

TRURO & PENWITH COLLEGE

MENTAL HEALTH

2024 Annual Report Summary



BACKGROUND & CONTEXT

The College has campus facilities in Truro, Penzance and Bodmin and its wide reach is reflected in learner numbers; with 5,000 full-time further education students, 300 higher education and Access students, 900 apprentices and approximately 3,000 learners engaged on part-time programmes.

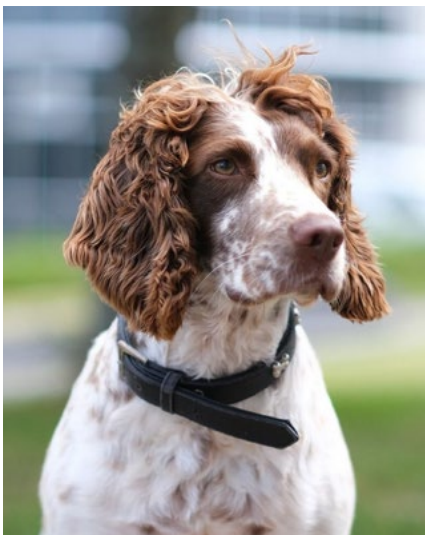


Mental Health Support @ Truro College

Our fully qualified and experienced mental health advisers are based in Student Services (M017).

Mental Health is often overlooked by society

People may feel worried about being judged or seen as weak if they are struggling with their mental health.



OUR VISION

Our Mission

To provide the best possible learning experience, leading to the highest possible level of achievements by our students.

Our Values



College staff and students have identified four cornerstone values that are crucial to creating a high performing inclusive culture in which our curriculum ambitions can be realised.

Our Ambitions

LOOK FURTHER

Aspiration: Students gain the confidence and self-belief to set ambitious progression and career goals
Inspiration: Students are inspired by interactions with staff, stakeholders and alumni

REACH FURTHER

Triumph: Students exceed expectation and achieve their full potential
Talent: Lecturers have a passion for teaching and learning and are experts in their field
T&PC Magic: Facilities, enrichment and opportunities are exceptional

GO FURTHER

Progression: Students progress to competitive universities, apprenticeships and jobs that provide strong foundations for successful careers
Prosper: Students develop the skills needed to flourish at university or in employment
Productivity: Students gain the skills employers need, supporting the economy to thrive

Foreword

During 2023/24, the college has adopted the Mental Health and Wellbeing Strategy available here (see page 5) due to its recognition of the support needed for its students and particularly young people. Truro and Penwith College is very pleased with its progress against the action plan created and during the last year has:

- Adopted the AoC Mental Health Charter
- The Director of Student Experience and Designated Safeguarding Lead has completed the Senior Mental Health Lead training
- Conducted a self assessment on Mental Health
- Appointed a Designated Governor for Mental Health
- Achieved targets of 59 staff as Mental Health Champions
- Had funding agreed by the Integrated Care Board for the next 5 years to support Young People Cornwall in the College as a preventative strategy
- Increased the number of staff to 23 in Mental Health First Aid
- Increased the number of staff to 14 in Orange Button Holders
- Increased the promotion of mental health events in particular at Freshers Fair
- Developed its Enrichment offer to include wellbeing activities
- Increased security measures to ensure a safe campus
- Created Skills Development Clinics and developed the tutorial programme to include mental health
- Had regular visits from external support agencies e.g. Healthy Cornwall, Samaritans, Papyrus
- Had regular menopause awareness group for staff
- Development of support resources for staff
- Had regular visits from Barney the therapy dog (see page 7)

This year's annual report focuses on some of the stories of students and staff to demonstrate how mental health approaches are built into the everyday lives of its people. We hope you enjoy reading the articles and will continue to support our strategy over the forthcoming years.

