during lockdown, and some simple tips and strategies for staying mentally healthy.



Our Student Welfare service is running during this remote learning period, and you can make an appointment to speak to our Student Well-being Manager which will take place via MS Teams or telephone. This offers you the opportunity to discuss any worries or concerns with our Student Well-being Manager – whether this is about your mental and/or physical well-being, or for wider issues such as living arrangements.

Book your slot on Moodle, or by emailing studentwelfare@huddnewcoll.ac.uk

HAPPY, HEALTHY MINDS

Protecting your mental health and well-being is more important than ever during lockdown. Here Student Well-being Manager Rebecca Charlton shares her top tips for positive mental health during lockdown.

Lockdown does present some challenges to our mental health and well-being. To the right are some simple tips and strategies to protect your mental well-being. Remember, if you are concerned about your mental health and well-being and want some support, you can speak to your Progress Tutor and make an appointment with Student Welfare (via Moodle or by email - studentwelfare@huddnewcoll.ac.uk)

Simple Tips

1. Talk. If you're feeling low, that's ok and very natural - but make sure you're talking to someone. It could be your Progress Tutor, Student Welfare, a friend, a family member or an organisation like one from the links below.

2. Don't pressure yourself to be active in group chats. Not everyone is a fan of group chats and as they tend to get busy while everyone's at home, they can become overwhelming. Try muting the chat or let friends know you're taking a break until you feel up to participating.

3. Try to have a routine. Keep as much normality in your day as you can. Set an alarm and follow your timetable and eat meals at regular times.

4. Adapt your routine for winter. Work with a cosy blanket over/around you, or have a hot drink to hand. Mix it with breaking off to nip outside and let the cold, crisp air wake you up.

5. Try to keep a normal sleep pattern. Long lie-ins or afternoon naps are tempting but these can shift your sleep pattern and leave you wide awake in the early hours and shattered during the day. Try to keep to your normal sleep patterns otherwise, it will be hard to switch back to these when lockdown ends.

6. Avoid doomscrolling. There's a lot of negativity on social media right now, particularly in the news. Try not to read too much of it - instead, follow lots of positive accounts like @wearefeelgoodclub that regularly post words of encouragement.

7. Write your thoughts down. If you overthink or have lots on your mind, writing things down can help declutter your mind. For negative or irrational thoughts, make lists or do a spider diagram and counterpoint

them with something rational or positive to help you think realistically (e.g. This is going on forever - we now have a vaccine and an end is in sight).

8. Find time for self-care. It's important to balance work with down time, so set time aside for doing something you enjoy. It could be something simple like having a long bath or watching a favourite film.

9. Set yourself small, manageable goals each day. Lots of us are losing motivation so small goals might help as they are much easier to achieve. It could be a small goal like getting up before a certain time, completing a piece of work or having a shower. Most importantly- reward yourself for achieving your goal!

10. Remember it's ok if you're feeling scared or worried right now. Our generation has never seen anything like this and the world is constantly having to adapt and change to new pandemic situations. It's proving to be a long pandemic, but it is temporary. Things will get better. It's already nearly a year since this all started. Time is going quicker than it can sometimes feel.

Further reading and support

<https://www.mind.org.uk/information-support/coronavirus/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.thecalmzone.net/2020/11/worried-about-the-new-restrictions-wherever-you-are-we-got-you/>

<https://www.ucl.ac.uk/news/2015/nov/10-ways-motivate-yourself-study>

Got a well-being question? Don't forget that Student Welfare hosts a weekly virtual Q&A drop in where you can ask your questions on any aspect of well-being in a friendly and supportive group environment. To find out more, and access a whole range of tips and ideas, visit the Student Welfare group on MS Teams.

JOIN OUR STUDENT WELL-BEING CHAMPIONS

Our Student Well-being Champions offer peer support, and will run various events linked to mental health and well-being such as a Time to Talk Day, Stress Awareness Week, Mental Health Awareness Week, Men's Health Awareness Week, Drink & Drugs Awareness events.

From Thursday 28th January the Champions will host monthly online drop in sessions for you. These sessions will be tailored to your feedback on what is important to talk about, but the first will offer you a chance to look at mental health during lockdown, and to talk about how you are coping.

You will also be able to request to chat to a Champion on a one to one basis, if you prefer.

This peer to peer support is in addition to our full range of student welfare support.

Remember if you feel you are struggling with your mental health, and you need to talk to someone, your Progress Tutor,

the Student Welfare Manager and the Student Well-being Champions are there for you.

