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## ATTFE College - Learner Newsletter

Issue 18: Friday, 18th December 2025

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Liz Barrett OBE DL

**Principal**



As the year comes to a close, the ATTFE College team wants to take a moment to celebrate you — your hard work, resilience, and achievements throughout the term. Whether this has been your first term with us or another step on your journey, you should be proud of how far you've come.

### **Well Done on This Term**

This term has been busy and challenging, and you've shown commitment in your learning, attendance, and personal development. From assessments and deadlines to placements, practical work, and exams — you've made it through a demanding period. Well done!

If no one's told you recently: you're doing better than you think.

### **End-of-Term Highlights**

- ✓ Completion of key assignments and assessments
- ✓ Skills development for work and life
- ✓ Learner voice feedback and enrichment activities
- ✓ Progress towards your qualifications and future goals

Thank you for contributing positively to your classes and learning community.

### **Looking After Yourself Over the Holidays**

The holidays can be a mix of excitement and pressure. Remember:

- 🧠 It's okay to rest and recharge
- 🧠 Try to keep a healthy balance between relaxing and staying organised
- 🧠 Reach out to someone you trust if things feel overwhelming
- 🧠 ATTFE College has a wealth of wellbeing resources made available on our website so please feel free to use them and share them

### **Getting Ready for the New Term**

To start strong in January:

-  Know your start back to College date
-  Check any set work or revision tasks
-  Organise notes, folders, and equipment
-  Set one or two realistic goals for the new term

Small steps make a big difference.

### **A Message from Team ATTFE College**

We are incredibly proud of our learners and grateful to be part of your journey. Thank you for your effort, honesty, and determination this term.

We wish you a safe, restful, and enjoyable festive break, whatever you celebrate.

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**Lisa Chapman**

## **Deputy Designated Safeguarding Lead**

### **Christmas Safeguarding Message**

As we approach the Christmas break, the Safeguarding Team would like to wish all of our learners a very Merry Christmas and a safe, restful holiday.

While this time of year can be enjoyable and full of celebrations, we understand that it can also be challenging for some. If at any point you feel that you need additional support, please remember that help is always available.

### **Need Support?**

- Use the **“I Want to Talk” button** on our website to reach out
- Please also make use of the **useful support numbers** that have already been shared with you

### **Staying Safe Over the Festive Season**

Christmas is a joyful time for many, but it's important to take extra care—especially when attending **parties, nights out, or social events**. Below are some **helpful tips and items** to support your safety.

## Helpful Items to Keep You Safe

- **Water Bottle** – Stay hydrated and pace yourself
- **Fully Charged Phone** – Ensure you can call or get help when needed
- **Portable Charger / Power Bank** – Avoid being caught with a dead phone
- **Personal Safety Alarm** – Extra protection when out and about
- **Drink-Spiking Test Strips / Cup Covers** – Check drinks for tampering
- **Cup Lids or Bottle Toppers** – Useful in busy pubs and clubs
- **Taxi Numbers / Transport Apps** – Plan your journey home in advance
- **Location-Sharing App** – Let someone know where you are (e.g. *Life360*)
- **ID & Emergency Contact Card** – Important if you need assistance
- **Cash or Contactless Payment** – Always have a way to get home safely
- **Warm Clothing** – Cold weather and alcohol don't mix well
- **Snacks or Food** – Helps slow down alcohol absorption
- **Trusted Friends** – Go out together, look after each other, and stay in groups

## Wishing You a Wonderful Break

As we head into the **Christmas break**, we hope you find time to **rest, recharge, and enjoy the festive season**—with good food, lots of laughter, and a bit of well-deserved magic.

**Wishing you a very Merry Christmas and a happy, healthy New Year!** Stay safe, stay warm, and enjoy every mince pie you can get your hands on!

