



ATTFE College Learner Newsletter

Issue 10 - Monday 14th March 2022.



ATTFE COLLEGE'S THEMED MONTH FOR MARCH 2022.



Liz Barrett

Principal Update

Dear All

I hope that you have had a good week last week.

I am mindful that the war in Ukraine is very much in the news and in people's minds at this moment in time. ATTFE College are here to support all learners with this. In lessons over the past few weeks, we have been exploring the importance of democracy. Together we have also been

collecting emergency aid to send to Ukraine. Thank you to all learners who have participated in this so far. If you are feeling stressed or anxious about this war situation, please visit our website for relaxation and wellbeing resources to help you.

Enjoy the week ahead.

Simon Martin

Safeguarding Update

Hello Everyone

The conflict in Ukraine is turning more and more into a situation that is worrying people. The longer it goes on, the more it seems like a full-scale war and the more anxious we all become that it might spread to a more general war across Europe and involve the use of weapons that we really don't want to think about.

However, one of the most important aspects is to ensure that what you are hearing and seeing in the media is accurate because misinformation and conspiracy are rife, and they feed anxiety. For this reason it is best to get your baseline information from a reliable and trusted source. This means main news producers like the BBC [Home - BBC News](#) and Newsround [Home - CBBC Newsround](#) where you are much more likely to receive a balanced account.

It is also helpful to have techniques to hand to deal with stress and anxiety [Calm zone!](#) [Childline](#). Even though this is a 'Childline' site, the relaxation techniques are good for all of us and worth a visit. There are also all of the relaxation techniques demonstrated by our tutor Ken Mead that can be found on the ATTFE social media pages. [ATTFE College - YouTube](#)

Below is a link to a YouTube clip with some quotes about Peace that you may find it interesting to look over. Peace after all is what everyone involved in the conflict, and in the wider world, wants to see.

Top Ten quotes about Peace can be found [here](#).

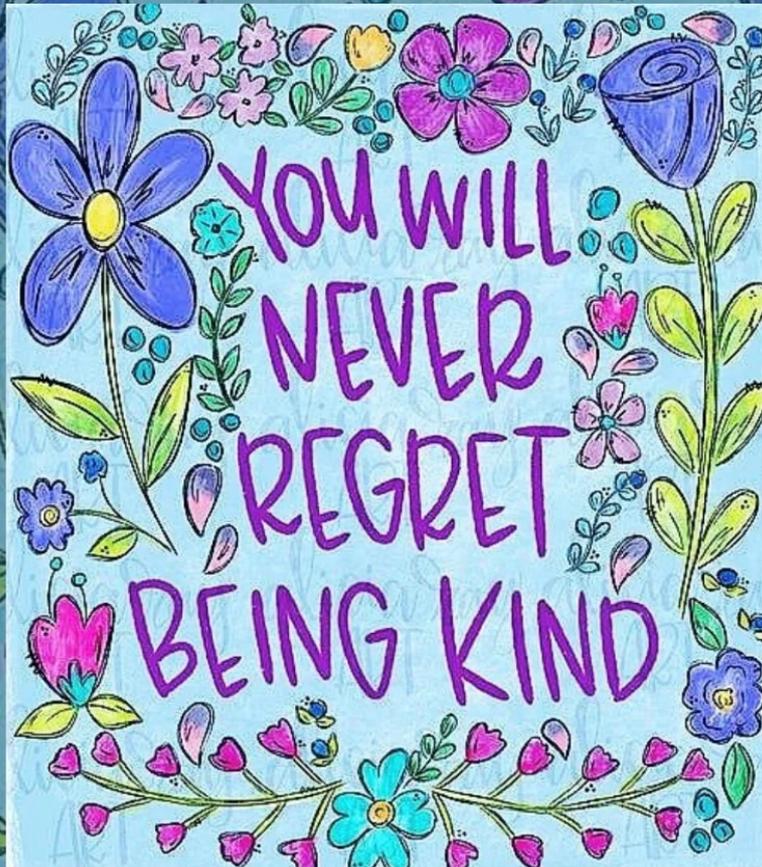
Thanks

Simon Martin

DSL



Wellbeing



Wellbeing Wednesday

Loneliness – Every Mind Matters

The Department for Digital, Culture, Media & Sport has recently launched the next wave of their loneliness activity, as part of the Better Health: Every Mind Matters campaign.

This campaign, aimed at reaching 18–24 year olds in England, encourages people to ‘Lift Someone Out of Loneliness’, by carrying out small acts of kindness to help others, such as someone who may be feeling lonely, knowing that this in turn is likely to help them feel less lonely too. This is based on [recent research](#) that shows that people in this demographic are at higher risk of feeling lonely compared to other age groups, but less likely to seek advice and support.

The campaign encourages people to visit the [Every Mind Matters loneliness webpage](#), where they can find support and advice for ways that they can reach out to someone else, as well as finding support that may help them feel less lonely too.

A [toolkit](#) is available for partners to support this campaign which provides:

- campaign overview and key messaging
- audience
- suggested copy for social media and assets
- other information for partners to support

How satisfied are you with the information provided in our learner newsletter?

If you have any further feedback, please email marketing@attfe.org.uk.



Very Unsatisfied



Unsatisfied



Neutral



Satisfied



Very Satisfied

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Thank You!