The Student Well-being Champions are:

- Pheobe Munro
- Elliot Shaw
- Saqira Arooj
- Aleksandrs Ribalkins
- Sian Bennet
- Faye Gilroy
- Stephanie Armitage
- Amber Wrigley
- Nicholas Budgen
- Sophie Caine.

This team will also link in with the Sports Ambassador Mental Health Champions, Casey Newton and Madison Rodd.

Here our Student Well-being Champions share a few of their top tips for coping during the pandemic.

- Dedicate time just for yourself. It is crucial to give your mind a break. You can't be 100% productive without taking breaks!
- Lockdown is an opportunity to learn something new.

It could be learning to play an instrument, learning to draw or even learning a new language. You have to keep your mind active during these difficult times.

- If you have people around you that you trust, talk to them – lots of people often feel the same way as you are feeling. Make sure you keep up with your College work, but speak to your teachers too, if you are struggling – they are here to support you.

- Try meditation. With the free 'Headspace' app, you can choose how long you want to meditate for, for example, 10 minutes, you will be guided through the meditation, and it is so relaxing on the body.

- 'Exercise! Exercise! Exercise! Physical activity isn't for everyone but exercise can be about focussing on your breathing and taking yourself away from the stresses you experience in every day life.

- Have a relaxing bubble bath or shower, with candles, listen to music or watch a movie.

- Spending time away from social media and your phone will release you from the social media trap. You don't always have to reply, you don't always have to comment on posts, and most importantly, you don't have to prove yourself to anyone.

- Look on the NHS Every Mind Matters website for other mental health and wellbeing tips and a list of agencies to access mental health support outside of College.

- Try something new. In the last lockdown, I tried lots of new things, such as sewing clothes. Trying all these new things helped me to find out that I really enjoy arts and crafts, this also helped me feel less anxious about everything else that was going on.

For details about these sessions, check out Moodle News Bites or email k.amitrano@huddnewcoll.ac.uk

Explore the outdoors and photograph something pretty



Enjoy time off social media and read your favourite book or magazine





STAYING MOTIVATED

We are now in another lockdown and we appreciate that the current uncertainty around how final grades will be awarded in the summer combined with the wintery weather may make it more of a challenge to stay focussed and motivated.

Our Student Well-being Manager Rebecca's top tips earlier in the guide offer some great advice. But if you are struggling to stay motivated in your studies, and personally, these additional tips may help.

- **Remember it all still counts.** It may feel easy to think 'what's the point' and although the Government hasn't confirmed how final grades in the summer will be awarded, what is clear is that they will be teacher assessed, and teachers will have to use evidence for this

assessment – that means that your hard work now will definitely count, and in fact is just as crucial as ever.

- **Look to the future.** Every young person around the country is in the same situation as you, and what is important is that you focus on the future. What can you do to stand out? Things may not be exactly the same, but right now you can still take part in virtual work experience and even gain extra qualifications. Whilst you have the time, why not invest in yourself. Check out page 11 for some ideas.

- **Have some fun.** Whilst at times it's easy to feel that lots of things you enjoy are off limits, there are still ways to just do something fun. Not everything has to result in a new lifeskill.

Host a Come Dine with Me for your household, dance to your favourite tunes or relax with a box set – whatever makes you smile.

- **Set one achievable goal at a time.** People have achieved some remarkable goals in lockdown – but if you're just coping with it all, that's fine too. Goals are important, but must be realistic. If yours is to get your sleep pattern in order, and give one enrichment a go and enter one of our competitions, that's fine. Don't compare yourself to others, and avoid setting yourself unrealistic goals where you may end up more fed up than motivated.

- **Be kind.** Unsurprisingly, one of the biggest ways you can invest in yourself is by giving to others. You could opt to get involved in some online

volunteering to enhance your CV, or you could simply commit to checking in on a friend to ask how they are doing or make a donation to a local foodbank.

- **Stay busy and constructive.** That may sound like a challenge when we are mostly at home. But even in lockdown there's plenty of ways to keep body and mind active – our competitions and ideas over the following pages share more.

Read on for ideas to help you focus and to stay busy through our enrichment programme. This short guide ends by inviting you to complete your very own action plan which you can upload to College ILP.



DID YOU KNOW

Due to the lockdown and its' restrictions, universities and employers are becoming more and more interested in how you invested in yourself during lockdown. Turning a difficult situation such as lockdown into a positive by investing in yourself demonstrates not only resilience but initiative, as well as providing you with new and interesting experiences.

