WELLBEING WEDNESDAY - ISSUE 2

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.

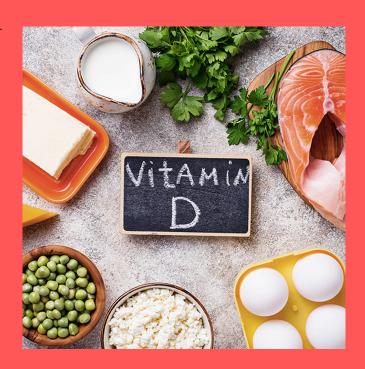
- Be as organized as you can. It can be hard when your teachers aren't there in person to remind you of important information and deadlines. Check your college email for updates from your teachers and other staff. Keep track of deadlines, perhaps on a wall calendar.
- Take things one day at a time.
 Support is still only an email or Zoom call away.

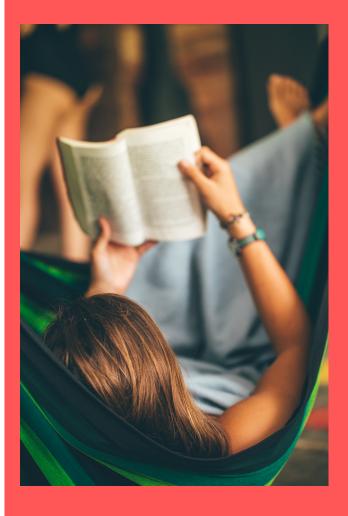




Vitamin D, Its Importance and Getting Enough During Lockdown

- 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.

Equality

EVENTS AND OPPORTUNITIES



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



CROYDON BME FORUM

For further information call 020 8684 3719

- or email tracy@bmeforum.org
- o croydonbmeforum

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

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







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





RESOURCES

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. One one player needs to own the pack; others can connect using a code via Jackbox.TV.
- Psych! Available on the App Store and Google Play. The objective of Psych! is to fabricate fake answers to real trivia questions and trick other players into choosing them.
- Kahoot! Kahoot! is ideal if you want to host your own trivia night and want to create your own guizzes with multiple choice guestions. Players can join using a phone or laptop, and the website can also integrate with a Zoom call on PC Kahoot



onic Asthma Research Project - Click to Find Out More





Virtual Enrichment Programme Launches for Croydon and Coulsdon College Students



We are proud to announce the recent launch of the Do More, Be More Virtual Enrichment Programme, open to all Croydon and Coulsdon College students!

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 inbetween! The full brochure is available on the front page of Moodle and is updated weekly.

You can take part as many activities as you like. All activities are accessible within the brochure via Zoom links and passcode.

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