Spring/Summer 2024

PLEASE TAKE YOUR FREE COPY

# ONCOURSE

Celebrating life at Truro and Penwith College

# BIG BREAKS

Elite Academy Lauren makes a splash from British surfing title to World Surfing Championships

> A TASTE OF SUCCESS College restaurant named UK finalist in AA Hospitality Awards

### THE PERFECT PATHWAY TO OXBRIDGE

Fourteen students offered places at Oxford and Cambridge

**BIGGEST CORNWALL APPRENTICESHIP AWARDS EVER** Celebrating in style at the beautiful Eden Project

### LOOK FURTHER • REACH FURTHER • GO FURTHER

### Truro & Penwith College Magazine Spring/Summer 2024

### Contents

Professional Cookery & Hospitality News	.04
The International Baccalaureate (IB)	.06
Progression Pathways	.10
The Accelerate Programme	.14
Inspiring Careers in the Travel Industry	.18
Cover Story: New British Surfing Champion	.21
College named Expert Apprenticeship Provider	.30
Cornwall Apprenticeship Awards	.32
University Centre Receives TEF Silver Award	.36
Alumni Stories	.38
What our Students Say	.40
Making the Most of your Time with Enrichment	.42

Share your news and views with the College. Keep up-to-date with all the latest news and events on Facebook and X. Check out Truro and Penwith College life on Instagram and TikTok.



#### **Truro College**

Call us: **01872 305000** Visit us: **truro-penwith.ac.uk** Email us: **enquiry@truro-penwith.ac.uk** Find us on X: **Truro\_Penwith** Find us on Instagram: **truro\_college** Find us on TikTok: **truroandpenwithcollege** 

#### **Penwith College**

Call us **01736 809000** Visit us **truro-penwith.ac.uk** Email us **penwithenquiries@truro-penwith.ac.uk** Find us on social **@penwithcollege** 

## YOUR FUTURE STARTS HERE

## Swim coaching with HWS

Originally from Afghanistan, A Level student Ali moved to the UK a few years ago. He previously attended Penryn College and now studies A level Maths, Further Maths, Computing and Physics.

Ali in the pool

Before moving to Cornwall, Ali could not swim but was eager to learn. Through the Health, Wellbeing and Sport (HWS) programme offered by Truro and Penwith College, Ali has been able to take swimming lessons.

Ali was delighted to be able to take part in swimming, saying: "Swimming is a good skill and great fitness. Now [I'm] living in Cornwall, I want to go to the beach and be able to swim.

"Ben from the HWS team has been an amazing coach; [he] helped me and adapted the lessons around my language barrier and level I swim at. I have been training for seven weeks and can now swim the length of a pool!"

Alongside four A Levels and swimming, Ali is a part of the Accelerate Programme. Accelerate is Truro and Penwith College's bespoke STEM programme of study for academically minded A Level students with a passion for their subjects, excellent work-ethic and high ambitions towards competitive universities.

"After college, I want to go to university and study Biomedical Engineering," said Ali.



### Community hero

### Sports Science student Jack was honoured with a Community Hero award after raising over £1000 for a mental health charity.

Jack, from Porthleven, studies Sports Science and attends the Rugby Academy at Truro College. He was recognised at the Helston RFC Awards and received a Community Hero medal for his charity work with LooseHeadz, which supports the mental wellbeing of players, coaches and fans of rugby clubs around the world. Jack's work has raised £1360 for the charity, which he strived to raise awareness for after losing his dad Steve to mental health complications in 2022.

Jack explained: "My dad took his own life because of his mental health declining over time. Since then, I've understood that everything in my life happens for a reason; it's not about what has happened, it's about how I react to it. The magic occurs when you accept everything happens for a reason, some things will hit and other things will miss, [but] trust it, [and] have patience." Jack said he wanted to improve himself: "I strived to be the best version of myself, so running 5km for 31 days in May was an eye opener for me and an opportunity to set out this goal I wanted for myself."

This isn't the first time that Jack has won an award for his charity work; he has also been awarded a British Citizen Youth Award at the House of Lords for his fundraising.

Jack is determined to help others and has founded mental health support groups alongside his mum Leigh at Helston RFC. Steve's Legacy is named in honour of Jack's late dad.



Jack receives his Community Hero award.

### Senara among the best in the UK





Professional cookery students celebrated alongside staff as Penwith College's restaurant Senara made it to the final of the AA Hospitality Awards for the second year running.

The first year students competed with first and second years from Colleges all over the UK for the title of Best College Restaurant. The judges visited each college and were very impressed by Senara's event, which showed off equality and diversity through 100 years of Disney.

The finalists celebrated their success in London at the Grosvenor House Hotel. The award ceremony, hosted by Claudia Winkleman, recognised hospitality talent from all over the UK and saw Truro and Penwith academy partner Paul Ainsworth voted as AA Chefs' Chef of the Year.

Dean, Lecturer in Hospitality at Penwith College and Emily, Level 3 Hospitality Supervisor Apprentice, were in London to collect the coveted culinary award.

Proud to represent the South West, which picked up two of the top three prizes, including Exeter College who Senara plans to collaborate with, Emily said: "The South West is such a great place to live, learn and work within the hospitality industry."

Commenting on the experience the students get from entering the competition, Dean explained: "Being part of this process, presenting to a panel of judges and attending events in London is a huge adventure and learning experience for the students."

### 

### SW Chef of the Year

A Level 2 Professional Cookery student from Truro has the right ingredients to get through to the finals of the South West Chef of the Year, scooping up the Best Showcase of Regional Ingredients award.

Lottie, who is part of the Hospitality cohort at Truro College, was the only competitor from Cornwall in the Student/Apprentice category of the competition. Thanks to the industry connections available at Truro College, Lottie was able to take part in a lesson lead by one of the country's top chefs, Paul Ainsworth, during his visit to the College.

In a one-to-one interaction, the Michelin star chef Paul Ainsworth shared his top tips with Lottie for the competition, which proved very useful in getting her through to the final.

Lottie's dishes, a starter of partridge with a Cornish mead glaze, a pumpkin purée and mulled beetroot, and her main course, pan fried sea bass with autumn vegetables and a Camel Valley Bacchus wine sauce, won the title of Best use of Regional Ingredients in the final.



Lottic at the award.

Lottie was elated with the award, saying: "It has been an amazing experience to meet everyone. The whole thing had the best atmosphere. Thank you to all my lecturers who have helped me. All the support I have



got through the lectures has been amazing. They have helped me at every stage, especially Andy, even staying late to help me practice."

Celebrity Chef Michael Caines said: "Well done Lottie, wonderful cooking, great use of local ingredients too."

Fellow Judge, Chef Matt Mason added: "For me, Lottie embodies everything that is great about this competition... a wonderful competitor and worthy winner."

## Prepping for a career in professional cookery



Tutor Tony Duce with Harrison Holmes, former Apprentice now working for Adam Handling.







Pâtisserie perfectionist and The Great British Bake-Off Professionals finalist, Darryl Collins and multi award-winning gastropub, The Rising Sun chef, Tom Hannon were just two of the professionals who passed on their creative culinary skills to Truro and Penwith students. The Hospitality cohort at Truro and Penwith College learned from the very best in the industry during a variety of takeovers at the College restaurants, Spires Restaurant in Truro and Senara Restaurant in Penzance.

Some of the best-known names in the hospitality industry including Paul Ainsworth and Adam Handling Restaurants are among the professionals serving up cookery masterclasses at the College to inspire and train Cornwall's future hospitality workforce.

For the first takeover, students and apprentices prepared a delicious three-course feast which was paired with exquisite wines, expertly matched by sommelier Elly Owen, to enhance the dining experience.

Diners were treated to a tantalising selection of dishes including cured sea bass, venison wellington and a mouthwatering vanilla chocolate delice, dipped in milk chocolate. In the second takeover, as well as raising the students' aspirations, Paul Ainsworth's charity event at Spires raised money for the Cornwall Air Ambulance.

Joe Rozier, Chef Director of Paul Ainsworth's The Mariners in Rock and John Walton, Group Culinary Director for the Ainsworth Collection took care of kitchen preparation, emphasising the importance of proper 'mise en place.' The students performed brilliantly under their watchful eye, organising and preparing all the necessary ingredients, tools, and equipment before starting to cook.

Chelsea Roper, C.O.O at the Ainsworth Collection and former Truro and Penwith College apprentice Loren, Sommelier at Paul Ainsworth at No6 oversaw front of house preparation, drinks and service, alongside talented sommelier, Elly.

Their diligence and expertise clearly showed the students what is required to be part of a Michelin star restaurant.



## Fun in the sun for new IB cohort

The International Baccalaureate (IB) Diploma students enjoyed an actionpacked induction at Tomperrow. A blind-folded obstacle course, a river run challenge and group teamwork activities were among some of the icebreaker tasks the new IB students were faced with. The activities were arranged by eleven second year IB students, who remembered the fun they had on their own induction day.

"There's a special bond that develops when you're running down the river tied to a fellow student," laughs Ruwa, a second year IB student. "I remember I was really nervous on my first day, but everyone was in the same boat and friendly."

Kaeya, another second year student, agreed with Ruwa: "If we didn't have this day experiencing all these activities together and just met for the first time in the classroom it would have felt really awkward. It was rainy and windy when we did it!"

Thankfully, the new cohort was blessed with glorious sunshine while they took part in the activities, which taught them to work together and trust each other. IB Diploma cohorts are close-knit smaller groups who often become lifelong friends.

Truro and Penwith College is the joint top provider of the International Baccalaureate according to the Times Parent Power League Table. The IB allows you to keep your options open by studying 6 subjects from a range of areas including Language and Literature, Humanities, Maths, Science, the Arts and many more. It's ideal for high achievers who enjoy studying a wide range of subjects at GCSE and is widely respected by universities as a great alternative to A Levels.