ENRICH YOUR STUDIES



Taking part in enrichment is an investment in your future and your physical and mental health and well-being. Here we share a reminder of the enrichment on offer and launch a few new ideas – don't forget to complete the action plan at the end of this section to record your goals and upload this to your College ILP. We are running some fantastic competitions too. Make sure you enter. You could win a prize!

ENRICHMENT AT HNC

The student enrichment area on Moodle is packed with ideas as to how you can enrich your studies. Some are hosted by us as a College, whilst others are external opportunities that we feel will be of benefit to you. To access this huge range of ideas, simply visit the Student Enrichment section on Moodle.

Here in this guide we share a range of new ideas, in addition to those on Moodle – keep reading for some new HNC events and competitions.



Explore your creative side by expressing yourself. Via Moodle you can access everything from online art and baking classes to writing competitions.

NEW: Lindley 2022 Photography Competition

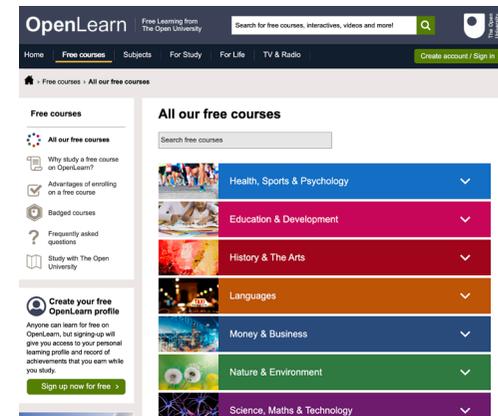
Take part in the Lindley 2022 Calendar Competition, whether you already have an interest in photography or you fancy taking it up as a new hobby, give it a go.



You may have heard about how universities are keen to see that you have built your 'cultural capital' during your studies (that means gaining knowledge and skills outside of your academic qualifications). You may be at home, but that doesn't stop you doing this. Via Moodle visit art galleries, listen to TED talks, or write for the HNC Echo. The world is on your doorstep!

NEW: Open Learn Free Online Courses

Are you keen to learn about something new? Then OpenLearn, run by the Open University, could be the right place for you. Covering hundreds of topics from the environment and nature to science and technology this website can teach you something you've always wanted to learn.



Volunteering and helping others is good for us all – and boosts your CV. Check out Moodle for Covid-19 safe ways you can volunteer, including at College too.

Basic First Aid

Undertake a short course in first aid including topics such as how to help if somebody was choking.



LINDLEY 2022 CALENDAR PHOTOGRAPH COMPETITION

Submit a picture from the following areas
Birchenclyffe, Birkby, Lindley, Marsh, Mount, Oakes, Quarby & Salendine Nook.

Proceeds from the 2022 Lindley Calendar will go towards our newly established Foodbank

PLEASE SEND YOUR PHOTOGRAPH TO:
info@lindleygroup.org.uk

- Full Name
- Address
- Name & Description of Photograph
- School/College if applicable
- Email subject: 2022 Calendar Competition



www.lindleygroup.org.uk

ENRICHMENT AT HNC

GET CAREER READY

Lockdown has in many cases expanded opportunities for work experience. Many companies now are offering online work experience programmes, which enables them to expand the reach of their programmes, and you can access programmes of interest without the restriction of travel.

Lockdown is also an ideal opportunity to start planning your career. Did you know that you can explore universities and apprenticeships from home? We recommend that you join the UK Uni and apprenticeship fair this January to start your planning.

NEW: UK University and Apprenticeship Search Virtual Fair

The first of these events will be the UK University & Apprenticeship Search Virtual Fair which will take place between 12 and 6pm on the 27th January. This free virtual event for students in years 11, 12 and 13 will feature a diverse range of exhibitors and virtual webinars.

GET COMPETITIVE

Bring out your competitive side – whether you win or lose, there's plenty of competitions on offer to you, such as Poetry by Heart which also have the added bonus of keeping you busy and enhancing your skills.

NEW: See the next page for our six competitions, each linked to our enrichment strands.

GET ACTIVE

Physical activity is great for both our physical and mental health – and is particularly important when we are learning from home. Even a short brisk walk daily can make a difference.

NEW: Huddersfield to Huddersfield challenge: help us go 4,000 miles as we try to travel from Huddersfield UK to our namesake, Huddersfield in Jamaica. You can run, wheel, walk or cycle and every step counts. Email r.king@huddnewcoll.ac.uk or p.lombard@huddnewcoll.ac.uk to be added to the Strava group.

GET QUALIFIED

Lockdown is an ideal time to invest in your future by gaining additional qualifications. Here at HNC you can become a Microsoft Office Specialist for FREE. These prestigious qualifications demonstrate your skills in packages such as Word and Excel and normally cost around £100 each to complete.