Lisa Briscoe
Senior Mental Health Lead

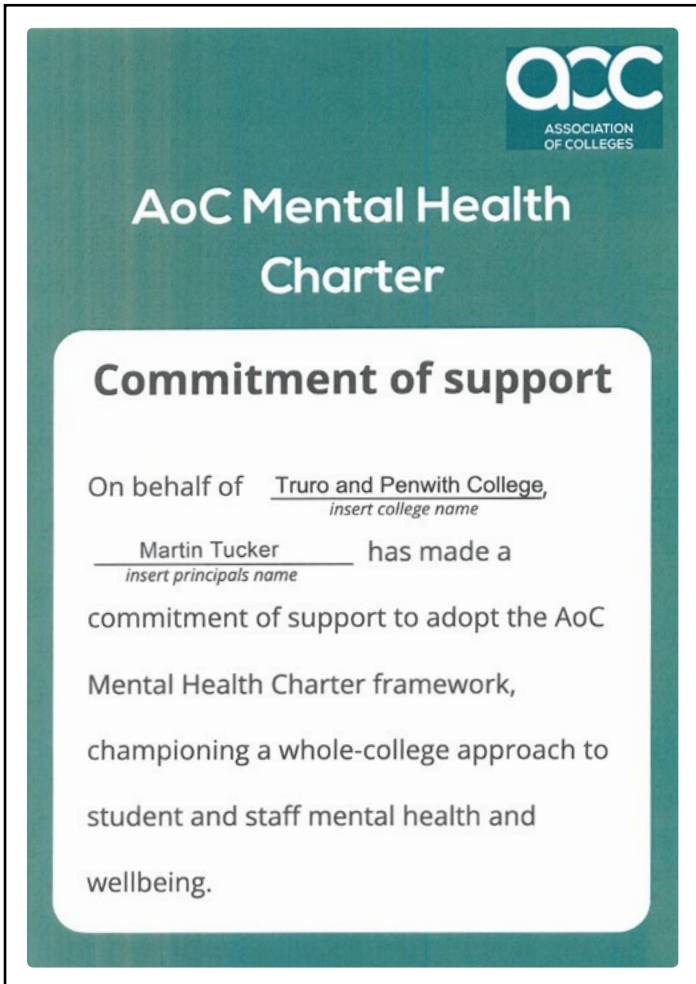


Lisa Briscoe,
Director of Student Experience.

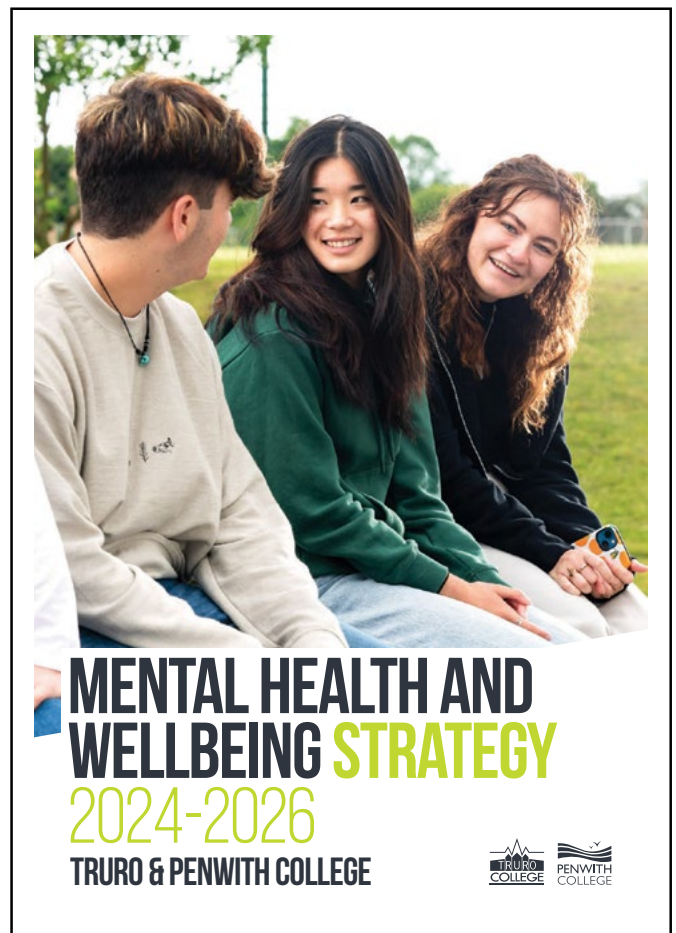


Linda Batchelor is the Designated
Governor for Mental Health.

AoC Mental Health Charter



The graphic features a dark green background with the AoC logo in the top right corner. The text is centered and reads: 'AoC Mental Health Charter', 'Commitment of support', 'On behalf of Truro and Penwith College, insert college name', 'Martin Tucker insert principals name has made a commitment of support to adopt the AoC Mental Health Charter framework, championing a whole-college approach to student and staff mental health and wellbeing.'



The graphic shows a photograph of three students sitting outdoors on a grassy area. Below the photo, the text reads: 'MENTAL HEALTH AND WELLBEING STRATEGY', '2024-2026', 'TRURO & PENWITH COLLEGE'. At the bottom right, there are logos for 'TRURO COLLEGE' and 'PENWITH COLLEGE'.

> [Click here to view the Mental Health and Wellbeing Strategy](#)

Mental Health and Wellbeing Strategy

Dedicated teams supporting students

Truro & Penwith College

MENTAL HEALTH FIRST AIDERS



- Karen Ashford
- Matthew Banks
- Lisa Briscoe
- Sheona Cornes
- Abi Cowls
- Sandra Cox
- Lisa Delbridge
- Emma Devenish
- Anna Ellwood
- Matthew Hall
- Becky Horne
- Laura Kaley
- Caroline Keech
- Gemma Marshall
- Maria Musgrove
- Keely Nash
- Joceline Nason
- Antony Riley
- Victoria Russell
- Bridget Shrosbree
- Kelli Skade
- Angela Thompson
- Rosie Tredinnick-Davidson
- Mary Williams



What is a Mental Health First Aider?

Mental Health First Aid is the help given to a person experiencing a mental health issue before professional help is obtained.