Warm regards,  
Lisa



**Simon Martin MBE**

## Vice Principal & Designated Safeguarding Lead

Hello Everyone

During the Xmas Holiday you will not be seeing us, and vice versa, for 2 weeks. Christmas is a happy time but also a point where

individuals, households and families experience heightened tensions, pressures and problems. Please remember that on our website:

<https://attfe.org.uk/>

we have our I Want to Talk button where you can raise an issue or a concern, whether about yourself or a fellow ATTFE student. This is 24/7 and online so can be used anywhere and at any time. Even if we are not able to immediately get back to you, it will be logged for priority attention, so please use this facility if you feel that you need to.

Wishing you a Happy Festive Break.

## Upcoming January Courses



Academy Transformation Trust Further Education **cpcab** **FREE\***

### Level 2 Counselling Skills

This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.

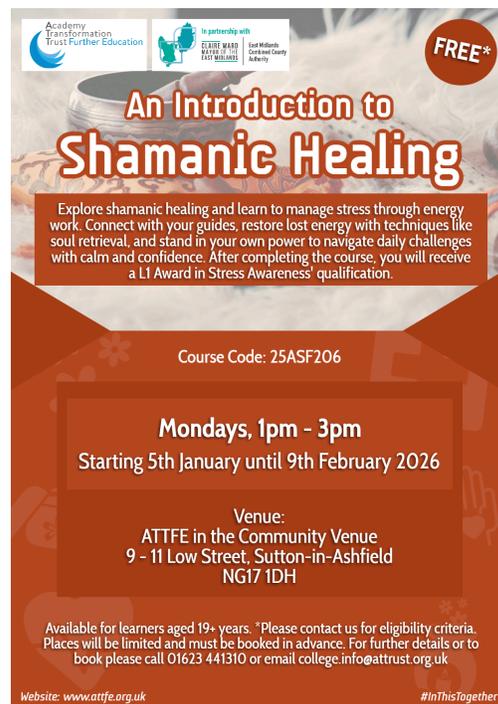
Course Code: 25ASF187

**Wednesdays, 3.30pm - 7.30pm**  
Starting January 7th 2026 - 8th July 2026  
(term-time only)

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

Suitable for learners aged 19+ years. \*FREE depending on eligibility. Places will be limited and must be booked in advance. 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



Academy Transformation Trust Further Education **FREE\***

### An Introduction to Shamanic Healing

Explore shamanic healing and learn to manage stress through energy work. Connect with your guides, restore lost energy with techniques like soul retrieval, and stand in your own power to navigate daily challenges with calm and confidence. After completing the course, you will receive a LI Award in Stress Awareness qualification.

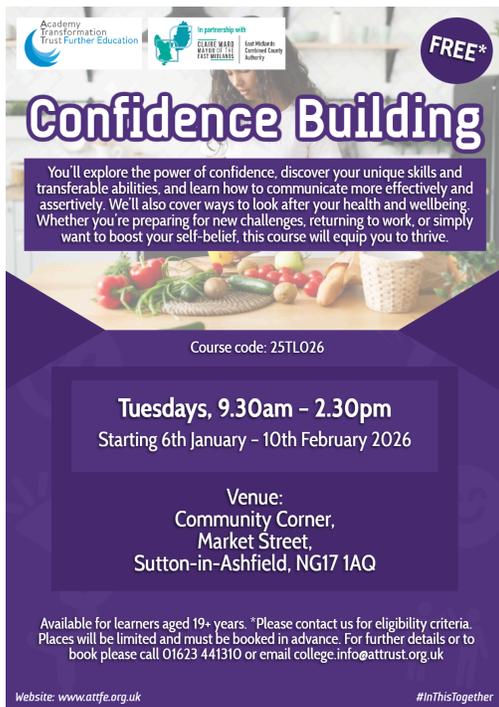
Course Code: 25ASF206

**Mondays, 1pm - 3pm**  
Starting 5th January until 9th February 2026

Venue:  
ATTFE in the Community Venue  
9 - 11 Low Street, Sutton-in-Ashfield  
NG17 1DH

Available for learners aged 19+ years. \*Please contact us for eligibility criteria. 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



Academy Transformation Trust Further Education

In partnership with  
 GREAT WARD VALLEY COLLEGE  
 EAST BRIDGEMAN  
 East Midlands Combined County Authority

**FREE\***

## Confidence Building

You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.