Second year students lend a helping hand



The famous river run!

## A stage debut

After only performing together for 12 weeks, Truro College's International Baccalaureate (IB) and Music students put together a 40-minute set for their stage debut.

The students used a wide range of instruments to combine with fantastic vocals for their set. Covering songs from icons such as Amy Winehouse, Florence and the Machine and the Goo Goo Dolls, their performance went down a storm with the audience.

The group then got to work planning a full gig for the new year, which saw multiple solo artists and bands from the group put on a fantastic show in Helford Theatre for the rest of the student body to enjoy. With the help of Limitless Productions and Loder Audio, the students transformed the space from a lecture theatre into a stage with changing sets.

The courses teach students that a career in the music industry requires adaptability to any situation. Students will be preparing not only for the current music industry, but also for any changes the music industry may face over the span of their career.







## Filming rock and roll



Singer Songwriter Peri Rae moved to Cornwall and has used the Cornish environment to inspire her songwriting, including her EP "I Moved to the Beach" and her song "The Ocean (I Could Die)". Peri Rae was noted as "One to Watch" by Rolling Stone magazine and has played at many of the South West's summer music festivals. Students from Penwith College were delighted to work with her and worked hard to create a professional standard piece of videography for one of Peri Rae's songs. On the shoot, Peri Rae was very open and engaging with the students which put everyone in the same emotional space for the recording. She had much praise for the students' professionalism, their vision, and skills as a group.

The students have worked with a wide range of musical artists. They have also worked with The Remains, a young local alternative rock band who met at Truro College. Being quite new to the scene, the group had no budget for videography and were thrilled to work with the students. The band praised the work of the students, all agreeing that it had captured the energy and vibe of the band.

Media Lecturer at Penwith College, Alice Brighton said: "While the promotional videos will only ever be used for coursework, the team are so proud of their final products which could be worthy of release into the music world. Two completely contrasting artists created two vastly different videos, both perfectly representative of the music. The students found themselves immersed into their roles, processing through all their skills, in capturing the essence and performance of their artists Peri Rae and The Remains. From the story board to the location shoot, with no budget, just their skills and enthusiasm to see them through. The whole group shone, dealing in a personal and professional manner with the artists."

Drag Race superstar visits Penwith



Penwith College welcomed Aaron, aka the Cabaret Queen of Cornwall and star of RuPaul's Drag Race Vicki Vivacious, who came to shed light on the language of drag with the A Level English Language students. Vicki was the first queen to be featured on Drag Race from Cornwall. She proudly embraces her Cornish identity, incorporating it into her performances.

Aaron offered invaluable insights into linguistic topics such as the influence of US English on British drag language, the ways in which drag language draws on regional identity, and much more. The students had plenty of questions for Aaron, and gained fantastic knowledge which they will be able to make use of in their A level exams.

## Ned pays a visit to Parliament

DOWN SYNDROME BILL



Aaron talked about performing as Vicki: "My drag is a celebration of powerful women."

A Level English Language not only looks at what influences language and niche language, but also delves into how language has developed, how we learn to read and write, and even how language analysis can help solve crimes. The subject encourages creativity and independence, considering incredibly diverse "real world" texts.

 Ned is from Truro and is a part of Progression Pathways at Truro College. After being involved with the National Down

Ned is from Truro and is a part of Progression Pathways at Truro College. After being involved with the National Down Syndrome Policy Group, Ned has now been selected to chair the new Cornwall Down Syndrome Policy Group.

The Down Syndrome Policy Group has been contributing to the Down Syndrome Bill, a new law that seeks to ensure that people with the condition are treated fairly in housing, health, education and much more. They work in local communities to promote positive attitudes towards people with Down Syndrome, as well as seeking funding for research to improve morbidity and mortality across the lives of people with the condition.

Ned and his mum Jennie were outside the Houses of Parliament when the Down Syndrome Act was passed in 2021, and now Ned has travelled to London to take part in creating government guidance for people with Down Syndrome. His work with the Cornwall Down Syndrome Policy Group was covered by ITV West Country ahead of World Down Syndrome Day.

Ned was thrilled to be able to represent people with Down Syndrome: "It's a very exciting opportunity for people with Down Syndrome to have their voices heard. I wouldn't have had the confidence to do this without the help of my lecturers and family!"

Ned has taken part in creating government guidance.

# Making a splash in lakeside lessons

Progression Pathways students were all smiles when they attended their sailing lesson, provided by the Children's Sailing Trust.





Students enjoy sessions at the lake regularly.





The Preparation for Adulthood cohort love the Children's Sailing Trust's accessible boats, sailing boats and floating classroom at Trevassack Lake, a fully accessible water sports centre in Cornwall. The students attend sessions at the lake regularly, where they experience the freedom of the open water and develop their independence, trust, and confidence, while also providing a safe space to relax and release stress.

The students attend sessions at the lake regularly, where they experience the freedom of the open water. Students on the Preparation for Adulthood pathway benefit from not only sailing sessions, but also a sensory based curriculum which develops the necessary skills for when they leave education. Taught in small classes with high levels of support, Preparation for Adulthood students participate in volunteering and enterprise activities and develop personal and independent skills, which expands the amount of opportunities available to them after finishing the course.

### Career skills in a growth area

Designed to enhance the students' skills and boost employability, the workshops were held in the College's industry-standard Inspiration Salons on the Truro and Penwith campuses.

Hairdressing students were lucky enough to receive professional training from Lynne Throne, L'Oréal Educator, who shared her vast experience at the world leader in beauty, before students embarked on a colour adventure working with pinks, reds, blues and purples.

Students also had a masterclass with professional barber Gareth, a Truro College Barbering alumnus. After completing his course, Gareth started his barbering career at Barbiere Truro: "After I left college, I reached out to all local barber shops and was fortunate enough to be given an opportunity at Barbiere Truro. I am now entering my third year of working here!"

Gareth demonstrated professional barbering techniques and gave advice to students who are also hoping to start their careers in Barbering and Hairdressing: "Be passionate. Take every opportunity to cut hair in college; find a work placement to gain customer service experience and to understand how a barber shop or hair salon runs. Make a social media portfolio so barbers that are looking to recruit can see your standard of work and see where they can help you improve. Believe in yourself."

Hairdressing Lecturer Emily Lumb said: "Barbering is a very specialist area as it's not just about cutting the hair on a man's head. Shaping, trimming and shaving are all techniques learned and honed by barbers. It's a real growth area in the industry."

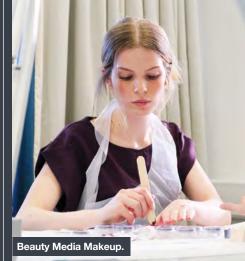
Enrichment week also introduced the students to advanced hairdressing techniques such as French Balayage and Perming, which are very popular in salons.

Beauty students took their first steps towards a training session with Eve Taylor London, studying hard and completing a product knowledge course. This is the first step toward an Eve Taylor London representative delivering a practical session at the College later this year.

Beauty students also got hands-on with industry-standard services such as spray tanning, acrylic and gel nails, lash lifts and extensions and special effects media make-up.

Beauty Lecturer Gina Uren said: "Enrichment Week is a great opportunity for the students to have expert training from both internal and external educators and experience completely new techniques that are not part of the curriculum. This allows them to see potential for skills and career enhancement. If you combine this with the mandatory work experience that all students take part in, this gives them a great idea of the career paths available to them when they qualify, whether they go to work in a salon, on a cruise ship or specialise in a related field." Students from Truro and Penwith College's Hair and Beauty department had a week of hands-on enrichment workshops from some of the world's leading beauty brands.







### New partnership gets apprentices connected

Wildanet, the fast-growing Cornwall-based internet provider, and Truro & Penwith College have launched a ground-breaking partnership that will see the roll-out of the first Telecoms Field Operative Apprentice programme in the South West.



The programme provides opportunities for the local community to join Wildanet, which continues its Full Fibre gigabit broadband rollout across Cornwall and Devon.

Launched in 2017, Wildanet aims to connect rural and hard to reach areas through providing fast speed broadband to areas like Cornwall. The Telecoms Field Operative Apprentices from Truro and Penwith College will likely be offered employment with the company upon finishing their apprenticeships, as Wildanet continues to create jobs in the local community.

Apprentices hone their skills at the new multimillion pound STEM and Health Skills Centre in Bodmin, and also learn on the job through Wildanet's Academy.

Marking the launch at the Wildanet headquarters and Academy in Liskeard were teams from across both organisations including College Principal Martin Tucker and Wildanet CEO Helen Wylde.

lan Carmichael, Head of the Technical Academy at Wildanet, explains; "Currently, we are looking to train up the engineers of the future, and that is from start to finish. So that's brand-new engineers, people who have got no engineering background whatsoever coming in and learning how to do every aspect of the role."

"With Wildanet implementing its own Academy, it is allowing us to provide a service back into Cornwall. We're training people within the county to have skills they will be able to develop and progress in the future."

Julie-Anne Sunderland, Chief People Officer for Wildanet, has been instrumental in establishing the Wildanet Academy and in the development of the Apprenticeship programme. She said: "As an emerging and strong business in our community, we see ourselves as having a corporate responsibility to be a force for good around opportunities for high quality and meaningful employment and skills training for our local community.

"Our business requires some particularly specific skills, and these were not readily available locally, so we had to think really creatively about developing our own academy and engaging with local education providers to start to build programs. "We are delighted to be working with Truro and Penwith College, which has been particularly receptive to the idea of what we wanted to build and flexible in how we do that in partnership to develop a high-quality Apprenticeship programme supporting new talent and our highly-skilled existing workforce."

