

TRURO & PENWITH COLLEGE

MENTAL HEALTH

2025 Annual Report Summary



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Foreword

During 2024/25 the college has continued to support its Mental Health and Wellbeing Strategy in response to the support identified for its students. This years progress has built on the previous year's successes and focused on:

- Continued development of the Student Support Hub with Young People Cornwall and partners.
- Funding achievement of £10,000 for Improving Wellbeing for Everyone by the student council
- Developing student engagement with mental health related services and external stakeholders in college buildings across sites for Mental Health Awareness Week
- Specialist training support for mental health and safeguarding staff with termly updates
- Promotion of mental health materials on college websites and parent engagement letters
- Creation of healthy habits clinic
- Specialist sleep support lessons for learners
- Support from Intercom trust for LGBT learners
- Continued support on risk assessment and safety planning for learners
- Engagement of students and staff in Health, Wellbeing and Sports
- Hugely varied enrichment and academies programme to enhance wellbeing
- Continued development in the tutorial programme
- Regular visits from therapy and wellbeing dogs.
- Celebrating our students for their endeavour at the Truro and Roseland Learning Community Awards
- Development of the Employee Assistance Programme to support staff

Due to the success of the format of the previous report, the college has showcased within this document the stories of students and staff in relation to mental health activity and aligned wellbeing activities. We hope you enjoy reading the articles as we continue our journey in supporting our learners.



Lisa Briscoe is the Director of Student Experience.



Linda Batchelor is the Designated Governor for Mental Health.

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.



