

Celebrating life at Truro and Penwith College

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# ONCOURSE



## THE RECIPE FOR SUCCESS

College restaurants Senara and  
Spires scoop national award

### GETTING RESULTS GOING PLACES

Over 1,000 students  
are off to their first  
choice university

### SHOWCASING CORNWALL'S YOUNG CREATIVE TALENT

College art shows  
stunning as ever

### ACCELERATE PROGRAMME VISIT GENEVA

STEM students take  
an eye-opening trip

**LOOK FURTHER • REACH FURTHER • GO FURTHER**

## 06

**College restaurants  
Senara and Spires  
scoop national  
award**

- 03 To the Alps
- 04 Accelerating to the Stars
- 05 Destination: Dream Careers
- 05 Workshops inspire Cornish girls
- 09 UNYS in the Community
- 09 End of Year Excitement
- 10 Penwith's Next Top Model
- 11 Welcome to Truro and Penwith College!



- 16 Fun and Games
- 16 Penwith Students Step Up
- 17 New Town Crier for Redruth
- 17 Josie Donates Hair to those In Need
- 18 Graduating in style

## 18

**Graduating in style**



## 26

**Celebrating an incredible year of results success**



- 26 Celebrating Success
- 27 Aimee is Unbeatable
- 28 TPC on the Road!
- 29 Getting to grips with new equipment
- 30 UCTP's First Registered Nurses
- 31 Scarlet is Set for Next Chapter
- 31 Madeleine Creates a Safe Haven
- 32 What our Students Say
- 34 Your Guide to College Transport

## 34

**Your Guide to College Transport**



## 04

**Accelerating to the Stars**



- 11 Student Filmmakers Score Big
- 12 Summer is a Cut Above the Rest
- 12 Zac Snaps Up Artist Award
- 13 Spanish Adventure
- 14 Rugby Goes Elite
- 15 Top of their Game
- 15 Scoring Goals for a Great Cause

## 20

**Creative Talent on Display at College Art Shows**

- 20 Creative Talent on Display
- 22 Moonlight Walk Raises Funds
- 22 Meet Naija!
- 22 From Classroom to Finish Line
- 23 Saving Saplings in Hawaii
- 23 Katie Makes a Difference
- 24 Cutting it
- 25 Taking to the Stage



**Lets get social**



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.

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# To the Alps

**Students from across Truro and Penwith College headed over to Italy for a week of skiing and snowboarding in the Alps.**

The group bonded during their time in Ponte di Legno, Italy and were encouraged by a personalised message from BBC Ski Sunday presenter Ed Leigh. Descending the mountains through sharp parallel turns, incredible jumps and by having fun through bumboarding in the evening, the group made memories to last a lifetime. The students also got a shoutout from BBC Radio 1 presenter Greg James, who spread the joy from the Italian alps to the nation back home.

After returning from the trip, the Ski Trip social media page was filled with heartwarming support from parents, carers and returning students: "My son had an amazing time," one parent said. "My daughter had a blast and made memories for life," said another.

The College runs yearly ski trips to provide a fun way of building students' confidence, friendships, resilience and teamwork.



**Ready to hit the slopes.**

TPC Ski Club Lead Peter said: "It's a privilege to have such an enthusiastic group." He also expressed his thanks to all the staff which helped make this educational trip so memorable.

The College runs yearly ski trips to provide a fun way of building students' confidence, friendships, resilience and teamwork.

Prospective students who are interested in going to the next college ski trip should contact [skiclub@truro-penwith.ac.uk](mailto:skiclub@truro-penwith.ac.uk).



**Students made memories for life in Italy.**



# Accelerating to the Stars

Students from across Truro and Penwith's Accelerate Programme have been on an eye-opening trip to the Geneva Observatory.

The students, who are aiming for competitive places in STEM related HE and University subjects, had the opportunity to interact with a working research telescope and attended a lecture from a current PhD student, encouraging them to go further in their studies. They also explored the deepest wonders of the universe through a 3D film.

Students in the Accelerate Programme have access to trips like these, as well as 1:1 university application support, the IRIS project, the Scholar's Programme and much more. Students are taught in classes with other Accelerate students where available, allowing them to make new friends with other high achievers.

Holly, who is part of the Scholar's Programme at Penwith College, has been researching catalytic converters in vehicles. She talked about how the Programme helps prepare students for university: "It's really good because you get lectures from expert university tutors and do university-style research."

Students on the Accelerate Programme are aiming for HE and University spots in Medicine, Engineering, Science and many more.

The students  
explored the  
deepest wonders  
of the universe



The Accelerate Programme students.

# Destination: Dream Careers

**Destinations Day saw students from across Truro and Penwith campuses inspired to go further after finishing their studies.**

The day focused on immersing students in a variety of progression routes after College, including University, Apprenticeships, Employment and more.

The students were joined by inspiring guest speakers, universities and organisations who shared their experiences. Employers who came to visit the students included the Minack Theatre, Cormac, Bull & Wolf, Porthean Outdoor, Royal Cornwall Hospitals Trust, Isles of Scilly Travel and more.



Speaker Stephen Seki motivated the students.

The students were joined by inspiring guest speakers, universities and organisations who shared their experiences.

The visits demonstrated that students didn't have to move far from home to pursue their dream career; many sectors are thriving in Cornwall. Students also heard from the College's Apprenticeship Coordinator Tammy McDermott, who introduced them to Apprenticeships and how they can earn while they learn after college with a higher-level Apprenticeship.

There was also a talk from sought-after motivational speaker Stephen Seki, who inspired and motivated the students with his talk about moving towards your ideal career. Stephen spoke about how to become your best self, the secrets of happiness and using failure as a launchpad for success.

The University Centre Truro and Penwith provided advice for students, discussing student finance and courses available to them through the University Centre. Students learned of the wide range of career focused courses available to them in Cornwall.

Thank you to all the businesses, organisations and guests who visited for Destinations Day; the day was very beneficial for everyone.

## Workshops inspire Cornish girls

**A new initiative to inspire girls into tech has been launched at the Stem and Health Skills Centre in Bodmin.**

The event, which was hosted by TEC Girls in association with Truro and Penwith College, saw over 100 Year 7 pupils from across Cornwall and Devon in attendance.

The girls took part in workshops for Logic and Coding, Cryptography, Networks and Cyber Security. The event aimed to inspire the girls and their schools to enter the national CyberFirst Girls competition.

Caitlin Gould from TEC Women explained: "We wanted young girls to explore what cybersecurity is. For many, it's a real mystery. We wanted to demystify it, get them excited about it, and see it can be fun, at an early age."

As the pupils cracked codes and learned more about the world of cyber security, their confidence grew. Caitlin added: "It was really important for girls to see other girls from around Cornwall interested in tech, so they know they're not alone."

The event was supported by GCHQ, CyberFirst SW, Brightman, Cognition Learn and Digital Uplift.



Year 7 pupils at work.





# The Recipe for Success

**College restaurants Senara and Spires scoop national award**





**Cornwall is now home to the best two college restaurants in the country after scooping double honours at a prestigious national award ceremony.**

Senara Restaurant in Penzance was crowned the AA Hospitality Award's College Restaurant of the Year 2024-2025, with Spires Restaurant in Truro also reaching the national final.

The training restaurants, used by around 250 Professional Cookery and Hospitality students at Truro and Penwith College, were two of only three national finalists, including The Classroom, a training restaurant at Cardiff and Vale College.

Hospitality lecturers Dean Bungay and Elly Owen travelled to London to collect the coveted award on behalf of Truro and Penwith College at a glitzy ceremony hosted by TV and radio broadcaster and Celebrity MasterChef winner Angellica Bell at the Grosvenor Hotel.

Having both Truro and Penwith College restaurants make the final is the icing on the cake for Associate Director for Occupational Studies at Truro and Penwith College, David Izzard who said: "Consistently winning prestigious industry awards like this gives the students belief and confidence and fills employers and future students with the knowledge our courses are delivering the excellence in training the sector is looking for."