Paul Green, Deputy Team Leader for Apprenticeships at Truro and Penwith College, adds: "It's really exciting to be working in partnership with Wildanet and using their expertise, their passion, and their enthusiasm teamed with the colleges experience of Apprenticeships and the support that we can offer Apprentices to deliver an outstanding Apprenticeship experience."

Wayne, who is part of Wildanet's current cohort of Apprentices, says: "Everyone's really friendly and are ready to help if you need anything. I've learnt a lot already; I'd say to anyone thinking about joining Wildanet or Telecoms to one hundred percent go for it."

### Celebrating Equality, Diversity and Inclusion



The event was very well attended at Penwith.



The College has hosted Equality, Diversity and Inclusion (EDI) Fairs at both campuses, which allow students to chat with and visit a range of organisations and support services.



These events not only let students discover what support was available to them, but also helped to educate them about the support that others may need.

At Truro College, an all-female construction team discussed how the College values Equality, Diversity and Inclusion.



Clare Greenwood from Hearing Loss Cornwall shared: "Students were polite and engaging, showing genuine interest."

At Penwith, students had a go at buttering bread while wearing goggles to simulate visual impairment, and also with their non dominant hand. One student commented: "This has given me a much better understanding of the challenges that some other students face every day."

## Army challenge day

Protective Services students demonstrated great teamwork during the British Army Challenge Day.

Challenge Days are arranged by the British Army to give students a taste of what life in the Army is like. The second-year students demonstrated their teamwork strengths, proved their fitness and gained essential skills required for the forces such as first aid training and observation work.

Meanwhile at the college campus, the firstyear students were visited by the Army and took part in leadership drills and problem solving.

The College runs many activities for Protective Services students alongside the forces in order for them to gain experience and succeed in their chosen careers. The activities provide real world experience to help students go further once they leave college.





Students worked on developing mental focus, concentration and skills in hand-eye coordination with target practice.

### Opportunities through new Accelerate Programme





The Accelerate Programme is the College's bespoke STEM programme of learning for academically minded A Level students with a passion for their subjects and ambitions to move on to competitive HE and universities. Through the Accelerate Programme, students have access to a wide range of workshops and tools to help them go further, such as talks, the Scholar's Programme, the IRIS Projects and many more.

The Scholar's Programme provides Level 3 students with an inspirational experience of university-style learning beyond the curriculum through tutorials taught by a PhD tutor, as well as a trip to a competitive university. It develops students' subject knowledge and critical thinking skills through both independent research and group tasks. They work towards completing a final essay assignment, which will be marked and graded using university marking schemes. At the end of the programme, students attend a graduation event at one of the Programme's competitive university partners, which helps to further the students' knowledge of university. Phoebe and Lula are both from Truro and attended Truro School together before joining the Accelerate Programme. Phoebe explained how the Scholars Programme has had students researching niche topics in preparation for university: "At the moment, we've been researching gut microbiomes. Our Scholars Programme tutor specialises in geese microbiomes, and she's been showing us how different things affect the geese and other animals." The Scholar's Programme is taught in smaller groups, which Lula appreciates: "I like how personal it is and how its taught in smaller groups; it's quite intimate and you always feel like you're supported. It's a tight-knit group. We all know each other well and we're comfortable."

Phoebe and Lula are in their first year but are hoping to get into medicine courses at university, with Lula wanting to be a veterinary surgeon and Phoebe still deciding what pathway of medicine she wants to specialise in.

Through the Accelerate Programme, students have access to a wide range of workshops and tools to help them Go Further.

Tim Seyfert teaches at Truro College and helps students learn vital English skills in his GCSE and Functional Skills classes. He also directs, produces, and writes independent films as part of the Kernowfornia Film Company, which he owns alongside fellow producer, writer and director Ben Fullman.

Tim's debut feature film, Nowhere, follows a young American named Max who has moved to England to follow his heart. However, shortly after moving abroad, his girlfriend moves on to follow her own dreams, leaving Max rootless in a foreign country. The viewer learns that Max is running from something; now he's on his own, he has to face this issue head-on.

Tim spoke about the process of making his film, and how he started out as a writer: "Nowhere began as a writing project just to get the story down on paper. At first, there was no other intention other than to complete a feature-length screenplay. Once I finished the script, I showed it around and was then encouraged to make it, and at that point it was so close to me I knew I had to direct it.

"My favourite part of making the film was the process, watching it go from an idea in my head, to words on a page, to actual moving images brought to life by a fantastic cast and crew. I love the collaboration of filmmaking; how everyone comes together to bring a singular vision to fruition. It was thrilling to watch it all come to life."

Nowhere was nominated for the Angel Film Awards, where it had its international debut. Attending the glamorous Monaco International Film Festival where the awards took place, Tim's film was shortlisted with films from all over the world and scooped 4 awards, including Best Director.

Tim was delighted that his film won Best Director, Best Actor, Best Actress and Best Supporting Actress: "It was an absolute honour to have my debut feature film included in the 19th Annual Monaco International Film Festival, which served as the film's official world premiere.

"The film enjoyed a warm reception during its Saturday evening screening. As the writer and director, I was pleased to see people responding to the story; laughing and crying in the all the right places. There was certainly a buzz in the room, and it was exciting.

## English lecturer Tim is an Angel Film Award winner

"At the Sunday awards ceremony, a lot of great films were recognised. To our absolute surprise and joy, we were honoured with four awards in the feature film category. The whole team and I are overjoyed by this honour and are really excited about what lies ahead. I'm absolutely blessed to have been given the award for Best Director of a Feature Film.

"I'm also incredibly grateful to my colleagues here at Truro College in the Department of Languages, who kept in touch with me the whole time I was in Monaco and welcomed me back to college with hugs and congratulatory presents. I really do work with a phenomenal bunch of people."

A lot of students at the College aspire to make films of their own. Tim gave his advice: "The skills students develop in English, Media and Film Studies will absolutely come into play with filmmaking, such as the importance of character, setting, mood and much more. "With regards to filmmaking, there's this myth that you need thousands of pounds and someone to give you permission. You don't [need] either. You just need a good idea that you want to see come to life. With technology at the level it's at today, it's never been easier to access filmmaking; people are shooting entire features on iPhones. Just get a group of friends together and have a play. Seek advice from people who know more than you and then just get out there and do it. And don't be afraid to fail. You learn more from failing than anything else. The important thing is to just keep going.

"Write about something you know and around what you have at your disposal – two friends in a field, a couple at a bus stop, an awkward family dinner. Robert Rodriguez had a guitar, a turtle and lots of friends, so he made El Mariachi."

### **Q&A session with novelist**

Truro College's Book Club was visited by novelist and travel writer Emily Barr for a Q & A session.



Emily, who has been writing since the 1990s, was able to share her advice on how to kickstart a career in writing, whether that be in journalism or creative writing. Emily has won awards for her work, and has written five young adult novels, twelve novels for adults and a novella. Before writing novels, she had a column in the Guardian.

Now living in Cornwall, Emily gave her wisdom on the industry to the Book Club, who had been reading her book, Things to do Before the End of the World. The students were fascinated and full of questions for the writer, as they are keen on getting into the publishing industry themselves. The event was hosted by the fantastic Learning Services team, and photographed by Photography student Martha.

The Book Club is part of the College's award-winning Health, Wellbeing and Sport programme, which offers a huge range of free activities for staff and students. The programme allows anyone from the College to drop in to free gym sessions, Pilates, swimming, art sessions, Dungeons and Dragons and much more. The Book Club meets weekly to discuss books from the classics to latest releases.



## **A** taste of the BBC newsroom



IB Diploma and A Level Humanities students got a taste of the newsroom when BBC News Analysis Editor Ros Atkins gave a presentation at Truro College.

Ros grew up in Cornwall and now presents three programmes on BBC World News: Ros Atkins on the Week, Ros Atkins on... and Outside Source. The cohort thoroughly enjoyed anecdotes from Ros' career in journalism, quizzed him on current affairs and heard about the importance on maintaining impartiality on controversial issues.

History A Level student Tirzah found the talk very beneficial: "As a History student, it was so interesting to hear about how journalists use the skills we develop during class in their everyday jobs. I also enjoyed learning about how the BBC maintain impartiality in a world full of controversial issues."

Lecturer Euan Beattie agreed that the talk was enlightening: "To hear from a national media figure who grew up in Cornwall is a real privilege. Students have gained an incredibly valuable insight into how the complex global events we study are covered by the BBC."

Ros Atkins also kindly donated a copy of his latest book, The Art of Explanation, to the College Learning Services team so everyone in the College can learn from his career in iournalism.

"Students have gained an incredibly valuable insight." Lecturer Euan Beattie



## Inspiring careers in the travel industry





The Amsterdam visit.

As part of their "Cruise Industry" unit, the Level 3 Travel & Tourism students went on the Netherlands Cruise. This unit has students take a look at the timelines in which the cruise industry has developed and the product development on ships.

The students' busy schedule included visits to Adam Lookout, the Anne Frank House and Food Hallen in Amsterdam, as well as a canal cruise around the historic city.

The Level 3 Travel & Tourism course helps students develop a wide range of transferable skills and provides an insight into the world of work in the UK and overseas including roles within tour operations, the cruise industry, the hospitality sector; including hotels ranging







from budget to luxury, as well as restaurants, coffee shops and bars; tourist attractions, from purpose-built theme parks to historic houses; and the transport sector, including working at airports, and for airlines as cabin crew.

Trips such as the cruise broaden students' experience of the industry and provides exposure ahead of progression to university or employment in the travel and tourism industry.

