

CORONAVIRUS UPDATE

We are asking our students to 'Stay Alert to Stay Safe' to reduce the spread of the virus.

We encourage everyone to continue to follow the rules on social distancing, handwashing and isolating.

This is the best way to keep yourself, your family and your community safe.

UK Government

NHS

CORONAVIRUS
STAY ALERT
TO STAY SAFE

Go to gov.uk/coronavirus

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

COUNSELLING SERVICE

Our Counselling Service is taking a break for the Summer, but you can still access support for your mental health at [Big White Wall](#), an anonymous 24/7 service with professional advice and self-guided courses to give you tools to help you and your peers.

All members of Kirklees College have free access, you just need to register with your college email address.

You can find alternative support services at [NHS Every Mind Matters](#).



STAYING WELL OVER SUMMER

How are you? Things have been different for quite some time now and we are all starting to adapt to a 'new normal'.

For a lot of us, this means not going out as much and taking part in the same activities we used to. Just like with your learning, you can find new ways to keep yourself entertained, socialise and stay well, including:

- **Youth Central** – Kirklees College has partnered with Youth Central. This virtual youth centre provides young people with access to free youth work sessions, workshops, training, advice and services. With an advice hub to look after your mind and body, as well as links to Kirklees Youth Services and the wider community, there is something for everyone to get involved in.
- **Join the Movement with Sport England** – here you will find advice on staying active at home and outdoors. Whether you already enjoy fitness, need to get back into a routine or are a complete beginner, there are tips on everything from making small changes for a big difference to ways to set yourself goals.
- **Arts and Crafts** – Being creative can have a positive effect on mental wellbeing, as you can train your brain to stay focused on projects, which will be important when you return to studying. Find some inspiration [here](#).

WE NEED YOU!

From September, KC Connect will continue to be issued every two weeks but to make sure it has the content you want to see, it will be written by you!

This project will be led by our Students' Union Officer for Communications, but will need students to create interesting content, whether its writing articles, taking photos or interviewing people.

If you want to take part, please email: csmith07@kirkleescollege.ac.uk.

Take care and stay alert to stay safe over Summer!

