

We are living in unprecedented times, so it is more important than ever that we look after our wellbeing. The 'Wellbeing Wednesday' Newsletter gives you tips and advice on how to do exactly that!

FEATURE - MAKING THE MOST OF ONLINE LEARNING

Studying Remotely

- Make a schedule for yourself, as if you were going into college for timetabled classes. Wake up at a suitable time. Substitute your commute for exercise or listening to music.
- Make sure to attend your lessons on time and have breaks where possible in-between.
- Ensure your breaks are away from the screen to rest your eyes - stretch, go for a brief walk etc.
- Ensure you are working in a comfortable but productive environment. Sit at a desk or table if possible. Avoid studying in bed!
- Eliminate and reduce distractions. Turn off your phone when in an online lesson or when studying.
- Be as organized as you can. It can be hard when your teachers aren't there in person to remind you of important information and deadlines. Check your college email for updates from your teachers and other staff. Keep track of deadlines, perhaps on a wall calendar.
- Take things one day at a time. Support is still only an email or Zoom call away.



Vitamin D, Its Importance and Getting Enough During Lockdown

- The body creates vitamin D when our skin is exposed to direct sunlight.
- Vitamin D helps to regulate calcium and phosphate in the body, for healthy bones, teeth and muscles.
- Winter sunlight alone isn't enough to make sufficient vitamin D and lockdown has meant we are spending more time indoors.
- Instead, we can get some vitamin D from oily fish, eggs, red meat and cereal.



The Benefits of Reading for Pleasure

- Reading for pleasure can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life (The Reading Agency).
- Reading allows for escapism - the opportunity to step away temporarily from your emotions and life pressures, absorb yourself in a good story and come back with a fresh mind.
- Reading helps you sleep. Small movements of your eyes as you read exercises eye muscles, which makes you drowsy. Reading before bed is a great way to ensure you have good quality sleep.

EVENTS AND OPPORTUNITIES

3.



WOULD YOU CONSIDER VOLUNTEERING?

Serving the community can be a very rewarding way of giving. It is also a great way to make use of your skills, knowledge and experience.

Croydon BME Forum is looking for Community Champion volunteers to help spread key health and wellbeing information and support amongst the BME (black and minority ethnic) communities in Croydon.

If you are a person with great influence in the Croydon community or you would like to use your communication skills to empower others to live healthier lives apply with your CV to tracy@bmeforum.org



For further information
call 020 8684 3719
or email tracy@bmeforum.org
@cbmeforum
CroydonBMEForum
croydonbmeforum



Terrence Higgins Trust

The Terrence Higgins Trust works to destigmatize HIV and promote sexual wellbeing. Find out more about sexual health, the Terrence Higgins Trust and the benefit of volunteering, in these Positive Voices talk sessions on Zoom. These will be led by an experienced Positive Voices speaker.

Wednesday 27th January 2021, 13:30-14:30

Meeting ID: 962 6036 9628
Passcode: 017787



Thursday 28th January 2021, 13:30-14:30

Meeting ID: 935 1831 7335
Passcode: 118038



Black and minority ethnic young people with chronic asthma research project



Do you suffer from asthma? Then let's talk!

We are a national charity working to help the NHS improve the management of chronic asthma in young people.

What is chronic asthma?

Chronic asthma means that you need to use your preventer inhaler (normally purple, brown or orange) every day and that over the last year you have had sometimes when you needed to use your reliever inhaler (normally blue or white) or go to the doctor to control your breathing / asthma.



What do we want to know?

We want young people from African, Caribbean, Asian, Chinese, and other minority ethnic backgrounds to join us for an informal conversation to talk about their experiences. We want to know how you think asthma care can be better managed for young people in the future.

More information about the project is available [here](#)



If you would like to find out more, please contact Tracey Bignall, via email tracey@racefound.org.uk or mobile 07793 239567

www.raceequalityfoundation.org.uk



CROYDON YOUTH THEATRE ORGANISATION

ONLINE DRAMA WORKSHOPS

Aged 16-18?
Stuck at home and missing fun?

**Join our weekly online
Drama Improv Workshops!**

**This is a safe space to meet people,
make friends, relax and play, get on
your feet and get energised!**

**Every Friday on Zoom
6:20-7:40pm**

£5 per workshop / £40 per term

**Vist website or contact 020 8655 1098
www.cyto.org.uk | admin@cyto.org.uk**

**The Shoestring Theatre
Oakley Road SE25 4XG**

The Student Life Page on Moodle

The Student Life Page, in the 'My Courses' section on Moodle, has a growing body of wellbeing resources, tips and opportunities, as well as information on other enrichment. Check it out!

Online Games to Play with Friends and Family During Lockdown

- Jackbox.TV - A wide selections of party games that might ask you to draw weird doodles, write the best inside joke, or answer hilarious trivia questions. Available as individual games or bigger packs on [Steam](https://www.jackbox.tv/). One one player needs to own the pack; others can connect using a code via [Jackbox.TV](https://www.jackbox.tv/).
- Psych! - Available on the [App Store](https://www.apple.com/uk/app-store) and [Google Play](https://www.google.com/play). The objective of Psych! is to fabricate fake answers to real trivia questions and trick other players into choosing them.
- Kahoot! - [Kahoot!](https://www.kahoot.it/) is ideal if you want to host your own trivia night and want to create your own quizzes with multiple choice questions. Players can join using a phone or laptop, and the website can also integrate with a Zoom call on PC.



Kahoot!



Information

What is 'wellbeing'?

Resources

Tools and tips for maintaining positive wellbeing.

Opportunities

Community Champion

Interested in health, social action, events and community engagement? Volunteer as a Community Champion with Croydon BME Forum! Read the role description below and if interested email Tracy Jenkins at tjenkins@croydonbme.org

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If you are a person with great influence in the Croydon community or you would like to use your communication skills to empower others in the healthier lives, apply with your CV to tjenkins@croydonbme.org

For further information call us 0204 5102 or email tjenkins@croydonbme.org

[CroydonBMEForum](https://www.croydonbme.org)
[croydonbme.org](https://www.croydonbme.org)

Community Champion Role Description

Health Champion

Do you have connections within the Croydon South Asian and BME communities, and want to make a difference to the wellbeing and lives of others? Become a Health Champion with Asian Resource Centre of Croydon! Read the role description below and if interested, email Lizzie Hewitt at lizzie.hewitt@arcroftd.com

Health Champion Role Description

EPP Volunteer

Do you have a long term health condition and want to use your insight to help others? Train to become an Expert Patient Programme Course Tutor. This would be great experience for anyone pursuing careers in health care. Must be 18 or over to apply. Complete both the application form and registration document to send to Lizzie Hewitt at lizzie.hewitt@arcroftd.com

EPP Volunteer Description

EPP Volunteer Application Form

Fill in credentials at the bottom of the document.

EPP Volunteer Registration Form

Chronic Asthma Research Project - Click to Find Out More

January 2021

Virtual Enrichment Programme

DO MORE.
BE MORE!

Croydon College

COULSDON
SIXTH FORM COLLEGE

Croydon University Centre

Various members of staff have dedicated their time and talent to provide a wide range of virtual activities, taking place on Zoom. These range from drawing, drama and indoor exercise, to songwriting, mindfulness and quizzes, and everything in-between! **The full brochure is available on the front page of Moodle and is updated weekly.**

Email studentunion@croydon.ac.uk if you need help accessing these sessions, or have any ideas for future activities.