Orange Button holders

This is worn by staff who have undergone mental health first aid and suicide prevention training.

You can talk to them if you are having thoughts of suicide, or are worried about somebody else.

All Mental Health First Aiders have received specialist training and will support you non-judgementally as well as signposting you to professional support.

- mental health first aid and suicide prevention trained
- mental health first aider based at Truro Campus
- mental health first aider based at Penwith Campus

Student Services is situated in the Mylor building at Truro College, the Lamorna building at Penwith College and OT103 at the Ottery Building in Bodmin.

Call in to discuss or to apply for counselling. Or you can contact us by calling these numbers, sending an email or scanning the QR code.

Truro tel: 01872 305711
email: studentservices@truro-penwith.ac.uk

Penwith tel: 01736 809407
email: penwithstudentservices@truro-penwith.ac.uk

STEM & Health Skills Centre, Bodmin tel: 01208 224456
email: safeguardingbodmin@truro-penwith.ac.uk



Dedicated teams supporting students

Mental Health

We have full-time qualified advisers dedicated to offering students and staff advice and support on mental health issues. Appointments can be made through student services or by contacting the mental health advisers directly.

Counselling Support

Some students, while studying, may experience emotional and personal issues that need to be shared with a qualified counsellor. We offer a professional counselling service for students to explore situations causing concern.

Personal Support

If there are any issues that students need advice on or support with, such as anxiety, relationships or drugs and alcohol, they can see a personal adviser trained in welfare support. These advisers can also provide information on benefits and financial support.

Truro

SAFEGUARDING TEAM

If you are worried about your safety or the safety of someone else, contact a member of the Safeguarding Team. We are here to help.

 Lisa Briscoe Designated Safeguarding Lead t: 01872 305712 e: lbriscoe@truro-penwith.ac.uk	 Gary Kos Safeguarding Officer t: 01872 305029 e: gkos@truro-penwith.ac.uk	 Jo Reeves Assistant Safeguarding Officer t: 01872 305029 e: jreeves@truro-penwith.ac.uk	 Ceri Skilton Assistant Safeguarding Officer t: 01872 281562 e: cskilton@truro-penwith.ac.uk
 Sam Mitchell Safeguarding Lead & Engagement - Progression Pathways t: 01872 202456 e: samm@truro-penwith.ac.uk	 Jane Cashmore Director of Operations t: 01872 202456 e: jcashmore@truro-penwith.ac.uk	 Gemma Marshall Associate Director - Inclusive Practice t: 01872 202344 e: gemman@truro-penwith.ac.uk	 Keely Nash Assistant Compliance & Assistant Safeguarding Officer t: 01872 202507 e: keelynash@truro-penwith.ac.uk

Pop into Student Services (Mylor Building) for further support. Or you can contact us by calling this number, sending an email or scanning this QR code.

Tel: 01872 305712 Email: safeguarding@truro-penwith.ac.uk



Speak up Remember, never keep your concerns about a young or vulnerable person to yourself.

Penwith

SAFEGUARDING TEAM

If you are worried about your safety or the safety of someone else, contact a member of the Safeguarding Team. We are here to help.

 Lisa Briscoe Designated Safeguarding Lead t: 01872 305029 e: lbriscoe@truro-penwith.ac.uk	 Gary Kos Safeguarding Officer t: 01872 305029 e: gkos@truro-penwith.ac.uk	 Joe Parma Assistant Safeguarding Officer t: 01738 350216 e: jparma@truro-penwith.ac.uk	 Laura Kaley Penwith Student Services t: 01738 350603 e: laurak@truro-penwith.ac.uk
 Sam Mitchell Safeguarding Lead & Engagement - Progression Pathways t: 01872 202076 e: samm@truro-penwith.ac.uk	 Gemma Marshall Associate Director - Inclusive Practice t: 01872 202344 e: gemman@truro-penwith.ac.uk	 Steve Kenward Head of Campus (Penwith) - Vulnerable Adults t: 01738 350244 e: stevek@truro-penwith.ac.uk	 Keely Nash Training, Compliance & Assistant Safeguarding Officer t: 01872 202507 e: keelynash@truro-penwith.ac.uk

Pop into Student Services (Lamorna Building) for further support. Or you can contact us by calling this number, sending an email or scanning this QR code.

Tel: 01736 809419 Email: safeguardingpenwith@truro-penwith.ac.uk









Speak up Remember, never keep your concerns about a young or vulnerable person to yourself.

SHSC (Bodmin)


SAFEGUARDING TEAM

If you are worried about your safety or the safety of someone else, contact a member of the Safeguarding Team. We are here to help.