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

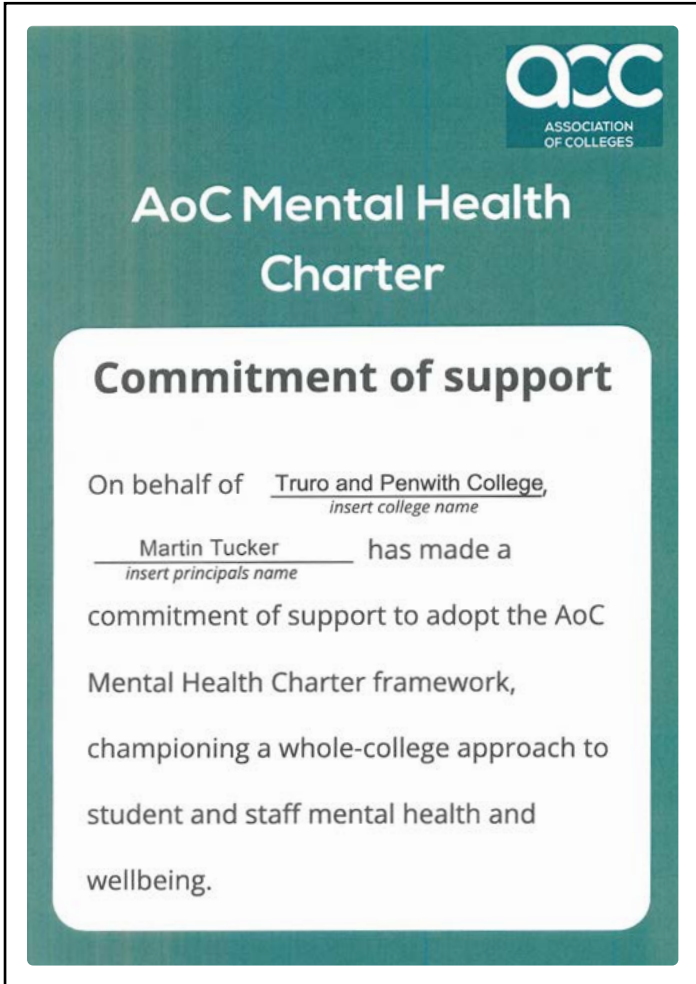
REACH FURTHER

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

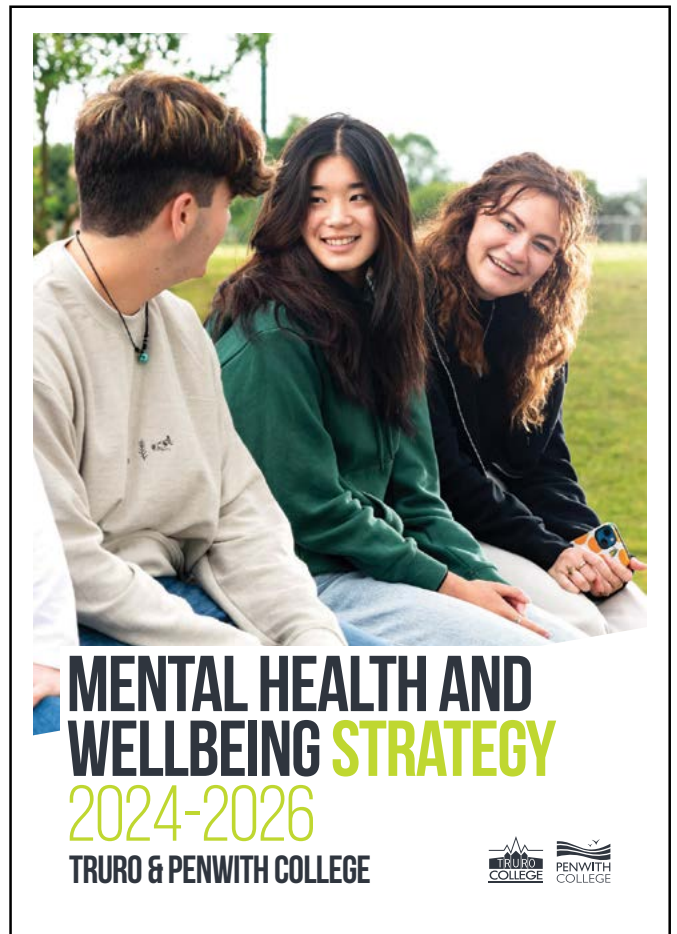
GO FURTHER

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

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 & 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.

			
<small>Lisa Briscoe Designated Safeguarding Lead t: 01872 305719 e: lbriscoe@truro-penwith.ac.uk</small>	<small>Gary Kos Safeguarding Officer t: 01872 305720 e: gkos@truro-penwith.ac.uk</small>	<small>Jo Reeves Assistant Safeguarding Officer t: 01872 305720 e: jreeves@truro-penwith.ac.uk</small>	<small>Ceri Skilton Assistant Safeguarding Officer t: 01872 305720 e: cskil@truro-penwith.ac.uk</small>
			
<small>Sam Mitchell Safeguarding Lead & Engagement - Progression Pathways t: 01872 204770 e: sammi@truro-penwith.ac.uk</small>	<small>Jane Cashmore Director of Operations t: 01872 203438 e: jcashmore@truro-penwith.ac.uk</small>	<small>Gemma Marshall Assistant Practice Inclusive Practice t: 01872 203244 e: gemman@truro-penwith.ac.uk</small>	<small>Keely Nash Assistant Compliance & Assistant Safeguarding Officer t: 01872 203707 e: keelynash@truro-penwith.ac.uk</small>

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




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.

			
<small>Lisa Briscoe Designated Safeguarding Lead t: 01872 305719 e: lbriscoe@truro-penwith.ac.uk</small>	<small>Gary Kos Safeguarding Officer t: 01872 305720 e: gkos@truro-penwith.ac.uk</small>	<small>Joe Palma Assistant Safeguarding Officer t: 01738 305716 e: jpalma@truro-penwith.ac.uk</small>	<small>Laura Kaley Penwith Student Services t: 01738 305703 e: laurak@truro-penwith.ac.uk</small>
			
<small>Sam Mitchell Safeguarding Lead & Engagement - Progression Pathways t: 01872 204770 e: sammi@truro-penwith.ac.uk</small>	<small>Gemma Marshall Assistant Practice Inclusive Practice t: 01872 203244 e: gemman@truro-penwith.ac.uk</small>	<small>Steve Kenward Head of Campus (Penwith) Vulnerable Adults t: 01738 305244 e: stveken@truro-penwith.ac.uk</small>	<small>Keely Nash Training, Compliance & Assistant Safeguarding Officer t: 01872 203707 e: keelynash@truro-penwith.ac.uk</small>

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











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.

			
<small>Lisa Briscoe Designated Safeguarding Lead t: 01872 305719 e: lbriscoe@truro-penwith.ac.uk</small>	<small>Nick Tillyer OT Development Leader t: 01872 305720 e: ntillyer@truro-penwith.ac.uk</small>	<small>Gary Kos Safeguarding Officer t: 01872 305720 e: gkos@truro-penwith.ac.uk</small>	<small>Tom Moran Ottery Operations Manager t: 01872 305719 e: tomoran@truro-penwith.ac.uk</small>
			
<small>Jodie Davey Assistant Safeguarding Officer t: 01872 207586 e: jdiedavey@truro-penwith.ac.uk</small>	<small>Gemma Marshall Assistant Director - Inclusive Practice t: 01872 203244 e: gemman@truro-penwith.ac.uk</small>	<small>Keely Nash Training, Compliance & Assistant Safeguarding Officer t: 01872 203707 e: keelynash@truro-penwith.ac.uk</small>	

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

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

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.