Meanwhile, the Business, Travel and Law students ventured to New York City, travelling to iconic sites such as Grand Central Station, the Statue of Liberty, Times Square and many more. The city offers the ultimate backdrop to inspire the students to reach and go further in their careers. These international educational trips allow students the chance to step out of the classroom to learn about the history, culture and lifestyle of the people working and living in one of the biggest cities in the world.

# The formula for success







### Truro and Penwith science students celebrate success in the British Biology, Chemistry and Physics Olympiad.

The Science Olympiads challenge and stimulate students with an interest in their chosen science to reach further. It enables students to demonstrate their talent and to be suitably rewarded with publicly recognised certificates, which will be beneficial for university applications and CVs in the future.

These competitions are aimed at second year students, but the larger majority of the College team was first year students, demonstrating the effectiveness of the curriculum. Poppy is one of the first-year students who took part in both Chemistry and Physics Olympiad, achieving an amazing gold award in the Physics Olympiad.

She was thrilled with the results: "These results gave me something to put in a CV or personal statement to show how I have pushed myself outside of the curriculum. Completing the Olympiads pushed me, asking me questions on completely new topics, but was still fun to do!"

The Enrichment options available at the College benefited Poppy, giving her an advantage in the Olympiad: "The Physics Academy was really helpful for the Physics Olympiad, as we were preparing every Wednesday by going through a Physics Olympiad paper to get used to the style of questions.

"This meant when it came to the online physics challenge, I felt prepared and confident. In the Chemistry Olympiad, my teacher was very supportive and encouraged us to try our best, so we felt more confident going into the paper!"

### Collaboration with marine educators

20





Grampus Campus present rare osteological specimens.

The Marine Academy, a part of Truro and Penwith **College's Enrichment** Programme, attracts students across the entire college from a variety of courses to learn more about our local marine conservation zone, marine creatures, and their habitats. Students can meet new and likeminded people while helping to support marine conservation through a variety of practical and theory sessions.

The Academy welcomed Connie and Lucy, two marine educators who form Grampus Campus. The pair specialise in the natural history of our marine environment. The group raise awareness around Cornwall and hold a Natural England licence for possession of European protected species. The students had the incredible opportunity to interact with a collection of osteological specimens, now preserved for education purposes but were originally found washed up in Mounts Bay, including bones from dolphins, whales, sharks, and seals.

Connie and Lucy emphasised the wealth of valuable information that can be obtained from marine animal bone identification, providing insights into the creatures' size, habitat, lifestyle, and distinguishing features. Several factors contribute to the appearance of these creatures on our local shores, as articulated by Connie and Lucy. Students learned about the correlation between human activities and the behaviour patterns of these marine animals, and how simple changes can help protect them.

Marine Academy Lecturer Katie Maggs said: "This was such a great opportunity for our students, many of which are studying Biology and Environmental Science. The students were so intrigued by the diverse range of large cetaceans that we have in the bay and were equally interested to learn about common threats to these incredibly beautiful marine creatures that we are so lucky to have locally'.

## Academy support helps Lauren reach world champs

Lauren prepares for the next step.

Lauren, from Newquay, is the British surfing champion and recently competed at the World Surfing Championships in Puerto Rico with Team GB.

Lauren studies A Level Physical Education, Maths and Biology at Truro and Penwith College and is a member of the College's Elite and Football Academy, both of which are within the College's nationally leading Enrichment programme. She was thrilled to be crowned British Surfing Champion in her hometown of Newquay and gain a place at the World Surfing Championships, which is an Olympic qualifying event.

With limited competitive experience, Lauren explains the College's Elite Academy helped her to learn about gaining mental strength which gave her a competitive edge. Lauren commented: "I'm so happy to be the new British Women's Surfing Champion. I have been attending regular Sports Psychology sessions with Truro College Sports Psychologists Emily Lord and Matt Birbeck, who have developed my mental strength and taught me how to best prepare mentally for surfing a competitive heat." Lauren credited the College for allowing her to balance studying for her A Levels with her surfing, saying: "Truro College and my tutor Luke Payne have been really flexible and have supported me and allowed me to continue with my college work around surfing competitions."

The College's Enrichment programme offers full-time students the opportunity to take part in a range of extra-curricular activities to develop their skills, confidence and resilience, as well as helping them prepare for their next step and keep healthy. It has an impressive track record of supporting learners to compete on the national stage with acceptances to the country's top universities and international sporting achievement while pursuing hobbies and broadening social horizons.



### Football on a global stage

Truro College's football academy takes their game to the next level.

Truro College Football Academy's first team has flown to the US to participate in an International Youth Tournament. The Academy completed a 9500-mile round trip to compete in the prestigious Dallas Cup in Texas, the largest youth football tournament in the world. The event is now in its 45th year and is an invitation only competition; Truro College have been participating since 2015.

One hundred thousand spectators cheered on the best teams from around the world. This year's tournament saw Truro play against Santiago FC from Mexico, IMG Elite Academy from Florida, Real Brasilia FC and overall U19 winners the Dallas Texans.

The trip was a memorable and enriching experience and included a 3-day stopover in Toronto, taking in the sights of the Canadian city. This included a day trip to Niagara Falls, a visit to the top of the CN Tower and watching the Toronto Raptors basketball team at the Scotia Arena.

While in Dallas, the students stayed with host families as part of the Dallas Cup homestay programme. The students visited the J.F. Kennedy memorial museum and took a tour of the AT&T stadium, home of the famous Dallas Cowboys American Football Team, where the Truro team had the opportunity to train on the pitch.



The Football Academy is part of the College's extra-curricular Enrichment Programme, which offers students the chance to reach further and see the world while playing the sport they love. The College would like to thank all the player sponsors whose ongoing support make this unbelievable experience possible.



Go Team TC, the world is watching.

## The Olympic Development Squad

Penwith Sport & Exercise Science student Sienna is now part of the British Cycling Olympic Development Squad, thanks to her performance in BMX racing.



Sienna, from Penzance, has won many BMX accolades.

Sienna, from Penzance, has won many BMX accolades including becoming U16 British champion and being within the top 10 riders in Europe.

The Olympic Development Squad is a performance pathway, focusing on developing the country's most promising riders and ensuring that they are ready for life as full-time athletes. This will include opportunities for Sienna to race BMX at international competitions in preparation for riding in major events at a senior level.

The Sport and Exercise Science course has helped Sienna in her preparation for racing at senior level; the course is designed with sporting and health related careers in mind. Students like Sienna on the Sports and Exercise Science course learn how to apply theoretical and practical techniques to analyse and improve their sporting performance, as well as take part in specialised fitness training in highly equipped sporting facilities. The course is taught by passionate staff with extensive experience and subject specialisms.

## Players join elite pathway programme



There has been plenty of success on the Truro College rugby team.

WHITE

players have been selected to train with the national squad. Joshua, Josh and Charlie, and fellow Exeter Chiefs Official teammate Nick were selected to attend the England Rugby's U18 Men's October Development Camp.

The Truro College Rugby Academy players are three of only 40 from across the country, invited by England's U18's Head Coach Jonathan Pendlebury to participate in the pathway programme to play for England.

Josh understood that getting a place was highly competitive: "I feel blessed. This is the start of the selection for the Six Nations.

"Everyone was big, strong, fit and played at a faster pace at this elite level."

Truro College is an official England Rugby Partner College, which has really helped all three players achieve this massive opportunity. "Our coach, Marek, is always in touch with England's Head Coach," Josh adds.

For Joshua, it was his first England camp; he found the rise in skill level from his talented new teammates really helped his game.

"It gave me the chance to enhance my technical skills playing with better players," he said. Charlie, who's now on his fourth England camp, agrees and thinks learning at an elite level helps the College team too.

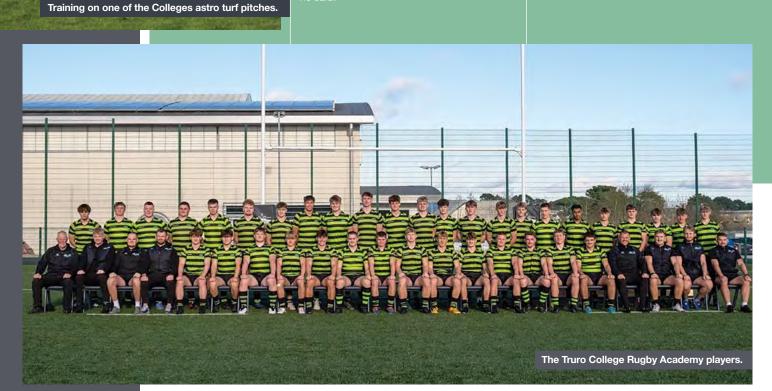
"The skills I pick up with England I can bring back, which makes our College team better," he enthuses.

Charlie's chances could have disappeared altogether without the College's support: "If I wasn't at Truro College, I wouldn't have had the support through my injuries allowing me to continue to get selected."

The three-day camp develops the potential England players skills at a higher level through activities and in-game scenarios. It also prepares them to excel off the pitch with bespoke sessions with psychologists and nutritionist.

The development camp follows the same successful pathway it conducted four years ago, hosting current England 2023 Rugby World Cup representatives Theo Dan, George Martin and Freddie Steward.

Through its close partnership with Premiership club Exeter Chiefs, the Truro College Rugby Academy supports the development of both the men's and women's game at an elite level.



### Apprentice is top of his trade



Carpentry apprentice Matthew is a cut above the rest, after being crowned "Group Apprentice of the Year" by Wain Homes, a national construction company. Matthew, from Newquay, beat apprentices from all over the country to the title of Group Apprentice of the Year, which was awarded by his employer.