**Amazing food, service and atmosphere combine to make a winning combination at Senara.**



**Elly Owen (R) with the students at Spires in Truro.**

"This is not just a triumph of hospitality excellence, but a beacon of inspiration for our learners and a testament to the relentless dedication of our staff, whose efforts have cultivated an environment for growth, innovation, and the blossoming of future opportunities for our learners, showing that they can look, reach and go further."

The Awards are judged by industry experts and run in partnership with two of hospitality's leading awarding bodies, AA Hospitality and People's 1st International, which was an incredible experience for the students.

**"This is not just a triumph of hospitality excellence, but a beacon of inspiration for our learners."**

Congratulating the hospitality team at Truro and Penwith College, Andy Doyle, Partnerships Manager at People's 1st International, said: "Your

commitment to developing the future talent of the hospitality industry is inspiring!"

The College is home to the Paul Ainsworth Academy and previous students have gained employment with companies such as the Paul Ainsworth Collection, Nathan Outlaws, Rick Steins, St Moritz Hotel and Tom Kerridge.

Spires reaches the final for the first time but it's the second time Senara has been crowned the best in the country, as it received the prestigious AA College Restaurant of the Year Award in 2022.



**Senara at Penwith was presented with the prestigious award.**



# Surfs Up!



**Our Progression Pathways students have been collaborating with the Wave Project, enjoying surf therapy as part of the “Your Shore” award. This award combines surf therapy, environmental studies and enrichment and is awarded by the Cornwall Wildlife Trust.**

Lecturer at Penwith College Charlie Johnstone is incredibly proud of his students: “We collaborate with the Wave Project, where I have been teaching therapeutic activities.

“Taking our learners surfing is a big part of the college experience I want to offer my students. It’s a remarkably innovative and empowering experience and the activity stands out as an excellent example of how engaging with local communities and the environment can significantly promote positive wellbeing and mental health for our learners. The students also gain valuable beach safety and water safety skills!”

Charlie also talked about the benefits of surfing for the students: “Surfing, by its nature, is a therapeutic and exhilarating sport that merges physical activity with the calming influence of the ocean, however we also offer engagement activities in the water for inclusion offering a unique avenue for learners to explore their capabilities, overcome fears, and embrace new challenges.”



Surfing lessons were a new challenge.



# UNYS in the Community

**Progression Pathways students have been making meaningful connections to the local community through their brand-new social enterprise.**

Progression Pathways students have been working hard in their social enterprise, UNYS. Meaning “together” in Cornish, UNYS is spread across 14 different classes in Progression Pathways and aims to create opportunities for the students through helping local communities and organisations. The classes have been busy developing products such as chutneys and jams, creating eco-friendly products such as infused seed paper and kitchen accessories from recycled materials and growing flowers and veg. The group have also renovated the old Gift Shop to transform it into a creative workspace where UNYS goods can be sold and showcased. These products were showcased not only in college but also in Truro at the Farmer’s Market.

Progression Pathways’ Career Lead Neil Firth discussed the importance of the project: “UNYS is all about growing stronger links within the community, so that students access a breadth of meaningful opportunities. We have some really exciting projects that are being set-up with a range of CiCs, charities and environmental organisations.”

UNYS is eager to work with local businesses, charities, communities and organisations, inviting you to get involved with this exciting new social enterprise. If you feel that you could contribute to UNYS through advice and support, stocking UNYS products or you feel that your charity could benefit from working alongside UNYS, please get in touch with Neil on [neilf@truro-penwith.ac.uk](mailto:neilf@truro-penwith.ac.uk).



## End of Year Excitement



**Students dressed to impress at their Leavers Prom.**



**Students celebrated with friends and family.**

The students have the opportunity to take part in many enrichment sessions alongside their course, helping them to make friends and learn new skills in a fun and exciting way.

**Progression Pathways students have been commemorating their accomplishments at the end of the year with exhibitions, a prom and a flash mob!**

The Art showcase showed off a wide range of arts and crafts that students from across all Progression Pathways routes have been up to. From drawing to painting to sculpture, the students’ creativity was on display for all of the College to enjoy.

The Art Exhibition was not the only even the students put on in the Career Zone. Progression Pathways students drew a crowd in the Career Zone by performing a Flash Mob as part of their final Dance & Performing Arts Enrichment session before the summer holidays.

The students have the opportunity to take part in many enrichment sessions alongside their course, helping them to make friends and learn new skills in a fun and exciting way.

The Progression Pathways students also celebrated their achievements with stunning Leavers Proms.

The Leavers and Achievers prom featured a beautiful ‘Under the Sea’ immersive theme. There was a dazzling ‘Follow the Sun’ leavers dance and the presentation of photo frames capturing the students’ most unforgettable moments at college.

The event was attended by family, friends, and carers, who all enjoyed treats from the shipwreck bar. Every learner received a certificate recognising their personal progress.

# Penwith's Next **Top** **Model**

Bo, a Childcare and Education student at Penwith College, has signed a contract with the world's leading inclusive talent agency, Zebedee Talent. Bo has now worked with huge beauty brands and organisations such as Sephora and Face Equality International.



Determined to see change for future young people, Bo decided to study Level 3 Childcare & Education at Penwith College and hopes to pursue a career where she can support and empower young people with disabilities.

Bo was born with several disabilities and facial differences that have affected her daily life. When finishing school, she was looking forward to the inclusive community and abundant student support that college offers.

Since starting college, Bo's confidence has grown to a whole new level after receiving support and learning accommodations from her lecturers. As part of her Childcare course, Bo has had the opportunity to gain valuable work experience in her placement days and apply her knowledge to real life settings. This played a pivotal role in growing her confidence, giving her the resilience to try

new things by gently pushing her outside her comfort zone.

Bo said: "I think my favourite part about college has been how supportive everyone is. Since Penwith is quite a small campus, classes are relatively small as well. This means that I get to know my peers and lecturers much better and that they can give me much more personalised support. Everyone is friendly and approachable and have really made an effort to do everything they can to accommodate my needs."

Raising the profile of people with disabilities has been a passion of Bo's for a long time as she understands first-hand the challenges that come with having a disability. Recently,

Bo has ventured into the world of modelling to not only embrace her individuality but also to bring more representation for young people with disabilities and facial differences.

"I think my favourite part about college has been how supportive everyone is."

She said: "For me, growing up with a facial difference was incredibly difficult. I did not see anybody who looked like me in the media and it definitely impacted my confidence. I used to dislike my cleft, especially when I'd see all these stereotypically "perfect" models represented in the media and know that I would never look like them."

Bo was signed by Zebedee Talent, the world's leading inclusive talent agency that is committed to changing the way disability, visible difference and gender identity are represented in fashion and wider media.



# Welcome to Truro and Penwith College!

The College welcomed new students from all over Cornwall in exciting induction activities.



The new IB cohort had an action-packed induction day.

The Freshers Fair allowed students to explore their Enrichment options, talk to support staff and find out how to make the most of their time at the College. The first years learned about trips such as the yearly college ski trip, careers guidance available at college and the wide range of Health, Wellbeing and Sport (HWS) activities available to them for free. Guests included Papyrus, Samaritans, Healthy Cornwall, Hunrosa, DJ Murda and more.

At Tomperrow, the new IB cohort had an action-packed activity day. New students got to know each other while taking part in a blindfolded obstacle course, three-legged river run and more teambuilding activities. The event was organised by the second year IB students; a full circle moment for them as they had an activity day organised when they were first years by the previous IB second year cohort.

Second year IB student Phoebe, who helped to arrange the induction activities, talked about why she chose to study the IB: "I liked the fact that everyone said the IB is a tight knit group and that I would be surrounded by like-minded people, and it was exactly that."

After one week, the first years loved the mature atmosphere and ability to express themselves of college in comparison to school. A Level student Cameron said: "It's easier to get along with people here because you're actually yourself. I've made some friends already."

A Level student Ava agreed: "The lecturers are very respectful and clear on their work. It's nice."

It's been fantastic to see all the first-year students inspired to go further after their first week at college. Thank you to everyone who visited the college or organised events for the first year students.



## Student Filmmakers Score Big

Creative Media Extended Diploma students Tom, Zeb, Charlie, and alumna Tyler were all nominated for Learning on Screen's Further Education Narrative film and Documentary Film categories, with Zeb and Tyler winning the awards.