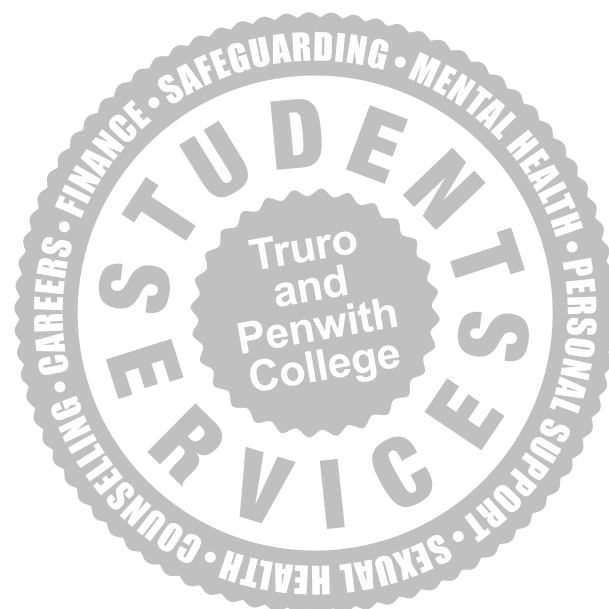
HWS@truro-penwith.ac.uk

Mental Health

We have full-time qualified advisors 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.

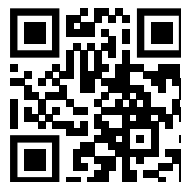
Personal Mental Health Appointments

mentalhealth@truro-penwith.ac.uk



Still unsure who to contact?

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



Links to Local & 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

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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

- NHS** 24 hour mental health support 0800 0385300
- 101** Non-emergency police enquiries police.uk 101
- childline** Support for under 19 year olds childline.org.uk 0800 1111
- PAPYRUS** Prevention of young suicide papyrus-uk.org 0800 0684141
- Intercom Trust** LGBTQ+ support intercomtrust.org.uk 0800 6123010
- YOUNG MINDS** Mental health support youngminds.org.uk Text YM to 85258
- Beat** Eating disorder support beateatingdisorders.org.uk 0808 8010677
- brook** Sexual health and wellbeing brook.org.uk
- Battle Scars** Supporting anybody affected by self-harm battle-scars-self-harm.org.uk
- Kernow Connect** 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

Additional 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 & National Support Networks

STUDENT SERVICES

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

Let's talk



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 & National Support Networks

The College works with wide variety of external agencies which offer support to students in a number of areas.



ZEBs - TRURO

WEDNESDAY
~ Support Hub - 3.30-5.30pm (ages 11-25)

THURSDAY
~ Young Men's Group - 3.30-5.30pm (ages 16-25)
~ Street based work - 6-7pm
~ Youth Club - 7-9pm (ages 11-15)

FRIDAY
~ Wellbeing cafe - 3.30-5.30pm
~ Youth Club - 6-7.30 (ages 11-15), 7.45 -9pm (ages 16-18)

ZEBs 30th celebration event - 26th, 1-4pm

If you are looking for or needing specific support, please contact us in advance to ensure we can provide the best assistance during the session.

#MAKINGWAVES

zpbs@ypc.org.uk

Young People Cornwall

NHS
Cornwall Partnership
NHS Foundation Trust

1 in 6
of us will experience mental ill health

Our online self help guides cover a wide range of topics such as depression, anxiety and self-harm.

They can help you find out more about the causes of mental health issues and provide tools to work through feelings and emotions.

To access the guides, visit bit.ly/4iID8Rj or scan the QR code

NHS

Penhaligon's Friends
TEENS GROUP INFORMATION

Penhaligon's Friends Teens Group offers a safe space to be with other bereaved young people who truly understand.

Where: Bodmin Family Hub, Chestnut Centre, 85 Fore Street Bodmin, PL31 2JB

When: 4th Monday of each month (subject to change)

Who: Any bereaved young person aged 11 - 18 years

What: we hope to...

- Be with others who 'get it'
- Develop coping strategies
- Cope with change
- Look at ways to remember
- Connect with others
- Explore feelings
- Look at ways to look after yourself
- Explore mindfulness
- Build resilience

The dates for 2025 are:
Monday 24th March 6.30 - 8.00pm
Monday 19th May 6.30 - 8.00pm
Monday 23rd June 6.30 - 8.00pm
Monday 21st July 6.30 - 8.00pm
Monday 29th September 6.30 - 8.00pm
Monday 20th October 6.30 - 8.00pm
Monday 24th November: 6.30 - 8.00pm

www.penhaligonfriends.org.uk
01208 218879 / 2109124
Charitable Incorporated Organisation No. 1182123

Penhaligon's Friends

Cornwall Council Housing

HOUSING ADVICE DROP-IN

Shane Arthur
17th June
Student Services
10.30am - 14.30pm

Cornwall Council

SUPPORT HUB Support Made Simple, Right When You Need It.

