

# Keeping in touch

## SHOW US YOUR RAINBOWS!




People all over the UK have been displaying rainbows to show their support and gratitude for NHS staff and keyworkers.



From a picture in a bedroom window, to a mural on the side of the house, this craze is really brightening up everyone's daily exercise.

If you are feeling creative, why not create your own rainbow and share a picture with us? Please get the homeowners permission before you display!

Share with us on:

-  Facebook: **Kirklees College**
-  Instagram: **@kirkleescollege**
-  Twitter: **@KirkleesCollege**

## 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](mailto:counsellingservice@kirkleescollege.ac.uk)

## STAY AT HOME

Now that the Easter break has started, it may be tempting to go out and enjoy the sunshine, but it's important to stay home and stay safe this Easter and play your part to help save lives.

**STAY AT  
HOME** 

**PROTECT  
THE NHS**

 **save  
lives**

## NEWS AND SUPPORT DURING COLLEGE CLOSURE:

### SUPPORT WITH INTERNET BILLS DURING COVID 19 OUTBREAK

The Government has announced that the UK's major internet service and mobile providers have all committed to supporting vulnerable people with their bills during this time.

These measures are effective immediately and include:

- All providers will remove all data allowance caps on all current fixed broadband services.
- All providers will ensure that vulnerable customers or those self-isolating receive alternative methods of communication wherever possible if priority repairs to fixed broadband and landlines cannot be carried out.

Oliver Dowden, Digital Secretary, said: "It is essential that people stay at home to protect the NHS and save lives. This package helps people to stay connected whilst they stay home."

For more information, please visit: <https://www.gov.uk/government/news/government-agrees-measures-with-telecoms-companies-to-support-vulnerable-consumers-through-covid-19>

## WEEKLY STUDENT ENGAGEMENT TOP TIPS ON ROUTINE AND WELLBEING - BRAIN DUMPING

Computers work best when there aren't too many applications running in the background. The same is true of our brains; an overload of thoughts will clog them up and slow them down.

Clearing out our brains is known as a 'brain dump' and it's easy to do. Take five minutes to write down everything that is on your mind, from concerns about the Coronavirus or college assignments, to what you are going to eat for your tea.

Once all those thoughts are down on paper, rather than in your head, your brain

will have space to do what it does best – work stuff out! Once you can see all your thoughts, you can start to sort it and make them manageable.

Ask yourself 'what do I want to achieve today?'

Write the answer down on a piece of paper and make this your focus for the day. Stick it somewhere you will be certain to see it, such as your laptop or fridge door and if you sense your attention wandering, bring your mind back to your goal.

Kirklees College  
Student Engagement  
Team



### Don't forget...

the Student Engagement Mentor team are still here to support you with managing your emotions, motivation and staying calm..

#### Adele Goodall

Available: Mon-Fri 8:30am-2pm

T: 07811 805994 E: [agoodall@kirkleescollege.ac.uk](mailto:agoodall@kirkleescollege.ac.uk)

#### Mohammed Mamaniat

Available: Mon-Fri 8:30am-4:30pm

T: 07817 612050 E: [mmamaniat@kirkleescollege.ac.uk](mailto:mmamaniat@kirkleescollege.ac.uk)

#### Nathan Long

Available: Mon-Fri 8:30am-4:30pm

Tel: 07790 959685 E: [nlong@kirkleescollege.ac.uk](mailto:nlong@kirkleescollege.ac.uk)

## KEEP YOUR BRAIN ACTIVE

### BAKING RECIPES

Baking has helped to promote positive mental health during this uncertainty. When you might feel the need for a mental health boost, try some of these baking ideas. Baking or cooking offers a way to relieve stress and you'll be able to share the happiness by sharing your baked goods with whoever you're currently living with. Alternatively, take a picture and show them off online!

Try your hand at this recipe at home using store cupboard ingredients:

### BANANA FLAPJACKS

Baking Banana bread is the latest trend on Instagram, but these offer an alternative and will keep longer when stored in an airtight container.

Ingredients:

- 40g butter
- 60g brown sugar (can swap for other sugars e.g. caster sugar)
- 1 tsp golden syrup
- 225g porridge oats
- 50g raisins
- 2 bananas (ripe)



Method:

1. In a pan or in a bowl in the microwave, melt butter, add sugar and golden syrup and stir well
2. Mash bananas and mix into butter mix
3. Add raisins and oats and spread into a greased baking tray
4. Flatten with the back of a spoon, bake at 200°C/Gas mark 6 for 15-20 minutes until slightly brown
5. Cut into fingers and leave to cool.

## YOU CAN STILL TAKE PART!



### Are you continuing your studies at Kirklees College in the Autumn?

Get involved by becoming a member of the KC Students' Union Executive Team.

There are lots of exciting opportunities on the KCSU Executive Team to help you to develop your

skills and talents, whilst supporting your fellow students and influencing positive change within the college.

SU officer roles include: Student Activities Officer, Communications Officer and Inclusion and Welfare Officer. You will find more information on the college VLE by going to

Student Union/ KCSU Documents/ KCSU Executive Team Roles.

Register your interest over the Easter break by emailing [studentsunion@kirkleescollege.ac.uk](mailto:studentsunion@kirkleescollege.ac.uk).

Remember you don't have to be a student rep to put yourself forward to be an SU Officer.

STAY CONNECTED



[www.kirkleescollege.ac.uk](http://www.kirkleescollege.ac.uk)