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FW: Student Wellbeing Newsletter - November

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From CCN College Life <COLLEGE\_LIFE@ccn.ac.uk>

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To City College Norwich All Students Mailing list <CityCollegeNorwichAllStudentsMailinglist@ccn.ac.uk>

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November 2024

Dear Students,

## Hello from the Wellbeing and Safeguarding Team

This month's Wellbeing newsletter focuses on improving your sleep.

It is really important to look after our mental and physical health in order to maintain good wellbeing, getting enough sleep can help with this. The information below will give you some tips on how to get good quality sleep to support your wellbeing and give advice about where to get support if you're struggling.

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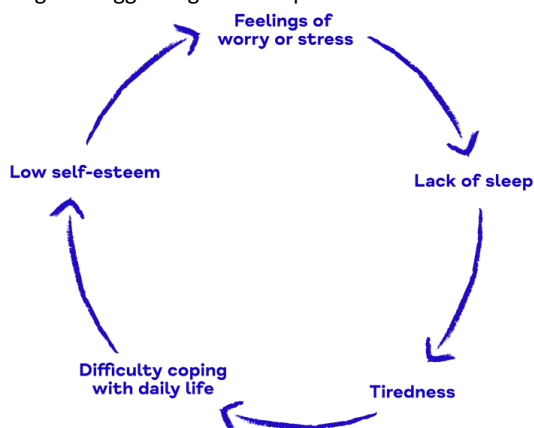
## Sleep and your wellbeing

Sleep plays a crucial role in our physical and mental health. Without sleep, we cannot function effectively. Good sleep improves your brain performance, mood and health.

The NHS recommends

- Seven to nine hours of sleep per night for adults (over 18)
- Nine to thirteen hours of sleep per night for children (under 18)

There is a close relationship between sleep and mental health. If you are not getting enough sleep, day to day tasks can feel more difficult. If you're struggling day to day you might struggle to get to sleep.



(Mind, 2020)

If you are having difficulties with your sleep or find yourself feeling tired often then it could be a good idea to look at your sleeping habits and consider some ways that you could improve them.

Difficulties might include things like finding it hard to fall asleep or stay asleep, finding it hard to wake up or get out of bed or even feeling like you're sleeping too much.

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## Tips to improve your sleep

- **Establish a routine** – it can be helpful to try going to bed and/or waking up at around the same time every day. You might need to do different things before you find a routine which works for you. To help, you can also add a sleep schedule to your phone to remind you to wind down.
- **Relax before you try to sleep** – taking some time to wind down before you go to sleep can help you to drift off faster. You could try something calming like having a bath, listening to music or reading a book. You could also try meditation or muscle relaxation.
- **Make your sleeping area more comfortable** – think about which temperature, sound and light levels work best for you. Having comfortable bedding can make a nighttime routine more pleasant.
- **Manage your phone time** – try to cut down on screen time before bed and avoid stimulating activities like games or social media. Modes like airplane or do not disturb so that notifications don't disturb your sleep.
- **Look after yourself** – looking after your physical health generally can help to improve your sleep. You should also try to avoid caffeine and large meals before bed.

### If problems with your sleep persist we would recommend that you speak to your GP.

For advice on what a GP can help with, how to find a GP, your rights, and how to get the most out of your appointment check out [DocReady](#).

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## To find out more

Here are some helpful websites where you can find out more about sleep and your wellbeing.

- [Mind](#)
  - [Young Minds](#)
  - [Mental Health Foundation](#)
  - [Every Mind Matters](#)
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## How to get support

Please note that the Wellbeing Zone at our Norwich Ipswich Road site is currently undergoing refurbishment. We will send you updates when we reopen.

There are a variety of ways in which you can access support: from speaking to a member of our Wellbeing Team for 1-2-1 confidential advice and support, to accessing self-help resources through the intranet, and a referral to our specialist wellbeing services like the Mental Health Adviser and Counselling service.

You can make a self-referral to our service through our intranet page – or click [this link](#) to be taken straight there.

You can also come along to our Wellbeing drop-ins every day between 11.30-12.30, no referral needed.

- **Norwich, Ipswich Road** – C27 (temporary during renovation)
- **Easton** – Wellbeing Zone (JB035)
- **Paston** – Tutor Hub

For further information, you can email the team at [wellbeing@ccn.ac.uk](mailto:wellbeing@ccn.ac.uk).

To find out more please see our [Wellbeing website](#) which is full of helpful info, hints, tips and strategies for looking after your wellbeing as well as contact information for other supportive agencies you may find helpful.

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## Feeling unsafe?

If you feel that you or a friend needs help to keep safe, 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](mailto:safeguarding@ccn.ac.uk) or you can call Safeguarding: for City College Norwich and Paston College call 01603 487645 and for Easton College call 07772 785346.

Our Safeguarding Officers are Marie Pacey, Charlotte Hardiment, Sam Warner and Katie Williams.

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



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**Our mailing address is:**

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