

wakefieldcollege

ACTIVITIES



THE LOCKDOWN

NEWSLETTER



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- 'Your Future' Workshops
- NEW 'Safe Space' for Students
- C-PTSD Awareness

ISSUE 8



THE LOCKDOWN

NEWSLETTER



Welcome to Issue 8 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 a closer look at our student Equality and Diversity group, who have created our brand new online 'Safe Space' for students. We announce the winners to our pancake and LGBT+ History Month competition winners on page 2, before having a look at what C-PTSD is thanks to student Scarlett Hirst.

How do i join activities?

Our activities are back running weekly and you can still join in on any activity. Check out the activity timetable on the last page, 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

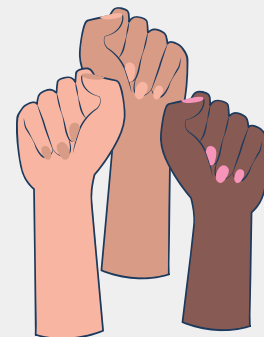
HUMAN RACE - Equality & Diversity Group

Every Tuesday on TEAMS @4pm

Are you passionate about creating change, and supporting people from all walks of life? Then the Wakefield College Equality and Diversity group is the place for you. So far the group has contributed towards both Black History Month and LGBT+ History Month.



They are running a campaign around pro-noun badges and have also set up an online 'Safe Space' for other students who feel like that may need some peer support or a friendly and welcoming space. They are also planning on running a 'Safe Space' Cafe on site at College when allowed, and are also helping to plan and run the College's Diversity which will hopefully be happening in June this year.



by Kayleigh Hampton (Child Care)

Competition Winners

Well done to student Kayleigh Hampton who won a £20 amazon voucher for the "Best animal pancake design competition" with her amazing frog pancake. Great to see students rustling up some delicious pancakes on Shrove Tuesday.



Also well done to our winners of the LGBT+ History month quiz.

- Adrianna Dziuba
- Callum Bond
- Lauren Viligiardi
- Sophie Harland

You will be emailed directly about your prize.
WELL DONE!



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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?



STUDENT
WORKSHOPS
THIS WEEK!

WED 3RD MARCH



RESILIENCE

1pm - 2pm

Suitable for:

KS2 to HE - Up to 100 students per workshop.

This highly popular resilience workshop focuses on boosting students' mental, academic and emotional resilience along with overcoming challenges, confronting habitual thought patterns, developing a growth mindset, breaking down problems into manageable areas and adapting to adversity.

Students will learn about the power of their brain and the importance of learning from their mistakes and using them as a platform to success.

Managing Mental Health

2pm - 3pm

Suitable for:

KS4 to HE - Up to 100 students per workshop. Tables required.

Managing mental health is a positive and interactive session which will provide students with a motivational boost and the clarity needed to find their focus and keep going during these uncertain times.

This workshop aims to leave students with an in-depth and practical toolkit for them to refer to in their times of need, as a preventive measure before mental illness takes control, so they can take control of it.

Both of these sessions will take place on TEAMS, join via the link on MOODLE or email activities@wakefield.ac.uk to be sent the link directly!



STAY SUPPORTED



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

NEW

Student 'SAFE SPACE'

New online safe space group for students'

Our Wakefield College Equality and Diversity Group have created a new online 'Safe Space' for other students. The group was created in mind with providing a space where students can explore their gender identity, sexuality and other personal aspects in a safe and welcoming environment.

The group contains students from across College who may have had similar or other experiences and is a place to meet new people, make friends and create a network of peer support.

The group is open to all students and is monitored by College to ensure that the group remains a supportive and welcoming environment at all times to all students.

On return to College the group are also planning on running a student 'Safe Space' Cafe on site at College.

Keep an eye out on Moodle for the link to join, or email activities@wakefield.ac.uk to have the link emailed directly to you.



STAY ACTIVE



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

STAY ACTIVE ONLINE

**JOIN OUR SPORTS AND
ACTIVITY PORTAL WHERE WE
HAVE LOTS OF ACTIVE
VIDEOS FOR YOU TO GET
INVOLVED IN!**

**EVERYTIME YOU LOG IN
AND TAKE PART YOU GET
AN ENTRY INTO A PRIZE
DRAW TO WIN HIGH STREET
VOUCHERS! (MAX ENTRIES
2 PER WEEK)**

**1ST PRIZE - £30
2ND PRIZE - £20
3RD PRIZE - £10**





Student's Corner



WRITTEN BY THE STUDENTS FOR THE STUDENTS

C-PTSD Awareness

by Scarlett Hirst (Child Care)

You may have heard of PTSD (Post Traumatic Stress Disorder). We normally identify this with people who have experienced a traumatic event. This mental disorder will cause anxiety around the traumatic event. This can occur in intrusive thoughts, flashbacks, or nightmares. However, today we are going to talk about a lesser condition of PTSD which is called C-PTSD.

How is C-PTSD any different from PTSD?

There is a difference between is the duration of the period that it takes place. PTSD is more likely to be triggered by something specific that is traumatic or a bunch in a short period. On the other hand, C-PSTD is triggered by traumatic events over a long period. This period can be from months to years.

What causes C-PTSD?

There are many different types of traumatic events that can cause complex PTSD these can be but not limited to, childhood abuse/neglect/abandonment, domestic violence/abuse or being a repeated victim to trauma or abuse. The abuse often occurs at vulnerable times in a person life – such as early childhood or adolescence.

Symptoms of C-PTSD

- Flashbacks/Intrusive thoughts/Nightmares
- Avoidance of certain situations that remind you of the event
- Hyperarousal
- Relationship issues
- Mood swings
- Negative self-view/Self-esteem issues.

How to get help with C-PTSD?

There are many ways to get help for C-PTSD. One of them being therapies such as cognitive behavioural therapy alongside medication is possible. If you are struggling it is important to talk to your GP or your local psychiatrist. You can also find advice and support from College, reach out to someone if you need help.

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



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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