

STUDENT SUPPORT BULLETIN

Welcome

Welcome to Issue 2 of the Carshalton and Merton Student Support Bulletin. Each week, we will be e-mailing out this bulletin which will include key information which you may find useful, as well as some fun activity ideas and any events we may have on.

Black History Month

October is Black History Month.

We have put a whole range of resources, videos and links on the Inspiring Futures Moodle Page which you can find [HERE](#).

The information has been split in to 3 different areas; Past, Present and Future. This is so we can look back, reflect and look towards a more positive future.



Fitness As You Go

Pulse Gym at Carshalton will be reopening to students after the half term break. Fitness As You Go is FREE and open to full-time Merton and Carshalton Students, who will be able to use the facilities at Pulse Gym during term-time, Monday-Friday 10am-4pm.

To sign up go to the Student Support Centre on your campus and pick up a form.



Caterlink Canteen App

Who doesn't love a good meal deal!

If you download the Caterlink App, you will find lots of deals and money off offers which you can use in the College canteen. These change regularly so there's something to suit all tastes.

The app is completely free to download and will save you money in the long run.



Educational Wellbeing Practitioners

Need extra support for your wellbeing?

As a student of South Thames Colleges Group, you have access to the NHS Education Wellbeing Service for young people (16-18 years old).

The Education Wellbeing Practitioners (EWP) work with you to support your emotional wellbeing and are based at your college for 2 days per week. You'll learn new skills and strategies to make positive changes to your wellbeing, which includes up to eight weekly 1-2-1 guided self-help sessions to support you with:

- Anxiety
- Low mood
- Sleep Difficulties
- Low Motivation
- Overthinking

Interested? Log into the Wellbeing hub on Moodle and complete the [Wellbeing Referral Form](#), or drop in and talk to an Advisor at Student Support Services.

**ALWAYS TRAIN HARD, WORK HARDER, NEVER GIVE UP,
NEVER GIVE IN AND BELIEVE IN YOU**

Marcus Rashford

