

### **ATTFE College Learner Newsletter**

ISSUE 15 - SATURDAY, 14 JUNE 2025



## **Announcement**

## National Recognition for ATTFE College Senior Leader!

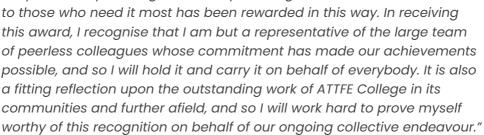
We are proud to share that our Executive Senior Leader, **Simon Martin**, has been awarded an **MBE in the 2025 King's Birthday Honours List** for **Services to Further Education**.

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



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



### **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

Vednesday 3pm – 8pm

Address: The

Magdalene Centre,

Church Avenue,

Sutton-in-Ashfield,

NG17 2EB

ATTFE College Beachy Crafts and Summer Community Support



**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@nottscc.gov.uk



## Online Wellbeing Resources

A friendly reminder that ATTFE College has a range of wellbeing resources available on our <u>Wellbeing Website Page</u> and <u>YouTube Channel!</u> 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 Exercies



**Five Loosening Exercises** 



Restoring Vitality



Tai Chi Stretching



### This Week's #WellbeingWednesday



### **ATTFE College**

### **Sutton Community Academy**

High Pavement, Sutton-in-Ashfield, Nottinghamshire, NG17 IBW

### **Dukeries Academy**

Whinney Lane, New Ollerton, Newark, NG22 9TD

### **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** 

01623 441310 college.info@attrust.org.uk

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