3.30-5.30PM

MONDAY <i>Penance, St Austell</i>	Penance - Lescudjack Centre, TR18 3PE. St Austell - The House, PL25 4DB.
TUESDAY <i>Redruth</i>	Redruth - Hideaway 77, TR15 2BL.
WEDNESDAY <i>Truro, Liskeard</i>	Truro - ZEBs, TR1 3AG. Liskeard* - Liskeard Library, PL14 6AB
THURSDAY <i>St Austell, Newquay & Helston</i>	Newquay* - Youth Centre, TR7 2RG St Austell - The House, PL25 4DB. Helston - Furry youth Cafe, TR13 8AB

For Ages 11-25 *3-5pm

Young People Cornwall

Young People Cornwall

Dedicated Teams Supporting Students: Student Services Team

Working with Kooth

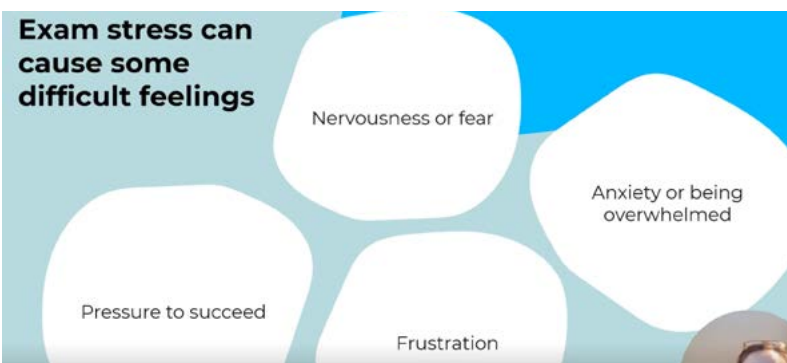
Student Services has ensured that this information has been delivered to all tutor groups at Truro and Penwith College.

The information also includes the 'Qwell Exam Stress' details, which supports students experiencing stress through work load and exam commitments.



Free, safe, anonymous and online mental health support

Top tips to manage exam stress



Student Council Collaborate with Duchy Health Charity and CHAOS Group Cornwall.

Student Council



studentcouncil@truro-penwith.ac.uk



The Student Council has submitted a bid for £10,000, from the 'Improving Well Being for Everyone' initiative. They have proposed buying concrete table tennis tables and covered seating to encourage learners to be outside and chat more.

Dedicated Teams Supporting Students: Student Services Team

Brew Monday: Fancy a brew? Let's talk it through!

Known as the most depressing day of the year, Blue Monday falls on the third Monday in January every year. But this year, student services switched up Blue Monday for Bru Monday.



So to help our students, we invited them to come to student services for a brew and a biscuit, to discuss any problems they may have.

Whether emotional, financial, or just practical support is required, our student services team is available all year, even during the holidays.

Call it what you will, off loading, voicing concerns and fears, understanding the trauma, sharing your grief. However you choose to describe it, just remember - there's always time to sit down with a cuppa and talk. Coffee, tea, whatever beverage you choose, let's make it a social brew.

Sit, Sip & Spill

Our wonderful Students Services Team is encouraging our students to join them for a cosy chat over a coffee this Mental Health Awareness Week.



To help students relax, they took the travelling sofa on tour across campus, during break and lunch times.

Remember as the saying goes: "A problem shared is a problem halved."

Talking about your problem with others can give you a different perspective, receive support, and potentially find ways to solve it.

Dedicated Teams Supporting Students: Student Services Team

Student Services

The College's Student Services team creates a happy and healthy environment for students and staff to study, learn and work. Student Services is the hub for all support, advice and guidance services whether you want personal and emotional support, or help applying for university, finding accommodation or funding.

SEXUAL HEALTH CLINIC

STUDENT SERVICES, LAMORNA BUILDING


Drop in clinic open every
Monday 10.30am—1.00pm
Lamorna L103a

- Advice on contraception and general sexual health
- Free pregnancy testing
- Support in accessing emergency contraception
- C-CARD and free condoms
- Chlamydia and Gonorrhoea testing
- Advice on STI testing

FREE GIFT FOR YOUR FIRST VISIT

If you need help and advice outside of the opening times please just pop into Student Services

C-CARD
Healthy lives for young people




HEALTH, WELLBEING & SPORT FREE SESSIONS FOR STUDENTS & STAFF

Scan the code to view our latest timetable on the College Intranet



Follow us on Instagram  [healthwellbeingandsport](https://www.instagram.com/healthwellbeingandsport)

Email us at hws@truro-penwith.ac.uk

TRURO & PENWITH COLLEGE

Who can help me?

We're here to support you.

- SAFEGUARDING**
Supporting students who are at risk of harm.
- FIRST AID**
First Aider in each dept available to provide medical care and guidance for injuries.
- CAREERS ZONE**
Writing new skills led by local market Clinics.
- PERSONAL SUPPORT ADVISORS**
Daily drop-ins for learners needing support with wellbeing, health, mental health or financial support.
- LEARNING SUPPORT**
Accessible, person-centred advice, guidance and support tailored to individual learning or medical needs.
- COURSE TEAM**
Regular 1:1s with your tutor. A safe space and a trusted adult to talk to support with bullying and harassment.
- EXTERNAL PARTNERS**
A range of outside support agencies who come to work with you. Opportunity to have meetings with outside support agencies at college.
- MENTAL HEALTH**
On site Mental Health Advisor to offer information, advice and support for mental health and wellbeing.
- COUNSELLING**
Onsite counselling service available for issues causing problems or distress.

