

ATTFE College Learner Newsletter

ISSUE 15 - SATURDAY, 14 JUNE 2025



Announcement

National Recognition for ATTFE College Senior Leader!

We are proud to share that our Executive Senior Leader, **Simon Martin**, has been awarded an **MBE in the 2025 King's Birthday Honours List** for **Services to Further Education**.

This is an outstanding achievement, not only for Simon personally, but also for the education, support, and regeneration work that ATTFE College is passionately committed to both locally and

across the **East Midlands Combined County Authority (EMCCA)** region.

In addition to his work at ATTFE College, Simon is actively involved in **governance, safeguarding, and policy development** within the region (e.g., with Nottinghamshire schools and MATs) and at a national level (e.g., through HOLEX and other organisations). This award is a well-deserved recognition of his wider contributions, both individually and on behalf of ATTFE College.

Simon shared:

"I am humbled that our many years and deep levels of providing community learning to those who need it most has been rewarded in this way. In receiving this award, I recognise that I am but a representative of the large team of peerless colleagues whose commitment has made our achievements possible, and so I will hold it and carry it on behalf of everybody. It is also a fitting reflection upon the outstanding work of ATTFE College in its communities and further afield, and so I will work hard to prove myself worthy of this recognition on behalf of our ongoing collective endeavour."

All of us at ATTFE College are incredibly proud of Simon's recognition, and we look forward to celebrating this remarkable achievement with him.



EDI Updates

Dealing with Stress

Stress is something everyone feels at times, especially when dealing with change or life challenges such as exams or working to deadlines.

A little stress can be a good thing, as it helps us to get things done or focus on something that needs our attention.

How we manage stress can make a big difference to our mental wellbeing and the first step to managing it is to know how it affects us and why.

Signs and Symptoms of Stress

Stress can affect our emotions and we may:

- be irritable, angry or tearful
- feel worried, anxious, hopeless or scared
- struggle to make decisions, have racing thoughts or feel overwhelmed

The physical symptoms of stress include:

- stomach problems, stress headaches and other odd pains including muscle pain
- skin reactions, like stress rashes and hives

- feeling dizzy, sick or faint

If you are concerned about stress in your life, contact your local GP.

Upcoming Activities

Cook as a Volunteer with Food Cycle!



**Do you like having fun?
Do you like cooking?**



**We need YOU as a Cook Volunteer at FoodCycle Sutton-in-Ashfield. Help provide a FREE meal for the local community.
No experience needed, just a willingness to learn!**



Get in contact below:

sutton-in-ashfield@foodcycle.org.uk



foodcycle.org.uk/volunteer/

**Cooking slot is
Wednesday 3pm – 8pm
Address: The
Magdalene Centre,
Church Avenue,
Sutton-in-Ashfield,
NG17 2EB**

ATTFE College Beachy Crafts and Summer Community Support

FREE TO
ATTEND

BEACHY CRAFTS & SUMMER COMMUNITY SUPPORT



**11
AUG**

10AM - 12.30PM

ATTFE in the Community Venue
9 - 11 Low Street, Sutton in Ashfield

Free to attend. Drop in at any point, no need to book.

#INTHISTOGETHER



ASKLiON Community Directory

Community Directory Nottingham/shire Project

The NottsHelpYourself / ASKLiON Update Project

Co-design Workshops June and July 2025

We're replacing NottsHelpYourself and ASKLiON with a new Community Directory website. We'd like input from communities, users, workforce and residents in how the new site operates. It will be a tool for you, so it's important that you share your view!

We are running a series of Co-design Workshops to invite people from across Nottingham and Nottinghamshire to share their opinions and get involved. In this workshop we'll explore how information should be laid out, what style of language should be used and which tags/filters are important.

**Find workshop dates and
sign up here**



If you are struggling to book onto any of these sessions please reach out to our team at:
communitydirectoryproject@nottsc.gov.uk

Online Wellbeing Resources

A friendly reminder that ATTFE College has a range of wellbeing resources available on our [Wellbeing Website Page](#) and [YouTube Channel](#)! Whether you're interested in Tai Chi, Qi Gong, Yoga, or beginner's exercises, we've got you covered.

Don't hesitate to share these resources with your loved ones!

ATTFE Wellbeing

Dragonfly Skims Water



Tai Chi Kicking Exercise



Powers of Tai Chi Chuan



The Frolic of the Monkey



Chair Based Exercises



Five Loosening Exercises



Restoring Vitality



Tai Chi Stretching



This Week's #WellbeingWednesday



#WellbeingWednesday

#InThisTogether

ATTFE College

Sutton Community Academy

High Pavement, Sutton-in-Ashfield,
Nottinghamshire,
NG17 1BW

01623 441310
college.info@attrust.org.uk

Dukeries Academy

Whinney Lane, New Ollerton, Newark,
NG22 9TD

[Unsubscribe](#)

Portland College

Nottingham Road, Mansfield, NG18 4TJ
[Portland Pathways] Outram Street,
Sutton-in-Ashfield

Motor Vehicles

16 Beacon Court, New Ollerton, Newark, NG22
9QL

United Kingdom

