

# ATTFE College Learner Newsletter

ISSUE 16 - FRIDAY, 25 JULY 2025



Liz Barrett OBE DL

## Principal

**Dear Learners,**

As we come to the end of another academic year, we want to take a moment to say a heartfelt **thank you** to each and every one of you.

Whether you've been studying full-time, part-time, in the classroom or online, your dedication, resilience, and passion for learning have truly inspired Team ATTFE College. This year, you have overcome challenges, built new skills, formed friendships, and taken important steps toward your future – and we couldn't be prouder of what you've achieved.

### Celebrating Your Success

Throughout the year, we've seen incredible progress: assignments completed, qualifications earned, and confidence gained. These aren't just academic



achievements – they are powerful signs of your personal growth and determination. For many of you, this has also been a year of self-discovery, unlocking talents and ambitions that perhaps you didn't know you had.

It has been a real pleasure to meet you in person, see your learning and work on our social media or see it visibly in the communities that we serve. Remembrance Day events in Ollerton and Ashfield were a very visible sign as to what learning and our learners / volunteers can help to achieve. The Tommy's and the poppy installations are still being talked about with future plans being developed.

Whether you're finishing your first course or completing your final year, we hope you take a moment to reflect on how far you've come. You've earned it!

### **What's Next? Keep Moving Forward**

Learning doesn't stop here, and your journey doesn't have to either.

Many of our learners choose to progress onto the next level of study, take on an apprenticeship, pursue higher education, or explore new careers with the skills they've developed. **We encourage you to keep going.** Whether that means returning for another course, switching to a different subject area, or stepping into the world of work with confidence.

We offer a wide range of progression routes, including:

- Advanced courses in your subject area
- Professional and vocational qualifications
- English, maths, and digital skills support
- Flexible part-time and online options
- Loans funded courses

Your tutors and support staff are here to guide you, don't hesitate to ask about the next steps!

### **Stay Connected**

We love hearing about where your learning takes you, whether you continue your studies with us or move on to new adventures. Follow us on social media, stay subscribed to our updates, and drop us a message to let us know how you're doing.

### **Thank You Again**

Thank you for being part of our learning community this year. We wish you a restful break and hope to welcome you back soon – ready for new challenges, new goals, and even more success.

**Remember: your future starts with what you choose to do next. Choose to keep learning.**

Liz Barrett OBE DL

*Principal ATTFE College*

Simon Martin MBE

### **Designated Safeguarding Lead**

Hello Everyone

I hope you are looking forward to your Summer holiday!



The long holiday is a time when we do not have so much supportive contact, so we have included a list of support agencies that may be able to offer help if you need it.

You can also use our **I Want to Talk button** on our website and we will get back to you as soon as we are able to.

### 'I Want to Talk' Webpage

Summer is a time when many people get closer to water but that carries risks. Last year there were 277 drownings in the UK, 62% of which were on inland waterways (like canals and rivers, where there is never a Lifeguard), and 83% of drownings were male. Please see below links for some advice on water safety, and for protection against the heat.

[Top Tips for Staying Safe around Water | Free Parent Guide](#)

[The Royal Life Saving Society UK \(RLSS UK\)](#)

[Water safety for teenagers and young people | Canal & River Trust](#)

[10 Top Tips for Parents: Staying Safe in Hot Weather](#)

Many thanks,

Simon Martin  
DSL

Sarah Wilkinson

## Head of Quality of Education

### Celebrating Growth & Achievement

As we wrap up for the summer, we want to take a moment to celebrate you, our amazing learners!

This year has been full of growth, achievement, and progress. From building new skills and knowledge to growing in confidence and resilience, you've shown dedication and determination every step of the way.

Whether you've completed a course, started something new, or simply challenged yourself, be proud of how far you've come!

We hope you take a well-earned break this summer. Rest, recharge, and reflect on everything you've achieved and get ready for the exciting opportunities ahead.

For those of you who are continuing learning throughout the summer, enjoy, and we look forward to working with you.





Well done, and thank you for being part of such a brilliant learning community here at ATTFE College.

Wishing you a fantastic summer!

**From the Quality of Education Team –**

*Growth, transformation, and freedom through learning!*

**#InThisTogether**



Lisa Chapman

### **Deputy Designated Safeguarding Lead**

As we wrap up another academic year, I want to take a moment to reflect on what a fantastic journey it's been. It's hard to believe how quickly the time has flown by!

To all of our learners, thank you for your hard work, resilience, and the energy you've brought into college this year. It's been an absolute pleasure watching you grow, overcome challenges, and achieve so much. Whether you're moving on to new opportunities or returning to us in September, you've all been a valued part of our community.