STUDENT SERVICES

weekly in Lamorna

Mon	Counselling (Helen - T201) & Mental Health (Abi - LA103b) all day Youth Worker Poppy 9:30-3 The Manor Career Zone Assistant (Kate) 9:30-2:30
Tue	Knit and Natter 12-1:15 Foyer Book Club 12:30-1 Portcurno Library with Abi Counselling (Helen - T201) & Mental Health (Abi - LA103b) all day Careers Advisor (Katarinal) all day & Careers Zone Assistant (Kate) 9:30-2:30 in the Careers Zone.
Wed	Counselling (Helen - T201) & Mental Health (Abi - LA103b) all day Youth Worker Poppy 9:30-3 The Manor
Thurs	Careers Advisor (Gosia) all day & Careers Zone Assistant (Kate) 9:30-2:30 in the Careers Zone LGBTQ+ lunch time LA003 with Laura Counselling (Helen - T201) morning Youth Worker Poppy 9:30-3 LA103b
Fri	Mental Health (Abi - LA103b) all day Youth Worker Poppy 9:30-3 The Manor

*Personal Support Advisors (Laura, Stef & Bridget) are available Monday-Friday (and Mary Mon-Weds).
Safeguarding (Joe and Laura) available Monday-Friday.



“ Student Services can help you throughout your time at College, from support settling into a new environment to university applications later on. Just call into see us at any time during the day.
Caroline Keech
Student Services
Deputy Team Leader

Dedicated Teams Supporting Students: Student Services Team



SAFER CORNWALL

Kernow Salwa

Safer Cornwall Project

The Student Services team also collaborates with CAMHS, (NHS Child and Adolescent Mental Health Services), other colleges, Intercom, Hunrosa, We Are With You and other NHS services.

The College has received funding from the Safer Cornwall Project, in order to promote healthy relationships among our student population.

Safer Cornwall is a community safety partnership for Cornwall.

It is made up of statutory organisations (known as responsible authorities) and a wide range of other partners from the public, voluntary, community and private sector organisations.



Truro & Penwith College Students contribute to a promotional film exploring unhealthy relationships



College Wellbeing Hub Project

The College Well Being Hub Project uses human learning systems working closely with Voluntary, Community, and Social Enterprise to improve efficiency and access support for children and young people. For example, Young People Cornwall come into the college four times a week to do outreach work and one to one work with our learners. They continue to work with them in the community outside of college times and once they have left education.



Dedicated Teams Supporting Students: Student Services Team

HEALTHY HABITS CLINIC

STUDENT SERVICES, MYLOR BUILDING
TUESDAYS AND THURSDAYS - 9AM - 2:30PM

DROP IN AND HAVE A CHAT ABOUT MAKING HEALTHIER LIFESTYLE CHOICES TO IMPROVE YOUR OVERALL HEALTH AND WELLBEING.



HELPING YOU CONNECT WITH SUPPORT FOR:

- HEALTHY RELATIONSHIPS
- MENTAL WELLBEING
- PHYSICAL ACTIVITY
- HEALTHY EATING
- SLEEP
- MINIMISING HARMFUL SUBSTANCES



Violet the Wellbeing Dog

We were delighted to have been supported throughout the year by Violet, the Therapy Dog, who brought great joy to all the students she met.

Healthy Habits Clinic

Run by Lucie Morse, these pop up sessions are available throughout the academic year for students to drop in and find support.

Recently, this service has been available as part of the Finance fair event and has focused on healthy living on a budget.

HEALTHY LIVING POP-UP

STUDENT SERVICES, MYLOR BUILDING
22ND - 26TH APRIL 2024



Are you going to be living independently for the first time soon?

Come along to the Healthy Living Pop-up for some top tips on keeping healthy, helping you to thrive during your next steps

The Student Bulletin

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

WEEK 30 12/05/2025

Student Bulletin

Welcome to the student bulletin where we offer a range of information about college groups and services, term dates, future events, university and general information.

If you would like to publish an article/advert in the bulletin, please email: bulletins@truro-penwith.ac.uk for consideration.

PENWITH COLLEGE: TERM DATES

Summer Term

Wednesday 23rd April– Friday 4th July

Half Term Monday 26th May– Friday 30th May

Mental Health Awareness Week See Page 3

FIVE WAYS TO WELLBEING

CONNECT

Give

TAKE NOTICE

KEEP LEARNING

BE ACTIVE

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Your time,
your words,
your presence