Visit Moodle for full details, and to find out more about other opportunities to get qualified!





WINTER WARMERS



Our literacy activities are ideal for the Winter season. Here we showcase some brand new opportunities available to you.

REVIEW CLUB

Huddersfield New College has relaunched 'Book Club' on Moodle with a new name, a new format and a new look. If you've watched a film, read a book, blog or a comic, or listened to an audio book or podcast recently that you can't stop raving about, join our Review Club on Moodle and tell us all about it!

Students from across the College are welcome to join Review Club to share their thoughts and ideas on anything and everything they've been watching, reading or listening to. Reviews don't have to be lengthy or written in a particular format. This is just a platform for you to share your thoughts and also to gain inspiration for what you could read, watch or listen to next. It's also an excellent way to build your literacy skills in an informal setting, and there

will be two prizes of a £10 Amazon voucher awarded every month for the most interesting reviews!

Christine Hepworth, ESOL Teacher, comments "The Moodle Review Club has evolved over time from a space where students were encouraged to review books, to this new platform where students can review all sorts of things they have engaged with, from films to blogs and audio books. We digest information in such a varied way, especially in this new virtual world we find ourselves working in, that providing a space for students to discuss everything and anything they've been watching, listening and reading, allows our students and staff to connect and share ideas."

If you'd like to join the review club, please contact c.hepworth@huddnewcoll.ac.uk or s.daley@huddnewcoll.ac.uk for further information.

POETRY BY HEART

POETRY BY HEART

Huddersfield New College is launching a search for the next Poetry by Heart Champion! If you enjoy poetry and performance and you're looking to challenge yourself this academic year, this opportunity could be for you.

Poetry by Heart is a national poetry recital competition for young people studying in the UK. Students from across the country are asked to memorise and recite two poems chosen from a vast online anthology; one pre-1914 and one post-1914, and perform them in a competition in their school or College. The winning student will have their entries submitted to the judges at Poetry by Heart, who will then pick their top ten to travel down to London for

an all-expenses paid grand final event. Students in the final will perform their chosen poems on stage, and a winner from each key stage will be crowned. One lucky student will be chosen to represent England at a poetry recital showcase in Ontario, Canada- a once in a lifetime opportunity!

If you'd like to find out more about taking part in Poetry by Heart, visit www.poetrybyheart.org.uk and contact Sam Daley on s.daley@huddnewcoll.ac.uk to register your interest.

YOUNG WRITERS

Young Writers have launched a new competition for budding creative writers. 'Unsolved' invites you to write a mini saga (a story told in just 100 words) inspired by the crime and mystery genre. Will you be on the side of and fight for justice? Or will you take on the role of detective in an enthralling whodunit? Or perhaps you'll even embark on an adventure as a fugitive?

The three golden tips for writing a compelling mini saga are:

- Be original! Your work can be inspired by other stories, but add a twist, make it your own!
- Keep to the 100-word limit – make every word count!
- Remember that mini sagas must have a beginning, a middle and an end!

Find out more about this exciting competition by watching this video:

<https://youtu.be/ZYi8sWNYUsk>

The top five entries from this competition will win a £100 voucher and a trophy. This national competition will not only give you the opportunity to get creative, it will also look great on your UCAS applications or in your CV. The closing date is the 11th February, please see Moodle for further details and the entry form.

THE HNC BOOK CLUB

Huddersfield New College is launching a brand new Book Club for students across the College to come together to discuss a new book each month. To celebrate the launch of this brand new enrichment activity, HNC is giving the first 5 students to sign up to the book club a free hard copy of the first book, Deeplight by Francis Hardinge. All students who choose to join the HNC Book Club are also able to access this book for free via the College's E-Book system on Moodle.

There are many benefits to joining our Book Club, from meeting new people with similar interests, to building on your cultural capital and helping you to extend your knowledge beyond your study programme. The first HNC Book Club meeting will be held on the first Tuesday of every month at 12:15pm. The first meeting

will be held via MS Teams in February, while we are in this remote learning period.

Sam Daley, Literacy Champion says "The HNC Book club is a fantastic opportunity for like-minded students to come together to discuss interesting reads. Taking part in the club can help you to beat stress, stretch your creative legs, help you to explore the way you see the world around you and will help you to build self-confidence and public speaking skills. I'm delighted to launch this brand new enrichment activity during this remote learning period and I look forward to reading our first book! Thank you to our partner Read in Holmfirth for providing us with our first book."

To take part and register your interest in Book Club, please contact Sam Daley.