To those who are leaving, please know that you'll be missed. It's always bittersweet to say goodbye, but we're incredibly proud of you and excited for what lies ahead. Whatever your next steps may be, we wish you nothing but success and happiness on your new ventures.

To our returners, we can't wait to welcome you back! Enjoy the break, recharge, and get ready for another great year ahead.

Finally, I hope everyone has a safe, restful, and joyful summer. You've earned it!



I've included a few helpful contact numbers and support services as an attachment, just in case you need them during the holidays. Don't forget, you can also use the **"I Want to Talk"** button on our website.

Take care,

Lisa Chapman

# Upcoming Activities

## ATTFE College Holiday Activities and Food (HAF) Programme

Get ready for a fun-filled Summer holiday with our Holiday Activities and Food Programme!

We've got loads of exciting FREE\* activities lined up for children and young people aged 5-16 years old, plus a tasty meal with every session.

\*If you have a HAF code, you're all set! But if you don't have a HAF code . To sign up, simply scan the QR code on the poster or fill out our quick online form here:

[Book Here](#)

## Holiday activities and food

# Summer

Nottinghamshire

Get involved in fun activities  
this school holiday!

Plus so  
much more

Nottinghamshire  
County Council

Funded by  
Department  
for Education

ATFE College is offering **FREE\***  
fun-filled Spring activities for HAF eligible children aged 5-16.  
**FREE breakfast & lunch included!**

Available dates:

Week 1: 30th, 31st July, 1st August 2025

Week 2: 5th, 6th, 7th August 2025

Week 3: 12th, 13th, 14th August 2025

Week 4: 19th, 20th, 21st August 2025

Time:  
10am - 2pm

Venue:  
ATFE College,  
Sutton Community Academy,  
Sutton-in-Ashfield  
NG17 1BN

A range of different fun activities will  
take place during these sessions,  
from creative crafts to sports  
activities!

To book, please scan the QR Code to book online via  
Eequ.org. Please note, you will need to book your  
children via this platform as we do not accept walk ins.



# 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**



## Woodland Festival



FREE ENTRY\*

The SHERWOOD FOREST TRUST

WOODLAND FESTIVAL

26th & 27th July 2025  
10am-4pm

Thoresby Park  
NG22 9EP

\*E5 PARKING

The Sherwood Forest Trust

WOODLAND FESTIVAL

The Sherwood Forest Trust Woodland Festival is back at Thoresby Park for 2025!

Join us to celebrate our woodlands and traditional heritage crafts. You can find green woodworkers, have a go at arts and crafts, archery, forest school activities, and listen to the stories of Sherwood Forest.

Our projects range from restoring Sherwood's threatened heathlands, tree-planting and woodland creation to running our community tree nursery, the Sherwood Seedbank.

With thanks to our supporters

Bowring Transport Ltd.

NEWARK & SHERWOOD DISTRICT COUNCIL

Thoresby Park

DONATE

QR code

## Leamington Picnic & Craft



### Leamington Picnic & Craft

Free to those living on Leamington Estate

3 - 5pm

Tuesday 29<sup>th</sup> July

Summer House Family Hub,  
Clare Road (next to school)

Join us for an afternoon of fun  
crafts and picnic snacks.

FREE!

please book to  
secure your place



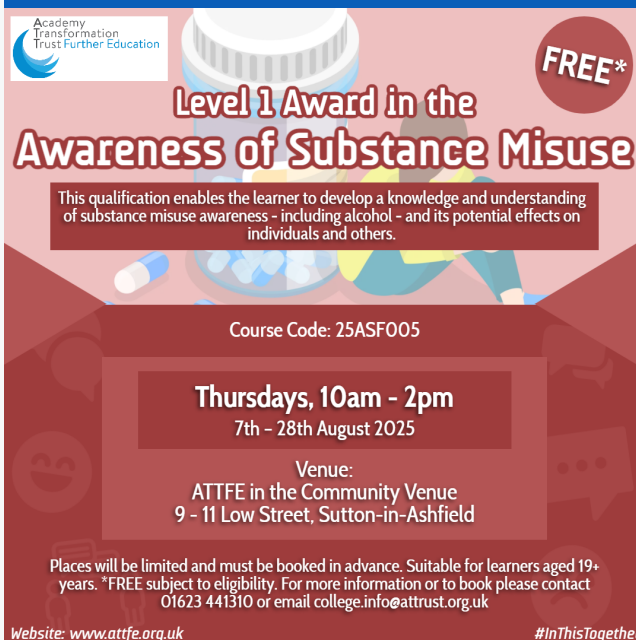
Booking Essential  
For more info and booking  
please visit:  
[www.dragonflycraftsuk.co.uk](http://www.dragonflycraftsuk.co.uk)



# Upcoming Courses

Here are a few of our **upcoming courses**! Please keep an eye on our social media pages for the latest updates and information. Alternatively, you can view all of our upcoming courses on our website:

Courses: August 2025 Onwards



**Level 1 Award in the Awareness of Substance Misuse**

**FREE\***

This qualification enables the learner to develop a knowledge and understanding of substance misuse awareness - including alcohol - and its potential effects on individuals and others.