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

WEEK 33 - 09/06/2025

STUDENT BULLETIN








TERM DATES

SUMMER TERM 2025

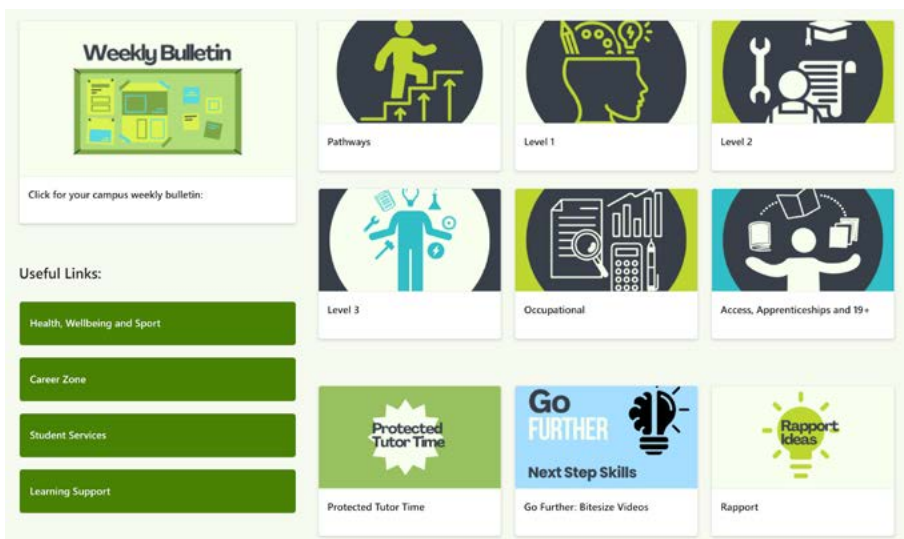
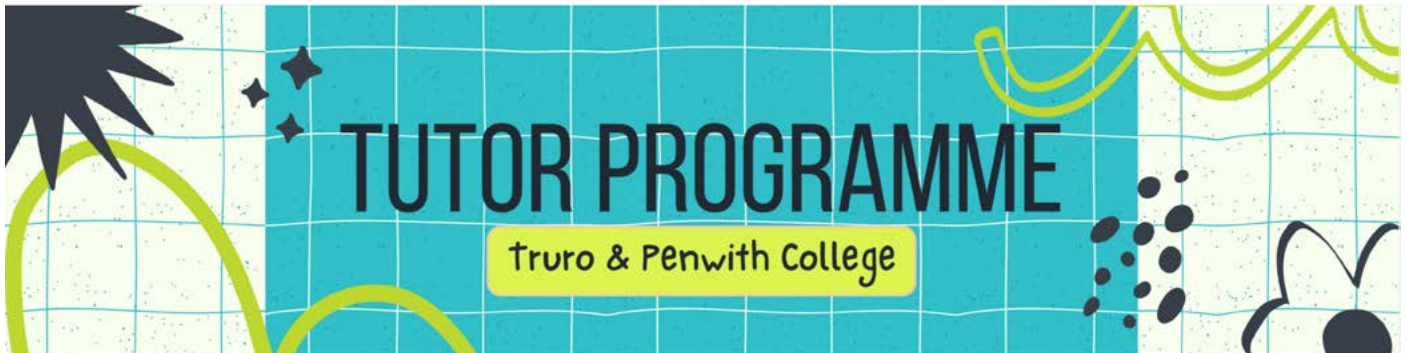
Wednesday 23 April - Friday 04 July (Tuesday 22 April is a staff development day)
(Half term: Monday 26 May - Friday 30 May)
Bank Holidays: Friday 18 April, Monday 21 April, Monday 05 May, Monday 26 May



Events, activities and services in support of mental health are promoted in the bulletins.

Staff Tutorial Programmes

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.



A comprehensive range of resources are available to all staff via the online College Sharepoint site.

truroopenwith.sharepoint.com/sites/SP-TutorProg-TRPW

A weekly bulletin is available for information too.



Critical & Resilient Thinking for Young People Top of the Agenda

Truro College hosted a special screening of *Climate Scam*, the latest documentary from Cornwall Climate Care.



Panelists addressed questions from our students.

The film tackled the growing world of climate conspiracy theories, exploring how misinformation spreads, why it resonates with so many, and the very real dangers it poses to public trust and climate action.

The event sparked a lively and thought-provoking panel discussion featuring insightful voices from across education, science and activism.

Panelists addressed questions from our students, and informed them how we can better equip young people and communities to navigate disinformation with critical thinking and resilience.

A huge thank you to everyone who came along, asked brilliant questions, and joined in the conversation.

Encouraging a critical and resilient response to inaccurate content on social media is vitally important for young people's Mental Health.



Dedicated Teams Supporting Students: Greener Futures Group



Mental Health is the theme for the recent 'Active Hope' training sessions promoted by the College Eco group, Greener Futures.



Katarina Berge, Careers Advisor and organiser of the Eco group has completed a training course on eco anxiety with the organisation 'Force of Nature, designed to 'mobilise mindsets' for climate action.

Following this, the college held a CPD (Career & Professional Development) workshop, which focused on supporting students and staff by guiding their response to the climate emergency into positive action.

The climate and ecological crisis is the greatest threat facing our planet today. As an educator, Truro and Penwith College has a unique opportunity to equip young people with the tools to take action.