Zeb's documentary "Flying for Fun" and Tyler's animated narrative film "Last Road to Nowhere" wow-ed the judges and secured both of the Further Education awards this year.

Tyler talked about the inspiration behind her work, and how Truro College supported her: "The film was heavily inspired by Americana Cinema with films like Easy Riders and From Dusk Till Dawn.

"The College supported me by giving me full creative liberty and my lecturers pushed me to explore every avenue of filmmaking I was interested in. The main thing I enjoyed about college was the freedom to create what I wanted and how the course really expanded my knowledge of film."

When Tyler's film was selected as the Further Education Narrative film winner, she saw it as an opportunity to meet other likeminded creatives: "Winning the Further Education Narrative Film Award was so unexpected yet amazing and was a good opportunity to meet other creatives in the film industry and network with them.

"The Creative Media course at Truro College was a great opportunity for me to expand my knowledge on film and filmmaking; it also allowed me to continue studying it at university doing film production. I would recommend this course to anyone with an interest in film and tv and wants to pursue that in the future as a career."





# Summer is a Cut Above the Rest

**Over 500 apprentices were nominated for VTCT's Apprentice of the Year, and Level 2 Hair Professional Summer was selected as Highly Commended.**

Summer has made huge contributions to her team at Vanilla Salon. Describing hairdressing as her "dream career", she offers consultations, makes decisions and carries out hair services flawlessly.

Summer was escorted to the event by Hairdressing lecturers Hollie and Laura. They shared how the event inspired them: "It was a beautiful event full of truly amazing people sharing inspirational stories of their apprenticeship journey, inspiring us all to be brave with our career choices and aspire for greatness. Summer did our Hair and Beauty department and the College as a whole extremely proud."

Summer added: "I'm so, so grateful for such amazing opportunities, especially this amazing event hosted by VTCT at Manchester College. To be shortlisted from 500 nominations down to the last 5 for Apprentice of the Year and then to come runner-up is amazing. Thank you so much to

my college lecturer Hollie for nominating me and also to Vanilla Salon for always being my biggest supporters."

Summer knew she wanted to go down the Apprenticeship route after finishing school: "I chose to come to Truro College because of the location and opportunity. I knew an Apprenticeship was the right option when I left school; I am so glad I did it at Truro College. All my friends, lecturers and employer have been so supportive.

"I have recently just passed my Maths GCSE, so next academic year I will move on to my Level 3 Apprenticeship. I now feel like nothing is holding me back from pursuing my dream career."



All smiles at the VTCT Apprentice of the Year awards.

# Zac Snaps Up Artist Award

**Zac studies Art and Design at Penwith College and has been awarded the Penzance Mayor's Young Artist Award of 2024. He is the first person to receive this prize.**

The Penzance Town Mayor has traditionally appointed sea, air and police cadets every year, reflecting the importance of these services to the lives of our communities. But art and culture also play a huge role in local life, and so this year the Mayor wanted to formally recognise this by appointing a Young Artist of the Year.

The Art & Design tutors encouraged Zac to take part in the competition and supported him to submit his incredible photography.

Zac's award included a £500 bursary and the opportunity to have his photography featured at the Penlee House Gallery next year.

Zac said: "I felt that this would provide a great opportunity and platform for my work going forwards. The main thing I was excited about was the exhibition next year at Penlee Gallery."

Outside of College, Zac specialises in conceptual and experimental photography which he posts to his Instagram, @zac\_henshall.



Zac accepted his award from the Mayor of Penzance.



# Spanish Adventure



## Sixteen language students embarked on a study trip to Spain's most southerly region, Andalucía.

During the trip, students stayed with host families, enhancing their Spanish through daily interactions. This boosted their confidence and solidified grammar learned in class. They attended engaging language lessons each morning at a reputable school, which also included cooking a massive paella.

Highlights included visiting Andalusian villages like Mijas, exploring Nerja's ancient caves, enjoying a Flamenco performance, and touring Sevilla's Plaza de España and Real Alcazar. They experienced International Women's Day, connecting it to their coursework. The trip also featured a beach visit, orange blossom scents, and churros. The students represented the college admirably.

A Level student Callum enjoyed living like a local during the trip: "I went on the Spanish trip, which was really good because we stayed with host families, living like locals and speaking Spanish. It was always really busy; we were always doing something, which was fun. We got to visit the Malaga region and Benalmadena, which was great."

Languages trips enable students to practice their skills in real world scenarios, preparing them for their future after College. These trips also provide an opportunity for students to immerse themselves in the culture as well as the language.



The village of Mijas in Andalusia.



# Rugby Goes Elite

**Over 25 girls are looking to give a professional career in rugby a try as Truro and Penwith College forms a new Elite Female Rugby Academy.**

The College's commitment to developing female rugby talent has reached new heights through the exciting programme offered in partnership with Exeter Chiefs. The Female Rugby Academy will now benefit from training and guidance from full-time Exeter Chiefs Academy Coaches and daily contact time alongside their college studies in a new full-time Elite Academy programme.

The College is an official partner of England Rugby and is proud to have seen many of its Academy players represent their country at international level in the men's game. The programme will now offer the College's talented young women the opportunity to pursue their dream of stepping out at Sandy Park or even Twickenham; aiming to provide female players with a clear route to the highest levels of the sport, combining education and elite rugby opportunities.

To inspire and motivate the players ahead of the new term, the College welcomed a visit from Suzie Appleby, Head Coach of Exeter Chiefs Women. Appleby's visit marked a pivotal moment for the Academy as she spoke to the players about the extensive pathways available to them both during and after their time at the College, including educational prospects that run parallel with pathways into competitive rugby, such as university-level play in the BUCS National League, Championship Rugby with Exeter Athletic, the Women's Premiership, and even the chance to represent England's national team, the Red Roses.

Appleby, alongside assistant coach Steve Salvin and a first team players Eilidh Sinclair and Stefania Evans, also held a training and scouting session on the College's rugby pitch with more than 25 girls looking to grab the new opportunity with both hands.

Appleby commented on the day: "We're really working hard on developing our local players and bringing them up through the pathways. A day like today is ideal because we're down at the College and to see numbers like this in Truro is amazing.

"There's a big push and drive, and a lot of investment in the Women's game, from grassroots up through to the international level. They couldn't be in a better place at a better time."

The newly formed Elite Female Rugby Academy also attended the prestigious Hartpury Rugby Festival for the first time in history, before the first-year students had even started College, as part of the Academy's pre-season. This season opener is renowned for attracting top elite academies and private schools from across the country, setting the stage for high-level competition and exposure.

Playing in such an elite environment, in front of live-stream cameras broadcasting across the country, was an invaluable experience for the academy players. The tournament offered a glimpse into the intensity of top-level rugby and provided a platform for the athletes to showcase their skills on a national stage.

Elizabeth, a first-year Elite Female Rugby Academy student, commented: "It's a new set-up we've got, it's Elite now, which is really exciting. We've been given these amazing opportunities. Girls' rugby doesn't have the same recognition that the boys do, but we want it just as much."

Fellow student Emily added: "The one thing I really enjoy is the community. We're all motivated by each other. More people have eyes on us this year which gives us the opportunity to play our best."

The future is bright for the next generation of female rugby stars at Truro and Penwith College, and with an abundance of opportunities and inspiring role models, the sky is the limit.



Elite Female Rugby Academy.



# Top of their Game

Proudly pictured in their England strips, a former College student and ex-lecturer celebrate making national para sports teams.

Matt Robinson has been selected to play for England Cerebral Palsy (CP) football squad and Matt George, a former sports lecturer for more than ten years at Penwith College, is the England para team's goalkeeping coach and is currently working with men's deaf and ladies' blind para team.

Truro College alumnus Matt Robinson started playing football from five years old at the Mousehole Minis and has now been playing CP Football for over 10 years. While at school, Matt played in the school football teams and he felt this really helped take his mind away from the struggles he was experiencing with fitting in at school.

He talked about his work in para sports: "I was approached to work with the men's Deaf team last season, preparing them for the European Deaf Championships in Turkey where they finished 5th and qualified for the Deaflympics in Tokyo next year.