 Lisa Briscoe Designated Safeguarding Lead t: 01872 202626 e: lbriscoe@truro-penwith.ac.uk	 Nick Tillyer OT Designated Safeguarding Officer t: 01872 202626 e: nick@truro-penwith.ac.uk	 Gary Kos Safeguarding Officer t: 01872 305029 e: gkos@truro-penwith.ac.uk	 Tom Moran OTtery Operations Manager t: 01872 202626 e: tom.moran@truro-penwith.ac.uk
 Jodie Davey Assistant Safeguarding Officer t: 01872 202786 e: jodiedavey@truro-penwith.ac.uk	 Gemma Marshall Associate Director - Inclusive Practice t: 01872 202344 e: gemman@truro-penwith.ac.uk	 Keely Nash Training, Compliance & Assistant Safeguarding Officer t: 01872 202507 e: keelynash@truro-penwith.ac.uk	

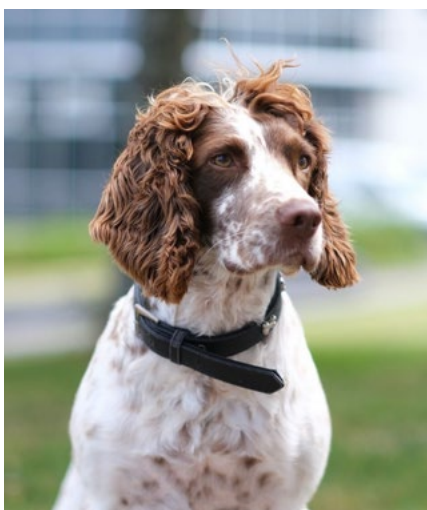
Pop into Student Services OT103 (Ottery Building) for further support. Or you can contact us by calling this number, sending an email or scanning this QR code.

Tel: 01208 224456 Email: safeguardingbodmin@truro-penwith.ac.uk



Speak up Remember, never keep your concerns about a young or vulnerable person to yourself.

Barney the Therapy Dog



It has been possible to introduce a therapy dog at the Penwith campus. Barney, a four-year old springer spaniel, is owned by the college's Premises Manager who lives on site. Barney has completed his therapy dog training and spends time in Student Services available for students to visit and talk to. He wears a hi-vis jacket and accompanies Student Services team members as they move around the campus so he is highly visible. Neurodiverse students and Progression Pathways students regularly spend time with Barney in Student Services and in their department.



Dedicated teams supporting students

General Enquires

For general enquires, access to outside agencies, student support and events.

Truro tel: 01872 305711

email: studentservices@truro-penwith.ac.uk

Penwith tel: 01736 809407

email: penwithstudentservices@truro-penwith.ac.uk

STEM & Health Skills Centre, Bodmin tel: 01208 224456

email: safeguardingbodmin@truro-penwith.ac.uk

Or drop in to Student Services: Mylor building at Truro College or Lamorna building at Penwith College.

Support Team

If you are having personal issues that are impacting on your studies or for advice about financial support, bursaries, bus passes, childcare, college meal allowances etc contact our support team.

studentservices@truro-penwith.ac.uk

Career Zone

For advice on gap years, studying abroad, course options, UCAS, University choices and career options

careers@truro-penwith.ac.uk

Health, Wellbeing and Sport

Free sessions for students and staff to improve physical health and mental wellbeing.

Discover the timetable online

HWS@truro-penwith.ac.uk

Counselling

Personal counselling appointments.

counsellingtruro@truro-penwith.ac.uk

Sexual Health Nurse

Advice on contraception or sexual health.

studentservices@truro-penwith.ac.uk

Safeguarding

If you are concerned about your safety or someone else's please contact our Safeguarding Officer.

safeguarding@truro-penwith.ac.uk

Faith and Reflection

Contact the Health and Wellbeing Coordinator for more details. Activities include a Faith Group and free periods for Prayer and Mindfulness.

HWS@truro-penwith.ac.uk

Mental Health

We have full-time qualified advisers dedicated to offering students and staff advice and support on mental health issues. Appointments can be made through student services or by contacting the mental health advisers directly.

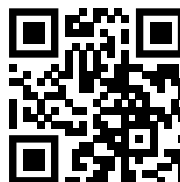
Personal Mental Health Appointments

mentalhealth@truro-penwith.ac.uk



Still unsure who to contact?

Scan this QR code and answer the quick questions to find out.



Dedicated teams supporting students

T&PC Tutor Programme

Our link tutors work hard to develop the trusted adult position for their tutees. They deliver our bespoke tutorial programme which is designed and developed by a psychologist, with a strong focus on preventative and solution focused approaches to supporting positive mental health.




Autumn 1.5

Staying Well to Succeed

L1 & L2 Occupational

Week 08	Week 09	Week 10	Week 11	Week 12	Week 13	Week 14
Rapport	College Values & Vision	Emotions and the Brain	Healthy Relationships	Phone Free	Sleep	Rapport
w.c. 04.11.24	w.c. 11.11.24	w.c. 18.11.24	w.c. 25.11.24	w.c. 02.12.24	w.c. 09.12.24	w.c. 16.12.24
Rapport	College Values and vision	Emotions and the Brain	Healthy Relationships: Sexual Health, Consent & Contraception.	Offline, On Life Phone Free Campaign	Sleep	Rapport
Autumn Survey English & Maths for Progression to L3	Aspiration: Career Zone Christmas Jobs	ILP/ESPARR Touching base with tutor	Anti-Bullying Week Remind learners how to report bullying and harassment		Reports Issued Year 1 progress evening Thursday 5-7.30 Christmas Jumper Day	Year 2 Progress Evening
Begin Cover Letter NAVIGATE	Cover Letter NAVIGATE	Thinking about your future				
Stress Awareness Sat 9 th November Open Day 10-3pm	Remembrance	Interfaith Week Children in Need				