News of Matthew's success delighted his tutor Frank Axon. He excitedly shared: "Matthew impressed me right from the start with his attitude, willingness to learn and commitment to both attendance and punctuality. He is very pleasant and a pleasure to teach. His work is first rate and is always open to feedback to improve his techniques and process.

"His theory work is neatly presented, and focus is excellent. Matthew is on my list to be one of the first to take his End Point Assessment (EPA) and I am confident he will achieve top marks."

Employers Wain Homes said Matthew demonstrated the values of the company: "Matthew has shown outstanding dedication, passion, and skill throughout his apprenticeship journey, making significant contributions to our projects, and embodying the values that define our company.

This achievement reflects not only Matthew's hard work and commitment but also the collaborative efforts of our entire team. It's a testament to the culture of excellence and growth that we cultivate here at Wain Homes."

Director of Business Partnerships and Apprenticeships at Truro and Penwith College, Hayley McKinstry said:

"The College is delighted to have recently been recognised by the Department for Education as one of the few Expert Apprenticeship Providers across the UK. High-achieving apprentices like Matthew and our innovative approach in delivering apprenticeships in partnership with top employers such as Wain Homes has all played a part in making this possible."

# Penzance renovation project builds student skills



### Penwith College's construction cohort has transformed the local Jewson storefront in Penzance.

The students have been hard at work fitting tables, a paved patio space and an artificial grass section, as well as enclosing the space with attractive wooden fencing.

The project to convert the once empty and unused space started with students drawing up their ideas and pitching them to Jewson, who approved their favourite design.

The carpentry students dived into the project, collaborating with Jewson for the materials needed to complete the renovation. Meanwhile, the bricklaying students got to work skilfully laying the patio floor.

The College's ongoing and unique partnership with Jewson not only provides Construction students with valuable discounts on equipment but also opens doors to expert knowledge, engaging trips, and exciting opportunities that contribute to their overall career development.

Manager at Jewson Ray Reynolds was delighted with the renovation of the space: "Jewson have been a proud partner of Penwith College for a number of years. The importance is always directed at supporting and developing new talent across the area of which the recent landscaping project highlights the level of skill coming through. The construction industry is certainly in safe hands with a bright future."

### Budding barristers are the best of the South West

Truro and Penwith College's Law students were delighted when they won the regional round of the prestigious Young Citizens National Bar Mock Trial, a national law competition.

An outstanding performance by Truro and Penwith College achieved the highest score on the day as the cohort played the roles of legal professionals and witnesses in two different cases. The competition is scored by real judges.

The A Level Law and Law Academy students celebrated from the public gallery as they found out the result, before collecting their prize from the University of Plymouth. The win took them on to London for the national final at the iconic Old Bailey, where Law Academy students Molly and Bella were commended as the best prosecution barristers.

Commenting on her court appearance, Bella said:

"I gained a better understanding of what the work of a barrister is actually like and how to organise a case and think on your feet. Meeting the judges and barristers and hearing their feedback was an incredibly valuable experience."



The cohort played the roles of legal professionals and witnesses in two different cases. Fellow Law student Carol praised the whole team:

"The Mock Bar Trial allowed us to work as a team in preparation for the competition, creating new friendships and a better understanding of others' opinions."

Terrina Dursley, Programme Team Leader for Law at Truro and Penwith College, was elated at the result:

"The students prepared meticulously, rehearsed for hours, and performed to an exceptional standard. I am unbelievably proud of their achievement."

One of the organisers of the event and now completing her pupillage with the Crown Prosecution Service (CPS) was Truro and Penwith College Law alumna, Emily. She won the same competition with the College five years ago. She was called to the bar earlier in the year and is living proof of the progression pathway open to students in the legal profession.

### Bringing plays from across the ages to a modern audience



For their first assessment, the Performing Arts Extended Diploma first years studied the difference in performance styles by taking a look at how plays were staged and performed in Ancient Greece. The students rose to the challenge of performing excerpts from Euripides's Trojan Women, which is an Ancient Greek tragedy about the consequences of conflict and how the women of Troy suffered after the city was conquered.

Utilising the space of the newly refurbished Kenwyn drama studio on the Truro campus, the actors showcased two chorus pieces; one while wearing masks, as Greek actors wore masks traditionally, and one without. Every student also expertly performed a monologue from the play.

Meanwhile, the second year Performing Arts students put on a performance of Blue Remembered Hills for their assignment. As part of the task, the students planned, marketed and produced the show for the end of term. Mylor theatre was transformed into a woodland, a field and a barn, as the students took the audience back in time to World War II where seven children, played by the young adult students, play, fight and dream, but it leads to tragic results.

Performing Arts courses at Truro and Penwith College allow students to express themselves and experiment with not only acting, but dance, singing, production and much more. Creative Academies in the Enrichment Programme also allow students from across all courses to access Performing Arts and interact with the wider artistic community in Cornwall.

## Award winning artwork





After studying A Level Maths, Classic Civilisation and Fine Art at Truro College, Florence has gone on to create award winning artwork which has been exhibited at the prestigious Royal Society of British Arts (RBA) exhibition in the Mall Galleries in London.



Florence at the Mall Galleries in London.

The yearly exhibition gathers the finest artists from across the UK; this year saw the highest number of submissions in the over 300 years that the exhibition has been running.

Florence's artwork, "Self Portrait with a Cornish Violet", honoured their community's symbols and history: "This project was inspired by LGBTQ+ history and symbolism. The title I chose was 'Ephemera', within which I explored the transitory nature of many LGBTQ+ symbols, some of which have been used for centuries to communicate identity. They are often small and unassuming, something which could be easily overlooked, because historically these symbols have been used to identify yourself to some without being so obvious as to endanger yourself.

"By exploring these symbols, I wanted to honour our community's history and strength. The violet is small and unassuming but holds the voices of centuries of lesbian figures in both their private lives and the public eye, a small symbol to find a sense of community in a world that may not accept you."

To create their stunning artwork, Florence was supported by their tutors and the learning environment: "A Level Art at Truro College gave me the tools to create pieces such as this in a highly supportive and enjoyable environment. In my first year, a three-week introduction to colour mixing in water-based oils led by Tristan Sherwood gave me a new outlook on how to approach painting, significantly changing the way I worked. The course introduced me to new media and techniques, but this was by far the most impactful technical teaching for my work. I developed these skills further through the next projects with the support of the art department, with this painting being my A Level exam piece.

"I was able to exhibit my work in the RBA exhibition thanks to the support of the College, with Mark Dunford arranging the delivery, framing, and collection of the work; all things which may have limited me without such help. The environment created at Truro College helped me both creatively and practically in making work to reach a wider audience."

With more submissions for the exhibition than ever before, competition was fierce to get artwork on display in the iconic gallery. Florence found the experience incredibly inspiring: "This exhibition was incredibly significant to me, showing the possibilities of where my work can lead me. The Private Viewing was a chance to meet many established and successful artists, all with the intention of celebrating art, supporting and uplifting artists. Having been able to exhibit here as a part of the 2024 Annual Exhibition, I have felt incredibly inspired to reach for other similar opportunities in the future."

## **Apprenticeship Week**



Work starts on redevelopment of the College's construction facilities.



Adele Bull, Director of Curriculum Development

Apprenticeship Week saw the College celebrating the fantastic students and staff who make up apprenticeships at Truro and Penwith College.



Principal Martin Tucker.





Steve Kenward, Head of Campus (Penwith).

The Senior Management team went back to the floor once again to try their hands at a huge range of apprenticeship tasters including carpentry, hair and beauty, hospitality, engineering and more.

Meanwhile, the College announced a £1.7 million redevelopment of the College's construction facilities, which has been supported by a £1.2 million grant from the UK Shared Prosperity Fund and £500,000 from the Department for Education's Local Skills Improvement Fund. The new facilities will welcome apprentices and full-time learners from September 2024 in response to a surge in demand from young people wishing to take advantage of the industry expert teaching and



Jane Cashmore, Director of Operations.

embark on quality careers in the sector.

On T Level Thursday, T Level Health students were celebrated during a visit by the Minister for Skills, Apprenticeships and Higher Education. Robert Halfon MP praised Truro College's T Level cohort: "We have some fantastic T-Level students. Their presentations were absolutely brilliant.

"If you do the T-Level, then you get jobs, you may go on to do apprenticeships, you may go on to university."

Apprentices also shared why apprenticeships were the best choice for them. Arron and Ben, both Carpentry Apprentices at Penwith



College, talked about the benefits of the course: "[An apprenticeship] means I get the best of both worlds," said Arron. "I really like the learning side of college and then being able to apply it onsite in the real world."

"[My favourite part is] working with people who have been in the industry for a long time; you get a lot of knowledge from them," Ben agreed.

The week was rounded off by a county wide celebration at the Cornwall Apprenticeship Awards, which commemorated the apprentices, mentors and businesses which have made a difference to Cornwall.

### College gains Expert Apprenticeship Status



The Department for Education (DfE) has selected Truro and Penwith College as Cornwall's only Expert Apprenticeship Provider in its nation-wide list of qualification providers. The selection confirms Truro and Penwith College as delivering the very best for apprenticeships in Cornwall after it was one of only five Further Education colleges from across the whole country to receive the status.

Only the nation's best apprenticeship providers were able to apply for 'Expert' status and will now join the DfE's 12-month pilot scheme that aims to positively impact apprenticeship opportunities for young people and increase apprenticeship jobs at small-tomedium sized businesses that are prevalent in Cornwall.

To achieve Expert status, the College had to demonstrate excellence across a strict range of criteria including top learner achievement rates, an exceptional rating for employer feedback and strong financial health.