"I am now part of the England Blind football programme collaborating with the women's team and assisting with the men's team preparing them for the Blind World Cup in India in 2025 as well as aiming to qualify for the 2028 Paralympics in LA."

The College is proud of both Matt Robinson and Matt George for their incredible achievements; it demonstrates another example of former students and lecturers delivering values of reaching and going further.

# Scoring Goals for a Great Cause

Truro College students arranged a students vs staff charity football match to raise money for schoolchildren in Africa.



The College's International Baccalaureate (IB) Diploma students regularly take part in fundraising activities; this year, staff also got involved to raise money for a fantastic cause.

The staff dominated the first half; however, the second half saw the students claw their way back up, leaving the score at 5 all. A penalty kick well struck by Lee Clark, Programme Team Leader for Media and Photography, gave the staff a narrow victory.

Over £100 was raised by IB students Josie, Ella and Savannah who organised the event, with the money being donated to Boom Shewula Wula! (BSW), the College's charity which has been working with children in Eswatini since 2001. BSW supports the children and community of Shewula, which is home to around 15,000 people, occupies a plateau in the mountains near the eastern border of Eswatini with Mozambique and is removed from the urban areas of the nation.

The main aim of BSW is the enablement of AIDs orphans and other vulnerable children to access education. There are two arms of the charity: funding the work of Ayibuy'imbeleko Shewula, the community organisation which distributes food and clothing and provides transport and social care support, and the Child Sponsorship Scheme Shewula (CSSS), which directly supports high school students by helping pay their school fees.

Students like Josie, Ella and Savannah have the opportunity to visit Shewula and see the difference their fundraising makes on the bi-annual Eswatini trip, which is open to IB and Geography students at Truro and Penwith College. The students take part in valuable work with the young people of Shewula and make connections with the community that strengthen the ongoing bonds of friendship between the community and the College.





# Penwith Students Step Up



The St Michael's Way, a route from Carbis Bay to Marazion.

**In recognition of Refugee Week 2024, first year A Level students from Penwith College completed the 10-mile section of the St Michael's Way, a walk route from Carbis Bay to Marazion.**

The walk was to raise awareness of the plight of refugees around the world, many of whom are forced to flee their homes and walk to safety. This year's Refugee Week's theme was "Our Home", making the walk to St Michael's Mount especially apt for the Penwith students. Refugee Week is the world's largest arts & culture festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. The festival is a partnership project coordinated by Counterpoints Arts. Along the way, students were greeted by some fluffy friends and enjoyed a welcome break at Ludgvan Church, thanks to Canon Nigel Marns.

A Level student Katie, who took part in the walk, said: "It was such a fantastic opportunity. I've always wanted to complete this walk, and I will definitely do it again. Our lunch break at Trencrom was amazing as we could see back towards Knill's Monument at Carbis Bay, and onwards towards our end goal of St Michael's Mount."

## Fun and Games

**As part of one of their modules, the Level 2 Early Years Practitioner Diploma students were asked to create a fun physical activity for preschool age children.**

The students created a wide range of physical activities, which they planned and risk assessed so they could deliver them to a group of preschool children from the nursery. The event was a great success and all the students engaged well with the children.

Education & Training lecturer Tracy commented: "I was very proud of their positive and professional behaviour throughout."



The children enjoyed a range of fun activities.

The aim of the Level 2 Diploma for the Early Years Practitioner is to provide students with the knowledge and understanding of babies and young children from 0-7 years of age with applied knowledge in the early years, 0-5 years.

To gain practical experience, students complete 250 hours in a chosen placement whilst undertaking this qualification. By gaining this vocational experience, students will develop an understanding of their chosen workforce, which will enable them to access work or go onto other qualifications in the care sector.



# Josie Donates Hair to those In Need

Josie, an International Baccalaureate (IB) student, has cut off 12 inches of her hair and donated it to The Little Princess Trust. Josie isn't new to donating to the charity; she has donated 3 times already, aiming to raise young girls' confidence.

Josie shared: "I always had people telling me how beautiful my hair colour was and that they wished they had it. When I wanted to get my hair cut, my mum suggested I donate it."

The average cost of making a wig has risen to £550, with additional fitting and styling costs bringing the total to £700. The Little Princess Trust provides free real hair wigs to children and young people aged up to 24 who may have lost their hair during cancer treatment or due to other conditions. The charity has now provided over 15,000 wigs to young people, thanks to donations like Josie's. She added: "I hope my story inspires more people to think about donating. I've watched videos of little girls with cancer or alopecia getting their first wig and feeling so confident and beautiful. Hair is definitely an important part of many young girls' self-esteem."



Josie before and after the chop.



## Hear Ye, Hear Ye

Max, the Town Crier of Redruth.

**Max studied the IB Diploma at Truro College, studying Higher Level Physics, Maths and global politics and Standard Level English, Psychology and Spanish. Outside of college, Max is the Town Crier of Redruth.**

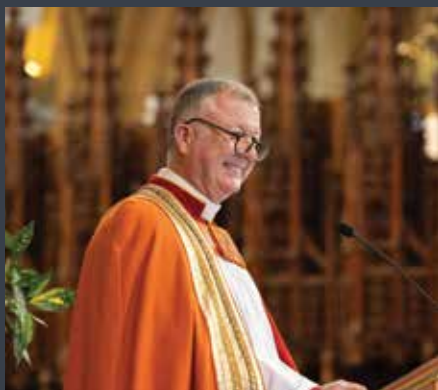
Max wanted to put his own spin on the role and did so through his clothing. Local artist Sue Hill came up with the Story Coat, which was brought to life with the help of a group of other Redruth artists. Max talked about the significance of the coat: "Sue incorporated all the textiles artists from Redruth. We all wanted the coat to represent the town rather than being just a costume."

Another artist involved was Penny Macbeth, who has been making the coat and adding the patches from the other local artists.

Max commented: "As town crier, my job consists of opening festivals, leading parades and making announcements."

Max's advice for students looking to pursue an unconventional job is: "Just ask! Sometimes the only barrier is whether you want to do it or not. If you want to do something and you are passionate you, will be able to do it."

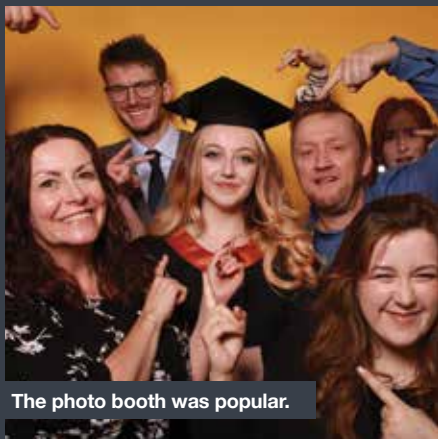




Dean Simon Robinson welcomes everyone.



Dr Beverley Joshua, University of Greenwich.



The photo booth was popular.



Truro Cathedral was a buzz of excitement as over 700 students, family members and staff celebrated the 26th Graduation ceremony of the University Centre Truro & Penwith.

# Graduating in style

The students of University Centre Truro and Penwith celebrate in Truro Cathedral



"I chose the University Centre because I knew I wasn't just another number"

Scarlet



Scarlet Ring, the student orator, receives award.

commitment to study. Several other highly regarded awards were also presented.

Supportive friends, family, fellow classmates and staff received a warm welcome from the Dean of the Cathedral, Simon Robinson, before hearing from Robert Townsend, Chair of Governors and special guests from awarding partners the University of Plymouth, University of Greenwich and Martin Tucker, Principal at Truro and Penwith College, who commented: "The real privilege of our work is to give people the opportunity to learn, develop and change. That means that the communities they serve can develop and make progress too."

"The University Centre is always updating and introducing new courses to meet the emerging skills needs identified in Cornwall. Key areas that have seen development are linked to Offshore Wind, Lithium and Electric Vehicle technology, and Construction. We continue to train Nurses, Nursing Associates and Operating Department Practitioners here in Cornwall, many of whom are graduating today. These graduates have now entered direct employment in the county and are helping to address the skills shortages in our health services."