Dedicated teams supporting students

Health, Wellbeing & Sport

HWS Taster Sessions on Health and Wellbeing Day



The College recently celebrated Health and Wellbeing Day for our HE Nursing Associate students. The morning started with a wellbeing talk from HWS Co-ordinator Sheona, followed by some relaxation exercises with Keiann. Students then sign up to participate in some HWS taster sessions including dodgeball with Ruth, a walk around the nature trail, book club, badminton, gym and Barbell Club with Jake. Students got stuck right in and fun was had by all.

The NHS suggests 5 steps to improving our mental health and wellbeing to help us feel more positive and able to get the most out of life. Connecting with others, being physically active, learning new skills, giving to others and paying attention to the present moment (mindfulness).

Students who have engaged with the sessions have often found them life changing in supporting their mental wellbeing and physical health.

The Health & Wellbeing Team look forward to welcoming our Nursing Associates back to the free HWS drop-in sessions that run throughout the year.

Get Moving for Mental Health



This year's theme was "Get Moving for Mental Health" in Mental Health Awareness Week.

According to the NHS, "Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress, and help us sleep better."

The College offers free Health, Wellbeing and Sport sessions for all students and staff, helping them to keep active, de-stress and improve their mental wellbeing.

Movember Challenge Move for Mental Health

Our Health, Wellbeing and Sports team and students moved 60km for the 60 men lost to suicide each hour across the world. The team managed to raise over £150 for men's mental health.



Links to local and national support networks

HERE FOR YOU

SUPPORT IS JUST A CALL, CLICK OR CONVERSATION AWAY

You can contact Student Services on **01736 809407**, by email at penwithstudentservices@truro-penwith.ac.uk or in the Lamorna Building, Foyer. Additional support is also available from one of the many national services.

If you have concerns about someone or need support yourself, please contact one of the safeguarding team on **01736 809419** or by email at safeguardingpenwith@truro-penwith.ac.uk



<p>24 hour mental health support 0800 0385300</p>	<p>Non-emergency police enquiries police.uk 101</p>
<p>Support for under 19 year olds childline.org.uk 0800 1111</p>	<p>Prevention of young suicide papyrus-uk.org 0800 0684141</p>
<p>LGBTQ+ support intercomtrust.org.uk 0800 6123010</p>	<p>Mental health support youngminds.org.uk Text YM to 85258</p>
<p>Bereavement support penhaligonfriends.org.uk 01209 210624</p>	<p>Eating disorder support beateatingdisorders.org.uk 0808 8010677</p>
<p>Domestic abuse and sexual violence recovery service firstlight.org.uk 0300 7774777</p>	<p>Sexual health and wellbeing brook.org.uk</p>
<p>Alcohol, drug use and mental health support wearewithyou.org.uk 01872 300816</p>	<p>Supporting anybody affected by self-harm battle-scars-self-harm.org.uk</p>
<p>Support services for young people facebook.com/KernowConnect 01872 321486</p>	

HERE FOR YOU
SUPPORT IS JUST A CALL, CLICK OR CONVERSATION AWAY

You can contact Student Services on **01736 809407**, by email at penwithstudentservices@truro-penwith.ac.uk or in the Lamorna Building, Foyer. Additional support is also available from one of the many national services.

If you have concerns about someone or need support yourself, please contact one of the safeguarding team on **01736 809419** or by email at safeguardingpenwith@truro-penwith.ac.uk

Let's talk

24 hour mental health support 0800 0385300	Non-emergency police enquiries police.uk 101
Support for under 19 year olds childline.org.uk 0800 1111	Prevention of young suicide papyrus-uk.org 0800 0684141
LGBTQ+ support intercomtrust.org.uk 0800 6123010	Mental health support youngminds.org.uk Text YM to 85258
Bereavement support penhaligonfriends.org.uk 01209 210624	Eating disorder support beateatingdisorders.org.uk 0808 8010677
Domestic abuse and sexual violence recovery service firstlight.org.uk 0300 7774777	Sexual health and wellbeing brook.org.uk
Alcohol, drug use and mental health support wearewithyou.org.uk 01872 300816	Supporting anybody affected by self-harm battle-scars-self-harm.org.uk
	Support services for young people facebook.com/KernowConnect 01872 321486

Advice to these support links and contact details are also available on the College website. Visit truro-penwith.ac.uk/lets-talk or just scan the QR code

For more support links and contact details are also available on the College website. Visit truro-penwith.ac.uk/lets-talk or just scan the QR code



