

From: [CCN College Life](#)
To: [City College Norwich All Students Mailing list](#)
Subject: Wellbeing newsletter
Date: 18 October 2022 09:31:02



October 2022

Dear Student

Welcome from the Wellbeing and Safeguarding Team

Welcome to the College and we hope that you are enjoying the first half term studying with us. This is an important email which focuses on your wellbeing.

It is really important that we take time to look after our mental health and wellbeing. Our team is on hand to support you with this. We hope the information below will give you some tips on how to manage if you are feeling anxious at times and some information on who to contact if you need support.

Helen Richardson-Hulme

Assistant Principal Student Services

Wellbeing

Our Wellbeing Team are here to help you fulfil your potential and maximise your physical and mental wellbeing.

The team offers support with any health or wellbeing problem including:

- Relationships (personal and family)
- Self-confidence
- Stress/anxiety/depression
- Counselling
- Sexual health (pregnancy and the C-card for free condoms)
- Bereavement
- Eating disorders or self-harming
- Housing, money matters and debt
- Improving your diet and physical fitness
- Stopping smoking and substance misuse

- Feeling lonely or isolated
- Personal identity including gender and sexual identity
- Being a young carer of a parent or family member

How to get support

You can find the Wellbeing team

- in the Wellbeing Zone at the rear of the Information Store at City College Norwich
- in the Student Centre next to the library at Easton College
- in Student Services on the Lawns Site at Paston College.

These areas are for students to access support and guidance. They can also provide a quiet space to get away from the stress and pressures of everyday life.

If you feel you need to talk over a concern or problem, we offer you one-to-one confidential advice and support. Contact us by [email](#) or get in touch with us via this [Wellbeing link](#).

Our website is also full of helpful info, hints, tips and strategies for looking after your wellbeing as well as contact info on other supportive agencies you may find helpful.

Feeling unsafe?

If you feel that you or a friend needs help to keep safe from harm, please tell us. We will always respond, and we are here to help you. Contact a member of the Safeguarding Team by email at safeguarding@ccn.ac.uk or you can call Safeguarding: for City College Norwich and Paston College call 07795 487645 and for Easton College call 07772 785346.

Our Safeguarding Officers are Marie Pacey and Sam Warner.

Our Designated Safeguarding Leads are Jerry White, Helen Richardson-Hulme, Jacky Sturman and Sebastian Gasse.

More support

- [Norfolk Wellbeing Service](#) offers support for young people in Norfolk and Suffolk
- The NHS have published a website dedicated to [mental Health and self-care for young people](#)
- Mental Health UK have published [5 Top Tips for Mental Wellbeing](#)
- Mind have published [How to improve your mental wellbeing](#)
- [More resources here](#)

Remember

1. You're not alone
 2. It's okay to not always feel okay
 3. We **are** here to help.
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Our mailing address is:

City College Norwich
Ipswich Road
Norwich
NR2 2LJ

We've sent this email to every student at City College Norwich, Paston College and Easton College.