The College's innovative approach to apprenticeship development and partnerships with Cornwall's top employers has already seen it introduce Nursing apprenticeships in partnership with local NHS trusts and the South West's first Telecoms apprenticeship with Wildanet in recent times.

The College has also recently celebrated the fifth anniversary of its Hospitality apprenticeship programme with top UK chef Paul Ainsworth and announced a new scheme that will see multiple learners start their careers annually with Imerys, the St Austellbased world-leader in mineral solutions.

Julie-Anne Sunderland, Chief People Officer at Wildanet, commented: "We are delighted to be working with Truro and Penwith College, which has been particularly receptive to the idea of what we wanted to build and flexible in how we do that in partnership to develop a high-quality Apprenticeship programme supporting new talent and our highly-skilled existing workforce."

Unrivalled partnerships with Cornwall's top employers have been coupled with multimillion-pound, state-of-the-art facilities investments that have seen the South West Institute of Technology building for Engineering and Digital skills open at Truro



College along with new future-focused sustainable construction facilities and electric vehicles labs at both Truro and Penwith campuses.

Nursing Simulation Suites have also been introduced at Truro and the brand-new STEM and Health Skills Centre Bodmin, which opened its doors for the very first time in September 2023.

The College is preparing for a busy period of student applications as the Expert Apprenticeship Provider status is expected to make it the College of choice for learners young and old wishing to start a quality career with the very best apprenticeship employers and most appealing apprenticeship jobs, while learning from the College's industryexpert tutors in the very best learning environments and facilities.

Hayley McKinstry, Director of Partnerships and Apprenticeships commented: "The College is delighted to be recognised as one of the few Expert Apprenticeship Providers across the UK and I'd like to extend my gratitude and congratulations to the many members of staff, high-achieving apprentices and top employers that have all played their part in making this possible.

"The College's continued work and tenacity to support the needs of the Cornish economy and local businesses while improving the life chances of local people, through quality entry-level apprenticeship careers and an unprecedented level of investment in facilities development has all come together to support our bid for this recognition and the ability to now work even closer with the DFE and our employer partners to continue to develop the very best apprenticeship programmes in Cornwall".

Employers and learners interested in apprenticeship training at Truro and Penwith College are invited to contact apprenticeships@truro-penwith.ac.uk to start their journey or visit www.truro-penwith.ac.uk/ apprenticeships to discover more.

### Building a new future

Business student Ruby has secured the first apprenticeship with a local developer, as they continue to expand throughout Cornwall.



The Cornish property developer Treveth has rapidly grown over the last four years and has now taken on their first apprentice. Ruby, from Redruth, is a Business Administrator Apprentice at Truro College and will now be mentored by Treveth and the College.

Celebrating her new role, Ruby said: "I am really honoured to be Treveth's first apprentice. Treveth is a company whose ethos is to put Cornwall and its people first. Coming from Cornwall, I really admire Treveth's commitment to people like me.

"Treveth wants to, and is helping, the local economy by building local communities and I feel privileged to now be part of it.

"My role is so varied, and every day is different. I have a customer facing reception duty, and behind the scenes I support various departments with their administration, including maintaining employee records and stock management. In addition, as an Apprentice I attend college once every fortnight, where I undertake more formal classroom training to obtain the Level 3 Business Administrator Apprenticeship standard qualification."

Set up by Cornwall Council, Treveth was established to build homes and commercial developments for the benefit of people who live and work in Cornwall, something that attracted local girl Ruby to the new role.

Ruby will now work across all areas of the business as part of her Business Administrator Level 3 Apprenticeship with Truro and Penwith College.

## Biggest Cornwall Apprenticeship Awards ever





Apprentice Achiever of the Year Finalists.

He winner is... Hoe Wishart - Goldbird Hair



Apprentice of the year in Hair & Beauty.

A HERTZIAN



Binter B

Holly Day and Neil Caddy from Pirate FM presented the awards to recognise and reward the exceptional achievement of 48 shortlisted learners, mentors, and employers across 18 categories.

The eighth annual awards took place at Eden Project for the very first time having outgrown its traditional Truro College venue, with the biggest ever audience of well over 200 celebrating the achievements of apprentices from across Cornwall who work in a variety of sectors, those employers who go the extra mile in the provision and support they provide their own apprentices and for the very first time in 2024, the very best apprenticeship mentors.

The awards are open to all apprentices, apprenticeship employers and mentors across Cornwall and cover a range of professional categories including construction, engineering, management, marketing and business. Judging the awards was a panel of industry



Apprentice of the year 2024 with hosts.

media partner Business AWARD SPONSORS

BIIAB

leaders from a range of large and medium

leaders from a range of large and medium employers from Cornwall and across the UK.

Tamzin Irvin, Programme Team Leader of Nursing and Allied Health at Truro and Penwith College, scooped the first-ever Academic Mentor of the Year Award in recognition of her key role in establishing Nursing apprenticeship programmes, allowing Nurses to train locally while gaining the workplace experience and skills to boost Nursing numbers on the frontline of Cornwall's NHS.

The exceptional work of staff across Royal Cornwall Hospitals NHS Trust (RCHT) was highlighted when apprentice Becki Hirst was handed Health, Care and Public Services Apprentice of the Year, before James Angliss, degree-level Chartered Surveyor apprentice, was not only presented Construction and Trade Occupations Apprentice of the Year but also the coveted title of Cornwall's Apprentice of the Year 2024 for his exceptional success following a life-changing diagnosis.



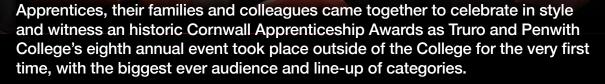
The Eden domes made a fabulous backdrop.

COUNCIL

James joined the RCHT team as a Level 2 Construction Apprentice in 2017 following a diagnosis of IBD. Displaying a huge level of tenacity and work ethic, James went on to achieve two promotions in just three years before moving onto his Chartered Surveying apprenticeship. Now in his early twenties, James is on track to achieve a Distinction in 2025 and has already made a significant impact on Cornwall's Health sector, having project managed the delivery of a multimillion-pound breast screening equipment replacement programme.

James commented: "I'm absolutely thrilled. I never expected this; thank you to the judges and congratulations to everyone who was nominated.

"I finished College with only two A Levels. I was derailed by IBD, but having an apprenticeship gave me a different route and I'm now on the path to become Chartered with the Royal Institute of Chartered Surveyors.



FootAnstev<sup>©</sup>



College music students perform for guests.





CORRAN Jacobs

"For anybody that isn't an apprentice and might want to be, just take a look, there's lots of inspiring people in the room today."

The Achiever of the Year category is awarded to an apprentice who has overcome adversity or some form of challenge to complete their apprenticeship and is subject to a public vote. 2024's Achiever of the Year was presented to 47-year-old Sarah Hyde-Wear, Restaurant Supervisor and Hospitality Apprentice at Fistral Beach Hotel, who was also presented Hospitality Apprentice of the Year.

Judges noted Sarah's navigation of several difficulties and personal hurdles throughout her apprenticeship including the need to re-sit her English and Maths exams, receiving a Dyslexia diagnosis, undergoing hip surgery and a significant family illness. Sarah was highlighted on the night as someone who has displayed copious amounts of resilience and determination on her apprenticeship journey. Sarah's nominator described her as "a positive influence on her team, always going above and beyond and making guests her priority while helping her department implement cost savings and streamline operational procedures while balancing her homelife and studies."

GetMvFirstJob

Sarah commented: "I've not been in education for over 30 years, and I feel super proud of myself.

"If you've got a chance to be an apprentice then take the opportunity, it doesn't matter how old you are, believe in yourself and just give it a go. The support network I've had around me since I've been at the College has been incredible".

The Large Apprentice Employer of the Year award was won by Pendennis Shipyard which has entered its 26th year of delivering apprenticeships, with a staggering 350 apprentices embarking on careers with the firm and an impressive 95% of these seamlessly transitioning into permanent positions, HNCs and university-level apprenticeships.

cornwall

TRURO & PENWITH COLLEGE

AWARDS

SME Employer of the Year was won by Hiyield with two of the company's apprentices, Paige Sambells and Logan Ford, winning Marketing Apprentice of the Year and Digital and IT Apprentice of the year respectively.

RTUNITIES

University of Exeter

Speaking after the event, Martin Tucker, Principal of Truro and Penwith College, commented: "We are delighted to host the eighth annual Cornwall Apprenticeship Awards and to celebrate exceptional achievement and outcomes in apprenticeship training across Cornwall. I'd like to give special thanks to our sponsors, supporters and business partners for not only their contributions this evening but without whom the College's exceptional work in apprenticeship training simply wouldn't be possible.

"A huge congratulations to all of tonight's nominees, we can't wait to see where their careers take them next".

# College hosts progression fair

In a renewed commitment to supporting the educational aspirations of young people across Cornwall, the University Centre Truro & Penwith once again hosted the Next Steps South West (NSSW) Higher Education Progression Fair.



Over 80 UK higher education providers joined the University Centre and NSSW to raise aspirations amongst Cornwall's 16-18-yearolds and support them to find their futures with informed choices for their next steps after school or college.

Over 1,500 teenagers from schools and colleges across the county were treated to welcome talks covering higher education choices and application advice before exploring universities and colleges of their choice, with information stands spanning over two floors offering the opportunity to meet staff and discover their options.

For the second year, the University Centre Truro and Penwith and NSSW partnered to host, design and plan the fair following the success of last year's inaugural event. This year the event again provided invaluable information and signposting 16-18-year-olds exploring their academic options.

In addition to exploring stands for the many universities in attendance, students also had





Beth and Katy from the College Marketing team, ready to go.

the opportunity to visit impartial information hubs covering Higher Level Apprenticeships, Student Finance and Gap Years.