Course Code: 25ASF005

**Thursdays, 10am - 2pm**  
7th - 28th August 2025

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

Places will be limited and must be booked in advance. Suitable for learners aged 19+ years. \*FREE subject to eligibility. For more information or to book please contact 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk)

Website: [www.attfe.org.uk](http://www.attfe.org.uk) #InThisTogether



**Let's Get Crafty with English**

**FREE\***

This course combines a chance for learners to get creative by completing weekly craft activities whilst upskilling in English skills for everyday life including speaking, listening, reading and writing skills.

Learners will complete a Level 1 Certificate in Essential English Skills for everyday life.

Course Code: 24ASF066

**Tuesdays & Thursdays**  
9am - 3pm  
Starting 2nd September - 9th October 2025

Venue:  
Lifespring Church & Centre  
at Warsop Town Hall  
NG20 0AL

Available for learners aged 19+ years. FREE to attend if you live in Nottinghamshire or Derbyshire\*. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk)

Website: [www.attfe.org.uk](http://www.attfe.org.uk) #InThisTogether



**Employability & Crafts**

**FREE\***

Get work ready whilst engaging in weekly craft activities. Learners attending this course will complete a L1 Certificate in Occupational Studies for the workplace. This course is ideal for individuals looking to build their confidence or those preparing to enter employment.

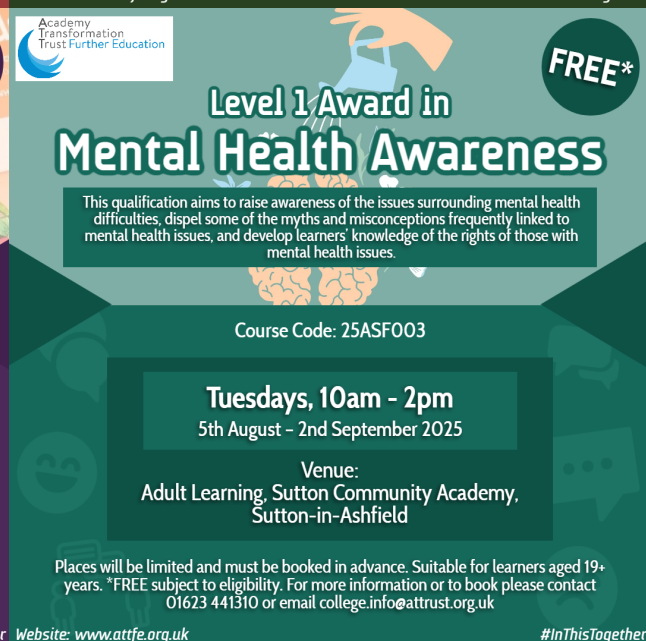
Course Code: 24ASF067

**Tuesdays & Thursdays**  
9am - 3pm  
Starting 14th October - 11th December 2025

Venue:  
Lifespring Church & Centre  
at Warsop Town Hall  
NG20 0AL

Available for learners aged 19+ years. FREE to attend if you live in Nottinghamshire or Derbyshire\*. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk)

Website: [www.attfe.org.uk](http://www.attfe.org.uk) #InThisTogether



**Level 1 Award in Mental Health Awareness**

**FREE\***

This qualification aims to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.

Course Code: 25ASF003

**Tuesdays, 10am - 2pm**  
5th August - 2nd September 2025

Venue:  
Adult Learning, Sutton Community Academy,  
Sutton-in-Ashfield

Places will be limited and must be booked in advance. Suitable for learners aged 19+ years. \*FREE subject to eligibility. For more information or to book please contact 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk)

Website: [www.attfe.org.uk](http://www.attfe.org.uk) #InThisTogether

## Level 1 Award in Stress Awareness

FREE\*

This qualification aims to improve learners' understanding of stress. They will look at the causes of stress and the effects stress can have on health. They will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress. We will explore different ways of coping with stress.