"My congratulations to all the graduates and on their behalf a thank you to their families and friends who have supported them through this journey."



Before the presentation of scrolls, Scarlet Ring, FdSc Law with Business Graduate was presented the first-ever University Centre Truro & Penwith Award for Excellence, by Dr Emily Myatt, Dean of the University Centre.

Scarlet gave a touching and personal speech to inspire and celebrate the momentous occasion with the story of her journey, first at Penwith College and then with the University Centre Truro & Penwith. Scarlet said: "My path wasn't straight forward. Growing up, I wasn't encouraged to pursue an education. I was taken out of school, never finishing my secondary education and earning a degree felt like an impossible dream."

"I got the chance to rewrite my story at Penwith College, from there I pushed myself to complete a Level 3 course, achieving grades I never thought possible, finally setting my sights on a Foundation Degree."

"I chose the University Centre because I knew I wasn't just another number; the staff knew me personally and they helped me in ways I don't think any other College or University would have."

Scrolls were presented by the University Centre Dean Dr Emily Myatt, highlighting many students who had achieved the esteemed Principal's Commendation for their



Ella Metcalf-Walker's award winning 3D design work.



The Truro College Show on Truro Piazza.



Penwith award winner George.

**Local business, art societies, friends and family gathered in Truro city centre and Penzance School of Art to celebrate Cornwall's young creative talent.**

In Truro, the Making your Mark Exhibition featured the final exam work from Truro College and the University Centre Truro and Penwith. It was extra special this year as the students celebrated the Art and Design team leader, Mark Dunford, who has retired from the college.

From fine art to fashion and textiles, graphic design to ceramics and jewellery designs, the 17th annual exhibition by the College wow-ed showgoers. The displays were described as "Stunning as Ever" by Truro Arts Society.

During a private view attended by over 900 guests, the prize winners all gathered on stage to collect their awards from Truro College alumna and professional artist Alice Ellis Bray.

Mark Dunford spoke at the event, inspiring his final cohort of students: "Have courage, believe in what you are doing. Remain in touch with your network of friends."



Mark Dunford, Programme Team Leader with guest speaker Alice Ellis Bray.

# Creative





The Penwith show at the Penzance School of Art.

# Talent on Display

Meanwhile at Penwith, the Illuminate Exhibition featured artwork from a wide range of artistic mediums. The event coincided with Golowan Festival and transformed the Penzance School of Art into a stunning exhibition space.

Simon Hartles, FE and HE lecturer at Penwith College, talked about the event: "We are thrilled to present Illuminate as a testament to the extraordinary talent and dedication of our students. This exhibition embodies the spirit of innovation, imagination and artistic excellence that defines our institution."



The prize winners.



# Moonlight Walk Raises Funds

Hollie completed the challenge for a family friend.

**Hair and Beauty lecturer Hollie walked 17 miles across London wearing a decorated t-shirt for a great cause.**

The yearly Moon Walk, organised by breast cancer charity Walk the Walk, sees participants set off on either a half or full marathon walk through the streets of London from 8PM.

She set off with her group from Clapham Common to walk through London overnight. Hollie commented: "Famous London landmarks, including the London Eye, Sky Garden, and the National Theatre were lit up in pink throughout the night."

"I walked this for a family friend who is battling breast cancer. It was a challenging event, but was so good to connect with others wanting to raise breast cancer awareness. We raised over £3,000!"

## Meet Naija!

**The College is excited to welcome Naija, a nine-year-old therapy Labrador, to the Tregye Campus on Thursdays and Fridays.**

Therapy dogs like Naija provide a range of benefits, such as helping increase students' confidence, improving motivation and enhancing relationships with peers. Naija has been working in the mental health and wellbeing field for the past four years, providing comfort to many people who have benefited from her presence.



Mark completed the marathon for Man Down.

## From Classroom to Finish Line

Progression Pathways lecturer Mark has completed the London Marathon.

Mark took part in the famous 26.2 miles across London for Man Down, a Cornish charity which provides informal peer-support talking groups all over Cornwall for men with mental health concerns. They seek to end mental health stigma. Mark completed the marathon, which starts at Greenwich Park and ends at The Mall, in 4 hours and 13 minutes.

Mark talked about his experience: "I am not a runner. I started training in July 2023, in which I completed a 2km run. I built up my endurance and have now ticked the London Marathon off my bucket list."

"I ran for Man Down. I think it is a brilliant Cornish Charity that we should raise awareness for."

Mark's marathon training was aided by the Health, Wellbeing and Sport sessions, which offers drop-in gym sessions for students and staff at college: "Having the free HWS sessions available has been so helpful. I use the gym and swimming facilities and would highly recommend."



# Saving Saplings in Hawaiï



Ned and Sarah enjoy the view.

**Science Programme  
Team Lead Ned  
has completed  
volunteering in Hawaiï  
at the Limahuli Botanic  
Gardens in Hawaiï.**

Ned and his wife Sarah were saving endangered native plants: "We saved saplings from being choked by weeds. The saplings are called 'Ōhi'a Lehua' in Hawaiian - it's a really special native tree that hosts their (also endangered) native bird species. The native birds are all under serious threat from avian malaria, so saving the trees they pollinate is really important!"

Not only did they complete all this crucial work, they did some more volunteering and also donated to the Kauai Humane Society, taking one of their rescue dogs out for a 'field day'. Ned added: "We took out a dog called Wicket and he was amazing - we took him on the Kuilau Ridge Trail."

Ned commented: "Volunteering was a great way of learning about the islands, their people, culture and ecosystems, and the problems they face. We learned about ecology, geology, the native and introduced species in ecosystems, adaptation, and culture on this trip. We teach about these things across several of our courses, as well as it impacting on tutorial and learning about British Values. I have told a few of my students about the trip, and mostly they have been inspired and able to expand their knowledge on these topics in real life situations."

# Katie Makes a Difference

**Deputy Team Leader Katie  
Maggs has won BBC Cornwall's  
Make a Difference Award.**



Katie with her award.

Katie, who runs the Marine Academy at Penwith College, was awarded the Green Award at this year's Make a Difference Award ceremony.

The Marine Academy is dedicated to the protection of local marine life. Students have the opportunity to go on trips to Mounts Bay and take part in rock pooling, snorkelling, juvenile lobster releases, beach cleans and more. There are also guest speakers who talk

to Marine Academy students about the local ecosystem, coastal habitats and much more.

Katie shared the importance of taking care of our local ecosystem: "I think it's really important to share the beauty that we've got out in Mount's Bay. A lot of people don't know that all this magic lies under the surface, and I just love seeing children learning about it."



# Cutting it

**Truro and Penwith's Hair and Beauty students proved they have the skills required for their dream careers at the annual Cornish Skills Competition.**

The huge event saw students from across the College's entire Hair and Beauty subject area demonstrate the skills they've mastered by transforming models to fit the competition's theme, 'Inspiration and Aspiration'.

Top students represent the College at WorldSkills UK, with the opportunity to progress to represent the nation at the international WorldSkills competition that demonstrates excellence across the globe.

Students arrived bursting with ideas that went on to stun a judging panel consisting of industry experts including Shannon's Hair Design, Mark Rayment at VTCT and Barber Fresh.

Mark Rayment, Barbering Business Development Manager at awarding body VTCT said: "The competition shows the skills the students have got, and it will give them confidence for the rest of their lives."

