



# STUDENT SUPPORT BULLETIN

ISSUE 6 - FRIDAY 19TH NOVEMBER 2021  
ACADEMIC YEAR 2021-2022

## Welcome

Welcome to Issue 6 of the Carshalton and Merton College Student Support Bulletin.

We hope that you find the below information useful. Remember, the Student Support Bulletin is for you, so if there is anything you would like more information on or have any questions, feel free to e-mail the Student Support team at [ccstudent.support@stcg.ac.uk](mailto:ccstudent.support@stcg.ac.uk)

## Fitness As You Go

We're sure a lot of you will be happy to hear that the forms to apply for the Fitness As You Go programme, are ready to Collect from the Student Support Centre. For those of you who haven't heard of this before, the Fitness As You Go programme is where students who are on full time courses, can access Pulse Gym (on the Carshalton College campus) Monday-Friday during the term time between the hours of 10am-4pm, completely free.



**pulse**

## If you don't know, don't go

We're coming towards party season now, and you may be heading out to celebrations, often in the homes of friends' or acquaintances. Although many of these parties will end with nothing worse than a sore head, other events may lead to greater problems, including sexual exploitation, drug use or other risky behaviours.

Click [HERE](#) to find information about the potential dangers of house parties, and how to keep yourselves safer.

**I'M ALWAYS LOOKING FORWARD AND TRYING TO  
IMPROVE**

*Dave*