The discussion guide in these sessions has been designed by a group of young people trained in talking about climate anxiety. The aim of it is to help you facilitate conversations about the climate crisis while safeguarding young people, navigating strong feelings, and fostering emotional resilience.



Katarina Berge, Careers Adviser and organiser of the College Eco group.

As educators, we have a unique responsibility to safeguard young peoples mental health and wellbeing: a growing concern in light of the rise of climate anxiety.

The resources supplied by this course covered the following areas:

- Force of Nature’s Educator’s Discussion Guide
- Hold This Space (a self-guided website to help you understand your emotional response to climate change, co-created by Force of Nature)
- Connecting Climate Minds Research Project (Force of Nature contributed most significantly to the Youth Research and Action Agenda)
- Hosting a climate café
- Positive climate news channels: PositiveNews UK, Waterbear Network, Earthly Education, The Earthshot Prize, The Happy Newspaper
- Self-led resource on eco-anxiety
- Presentation on understanding your sphere of influence in an untraditional 'climate job' e.g. as a graphic designer
- Season 3 of the Force of Nature podcast - 'Confessions of a climate activist'. This serves as a great reminder that we need millions of imperfect activists, rather than hundreds of perfect ones



Dedicated Teams Supporting Students: Health Wellbeing & Sport

Health Wellbeing & Sport (HWS) Summer Games 2025



Our students at Penwith College took on a tough race packed with physical and mental challenges - and smashed it! Massive well done to everyone who took part, and huge thanks to our amazing Health, Wellbeing and Sports (HWS) team for putting it all together!



I am encouraging staff and students to take a look at the HWS timetable and see where they can switch up the weekly routine. We have everything from a stress releasing boxing or fitness session, to a 'knit and natter' or a quick mindfulness meditation during a coffee break. There should be something for everyone!

Sheona Cornes - HWS Team Leader

Brilliant barbell session last night, looking forward to more of this! Thanks for programming some weightlifting into the HWS sessions.... Improves my mental & physical health massively, I could not survive without it. I enjoy meeting new people, creating an environment where we feel safe to try out new things, reintroduction to the gym equipment.

Asuncion, Lecturer - Mathematics

Absolutely loved the timetable this term... all the yoga's have been amazing and listening to other the feedback from other staff that have attended they feel the same way... Brill! Thank you.

Nikki, Lecturer - Occupational Hair & Beauty

Unlocking Martial Arts Potential at Penwith College!

Every Thursday afternoon join dedicated staff members, Ian and Andy, as they share their expertise in Judo & Karate!

Judo: Improve strength, flexibility, balance, and learn effective grappling & self-defense techniques.

Karate: Build discipline, mental clarity, and confidence through powerful strikes and controlled movements.

Both arts are perfect for improving physical fitness, mental sharpness, and self-defense. Many find the perfect balance by training in both!

Sensei Ian says: "It's great to have the opportunity to offer these skills that last a lifetime!"

Free Sessions: Every Thursday, 1-3pm, Sports Hall. Penwith students & staff welcome. See the HWS timetable for all the free health and wellbeing sessions on offer.



HWS Pilates

We love Pilates for its focus on mindfulness and mental wellness—helping to reduce stress while promoting relaxation through controlled breathing and movement.



Dedicated Teams Supporting Students: Health Wellbeing & Sport

Nursing Wellbeing day



Our hard-working second year Nursing students took part in a Wellbeing Day to kickstart their New Year at the University Centre.

From chair yoga and mindfulness to refreshing nature walks and fun wellbeing quizzes, our students tried new wellbeing techniques that all students can benefit from with our Health, Wellbeing and Sport timetable.

HWS sessions are FREE to all staff and students, and a full timetable can be found on the Intranet. Remember, self-care isn't selfish - it's essential!



Tips from Health Wellbeing & Sport

Use our gym or attend a health & wellbeing techniques session! We have fantastic facilities in Lynher and the Sports Hall with free drop-in sessions every day. Check out the full HWS timetable on the intranet or on the 'HWS' highlight above.

Spend time in nature. The gardens at Kenwyn are top of our list or the Halbullock Moor nature walk is great for a lunchtime getaway.

Read more books. Truro and Penwith College libraries have a huge variety of books available for you.

Practice Self-care. Wellness Wednesdays are a great way to break up a busy week.



“Physical activity (like walking or cycling to College), can increase mental alertness, energy, positive mood and self-esteem, as well as reducing stress and anxiety.”

Mental Health Foundation

Dedicated Teams Supporting Students: Health Wellbeing & Sport

Music for Mental Health

Kerry Hackworth is leading a brand new choir at Truro Campus this year.



Kerry has been involved with choirs and group singing work since leaving Music College in 88, notably establishing the Rock Choir in Cornwall in 2010, working with Military Wives choirs and the famous Fleetwood Mac tribute band. You might also be lucky enough to see Kerry gigging in pubs and hotels around Cornwall and she is still part of a fabulous vintage 3 piece female close harmony group known as the Red Apple Honeys.