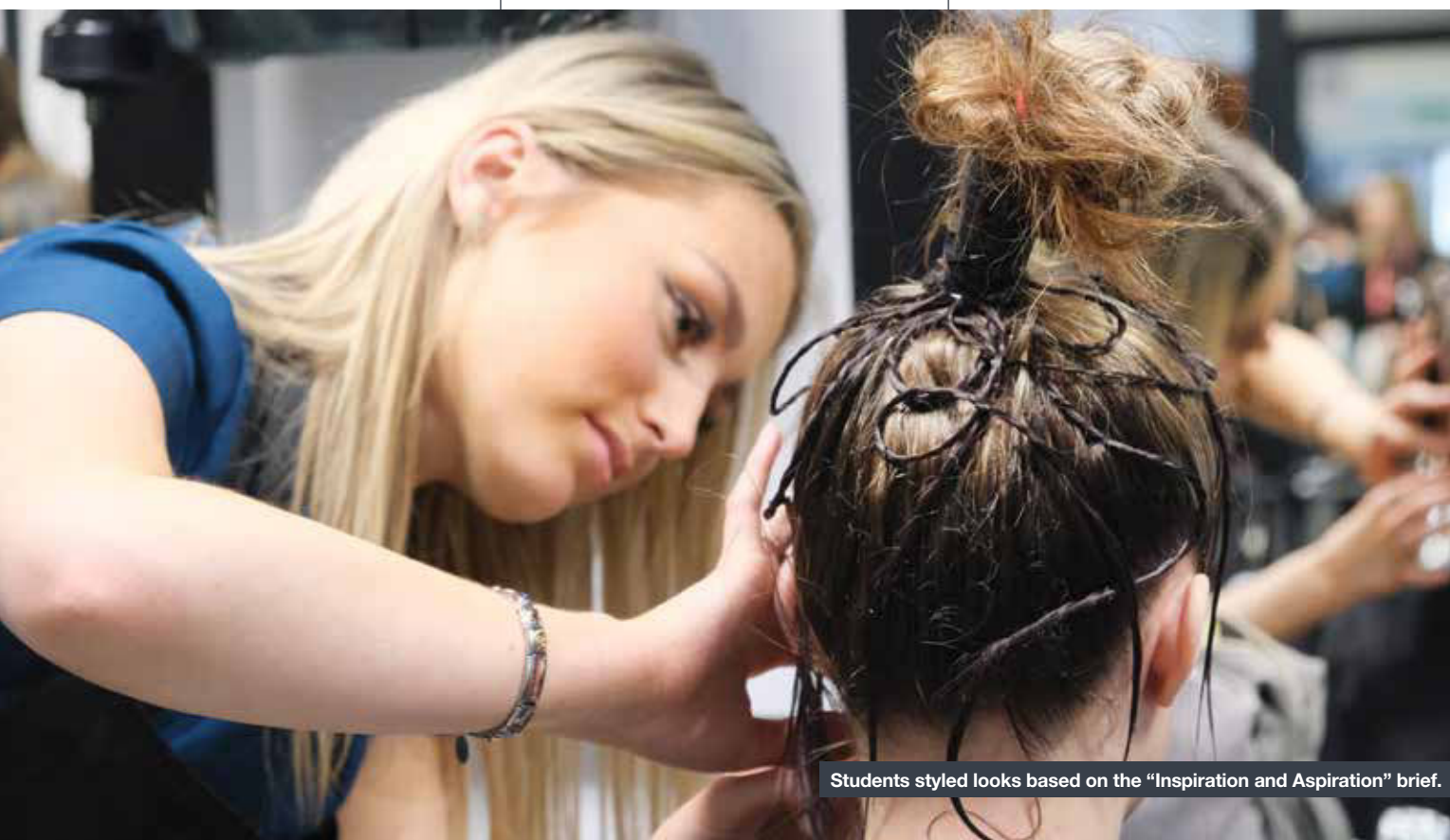
"The competition shows the skills the students have got, and it will give them confidence for the rest of their lives."



Working hard in preparation for the competition.



Winner of the Level 2 Hairdressing category, Poppy, found that studying the course has further fuelled her passion for Hairdressing. Poppy said: "I always thought I wanted to focus more so on Beauty, but due to the freedom on the course I've discovered I love doing hair."



Students styled looks based on the "Inspiration and Aspiration" brief.



# Taking to the Stage



**From the musical harmonies of Mamma Mia to the comedic timing of the Addams Family, the first year Drama, Dance and Musical Theatre students showcased their talent in multiple showstopping end of year performances.**

The students were not only the performers, but also took roles of choreographers, assistant directors and dance captains. Handling the roles surrounding the performance helps to prepare the students for working within the industry.

Performing for an audience of family, friends and fellow students, the groups danced their hearts out in Cabaret, sung Abba classics in Mamma Mia, demonstrated their knowledge of classic theatre with Shakespeare's A Midsummer Night's Dream and had the audience in stitches with the Addams Family.

Poppy used her knowledge in her role as a choreographer: "I had previous experience in ballet, street and contemporary dance but some students didn't, so I tailored the moves and techniques to match each individual's ability."

Assistant Directors Nina and Ewan reflected on their experience: "Keeping the students motivated throughout and suggesting improvements to the scenes took a lot of communication and perseverance."

"Collaboration and resilience are two skills you need to compete in the competitive world of performing arts but most importantly you need to understand it's hard work."

The audience erupted into applause after the performances, proving that the students were successful in their mission to make everyone fall in love with musical theatre. Choreographer Ophelia shared: "My classmates have been brilliant. Taking our ideas and bringing them to life; it's been an enjoyable experience."



**The students wow-ed the audience with their range in the performances.**





# Celebrating Success

**Over 1,000 students are off to their first choice university after an incredible year for Level 3 results.**

After two years of hard work and dedication, supported by the College's brilliant staff, over 1,600 A Level, Vocational Diploma and T Level students collected their results.

For many, the aspiration of gaining a place at their preferred university has been realised, with almost 1,000 students leaving the College this summer having secured entry to their first choice university, including eleven students who received the grades they needed to progress to the University of Oxford and University of Cambridge.

With over 2,500 combined A Level entries this year, significantly more than any other A Level provider in Cornwall, the students exceeded UK averages for overall pass rates (98%) and success in achieving the top grades A\*-C (80%).

Almost a third of A Level students gained an A or A\* grade, with over 1,400 A\*-B grades issued. Published data released by Ofqual shows that in comparison to other Further Education colleges across the country, Truro and Penwith College students achieved double the amount of A\*-B grades than those who studied elsewhere.



Students, parents, carers and tutors gathered to share the good news.



# Aimee is Unbeatable

Aimee is celebrating after coming in the top 1% in the world of students who have achieved full marks on their two-year course.



Achieving a perfect score is a rare accomplishment, highlighting Aimee's extraordinary capabilities.

Aimee, from Redruth, scored an unbeatable 45 out of 45 points on her International Baccalaureate (IB) Diploma course at Truro College.

Picking up her results and celebrating with the rest of her cohort and lecturers as they gathered at College one last time, Aimee said: "I was quite nervous leading up to results day and I wasn't sure if I'd get what I needed to get into university, but I'm very happy."

The result places Aimee as the joint highest achiever of all time in the IB from Truro College, and 2024 marks another incredible year of success for the IB Diploma cohort.

The cohort achieved a 92% pass rate, with 77% of students scoring over 30, at an average point score of 34.2. This is well above the global average point score of 30.3.

Truro College is the only provider of the IB Diploma in Cornwall. The course requires students to excel in a broad range of subjects.

"My favourite part of studying the IB was the people I met along the way," said Aimee. "There's a lot of opportunities to try new things and gain new experiences, especially with CAS (Creativity, Action and Service)."

Aimee is now heading to Cambridge University to study Modern and Medieval Languages.



The event was a chance for friends to catch up too.

A staggering 42 A-level courses achieved a maximum 100% pass rate across a vast range of subjects, including Accounting, Fine Art, Graphics, Classical Civilization, Dance, Economics, Drama, English Literature, English Language, Further Maths and Spanish.

The College's leading regional and national role in STEM (Science, Technology, Maths, Engineering) was evidenced once more, both in the extremely high quality of student outcomes, and in the large volumes of entries. Many A-levels, including multiple STEM subjects such as Biology, Psychology, Maths, Chemistry and Geology, achieved 10%-20% above national averages for high grades.

Over 650 Truro and Penwith College students are also celebrating their superb results in their Level 3 Vocational Diplomas, with a 98% overall pass rate and over half gaining the top grades of triple Distinction or above (equivalent to 3 A grades or above at A Level) in an array of subjects including Sport and Exercise Science, Health and Social Care and Engineering. 100% of Media (Lens based) Diploma students achieved a high grade, with 70% of students achieving the highest possible grade, as did 82% of Games Design students.