Links to local and national support networks

STUDENT SERVICES studentservices@truro-penwith.ac.uk
01872 305711 | Mylor M018



WE'RE HERE FOR YOU

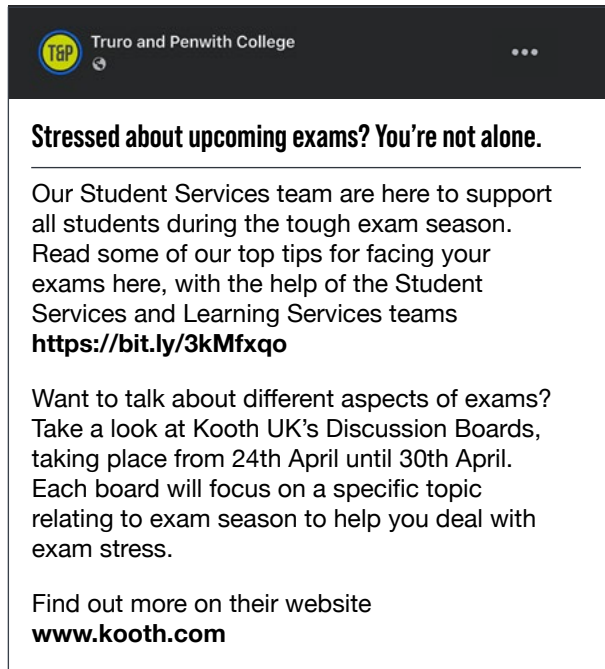
If you have concerns about someone or need support yourself, please contact one of the safeguarding team on 01872 305712, safeguarding@truro-penwith.ac.uk or pop into Student Services (Mylor Building).

Alternatively you may prefer to talk to one of the many national support services. Visit truro-penwith.ac.uk/lets-talk or just scan the QR code to access their website and contact details.



Links to local and national support networks

The College offered helpful tips on dealing with exam stress through its social medial accounts.



Truro and Penwith College

Stressed about upcoming exams? You're not alone.

Our Student Services team are here to support all students during the tough exam season. Read some of our top tips for facing your exams here, with the help of the Student Services and Learning Services teams <https://bit.ly/3kMfxqo>

Want to talk about different aspects of exams? Take a look at Kooth UK's Discussion Boards, taking place from 24th April until 30th April. Each board will focus on a specific topic relating to exam season to help you deal with exam stress.

Find out more on their website www.kooth.com



Stressed about upcoming exams? You're not alone!
 Our Student Services team are here to support all students during the tough exam season so pop in for a chat, no appointment necessary.

Want to talk about different aspects of exams? Take a look at Kooth UK's Discussion Boards, taking place from 24th April until 30th April. Each board will focus on a specific topic relating to exam season to help you deal with exam stress. Find out more on their website www.kooth.com

Earlier this year, the College connected with Kooth to offer support for students facing the forthcoming exam season.



What's on Kooth? 24th - 30th of April

Discussion board
Monday 24th of April
 Coping with possible physical and emotional impacts of exam stress

Discussion board
Tuesday 25th of April
 Avoiding comparison around exam time

Discussion board
Wednesday 26th of April
 Coping with family pressures or conflict during exam periods

Discussion board
Thursday 27th of April
 Exam stress as the days get closer

Live Forum
Friday 28th of April
7.30pm - 9pm
 Live Forum: Coping with stress and nerves on exam days

Discussion board
Saturday 29th of April
 Tips for coping after your exams

Discussion board
Sunday 30th of April
 Finding ways to self-soothe



The Student Bulletin

Published for students on both Truro and Penwith sites, this document has a number of sources for Mental Health support.

WEEK 12 - 02/12/2024

THE STUDENT BULLETIN



TERM DATES

AUTUMN TERM 2024

Monday 09 September (First Years only) - Friday 20 December
 Tuesday 10 September (Second Year A Level, Extended Diploma & IB students) - Friday 20 December
 (Half term: Monday 28 October - Friday 01 November)

CONTENTS

Page 3 - [Welcome](#)

What's new....

Page 4 - [Have you experienced or witnessed Harassment](#)

Page 5 - [Could you be a young adult carer](#)

Page 6 - [HWS Free Sessions](#)

Page 7 - [Christmas Cards](#)

Events...

Page 8 - [Seeking Safeguarding Santa](#)

Page 9 - [Raffle](#)

Page 10 - [Christmas Jumper Day](#)

Page 11 - [Christmas Jumper Day Caterlink Offer](#)

Page 12 - [Christmas Sing-along](#)

Page 13 - [Higher Education Progression Fair](#)

Page 14 & 15 - [Mission Christmas](#)

University Information

Page 16 - [University Information](#)

Previous Posts

Page 17 - [Safety First](#)

Page 18 - [US Programme](#)

Page 19 - [Exchange2Change](#)

Page 20 - [Caterlink](#)

Page 21 - [University of Exeter Competition BioMedical Science](#)

Page 22 - [University of Exeter Competition Renewable Energy](#)

Page 23 - [Sabbatical Support](#)

Page 24 - [Community Choir](#)

Page 25 - [UCAS Free School Meal Fee Waiver](#)

Page 26 - [IGT@UK Group](#)

AM I A YOUNG CARER?
 If any of these sound like you, you may be a Young Carer...