WRITE A HAIKU

If you've always fancied turning your hand to poetry, join us in our latest literacy competition to write a Haiku and you could win a £10 Amazon voucher! A Haiku is a traditional Japanese poem that follows a very specific format:

- The entire poem consists of just three lines, with 17 syllables in total
- The first line is 5 syllables
- The second line is 7 syllables
- The third line is 5 syllables

The Haiku you write could be about anything, there is no theme, but it must adhere to the above format! You may enter as many Haikus as you would like to, and our favourites will be published in the HNC Echo and on our social media channels.

Here is a beautiful example of a Haiku by Yosa Buson

*“Lighting One Candle”
The light of a candle
Is transferred to another candle—
Spring twilight*

The closing date for this competition is Friday 12th February. Please email your submission(s) to news@huddnewcoll.ac.uk

GET INVOLVED



Through this guide we are encouraging you to get involved in our enrichment offer and competitions, as a way of investing in your future, and we are asking you to log your activities on your College ILP, to support your UCAS and job applications. The template on the next page will help you to create an enrichment plan - of course, you may be taking part in enrichment opportunities not listed on Moodle, you can log your participation in these in just the same way.

Here we provide a quick summary of our competitions and how you can win.

Get Active

Join our Huddersfield to Huddersfield, Jamaica challenge

All participants who log activity on Strava will be entered into a prize draw to win a £20 voucher. You simply need to demonstrate you have taken part – there are no minimum number of miles.

Love where you live

Take a picture on your walk, cycle, wheeled or running route and email it to news@huddnewcoll.ac.uk – we'll tweet the best ones and enter everyone who sends a picture into our prize draw.

Get Inspired

Take part in an activity that expands your horizons – whether this is a virtual tour of an art gallery or one of the Wonders of the World or listening to a TED talk. Write 50 words about how it's shaped your thinking and email to news@huddnewcoll.ac.uk

Get Competitive

Join the Poetry by Heart competition. Boost your confidence and enhance your CV – and if you go on to represent HNC, you will win a £20 voucher as part of our internal heat competition (see page 15).

Get Creative

Winter is an ideal time to build your literacy skills. See pages 15 - 17 for full details but don't miss our Write a Haiku poem challenge for a chance to win a voucher. Now is an ideal time to read more – and if you join our Review Club you could win one of two £10 vouchers which will be awarded each month for the best reviews that month!

Get Career Ready

All students who register for the UK Virtual University and Apprenticeship fair and send us a paragraph about their experience and how it has helped shape their thinking about life after HNC will be entered into a prize draw to win a £20 voucher.

Get Helping

Share the smiles – tweet us your favourite positive quote or a message (or email it to news@huddnewcoll.ac.uk) and we'll retweet them and enter you into a draw to win a £20 voucher.

Get Qualified

Every student who registers to take one or more Microsoft Office qualifications during the current lockdown period will be entered into a prize draw to win a £20 voucher.

Our competitions are just a small way to add some fun to your enrichment programme – remember taking part is an investment in you and your well-being, as well as your future!



ENRICH YOUR STUDIES



PLANNING FOR THE FUTURE

Use the table to the right to focus on your next steps, set some goals, and provide a summary to upload to your College ILP. We recommend setting a goal for each of the enrichment strands (visit Moodle for plenty of ideas!). You may of course choose to set a goal for a smaller number of strands, but commit to bigger goals.

The important thing is that you take part, invest in your future, and of course support your good mental and physical health and well-being as part of this.

Goal	Skills/knowledge/ understanding/experiences I hope to gain	Next steps & timescale
<i>Examples:</i> 6. Get Career Ready Undertake Microsoft Office qualification Complete a digital work experience – for marketing 1. Get Active Join HNC Huddersfield to Huddersfield Challenge	Qualification in Microsoft Office Genuine work experience CV building experience. Possible certificate of completion Build my fitness and get out of the house and be more active	Achieve by Easter Make a careers appointment. Explore suitable opportunities Achieve by May. Be able to run a 5k by May and complete 10,000 steps at least 3 days of the week
Get Active		
Get Helping		
Get Inspired		
Get Qualified		
Get Creative		
Get Career Ready		
Get Competitive		

My lockdown goal(s) are to:

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To achieve this I will:

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Huddersfield New College
New Hey Road
Huddersfield
HD3 4GL

☎ 01484 652341
✉ info@huddnewcoll.ac.uk
🌐 www.huddnewcoll.ac.uk
📘 www.facebook.com/huddnewcoll
🐦 @huddnewcoll