The new T Level qualification is proving popular with students studying subjects such as Early Years Education, Construction, Health and Digital Production completing their studies. T Levels saw a 98% overall pass rate with 86% of students achieving high grades of a merit or distinction grade, equivalent to 3 B's or 3 A's at A Level.

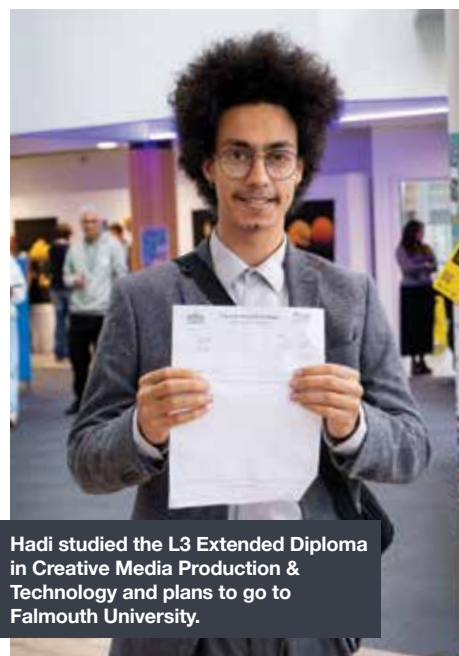
"It's so nice to just crack open that envelope and see it all."

Speaking as hundreds of students attended both Truro and Penwith College campuses to collect their results, a delighted Principal Martin Tucker said: "This year marks another year of outstanding results achieved

by students at our outstanding College, and I can't commend them enough for the hard work and dedication they have put into their studies.

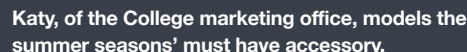
"It was fantastic to hear many of the students praising the College's student experience, support from teaching staff and enrichment offer as they collected their results and I'm delighted that the College's focus in these areas is proving successful for all our learners.

"Everyone at Truro and Penwith College wishes departing students our very best wishes as they start the next stage of their journey, whether to higher education or into the workplace."



Hadi studied the L3 Extended Diploma in Creative Media Production & Technology and plans to go to Falmouth University.

A collage of various items including a book titled 'THE PROFESSIONAL DEVELOPMENT GUIDE', a fan of blue and purple cards, a stack of green pens, a 'PSE ENDUROY FORM', and a 'YOUR' notebook.



The College is proud to show support for Cornwall Pride events across Truro and Penzance. The College provides a safe space for self-discovery and individuality for all students. There is a LGBTQ+ group that meets regularly and the College works to ensure all individuals feel included, supported and valued.



# Getting to grips with new equipment

Science students are excited to get to grips with a high-end Particle Size Analyser that has been generously donated by Truro-based Impact Fluid Solutions UK.



The Malvern Mastersizer 2000 (pictured top), is a renowned instrument for measuring particle size.

Particle size analysis is a method used in industries such as pharmaceuticals, building and water treatment to calculate the properties of a particle and how it will act under varying conditions.

The cutting-edge process provides crucial information for industries to manipulate materials or manufacturing conditions to improve products and services or achieve cost-efficiencies and is a valuable career-ready skill for the College's students.

The Malvern Mastersizer 2000, a renowned instrument for measuring particle size, has been a staple in Impact Fluid Solutions' operations for several years, with the company keen to make the donation and forge stronger ties with the College.

Phil Bowles, Senior Scientist at Impact Fluid Solutions commented: "We were very happy to receive an enthusiastic response from the College. The Mastersizer 2000 is a reliable and common instrument used across many industries such as pharmaceuticals, paints & coatings, cosmetics, mining, construction, food and the wider energy area, not just oil and gas.



"We believe that students currently studying on all levels of course at Truro and Penwith College will find the piece of equipment a key element to understanding real life applications of materials, gaining employable skills. We look forward to helping the College get the best out of the instrument with their students over the next few years."

With the donation in place, the College is poised to provide its students with hands-on experience using industry-standard equipment, preparing them for future careers in science-related fields.

Truro College alumna Phoebe Priest, who is studying veterinary science at Bristol University, recently completed the Access to Science Diploma and commented: "It is the perfect steppingstone to university and gave me an opportunity to apply for a degree I was passionate about. With the help of my tutors and lectures I applied for Veterinary medicine and science degrees and managed to get three interviews and two offers!"

If you are looking to take the first step towards your dream career, you can find out more about Access diplomas available on your doorstep by visiting [www.truro-penwith.ac.uk/access](http://www.truro-penwith.ac.uk/access)



# "We are the Nurses in Blue": UCTP's First Registered Nurses



**Two local mums are celebrating being the first registered nurses to qualify from the University Centre Truro and Penwith.**

Toni McIntyre, a mum of three from Redruth and step mum Rebecca Armstrong, from St Austell, both qualified as Nursing Associates at the University Centre before taking the top up course to become registered nurses. Neither nurse had far to travel from the University Centre to find employment, with both nurses securing high skilled jobs across the road at Cornwall's main Hospital, Treliske.

"We're home-grown nurses," says an excited Toni. "Patients ask all the time, 'where did you have to go to train?' And they're so pleased when you say 'oh, I trained in Cornwall.'"

Being a mum, for Toni to be able to further her career locally and live at home was essential. For Rebecca, having the new multi-million-pound STEM and Health Skills Centre in Bodmin on her doorstep, where student nurses train one day a week with the latest equipment in the health simulation suites proved ideal.

When asked how it feels to be the University Centre's first Registered Nurses, both students laughed and commented: "Scary! Like it's really nerve wracking; when you're a student and something goes wrong on the ward, you go and ask the nurse in blue. Now we are the nurses in blue."

Both students are used to pressure, having started their nursing journey as healthcare workers on the wards of Treliske during the Covid 19 crisis. Toni returned to work 17 years after first starting out in healthcare and Rebecca returned to higher education following 10 years in the Navy.

As mature students, they were worried about the academic side of the course. Both were surprised at how they adapted and said the support from the university tutors has been "amazing". Both also praised the lifelike simulation suites at Truro and Bodmin and said the equipment was realistic to what they used professionally in the workplace.

Both agreed studying the Nursing Associate course first, which is filled with short placements, let them experience all the distinct roles within healthcare so they could then decide which sector they enjoyed the most and wanted to specialise in as registered nurses.

Rebecca has chosen to work in haematology and Toni is going into the critical care unit at Treliske hospital.

Tamzin Irvin, lead for Nursing and Allied Health at the University Centre Truro and Penwith, comments: "Their dedication, professionalism

and compassionate care for patients throughout their course has been exemplary. It has been a privilege to support them through their NA qualification and now to see them progress to obtain their full nursing degree.

"We are so proud to be giving local people such as Toni and Becca progression routes within nursing and allied health and look forward to continuing to expand the local workforce further."



At work in one of the training suites.



Madeleine and her cuddly collie.



# Scarlet is Set for Her Next Chapter

A Law student from the University Centre Truro & Penwith has secured mentorship and interview support from a leading London law firm thanks to successfully securing a place at the coveted 'Inspire Law' event hosted by Covington and Burling in the capital.



Scarlet is ready for her next step.

Scarlet Ring, from St Buryan, recently attended the exclusive event in London that connects students aspiring to enter the legal field with leading firms in the UK, offering a platform for networking and professional development.

The process of applying to attend this event was highly competitive and places were extremely limited, so Scarlet was thrilled when she found out she had been accepted. Scarlet utilised the careers support at the University Centre to help with her application. She said: "I booked an appointment with Louise and had several careers sessions. I definitely wouldn't have been able to do it without Louise, she was amazing."

Scarlet seized every opportunity to engage with representatives from various law firms, as well as practicing Lawyers and Solicitors.

This led to an encounter with a remarkable woman from Baker McKenzie, a firm renowned for its pioneering work in artificial intelligence and related legal frameworks, which left a particularly lasting impression on Scarlet.

Describing the encounter, Scarlet said: "She is an expert in the field and speaking to her changed my whole perspective. She has such a similar background to me, and it was so motivating."