- Physical care -** helping the cared for move or bag around the house, outside the house.
- Emotional support -** listening, talking and showing empathy.
- Personal care -** undressing/dressing, bathing, using the toilet.
- Managing the family budget -** paying bills, seeing benefits, financially.
- Supporting with Communication -** Making calls, relaying needs to professionals, helping a sibling communicate.
- Dealing with Medication -** collecting prescriptions, giving medication, attending appointments.
- Supporting family members during crisis -** calling emergency services, providing emotional support during hospital visits, dealing with the trauma after the event.
- Looking after siblings -** feeding, bathing, dressing, homework, emotional support.
- Completing daily nursing tasks -** cleaning, preparing, tending and bathing.

To find out more, scan the QR code

College joins the 'Every Mind Matters Campaign'



This week is Mental Health Awareness Week, but we should be looking out for our mental health every week.

Our amazing Student Services team have been busy this week putting together displays and fundraisers for Mind. Students and staff had a go at guessing how many sweets are in the jar for a chance to take home the lot!

This year's theme for Mental Health Awareness Week is Anxiety. Student Services Deputy Team Leader Caroline gave some advice for when you feel anxious for our Exams guide: "Try out techniques that help with this to see which ones work for you. Deep breathing techniques work well for some people, for others exercise works. Grounding techniques for quick relief in the moment can be helpful.

"Try the 5,4,3,2,1 technique; Acknowledge 5 things you can see, 4 things you can touch around you, 3 things you can hear, 2 things you can smell, 1 thing you can taste."

Student Services offer drop-ins throughout the College day if you feel you need help with your mental health. If you want to find out more about how to be kind to your mind, take a look at our guide for the Every Mind Matters campaign

www.truro-penwith.ac.uk/.../every-mind-matters

EVERY MIND MATTERS: A MENTAL HEALTH GUIDE FOR STUDENTS

We are taking part in the 'Every Mind Matters' campaign. This scheme is run by the NHS and aims to show young people all over the UK the importance of looking after your mental health, and how doing small things can make a big difference. In this guide, we will share some tips and tricks to taking care of yourself and your mental wellbeing.

Practising good self-care is something a lot of people talk about, but you may not know where to start. Self-care is exactly what it sounds like, taking care of yourself! It's the cornerstone of keeping yourself mentally healthy. Some examples of good self-care practices include eating healthily, getting enough sleep and sticking to a sleep schedule, keeping yourself and your space clean and tidy, getting exercise, the list goes on. If you struggle with self-care, try breaking it down into easily manageable pieces. Cook yourself a healthy meal, go out for a walk, clean your room or meet up with friends and loved ones. Trying to change your lifestyle drastically in one day can make you feel like you're fighting a losing battle; attempt little things each day or each week and make a checklist so you can visualise your achievement as you tick them off.

Caroline Keech, Truro and Penwith College's Student Services Deputy Team Leader, gave some advice for students who are struggling with practicing self-care: "Doing just one thing per day to practice self-care can improve your mood. Find something that brings you joy or calm and do it regularly."

A Greener Campus at Penwith College

The Eco Group at Penwith College installed the new educational signage to highlight the ecosystems in the Treneere Manor walled gardens, a green area that was once the kitchen garden for the manor house in the College grounds and accessible to all students.



Students have created an excellent space for both people and nature to enjoy and thrive.

Students Billy, Leo, Ziji and Gordon collaborated with Rich Stever, Founder of the Earth's Green Guardians charity, to bring the signs to life after many months of creative research and designing.

Joining the Eco Group has empowered the students to create a meaningful impact at Penwith College. A Level student Ziji, from Penzance, said of joining the enrichment group: "I decided to join the eco committee because I heard about it during tutorial, I thought it would be a nice opportunity to help make the college greener heading into the future."

Derek Thomas MP and Deputy Mayor of Penzance Will Elliott visited the walled gardens and formally congratulated the students on their tremendous effort and dedication towards this project.

Derek Thomas MP said: "It was a privilege to be able to visit Treneere Manor's walled garden. As I remember, it was a run-down affair when I was a local councillor and Penwith College first purchased the Manor. The effort that Rich, the College staff, and the students have put in is admirable, and what they have now is a really excellent space for both students and nature to enjoy and thrive."

Deputy Mayor Will Elliott added: "As a former student, I used to spend some of my lunchtimes in the walled garden when I was at Penwith College almost ten years ago, so it was amazing to see the impact that the Earth's Green Guardians group of volunteers and students have made. As we look to the future, we need to think more about how we can work together with nature to cultivate spaces such as this – and teach future generations to do so consciously."

Welcome to all our new students!

This year's Fresher's Fair welcomed all of our new students to Truro and Penwith College with activities, freebies and advice for attendees. New students could meet the library and Career Zone teams, as well as speak to external support teams such as the Intercom Trust, First Light and the Police.



