

Keeping in touch

CAREERS SUPPORT

C&K Careers have now launched Chat – a new service from C&K Careers for 13 – 24 year olds and their parents. We understand that these times are unsettling, so we're here to support you to figure out your next steps and if we can't advise ourselves, we'll find someone who can. Whatever is on your mind, get information, support and guidance on the phone, by email or Facebook.



BUDGET BUSTING RECIPES

In the last issue, Harriet, our Progress Coach in Engineering shared a delicious recipe for Banana Flapjacks. Are you a master chef in the making?



If we feature your culinary creation, you will receive a £10 voucher to spend on groceries.

Send your recipe with a picture if possible to support@kirkleescollege.ac.uk

NEWS AND SUPPORT DURING COLLEGE CLOSURE:

HELP WITH COUNCIL TAX

Kirklees Council will now be offering Council Tax reductions up to 100 percent to low income households that do not usually qualify for a discount on their Council Tax. Residents need to [apply online](#) to find out if they are eligible for a discount. Each application will be means tested and based on household income.

Read more [here](#)



We would love to see how you are learning remotely and using your skills whilst at home. Our aim is to promote lots of positivity and examples of online teaching and learning. Send us a picture of yourself

demonstrating learning at home and you will be entered into a prize draw to win a tablet. Email images from your college email account to communications@kirkleescollege.ac.uk by 1 May, with your name and student number.

COUNSELLING SERVICE

We are still running our service via telephone call or through video call.

We are still accepting referrals.
Mon-Thurs 9am-4pm (flexibility is available) email: counsellingservice@kirkleescollege.ac.uk

WEEKLY STUDENT ENGAGEMENT TOP TIPS ON ROUTINE AND WELLBEING



**KEEP YOUR
BRAIN ACTIVE**

ARTS AND CRAFTS

Research suggests that getting creative may promote positive mental health and wellbeing. Trying out a new craft can help us to focus and expressing yourself. So, whether you are a budding poet, enjoy singing, love to paint or want to learn how to knit or sew, there is an outlet for you! Ideas for staying creative at home include:

- **Join the Cloud 9 online choir:** <https://en-gb.facebook.com/pg/Cloud9Choir/posts/>
- **Connect and create with 64 Million Artists:** <https://64millionartists.com/?fbclid=IwAR36OPVdDCfgoztUVjuAA4Hllb8G5burwWpC-QqAVeQcMc2tcUnLSPxxGo08>
- **Follow a Amigurumi tutorial and learn the Japanese art of knitting and crocheting:** <https://www.youtube.com/watch?v=p65Q6eFpNZE>
- **Craft something new from old:** use items from around the house and garden to create a recycled masterpiece

For those with learning difficulties, CoActive Arts provides a safe and creative space and are offering a weekly live online session, currently Drama Story Creation. For those without internet access they are also creating and delivering a weekly magazine type programme on DVD. For more information about how to get involved with CoActive Arts, please visit <https://www.coactive.org.uk/>

Share your crafts on our socials or send a picture to support@kirkleescollege.ac.uk

Maintain a Growth Mindset during lockdown

Having a growth mindset helps us to deal with challenges and builds our resilience and confidence. It is a great skill to take with you into higher education and employment, but it does take practice. Try out the below phrases every time you feel you are struggling with the situation.

FIXED MINDSET	GROWTH MINDSET
"I'm STUCK at home"	"I'm SAFE at home."
"Everything is closed, what will I do?"	"I can still get all the things I NEED like food and medicines."
"College is closed, what about my course?"	"The college buildings are closed but my learning is continuing at a distance. My tutors are there to help."
"What if I get ill?"	I can't control everything, but I can do things to keep me healthy." I can: <ul style="list-style-type: none"> - Wash my hands regularly - Eat well - Stay in a routine - Exercise - Follow the guidelines on social distancing
"I've heard on Facebook that..."	"I've heard on Facebook that..." "I will get my news from a reliable source. I don't need to know everyone's opinion." Limit your news intake to once a day. This could be in the morning or during the Government's daily briefing.
"I can't see anyone"	"I can't meet up with anyone right now, but I can call, text or Facetime them." See below for other ways to talk to someone.
"This is going on forever"	"This is temporary and even though I miss my normal life, this difficult time will pass."

YOU CAN STILL TAKE PART!

TOTUM is the student discount card and app that gives you access to exclusive student deals on food and fashion, tech and travel and everything in between. Plus, buy a two-year membership and you'll receive an extra year for free!

Leaving college this summer? Buy your card before you leave and continue enjoying the benefits until your card expires.

There are several TOTUM memberships available. So find your perfect TOTUM membership by visiting www.totum.com



STAY CONNECTED



www.kirkleescollege.ac.uk