



## FRANKLIN STUDENT WELLBEING NEWSLETTER

### Wellbeing January 2023

January 2023 saw the launch of Wellbeing January where there was a wellbeing theme running through ASPIRE and College for the month. This included the very popular **Brew Monday** where free tea and biscuits were available for students with a view to banish the winter blues on what is deemed to be the most depressive day of the year. The Franklin **Thrive Award** was also launched through ASPIRE promoting the importance of self-care to support positive wellbeing. We also advertised for **Student Peer Wellbeing Champions** to support the wellbeing team to provide low level support and friendly chats to students and those students that applied will shortly be undertaking their training for this role in conjunction with Compass Go. The Community Safety Partnership team also came in to deliver all ASPIRE sessions with Year 1 and Year 5 students on **Bystander Intervention**, teaching students about the different ways in which they could support somebody that was being harassed or bullied.

### Financial Support <https://www.franklin.ac.uk/student-life/financial-support/>

You can apply for financial support at any point throughout the year as we appreciate that family situations can easily change. Having some support towards meals, transport costs or resources for courses can help alleviate some financial worries you may be feeling. Please see the link above and talk with parents/carers to check on eligibility criteria as to whether you are entitled to apply. As a general guide we can support households with a combined household income of £28,000 or below in some way.

### Exam Anxiety Support Sessions

Some students will have mock exams in March. Remember exam anxiety is a normal feeling and shows that you care. Anxiety only becomes a problem if it is overwhelming and gets in the way of you being able to focus. We have been running support sessions to help students to deal with overwhelming feelings of anxiety, teaching them about strategies they can use; what to expect in exams; the do's and don'ts; and desensitisation to the exam hall. There are still some sessions left so please feel free to attend if you feel these would be useful.



## **Exam Anxiety Sessions**

- **22<sup>nd</sup> February**
- **1<sup>st</sup> March**
- **8<sup>th</sup> March**
- **15<sup>th</sup> March**



### **March Wellbeing Events**

#### **Brew Monday – Monday 13<sup>th</sup> March**

Brew Monday is back by popular demand and is something we are going to do on a half termly basis to support positive student wellbeing. Our next Brew Monday is on Monday 13<sup>th</sup> March 11am – 1pm outside Pete's office. Free tea and biscuits and a chance to chat with others!

#### **CEASE – w/c 13<sup>th</sup> March**

**CEASE** ● are coming in to deliver all Year 2 and Year 5 ASPIRE sessions the week commencing 13<sup>th</sup> March and will be educating about healthy relationships and also looking at domestic abuse.

#### **Young Carer's Week – w/c 13<sup>th</sup> March**

A young carer or a young adult carer is someone who helps look after someone in their family who is ill, disabled, has a mental health condition or misuses drugs or alcohol. Being a young carer can be hard work, stressful and might limit how much time they can spend doing things they enjoy or socialising with their friends. We will be raising awareness of young carers and providing them with targeted support and advice throughout the week of 13<sup>th</sup> March and will be running an art based enrichment session for them on Wednesday 15<sup>th</sup> March led by Jess Keightley from the Art department who was a young carer herself and still has caring responsibilities. She will be sharing her story whilst delivering an art enrichment activity. Young carers will be contacted directly with more information.

### **Period Equality Supporting Sustainability and the Environment – Friday 17<sup>th</sup> March**

The sustainability group and the Thrift pop up shop are running a sustainability themed event in room 50 on Friday 17<sup>th</sup> March. Here free period equality products will also be available supporting this theme. We will have mooncups; reusable pads; and also new to our sustainable provision – period pants. Please come to room 50 to collect your free period products which are not only supporting the environment but are also saving you lots of money financially. It's a win win situation!

### **Easter Egg Donations w/c 13<sup>th</sup> March**

One of our students- James Maxwell Perrin – is fasting for the whole of the college day Monday 13<sup>th</sup> – Friday 17<sup>th</sup> March. In return he is asking students and staff to donate Easter Eggs and Easter Sweets which will then be distributed to the Children's wards at the hospital and the local foodbank. More information about where to drop donations off to follow.

### **Franklin Website for Wellbeing Information**

For more information about the wellbeing support we offer internally as well as lots of links to external agencies that can support wellbeing and mental health follow this link to the Thrive site on our college website.

<https://www.franklin.ac.uk/student-life/thrive-wellbeing-support/>

### **March External Wellbeing Course**



This online course is available for anyone aged 13-24 years old and is free. Just email [ceasehumberside@remediuk.org](mailto:ceasehumberside@remediuk.org) to register your place.

### Andys Man Club



Andys Mans Club meets every Monday evening (except bank holidays) at Grimsby Institute and, as of the 13<sup>th</sup> March, at The Canopy, Grant Thorald Park at 7pm. This is a group for any males aged 18 and above to meet and listen, find out what the group is about and talk if you want to. No booking, no commitment, no pressure.

