

WEEKLY NEWS BITES

Helping You to Prepare for Your Future

Our Careers service is here to help you to prepare for your future. Currently our Careers service has some fantastic opportunities to support and inspire you. Pop along to make an appointment, and find out about options such as a Degree Level Apprenticeship with Unilever and a talk from Barrister Andrew McNamara on 29th March. There are many events, the screens around College share further information.

Look out for further information coming soon about our Get Ready Conference. Our annual progression conference will help you to plan your future.

Raise the Rate
Please help to improve funding for all Colleges by signing the national petition. Click here: <https://petition.parliament.uk/petitions/230140>

Staying Safe at HNC

Safeguarding is about making sure all students are safe, healthy and protected from harm. The posters around College show who our Safeguarding Officers are, you can see any of these individuals if you have concerns about yourself or someone else. Office doors displaying this symbol mean that trained members of staff are based there and you can call in at any time.



 @huddnewcoll

Time to Revise: Meditation

Meditation is a great way to relax and develop strategies for coping with and managing stress during the busy exam period.

Don't forget that you can access free yoga and meditation sessions every Wednesday 12.20pm - 12.50pm in the Boiler House as part of our Time to Revise support programme. Meditation is an ancient practice and has proven benefits including enhanced concentration and decreased stress levels.

Headspace (www.headspace.com) also offers some useful advice, resources and apps. Although some of it is a paid for service, you can sign up for a free trial. Many of our recent students have told us they found it useful, so we would encourage you to take a look!