Chloe, from TSAP Travel who exhibited at the event, commented: "It was a brilliant day helping students make informed decisions about their next steps and inspiring them to follow their dreams. It was great to meet a variety of young people from across the county."

Niki Williams from NSSW, and colleagues Lindy Orchard and David Trowt, who organised and led the event, said: "Going into this year's event, NSSW wanted to support students in gaining more knowledge of pathways into specific graduate careers and options, therefore ensuring they make informed decisions about their higher education choices. We therefore decided to add a 'talk to us' subject specific hub to the event, offering students the opportunity to engage in subject-area conversations. "The specific subject areas —Teaching, Law, Sport, Nursing, and Digital—have been carefully identified through the evaluation of students' requests for additional information about progression pathways. Through these targeted discussions, we aim to guide and support students in exploring and understanding the diverse opportunities available in their chosen fields, ultimately helping them shape their educational and career trajectories with confidence."

Student Ambassadors from a range of institutions were on-hand throughout the day to provide peer-to-peer information, striking up conversations with students about specific subjects, what is involved, and specialist student life.

Bangor University exhibited at the event. A representative said: "It was great to see so many external institutions bringing students onto site for the event. Students were engaged and enthusiastic – as well as knowledgeable of the universities in attendance."

## Shaping the future of national nursing training



### A nursing student from St Austell will help shape the future of national nursing training, having been appointed Student Ambassador at the Royal College of Nursing (RCN).

A nursing student from St Austell will help shape the future of national nursing training, having been appointed Student Ambassador at the Royal College of Nursing (RCN).

Eighteen-year-old Olivia is studying BSc (Hons) Adult Nursing at the University Centre Truro & Penwith and will now advocate for the needs of student nurses across Cornwall on the national stage, ensuring Cornwall's voice is heard while contributing to the advancement of nursing education across the UK.

Olivia is in the first year of her gualification and has shown great tenacity after being diagnosed with dyslexia, receiving support from the University Centre Truro & Penwith to enjoy a fantastic start to her studies alongside her career at Cornwall Partnership NHS Foundation Trust.

The RCN is a trade union and professional body for nurses. Olivia's primary responsibilities include offering support and guidance to her peers. She has access to a wealth of resources and services that she can share with students, ensuring health and wellbeing remains a top priority alongside their challenging and rewarding careers.

Olivia was delighted to be selected for the role, saying: "I am honoured to be chosen as the Royal College of Nursing Student Ambassador

for Cornwall. It's a role that allows me to use my voice to advocate for the needs of Nursing students and contribute to the advancement of nursing education in our region."

In addition to her new role, Olivia serves as a student representative for her cohort of nursing students at the University Centre Truro & Penwith. As part of her RCN role, Olivia will attend conferences where she will provide feedback from students directly from their placement experiences.



It was during a night shift at the hospital that Olivia first learned about the opportunity to become an advocate for her fellow students. Driven by her desire to help others and armed with confidence in speaking out, Olivia seized the chance during a break at the end of a long shift to apply for the position and was delighted to find out shortly after that she was successful.

Tamzin Irvin, Programme Team Leader for Nursing and Allied Health at the University Centre said: "The team at the University Centre were delighted to hear the news that Olivia was appointed Student Ambassador for the Royal College of Nursing and are proud to have played a role in providing an environment where students like Olivia can thrive."

Olivia attributes much of her confidence to the personal support she receives at University Centre Truro & Penwith. Olivia particularly commends her Nursing lecturers, describing them as "incredible role models" who have played a pivotal role in her academic success.

Olivia's aspirations extend beyond her current studies, with plans to progress to a Master's Degree with the hope of gaining a more diverse range of experience before preceptorship, when she becomes a newly registered nursing professional.

### University Centre Truro and Penwith is awarded TEF Silver



Students outside the Fal building at Truro College.



The University Centre Truro and Penwith has achieved a Silver rating in the 2023 Teaching Excellence Framework (TEF) thanks to the inspirational teaching, research and innovative practices of its staff.



Student Careers & Employability Lead, Louise.

The University Centre's student experience was judged to be of a "very high quality" while its curriculum was recognised as "aligning with local skills needs, informed by its engagement in a matrix of networks."

Emily Myatt, Head of the University Centre Truro and Penwith, said the TEF result was "a fantastic testament to the quality of teaching and learning at the University Centre alongside our continual drive to ensure our university level courses are best preparing our students for careers of the future.

"The University Centre was also highlighted for the very high-quality support for staff and students, not just during their studies but also in allowing them to succeed in and progress beyond their studies was the icing on the cake.

"Thank you to our amazing staff for all they do to make our students' time at the University Centre Truro and Penwith so positive, preparing them to move into successful careers."



Staff relaxing in the Refectory area.

Other qualities highlighted in the report include the "very high rates of progression for the College's students and courses"; "very high rates of continuation and completion" and the University Centre's commitment to ensuring a "supportive environment [where] its students have access to a wide and readily available range of outstanding quality academic support tailored to their needs."

The University Centre's Silver overall rating lasts for four years until 2027 and is awarded by the Office for Students (OfS), which runs the scheme.

The OfS said the TEF "aims to encourage higher education providers to improve and deliver excellence in the areas that students care about the most: teaching, learning and achieving positive outcomes from their studies".

# College provides perfect pathway to Oxbridge



Fourteen Truro and Penwith College students have been offered places at Oxford and Cambridge, two of the world's most prestigious universities.

The students represent a quarter of all the College's Oxbridge applicants gaining a place to study at either prestigious university, far exceeding the national average of 1 in 6 applicants.

For one former IB Diploma student from Falmouth, Gabe, the achievement is extra special as Architecture at the University of Cambridge is one of the hardest subjects; only one in nine applicants ever receive an offer.

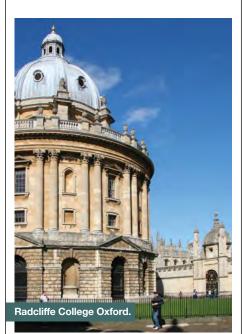
"It felt amazing," beamed Gabe. "It's such a long process, so I was very relieved when I got a place."

The group of successful students come from across Cornwall and are looking to study several diverse subjects at Oxbridge, including English, Mathematics, Music, Theology, Anglo-Saxon, Norse and Celtic and more.

The College offers exceptional support for students who wish to apply to Oxbridge through its leading Enrichment Programme, the College's extracurricular option offered to all full-time students.

Students can join the Oxbridge support group alongside their Enrichment choice to benefit from familiarisation visits to the universities, mock interviews and talks from the College's Oxbridge alumni, the latter taking place during the college's excellent Academic Academy. Full of smiles with her offer to study Biochemistry at Oxford, A Level Biology student Tabby from St Agnes said: "I was very pleased, but also pretty shocked. The Oxbridge support was really useful as my mock interview was with a college alumnus who had gone through the exact process."

At Penwith College, longtime friends Grace and Martha are looking forward to enjoying



their Oxbridge experience together. The two have secured a place at Oxford University to study History and Mathematics respectively.

"The application process would have been a lot more challenging had it not been for all the amazing Truro and Penwith College staff who aided me in my application," said Grace. "So, I am eternally grateful for their help and would recommend to anyone hoping to apply to either Oxford or Cambridge that they should register their interest, as the College is always there to support you."

Angie Liversedge, Oxbridge Lead at Truro and Penwith College, said: "We are absolutely delighted with the success of our students in securing places across all subject disciplines.

"Nationally, the competition for places at Oxford and Cambridge is fierce. It is therefore remarkable that, despite this intense competition, a quarter of all our Oxbridge applicants received offers. This achievement requires the students applying to have commitment and tenacity; not only do they have to focus on their academic work but also undertake significant extra activity as part of the admissions process.

"We congratulate all those who made an application this year. Our thanks also go to all those involved in helping the students."

## ALUMN STORES "Do Yourself a Flavour" published



**Truro College English alumna Fliss Freeborn** has published her first cookbook for young adults.



Described by food critic Jay Rayner as "one of the best young writers he has ever come across", Truro College English alumna Fliss Freeborn has published her first cookbook for young adults, "Do Yourself a Flavour", and won Fortnum and Mason's Cookery Writer of

Fliss came back to Truro College to give a talk to English Language students about her career, from writing her award-winning blog the youngest panel member on BBC Radio Four's The Kitchen Cabinet. The classes got to talk all things writing and creativity with how they can make a career out of it, from journalism to blogging to freelancing.

### A career in Law

Alumna Emily is soon to be a fully qualified Barrister and puts her success down to the help she received at Truro College.

### A love of textiles

Matilda studied the UAL Level 3 Extended Diploma in Art and Design at Penwith College, before moving on to study Textiles at Bath Spa University. Now she travels the world,



Penwith College Art & Design alumna Matilda. 



"I toured both local sixth forms and Truro college and found Truro to be considerably more supportive, passionate, and engaging.

"When I went to the open evening at Truro College, the law team were so enthusiastic and informative; I would have been foolish to say no."

Emily never expected to become a successful Barrister before arriving at College: "I was never encouraged educationally to pursue a career in Law before College. Whenever I would say, 'why me?' My tutors would say, 'why not.'

"My lecturers were so knowledgeable, kind, and genuinely loved both subject and teaching."

### Whenever I would say, 'why me?' My tutors would say, 'why not.'

spreading her love for textiles from Southeast Asia to Qatar and beyond.

During her time at College, Matilda felt supported in her course: "I think what makes Penwith College so special is its sense of community. I became friends with my lecturers and met new people who I keep in touch with."

Matilda also talked about how travelling with her artwork fulfils her: "I recently solo travelled across Southeast Asia. When I was out there, I felt very inspired by the people I met and the cultures I immersed myself in, so I applied for volunteering programmes. I worked in several remote rural schools in Thailand teaching art to children."

