

wakefieldcollege

ACTIVITIES



THE LOCKDOWN

NEWSLETTER



HALF - TERM ISSUE
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ISSUE 6



THE LOCKDOWN

NEWSLETTER



Welcome to Issue 6 of the Lockdown Newsletter, your weekly source of activities and ideas to help keep you connected, supported and active during the latest lockdown.

In this issue we have lots of ideas to keep you entertained, supported and active over half-term. Make sure you have a good break and if you need support please reach out.

How do i join activities?

Our activities will return Monday 22nd Feb and you can still join any activity. Check out the activity timetable on page 6 to see when everything is running. All sessions are on TEAMS and the links and more info can be found on Moodle.

Struggling to find the links/join clubs? Email us (activities@wakefield.ac.uk) and we can email you the links directly and don't forget, attending activities counts towards your PEEP hours!





STAY CONNECTED

STAY CONNECTED WITH OUR WEEKLY ONLINE CLUBS & ACTIVITIES

Ever fancied a virtual tour around some of the U.K's and the World's most iconic places?



Just Google
any of these!



Loads of places from Chester Zoo, The Tower of London to the Great Wall of China, Disney World and even Harry Potter are now doing virtual tours for us to enjoy.

So, if you are looking for activities to do over half term, visit some of the links below to start your journey and when lockdown has finished maybe they will inspire you to visit them for real.

Don't forget that if you can't find anything here that suits you to search across Facebook with the subject or place of choice for Virtual tours where you will find many others.

- 17 Virtual tours of the UK in lockdown
- Harry Potter virtual tours
- The worlds 15 best tours to take during Coronavirus
- More free virtual tours

Get your frying pans ready

IT'S PANCAKE DAY 16TH FEB. WIN A £20 AMAZON VOUCHER FOR THE BEST ANIMAL PANCAKE/S DESIGN!

Your design can be a range of small pancakes with different animals on, or one large pancake with an animal and if you want a scene around it.

Email your entries to j.talbot-paterson@wakefield.ac.uk

Fact - The largest pancake ever made measured 15 metres and weighed in at three tonnes - you'll need a lot of sugar and lemon for that one.



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YOUR
FUTURE 2021

**Where am I now?
Where do I want to get to? (short and long term)
How am I going to get there?**

Your Future 2021 will help you **answer these questions, plan your future and steer you through the coming weeks.**

UNICONNECT PROGRAMME

The UniConnect programme is offering a unique opportunity for a limited number of Level 3's to receive free mentoring from students studying for a degree in the University Centre at Wakefield College!

The aim is to help you get ahead in your studies, prepare for the future and benefit from the experience of a student who has been right where you are now. Levels 3s will interact with their mentor by a mixture of live Microsoft Teams one-to-ones and chat messages you can reply to in your own time. You'll also get the chance to meet your mentor in person at a summertime celebration event (Covid-permitting).

That's not all... two Level 3s will be selected by staff and mentors to receive a £50 Amazon voucher for making the most progress!

If you'd like to take part, please email S.Lawrence@wakefield.ac.uk to put your name down.

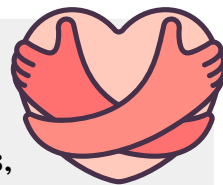


STAY SUPPORTED



STAY SUPPORTED WITH OUR WEEKLY SESSIONS AND ACTIVITIES
LED BY OUR YOUTH WORKERS AND ACTIVITY LEADERS.

Managing Self-Harm



Young people have shared their most successful substitutes to self harm with us, and these are:

- Using a red felt-tip pen to mark where you might usually cut
- Hitting a punch bag to vent anger and frustration
- Hitting pillows or cushions, or having a good scream into a pillow or cushion
- Rubbing ice across your skin where you might usually cut, or holding an ice-cube in the crook of your arm or leg
- Getting outdoors and having a fast walk
- All other forms of exercise-these are really good at changing your mood and releasing adrenaline
- Making lots of noise, either with a musical instrument or just banging on pots and pans
- Writing negative feelings on a piece of paper and then ripping it up
- Keeping a journal
- Scribbling on a large piece of paper with red crayon or pen
- Putting elastic bands on wrists, arm or legs and flicking them instead of cutting or hitting
- Calling and talking to a friend (not necessarily about self-harm)
- Colouring in or other art work -doing something creative
- Going on line and looking at self-help websites



For more help or information you can speak to a Youth Worker at College or visit one of the websites below.

www.siari.co.uk
www.youthnet.org
www.lifesigns.org.uk

www.childline.org.uk
www.samaritans.org.uk
www.selfharm.org.uk



Samaritans – call 116 123

Young Minds - If you need urgent help text YM to 85258

Kooth Student <https://www.kooth.com/>

Childline - call 0800 1111 / by email / through 1-2-1 counsellor chat

PAPYRUS is the UK Charity for the prevention of young suicide. For PAPYRUS HOPELINEUK call 0800 068 4141 (open 10am-10pm weekdays, 2pm-10pm weekends) <https://papyrus-uk.org>



STAY ACTIVE

STAY ACTIVE WITH OUR WEEKLY PHYSICAL ACTIVITY SESSIONS AND ONLINE CHALLENGES.