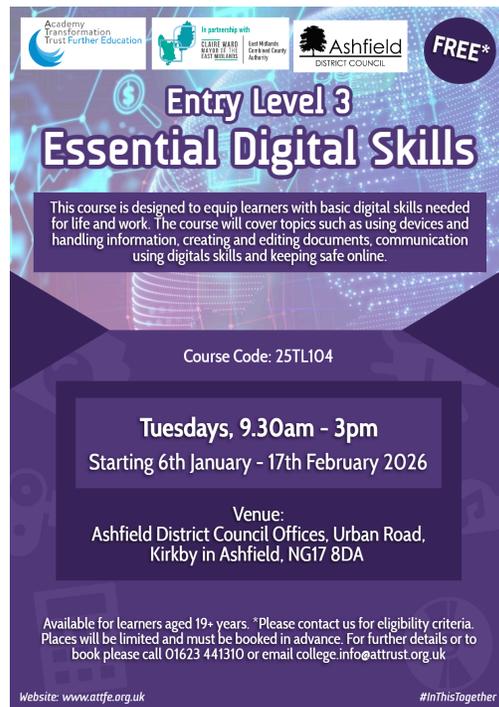
Course code: 25TL026

**Tuesdays, 9.30am – 2.30pm**  
 Starting 6th January – 10th February 2026

Venue:  
 Community Corner,  
 Market Street,  
 Sutton-in-Ashfield, NG17 1AQ

Available for learners aged 19+ years. \*Please contact us for eligibility criteria. 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

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



Academy Transformation Trust Further Education

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 GREAT WARD VALLEY COLLEGE  
 EAST BRIDGEMAN  
 East Midlands Combined County Authority

Ashfield DISTRICT COUNCIL

**FREE\***

## Entry Level 3 Essential Digital Skills

This course is designed to equip learners with basic digital skills needed for life and work. The course will cover topics such as using devices and handling information, creating and editing documents, communication using digital skills and keeping safe online.

Course Code: 25TL104

**Tuesdays, 9.30am – 3pm**  
 Starting 6th January – 17th February 2026

Venue:  
 Ashfield District Council Offices, Urban Road,  
 Kirkby in Ashfield, NG17 8DA

Available for learners aged 19+ years. \*Please contact us for eligibility criteria. 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

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

**please see more in newsletter resources.**

## Butterfly Bakery

We have launched a new Facebook page dedicated to Butterfly Bakery! Check out the phenomenal cakes our learners and volunteers made throughout their time with us. If you want to order some cakes for your loved ones, feel free to enquire with them through the page or just drop a follow which would greatly be appreciated.



**Butterfly  
Bakery**

0 likes • 1 follower

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## #WellbeingWednesday

### Resources on our Website

We compiled a bunch of wellbeing resources on our ATTFE College website. From exercise videos, wellbeing materials, and information regarding our Mental Health First Aiders, you can find them there!

To go to our Wellbeing Page you can click, here: [Wellbeing - ATTFE College Webpage](#)

### Resources on our YouTube Channel

On our YouTube channel, we host multiple wellbeing resources such as Tai Chi, beginners exercise, yoga videos and many more!

You can go to our YouTube channel, here: [ATTFE College - YouTube Channel](#)

Make sure to subscribe so you don't miss anything, and feel free to share with your friends and family!



#wellbeingwednesday

#InThisTogether

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**ATTFE College**

Sutton-In-Ashfield, Nottingham  
United Kingdom NG17 1EE

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