New students explore the freshers fairs.



There was also fun and games to be had, with the eSports Academy showcasing games that new students can play competitively on one of the College eSports teams, a prize roulette, RC cars and more.

The University Centre Truro & Penwith were there to inform students about the wide range of university level courses available on their doorstep and how they can learn what they love, where they love.

We look forward to seeing our new students go further during their time with us.

We're here for you!

The amazing Student Services teams at Truro and Penwith have been busy arranging donations and activities for great causes.

They kicked off term with everyone dressed in yellow to raise money for the Hello Yellow campaign for Young Minds UK, which raises awareness and provides support for young people's mental health.

Later on, for World Kindness Week, the teams put up "random acts of kindness" posters around college with pledges for staff and students to take. These pledge tickets ranged from giving someone a compliment to donating to a food bank or charity shop. For the holidays, staff donned their best Christmas Jumpers and donated to raise money for Save the Children.

In the new year, everyone came together to promote the LGBTQ+ Programme, a fortnightly group run by Student Services to provide support for the College's LGBTQ+ Community. These groups are also supported by the LGBTQ+ charity the Intercom Trust, who visit and give advice and guidance to both LGBTQ+ students and those who want to learn more about the community. Stands like these are held throughout the year with Student Services and the Intercom Trust, and Intercom Trust worker Hanna said: "I think it's amazing what the College is doing to help young people with stands like these."

Student Services are here to support students with anything they may be struggling with during their time in college, whether that be exam advice, bullying, financial advice, sexual health advice, bereavement and much more.

Everyone came together to promote the LGBTQ+ Programme



Swim coaching with Health, Wellbeing & Sport (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.

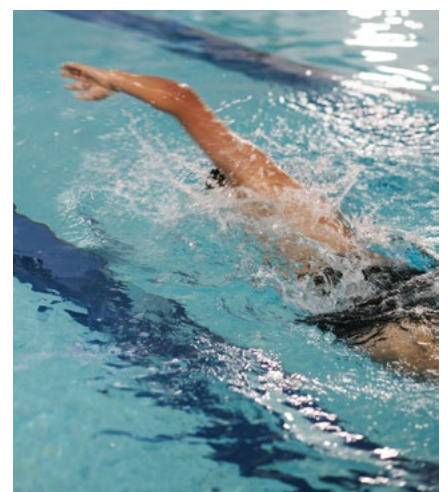
Before moving to Cornwall, Ali could not swim but was eager to learn. Through the Health, Wellbeing and Sport (HWS) programme offered by Truro and Penwith College, Ali has been able to take swimming lessons.

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.



Ali in the pool.

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.

Surfs up



The Wave Project runs therapeutic surf sessions and courses for young people who are deemed to be socially isolated. This can be through mental health difficulties, rural isolation, family problems, disability or traumatic experiences such as bereavement.

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. The students 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.”



More youngsters in Cornwall will benefit from surf therapy thanks to our Production Arts students.

Collaborating with College bands the future stage managers and live events technicians raised more than six hundred pounds for the Wave Project by staging a charity gig.

Putting into practice the skills they have learnt on their course the students put on a sell out concert at Princess Pavilion, the first external live event for the cohort since the pandemic, and the students rocked it!

Receiving the cheque for six hundred and sixty-nine pounds a delighted Katy Spencer, Wave Project’s West Cornwall Coordinator said: “What a successful fundraiser! This will help us to provide surf therapy for more young people in Cornwall who really need it! Thank you again!”

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.



Parent & Carer Support



Parent & Carer Mental Health

The new year is usually a time for us all to look consider our health. This includes our mental health and those of our young adults we care for.

To help and get us talking, the charity Young People Cornwall hosted a virtual coffee morning online, in January.



Boosting Parent Support

Do you want to meet other parents of students at College and find out more about Qwell's new parent support website? The College hosted an online parent support webinar and coffee morning to do just this.

Promoting charities Qwell, Kooth and Young People Cornwall, the event provided links to a wide range of mental health support for young people in Cornwall and the UK.



Aged 11-25 and need someone to talk to?



SCAN ME



Young Carers Action Day

The Student Services department recently promoted Young Carers Action Day in an effort to help young carers feel supported during their time at college.

A young carer is defined as a young person who cares, unpaid, for a person who has any type of physical or mental illness or disability. This may be a parent, sibling, relative or friend. According to the Children's Society, there are 800,000 young carers in England aged 5 to 17, and many of them don't even realise that they are a carer. 39% of them said that nobody in their school or college was aware of their caring responsibilities.

Students had the chance to meet Ken, who is a Young Carer Advisor from Kernow Young Carers. He offered advice and support to our students who are young carers, including how to balance caring with life, how to keep on top of their studies and how to make time for themselves.



Ken, a Young Carer Advisor from Kernow Young Carers

Young People Cornwall

Access to YPC and many organisations like it are available at Student Services and also through the College social media accounts.

TRURO & PENWITH COLLEGE

email: enquiry@truro-penwith.ac.uk