This meeting shattered Scarlet's self-doubt and reaffirmed her belief in her ability to succeed in the legal profession. The Solicitor from Baker McKenzie not only offered mentorship but also pledged to assist Scarlet in preparing for interviews and navigating the complexities of securing placements.

Scarlet's journey to the 'Inspire Law' event was made possible, in part, by the support she received from the University Centre Truro & Penwith and the Healthworks Cornwall project.

As Scarlet prepares to embark on her next chapter she remains committed to inspiring the next generation of students. Through a mentoring role at Humphry Davy School, she hopes to share her experiences and empower others to pursue their dreams with unwavering determination.

The University Centre Truro & Penwith offers Business and Law degrees accredited by the University of Plymouth that are flexible and offer one-to-one support. To find out more, visit [truro-penwith.ac.uk/uni](http://truro-penwith.ac.uk/uni)

# Madeleine Creates a Safe Haven

Alumna Madeleine felt inspired to take on her new venture after her degree, and now owns The Art Cafe in Penzance, a hub for wellbeing.

Madeleine Trestrail studied BA (Hons) Human Behavioural Studies at the Penwith Campus of the University Centre Truro and Penwith, and since graduating in 2022 has channelled her passion for wellbeing and mental health into establishing and managing The Art Cafe in Penzance.

The cafe has now become not just a place to grab a bite for residents; it's a haven for positive living, embodying a commitment to local produce, sustainable practices, and minimal waste.

Madeline speaks highly of how her time at the University Centre on the Penwith campus helped to prepare her to take on her new venture: "I really value my time at Penwith for helping shape me into the person I am today.

"It helped me grow and provided me with a constant safe space. Staff never gave up

on me or my education and I will always be thankful to them."

The vision for the cafe extends beyond culinary delights, aiming to create an environment that fosters wellbeing and community connection. Madeleine explains: "The Art Cafe places focus on positive wellbeing. I oversee every aspect of the cafe and am trying to provide a holistic eatery, connecting to the community and making the cafe a safe space for everyone."

Alongside running the café, Madeleine is continuing to pursue her passion for wellbeing and helping others training to be a counsellor.

The University Centre Truro and Penwith offers a range of degree courses at both the Truro and Penwith college campuses. Find out more about how to begin your new career journey by visiting [www.truro-penwith.ac.uk/uni](http://www.truro-penwith.ac.uk/uni).



Madeleine at work.



# What our Students Say



**Arya**

**“The support I’ve received in the Medics’ Academy at College has been amazing. They really went into depth with the application process and most of us have an offer so clearly it works.”**

**“I wouldn’t have had these amazing opportunities or gained confidence if I went any other College. I came to Truro College as I wanted to do Music, and the College has amazing facilities.”**

Jess is from St Austell and studied A Level Photography, Fashion Textiles, and Music. After performing at festivals all over Cornwall in the summer, Jess is going on to study Popular Music at the University of Gloucestershire.

Arya is from Truro and studied A Levels in Chemistry, Biology and Mathematics. After collecting 3 A\*s in her results, Arya has secured a place at University College London to study Medicine.



**Jess**



**Silas**

**“I’ve really enjoyed the course. It has been hard at points, but I love the creativity. The lecturers have all been really supportive; I’d say they are what makes the course.”**

Silas is from Falmouth and studied the Level 3 Extended Diploma in Art, Design & Communication. Silas’ experiences studying on the course has inspired him to pursue UAL Level 4 Foundation Diploma in Art & Design at the University Centre Truro & Penwith.

**“I chose the T Level so I could get hands-on experience. I love it! All the staff at College have been really supportive.”**

Sasha is from St Agnes and studies T Level Health. She is optimistic about her journey towards a promising career in Healthcare and Special Needs Teaching after being recognised as a finalist in the NCFE’s ‘Against All Odds’ award.

**“Penwith College had all the options I wanted to pick. The High Performance Academy is great, you get a lot of good opportunities to get into the gym when you’ve got free time.”**

Jowan is from St Just and studied BTEC Level 3 Sport and Exercise Science, as well as taking part in the High Performance Academy and Rugby Academy. After College, Jowan is going to University of Gloucestershire to study BSc (Hons) Strength, Conditioning and Rehabilitation.



**Jowan**

**“I am so glad I came to Penwith. It has allowed me to focus on bettering myself as I am not spending too long traveling to college.”**

Seb is from Penwith and studied A Level Geography, Law and History. After achieving 3 A Grades in his results, he is now looking forward to joining the Royal Marines in 2025, with the aim to become a Royal Marines Officer.



**Seb**



**Kaeya**

**“The cohort as a whole are incredible people. I’ve formed incredible friendships with the people I’ve met that will last a lifetime.”**

Kaeya is from Redruth and moved to Cornwall from Uganda. After her incredible results in the IB Diploma, Kaeya now plans to progress to Exeter University to study Psychology.



**Sasha**



**HoiYan**

**“I chose subjects that I enjoyed in secondary school; I feel like I had a lot more freedom here than I did in secondary school. I got to meet a new group of friends here.”**

HoiYan is from Pool and studied A Level Fine Art, Biology and Maths. After receiving A\*AA grades, she is now progressing to the University of Exeter to study Medical Sciences.



# Your Guide to College Transport



The app is your go-to for stress-free bus rides. Forget about lost tickets or scrambling for change, just buy, store and go straight from your phone. With features like journey planning, live bus tracking, timetable checks and even live seat availability!

[firstbus.co.uk/buy-tickets/ways-pay/first-bus-app](https://firstbus.co.uk/buy-tickets/ways-pay/first-bus-app)



Buses run to areas all over Cornwall

**One of the biggest questions asked by students and parents alike is about transport; how are you going to get to and from College? Find out all about how to get between home and College here; no matter where in Cornwall you are!**



The most common form of transport between college and home is the bus. The bus gets you into college on time for your lectures, and a vast range of buses run to areas all over Cornwall. To get the bus, it can be very handy to have a bus pass.

The bus pass allows you to board public buses during and outside of college time, and you can pay for it termly. It can save you a lot of money and time; your bus pass will be available in an app on your phone so there's no need to buy a ticket with the driver every day.

The College offers a very generous bursary scheme which can help most students with the cost of their travel. Bus passes can be expensive, and some students will need to travel long distances to attend college. Anyone who is eligible for financial support through the travel bursary will be given a First Kernow bus pass, which can be used on all services regardless of operator as it is honoured by Transport for Cornwall.

Bus journeys can be long and frustrating, especially when you're stuck in early morning rush hour traffic. But long commutes can be just what you need to catch up with friends, do some revision or just practice some mindfulness before starting your day. You can meet new people who also attend college on your journey, or you might find someone in your classes who takes the same bus as you. Taking the bus is a great chance to make some new friends or catch up with others.

If you want to clear your head before starting class or at the end of a busy day, you can practice mindfulness on the bus. Mindfulness is where you take in everything around you in the current moment, rather than thinking about the past or future. What is going past through the window, and what is happening inside the bus itself? What sounds can you hear? The bus may be busy and noisy, but taking a moment to take in your surroundings regardless of how busy they are can help you feel more secure. Mindfulness can help ease anxiety and relax you at the start and at the end of your day.

There are plenty of other ways to get you to your lectures. The College works closely with Cornwall Council and Sustrans, which is the UK's sustainable transport charity. There are multiple walking routes from the centre of Truro or Penzance to the College campuses which are segregated and signposted. This includes the Coosebean Greenway, which connects Truro town centre to the College in 30 minutes.

You can also ride your bike into college! If you live within 5 miles, your journey on a bike may only take 25 minutes. Cycling is a great way to keep fit, help the environment and save you money. There are bike shelters all over campus for you to park your bike, as long as you bring your own bike lock. There are shower and changing facilities on campus, so you can turn your trip to the gym into your commute to College.

No matter where you are in Cornwall, there's a transport option for you to access both of our campuses. Happy travels!

**You can get in touch with the bus companies by email if you have any questions or comments about the service to Truro and Penwith College.**

Truro College:  
[trurocollege@firstbus.co.uk](mailto:trurocollege@firstbus.co.uk)

Penwith College:  
[penwithcollege@firstbus.co.uk](mailto:penwithcollege@firstbus.co.uk)



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