Over the past year, she has thoroughly enjoyed working alongside charities, finding it incredibly rewarding to share her art skills with people around the world. Matilda has more exciting projects on the horizon that combine her love for art with travel.



### Work experience inspires police careers

Truro and Penwith College's Protective Services students have taken part in a week of work experience to inspire their choices for a career after finishing their course.



Taking place during National Careers Week, many of the students chose to work with Devon and Cornwall Police and find out about careers in the sector.

"We are now inspired to join the Police," explained Teigan. "It taught us more about the different job roles within the force."

After investigating different job roles, Level 3 Diploma in Uniformed Services student Teigan has decided on joining the dog handling unit. A Level Criminology and Psychology students from Penwith College were also similarly inspired to become a police dog handler after they attended a talk.

Police Officer James Little explained how A Level Criminology and Psychology was an excellent pathway into policing and working in the criminal justice system.

James introduced the A Level cohort to Sky, a vital member of Devon and Cornwall Police. He spoke highly of Sky's abilities as a police dog, before demonstrating her skills by having her find hidden objects around the room. The students were amazed by how fast and thorough the four-legged recruit was.

The career awareness talks and work experiences are part of the College's drive to ensure the students are ready for life after college, giving them every opportunity to aspire to go and reach further in their careers.

## MHAT OUR STUDENTS SAY



"Medics' Academy has been useful for me. We have help preparing for the UCAT, the admissions test for medicine, university teaching styles, key skills for medics and help with starting to write our personal statements."

Liya is from Truro and studies A Level Biology, Chemistry, Maths and Further Maths at Truro College. She receives support from the Medics' Academy in order to increase her chances of receiving an offer from highly competitive medicine courses at university.



#### "I was really impressed by Truro College. The lecturers are fantastic; they're really friendly."

Vlad is originally from Kyiv in Ukraine and studies the BTEC Level 2 Certificate in Preparation for Public Services, as well as Functional Skills English and GCSE Mathematics. Alongside his studies, Vlad is also a student ambassador where he assists with the College Open Events.



"The classes are the perfect size and more beneficial for me. My advice for anyone who wants to study here is that it's a good experience; you still experience the 'uni life'."

Meg is from Penzance and studies the FdA Film, Media and Photography course at the University Centre Truro and Penwith. Outside of her studies, Meg has assisted with photography for Barnardo's children's charity and has built up a base of her own clients.



"I came to Truro College because of the opportunities it had to offer. I joined the Student Council just over a year ago; I was elected as Chair, and it has been a great experience for me. I have been able to develop my leadership and organisational skills."

Henry is from the Isles of Scilly and studies A Level Modern History, Geography and Politics. After College, Henry will take a gap year before studying Geography at the University of Exeter's Penryn campus.



### "The lecturers here are amazing; they have a passion for their subjects."

Kit is from Penzance and excelled in A Level History, Politics and English Literature at Penwith College. He is now studying History and Politics at the prestigious University of Oxford.



#### "Truro College offers the IB, and I felt it would be the perfect choice for me, since I liked all subjects in secondary school!"

Poppy is from Hayle and studies the International Baccalaureate (IB) Diploma. She has received an offer from the University of Oxford and is hoping to study History and Modern Languages there after taking a gap year to work in Australia.



#### "I think what's great about the College is that it really allowed me to discover my creative voice and figure out what I actually wanted to do."

Cadan is from Penzance and studied A Level Graphics, Photography and Business at Penwith College. He is now continuing his studies at Falmouth University to start his career in a graphic design studio.



### "Penwith College was a game changer because of the support that was offered and given to me."

Daisy is from Penzance and studied the BTEC Level 3 National Extended Diploma in Health and Social Care. She is now studying Paramedicine at the University of Plymouth.

## 

### Making the most of your time at Truro & Penwith College



### Specialist academies

Improve your chances of securing a place at a selective university and enhance your employability. Improve your technical skills in a wide range of subject areas.



### Competitive Sports Academies

Competitive Sport Academies are elite sport academies where students are expected to train and play competitively, including travelling to fixtures.



Extra Curricular Enrichment

Develop skills that underpin success in education and future career ambitions. Gain the confidence to set ambitious goals of progression.



Extra-Curricular Enrichment develops skills that are beneficial for future career ambitions and can complement your chosen subjects. For example, the Jazz Band can be beneficial if you study a music course as it can teach you important improv skills, or the Creative Writing group can help you if you study English, Film Studies, or Media Studies as you can try your hand at writing prose, poetry, scripts, and journalistic articles.

Specialist Academies can improve your chances of securing a place at a selective university like Oxbridge or the Russell Group universities. They can improve your technical skill in a wide range of subject areas, including medicine and allied health, maths, law, eSports or academics!

Competitive Sports Academies are for those who are passionate about all things sports and are willing to travel to fixtures to compete in matches and tournaments. Competitive Sports Academies seek to improve your knowledge and fitness in a sport of your choice, and there are plenty to choose from including badminton, basketball, cricket, netball, football and rugby, the latter of which is an England Rugby Partner and works closely with the Exeter Chiefs as part of the Exeter Chiefs Academy.



Finally, there is Recreational Sports and Games Enrichment, which is aimed at those who want to play sports or games without committing to an Academy or having to travel to fixtures. These options aim to promote mental health and wellbeing and allow you to take part in games such as table tennis, ball games, chess, and board games, as well as access the gym and have sessions with a personal trainer.

Mark also discussed the benefits of the programme: "The Enrichment programme can have a huge benefit to our students physical and mental wellbeing. Enrichment allows students to choose what they want to do and pick the Enrichment session they feel will benefit them the most. We have numerous students who select Enrichment so it can specifically be beneficial to their physical and mental wellbeing; we recognise the importance of this."



Our Enrichment programme offers something for every student and gives you a great opportunity to meet other students and socialise, develop new skills, prepare for your next steps, and keep healthy mentally and physically. Our Enrichment options have been developed in line with our College Values, which are proven to strengthen future career and academic success. These Values are Wellbeing, Engagement, Aspiration and Respect.

Enrichment Co-ordinator at the College, Mark Stevens explains the programme: "Enrichment is a key part of our student's curriculum at Truro and Penwith College. It is split into four important areas, these are Extra Curricular Enrichment, Specialist Academies, Sport Academies and Recreational Sport and Games.

Our outstanding Enrichment programme enables students to develop skills such as resilience, confidence, self-growth, teamwork, physical and mental wellbeing, and many more." Enrichment is a huge part of the curriculum here at Truro and Penwith College. We believe that taking part in Enrichment is massively beneficial for the mental and physical wellbeing for students and staff alike, and that there is something in our Enrichment programme for everyone among over 40 options currently available. Find out more about the College's Enrichment programme here.



### Recreational Sport & Games Enrichment

These provide an option to play sports or games each week but without having to commit to an Academy, play competitively or travel to fixtures.



Pick up a copy of the Enrichment leaflet or check out the page on the College website.





To find out more about the Enrichment options we provide, you can take a look at the Enrichment guide on our website. Once you've chosen, Mark explains how to apply: "Students can sign up to their Enrichment choice at the interview stage, when they select what course they want to study. If they are unsure, I would suggest attending an Open Event and asking the relevant staff about Enrichment."

If you've not decided which Enrichment option is best for you by the time of your interview, or if you change your mind, there's no need to worry! "Students can also sign up to Enrichment at our Freshers Fair in September," Mark says. "All Enrichment activities will have a stall and be able to answer any questions students might have."

The College also provides drop-in sessions in the form of the award-winning Health, Wellbeing and Sport programme, which has a timetable for both Truro and Penwith campuses. HWS Co-ordinator Sheona Cornes describes the programme: "The Health, Wellbeing and Sport programme was developed to help create a cross-college culture of wellbeing and is designed to offer opportunities that are fully inclusive and diverse to encourage all students and staff to participate in regular health and wellbeing activities and in turn help them achieve their goals.



"The HWS team offer drop-in sessions for students to access anytime that they are available in the week. We have a range of recreational wellbeing sessions including Yoga, Book Club, Fitness classes and Dance, plus many more. The timetable of activities is sent to students every term and can be found on posters around the college, and there are updates on our Facebook and Instagram.

"Students who attend the sessions have reported that the sessions have hugely improved their mental and physical health as well as giving opportunities to meet new people. There is no commitment and no need to book; just drop-in as and when you want, and you'll always find a warm and friendly welcome."

HWS differs from Enrichment as the HWS sessions will not be put on your timetable and you can attend as many as you like. You can see what sessions are available during the term on the HWS Facebook page.



We see Enrichment as an important aspect of student life here at Truro and Penwith College. Mark expresses the significance of the Enrichment programme to students studying with us: "We as a college recognise challenges that young people must endure, and we believe enhancing their educational journey with us has an impact, and their time here with us is massively important. Enrichment is a key aspect to their life here at Truro and Penwith College, as it helps them develop, grow and learn new skills." UNIVERSITY CENTRE TRURO & PENWITH

#### STAY AND STA

Wide range of courses Fit life around your lectures <u>Personal support at every step</u>

Art & Design / Business & Law / Computing & IT / Construction / Education
 Engineering / Humanities / Media & Photography / Nursing & Allied Health
 Psychology & Social Science / Sport & Health / Higher Level Apprenticeships

Find out more online: truro-penwith.ac.uk/uni 回 存 😣













### ACCESS TO HIGHER EDUCATION Your stepping stone to university and a new career

Available in a wide range of subjects, Access to Higher Education courses are designed to give mature students the necessary grounding to progress and succeed in higher education. Find out more online at truro-penwith.ac.uk/access