Kerry says 'The new college choir is part of the college Health and Wellbeing programme and offers staff and students the chance to come and sing and have some fun every Wednesday afternoon.'

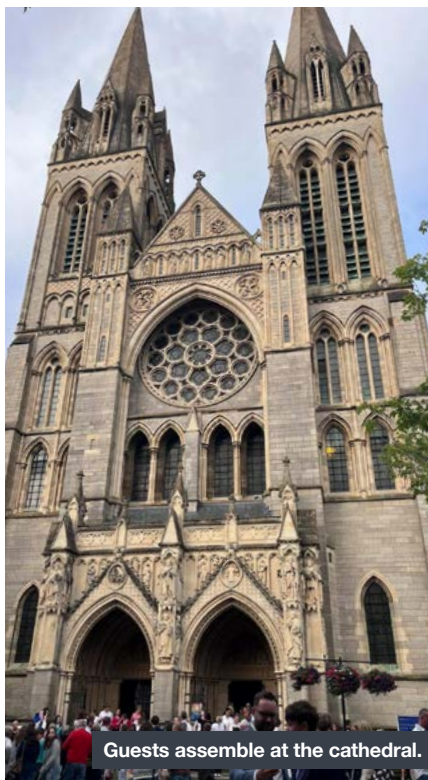
Staff and students were invited to get into the festive spirit joining the Christmas singalong in the Truro College Career Zone this year too.

Truro & Roseland Community Awards Building Confidence in Young Learners

Truro College and Penwith College is a member and sponsor of the Truro and Roseland Learning Community (TRLC), a local education trust which includes nineteen education providers from the wider Truro area.

Members include a full range of educational establishments from Nursery, Primary, Secondary and Further Education College provision. Lisa Briscoe, Director of Student Experience at Truro and Penwith College, is currently the Chair of the group.

The annual celebration of awards for these young people is held in Truro Cathedral and takes place in June. Member organisations are requested to put forward a number of students who they feel are deserving of special recognition. These selected students are then presented with an award, in recognition of their achievements, at a prestigious ceremony in the cathedral.



Guests assemble at the cathedral.



The student group from Truro College.

The TRLC recognises special achievements in the following areas:

Academic Progress

Children who have shown exceptional academic progress, effort or attainment.

Community, Citizenship and Engagement

Children who have made a positive impact during periods of time away from the educational work base.

Environmental Awareness and Understanding

Children who have enhanced their local environment in a positive way.

Creativity

Individuals who have demonstrated exceptional progress in the creative arts.

Outstanding Contribution to Others

Making an outstanding, lasting difference to school life.

Endeavour

A child who has coped well through illness, bereavement, injury, disability or other adverse conditions.

This year, the special guest speaker was Cat Burford, a dentist based locally. She is a faculty member with World Extreme Medicine, teaching expedition dentistry to healthcare professionals, preparing them for remote environments. Cat has used her skills to volunteer and provide care in remote and challenging environments too. In January 2025, she became the 13th woman to ski 708 miles solo and unsupported to the South Pole, fulfilling a childhood dream.

Cat's story provided the young people with a great example of how education and inspiring teachers can shape a person's path in ways they never expected.



Cat Burford with Lisa Briscoe at the Awards Ceremony.

Hello Yellow Day Supports Mental Health

On Hello Yellow Day, we stood together to show support for young people struggling with their mental health.

Thank you to Samaritans, Georgia's Voice-Preventing Suicide in Young Women aged 18-25 in Cornwall, Young People Cornwall and Brook Cornwall for joining us. Let's keep raising awareness, spreading positivity, and reminding everyone that they are not alone.

Our friendly Student Services team at all of our campuses are available throughout the College day to support students with mental health needs. Further support is available any time from our website, which contains a helpful list of contacts from both within the College and external agencies. Scan the QR code below for details.



Here for you - Let's Talk

If you have concerns, or are worried about someone else in your life, advice and support is just a call, click or conversation away.

The Employee Assistance Programme

The College has organised an Employee Assistance Programme to support staff, which includes access to a range of specialist, confidential counselling and mental health support services.



Practical and emotional support just when you need it

Call us, we'll listen.
08000 856 148



Your support line provides you with confidential help 24/7, 365 days a year.

You also have access to resources at:
educationsupport.org.uk/onlinesupport

Username: **worklifesupport**
Password: **support1**



This new service is available for staff through the College Intranet.



Staff wellbeing was a concern highlighted in an article recently published in FE Week* after 85 per cent of colleges said poor mental health amongst workers directly contributed to sickness and absence rates.

As a consequence, over half (52 per cent) said it was negatively affecting student experience.

Nearly one fifth (18 per cent) said staff were experiencing secondary trauma from the emotional toll of supporting students with complex mental health needs.

“These numbers underline the ongoing pressures faced by staff and the urgent need for supportive systems to address the factors impacting staff wellbeing,” the report added.

TRURO & PENWITH COLLEGE

email: enquiry@truro-penwith.ac.uk