Course Code: 25ASF007

**Wednesdays, 10am - 2pm**  
6th - 27th August 2025

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

Places will be limited and must be booked in advance. Suitable for learners aged 19+ years. \*FREE subject to eligibility. For more information or to book please contact 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk)

Website: [www.attfe.org.uk](http://www.attfe.org.uk)

#InThisTogether

## Functional Skills (Maths and English)

FREE\*

Supporting you to develop your maths and English skills in a friendly environment with our experienced tutors. Learners will be assessed at the beginning of the course to enable us to support you at the appropriate level for your needs.

Course Code: 25ASF041

Available sessions:

**Mondays, 9.15am - 2.45pm**

**Tuesdays, 9.15am - 2.45pm**

Starting w/c 8th September 2025 until  
w/c 15th December 2025 (13 weeks, term-time only)

This is a 1-day a week course. All learners will attend the first session and complete an assessment which will determine which day they will need to attend the course based on the current level of learning.

Venue:  
ATTFE College  
Sutton Community Academy

Available for learners aged 19+ years. FREE to attend if you live in Nottinghamshire or Derbyshire\*. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk)

[www.attfe.org.uk](http://www.attfe.org.uk)

#InThisTogether

We also offer **online courses**, which are a more flexible option. For a complete list of online courses that we have on offer, please click the button below:

Online Courses PDF

For more details or to sign up, please contact **01623 441310** or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk). Please quote course codes when signing up.

## Online Wellbeing Resources



### Let's All Eat Food Pantry

Let's All Eat food pantries are open to everyone—no referrals or eligibility checks needed!

Our weekly food pantries provide low-cost food for families whilst reducing food waste. We currently have three welcoming locations in Sutton-in-Ashfield, Huthwaite, and Ollerton.

All you need is a £1 lifetime membership and £3.50 per visit to receive a food box filled with approximately £12–£15 worth of food. It's a simple, affordable way to reduce food waste and support your household.

#### Huthwaite Methodist Church

- Every Wednesday, 1.30pm - 3pm
- Location: Sherwood Street, Huthwaite, Sutton-in-Ashfield, NG17 2LX
- Contact information: [07867451424](tel:07867451424)

#### St. John's Methodist Church

- Every Monday, 1pm - 2.30pm
- Location: Titchfield Avenue, Sutton-in-Ashfield, NG17 1EU



- Contact information: [07867451424](tel:07867451424)

## Lifespring Centre and Oasis Cafe

- Every Thursday, 1pm – 2.30pm
- Location: Sherwood Drive, New Ollerton, Newark, NG22 9PP
- Contact information: [07867451424](tel:07867451424)

On a Tuesday evening 4-7pm we offer good quality high value food at the Lifespring Church through the 'Stay and Eat Social Hub'

Visit the Let's All Eat Website

**LET'S ALL EAT FOOD PANTRY**  
SUTTON-IN-ASHFIELD

**Let's help reduce food waste!**  
We use surplus food from supermarkets to supporting the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

**Every Monday from 1pm until 2:30pm**  
St John's Methodist Church,  
Titchfield Avenue,  
Sutton-in-Ashfield, NG17 1EU

£1 lifetime membership fee  
£5.50 each week for your food box  
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required as everyone is welcomed! Just come along and access the support you need in a welcoming space.

+44(0) 766 7451 424 [www.letsalleteat.co.uk](http://www.letsalleteat.co.uk)

**LET'S ALL EAT FOOD PANTRY**  
HUTHWAITE

**Let's help reduce food waste!**  
We use surplus food from supermarkets to supporting the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

**Every Wednesday from 1.30pm until 3pm**  
Huthwaite Methodist Church  
Sherwood Street,  
Huthwaite, NG17 2LX

£1 lifetime membership fee  
£5.50 each week for your food box  
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required as everyone is welcomed! Just come along and access the support you need in a welcoming space.

+44(0) 766 7451 424 [www.letsalleteat.co.uk](http://www.letsalleteat.co.uk)

**LET'S ALL EAT FOOD PANTRY**  
OLLERTON

**Let's help reduce food waste!**  
We use surplus food from supermarkets to supporting the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

**Every Thursday from 1pm until 2:30pm**  
Lifespring Centre & Oasis Cafe  
Sherwood Drive  
New Ollerton, NG22 9PP

£1 lifetime membership fee  
£5.50 each week for your food box  
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required as everyone is welcomed! Just come along and access the support you need in a welcoming space.

+44(0) 766 7451 424 [www.letsalleteat.co.uk](http://www.letsalleteat.co.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



## NOTE-TO-SELF:

Trust yourself and do your best! You are strong and capable of anything.

#WellbeingWednesday

#InThisTogether

### **ATTFE College**

#### **Sutton Community Academy**

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

#### **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

01623 441310  
college.info@attrust.org.uk

[Unsubscribe](#)

United Kingdom