Stay Active over Half Term

We are all struggling right now, let's be honest, however there are so many ways to stay safe during exercise which means that challenge you to - at least - thirty minutes of exercise a day! Whether that's at home, or outside, I'll show you different ways to stay fit during lockdown and this half term!

- 1) **Walking:** even if you can't get out for a really long walk, you can walk around the house or your garden (if you have one)! It is great for all parts of your body and gets the blood flowing into your legs after a long day of sitting down doing online lessons or just relaxing.
- 2) **The Plank:** you can do it on your bed, floor and even outside! This exercise is a fantastic way to test your strength while strengthening your stomach and other essential body muscles! If you do the plank for as long as possible every day, I assure you that you will see an increase in your times, this is the same with all exercise. The more you do it, the better you'll feel and get at it!
- 3) **Meditation:** you might be saying, how is meditation exercise when you're just sat there? Well, you must remember to exercise your mind, too! A lockdown can be so mentally straining - especially through a half term too - which is why dedicating at least 5-10 minutes of deep breathing and relaxing away from a computer or phone screen can relieve you of stress so easily. Even try it outside and get that breath of fresh air you may have missed since the lockdown started, I know I have!

Remember, staying fit is essential for you both physically and mentally, so don't forget to include some sort of fitness into your daily routine! I mean, your mentality and body will thank you for it in the future! Exercise can decrease your chances of getting a chronic illness, after all.

by Kayleigh Hampton (Child Care)

Student's Corner

WRITTEN BY THE STUDENTS FOR THE STUDENTS



What you should never say to someone in pain!

Seeing your friend struggle when they are suffering can be hard to watch. However, at times, you may struggle to come up with something to say or do not know what advice to give. It can give you a lot of pressure. Talking to someone about their emotional pain is extremely complex. You may even feel like you are out of your depth and that you are drowning in their sorrows too. Regardless, when comforting someone there are some things that you should not say or try to avoid.

“It’s not that bad... other people have it worse.”

This one seems obvious but it still happens a lot. When you tell someone this it will make them feel like their pain is invalid or that you do not understand. You might try to use this to cheer them up however this makes it worse and they might not open again.

“Oof.”

This one happens many times. On many occasions, I had this been said to me when I try to explain my troubles. Personally, it made me feel like my pain is not that important and is something that you should shrug off. This made me bottle it inside which results in me feeling worse. Same applies to many others as well.

“Calm down.”

As simple as these words can be. To a person who is pain, it can be harmful. If someone dares to vent their frustration or worries to you and you say “calm down” it’s like trying to stop a tornado by just saying “No.” As you can see, not effective.

How to help!

People tend to like to hear, “You’re right, that’s awful.” But only say that if you think it. Also, instead of just “I’m sorry” try asking leading questions. These are usually “why” or “how” questions that cannot be answered with one word. These kinds of questions can help people organize their thoughts about a difficult matter

Why do you think he said that?

How did she find out?

How are you going to act when you see them tomorrow?

Why did they assume you were involved?

How does that make you feel?

Do not give your friend the third degree, but asking questions is often helpful to a person who needs to vent.



by Scarlett Hirst (Child Care)

New Year, New goals?

BOOK A 1-1 SESSION WITH ONE OF OUR ACTIVITY LEADERS FOR PERSONALISED ADVICE AND GUIDANCE ON HOW TO GET FIT, IMPROVE YOUR HEALTH AND WELLBEING AND HELP ACHIEVE ANY PERSONAL GOALS THIS YEAR.

- HOW TO GET ACTIVE
- ADVICE ON NUTRITION
- ADVICE ON OVERALL HEALTH & WELLBEING

EMAIL - ACTIVITIES@WAKEFIELD.AC.UK TO BOOK YOUR SLOT



wakefieldcollege ACTIVITY TIMETABLE

MONDAY

11am- 12pm
Debating Club

12pm- 1pm
BORIS Club

12.30pm-1pm
Unsolved Crimes Club

1pm- 2pm
David Attenborough Club

3pm - 3.30pm
Move Monday
Workout

TUESDAY

11am -12pm
Photography Club

12pm - 1pm
Driving Theory

1pm - 2pm
Beginners Yoga

3pm - 3.30pm
Mindfulness Club

4pm- 5pm
Human Race, E&D
Group

WEDNESDAY

12pm - 1pm
LGBTQ

1pm - 1.30pm
What's on Your Plate?

1.30pm - 2.30pm
Wellbeing
Wednesdays

2pm - 3pm
Students' Union &
Class Reps
Meeting

THURSDAY

12pm - 1pm
Thursday Thoughts

12pm-1pm
Bingewatchers

1pm-2pm
Beginners French

2pm-3pm
Duke of Edinburgh

3pm - 3.30pm
Bodyweight
Fitness

FRIDAY

12pm- 1pm
Scribbler
Student
Newsletter

1pm- 2pm
Get Fit Fridays

