



TRConnect

The Health & Wellbeing team

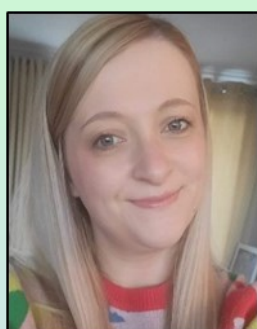
Sending a huge welcome to all of the new students starting at TRC and a welcome back to all of our returning students. This is the first issue of six that we will be sending out to all students, staff and parents/carers throughout the academic year. Within this first issue, we outline who the **TRConnect** team are and how you can get in touch for further support. Future newsletters will be themed around different areas of wellbeing and offer helpful strategies, links and articles.

We understand that looking after your physical health and wellbeing is vital to achieving academic success. This is where the **TRConnect** team can provide assistance when you need it the most. There are many factors that can affect wellbeing and the team will work in collaboration with teachers, professional support staff, and where appropriate, external agencies, so that we can offer you personalised and appropriate guidance.

We recognise that it's hard to focus on your time at college and enjoy being a student when you are faced with difficult situations – personal and emotional difficulties, family issues, financial concerns etc. We are happy to be there to help and support you to make a positive move in the right direction.

Take a look in more detail at the [TRConnect Vision and CORE values](#)

Meet the team



**Charlotte
McGowan**

Mental Health
Support Team
Co-ordinator &
HLTA

W101 / W208



**Michelle
Rowbotham**

Health &
Wellbeing
Coach

W101 / W207



**Gemma
Bridgstock**

College
Counsellor

M102C



**Jess
Inglis**

College
Counsellor

M102E

When should I seek help?

IT'S OKAY TO ASK FOR HELP



Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. It's common to feel unsure, and to wonder whether you should try to handle things on your own. But **it's always ok to ask for help.**

Are you experiencing any of the below?

- Low motivation
- Low self-esteem
- Exam stress
- Anxiety
- Family issues
- Feeling overwhelmed
- Stressing over the future
- Relationship concerns
- Low mood
- Making time for self-care
- Poor sleeping patterns
- Panic attacks

Support available to in college

1. Drop in service

Every morning between 8am and 9am in our wellbeing room (M102F). We are hoping to add an additional time within the college day so look out for further information via email regarding this. The drop in is for students wanting to speak to a member of staff about how they are feeling and access information and signposting to best support them.

2. Self Help

Access a range of self help resources by visiting our wellbeing room in M102F or scanning the self care QR code below. We are working to create a full library of videos, podcasts, worksheets, resources and strategies that you can access to support your wellbeing. The resource library will be continually updated. If you have anything that has worked well for you, please reach out and let us know so we can include that for others to use too.



3. Self referral to TRConnect email

If you have accessed **Step 1** and **Step 2** and feel you need further support and guidance, you can self refer to **trconnectreferral@trc.ac.uk**. You can send a short email (for example "I would like to self refer") and you will automatically receive a response with further information and a link to a form to complete. The form helps us to be able to assess and offer you the most appropriate support.

Upcoming workshops this half term

	Workshop information	Date and time
With Me in Mind Anxiety & Worry	Offering students a toolkit of strategies to support anxiety and worry. Run by the With me in Mind Educational Mental Health Practitioners Mariam & Martin.	2nd of October 11:30-12:30
With Me in Mind Exam stress	To support students who are affected by exam stress and anxiety. This is open to all TRC students but aimed at students who are completing GCSE resits in November and BTEC exams between November and January. Run by the With me in Mind Educational Mental Health Practitioners Mariam & Martin.	23rd of October 11:30-12:30

If you would like to access either of the above workshops please get in touch with **Charlotte McGowan** from the TRConnect team (c.mcgowan@trc.ac.uk) or speak with your Teacher or Tutor.

Spaces are limited so please do get in touch as soon as possible to confirm your place. Room details will be sent out to students who have signed up closer to the workshop date.

Other workshops available throughout the year

- | | |
|----------------------------------|-------------------------|
| • Exam Stress | • Revision |
| • Anxiety & worry | • Healthy Routines |
| • Time Management & organisation | • Escape the TRAP |
| • Wellbeing & self-care | (Healthy relationships) |
| • Resilience & motivation | |

All workshop opportunities will be promoted within the TRConnect newsletters and via email. Please monitor your emails so you don't miss out!

World Mental health Day

We are celebrating World Mental Health Day in college on the **9th of October**



YOUNG MINDS MENTAL HEALTH RESOURCES

You will see the TRConnect team around college promoting the #HelloYellow campaign on the day but also

Local external agencies have been invited in to college to speak to students over lunch in the Courtyard.

With Me in Mind
Kooth
MIND
ROADS
MESMAC
The Rainbow Project
Talking Therapies
Hopian

#HelloYellow

Wear It Yellow

Students and staff are invited to take part and wear yellow on World Mental Health Day as part of YoungMinds' #HelloYellow campaign which asks people to stand together in support of young people struggling with their mental health, to show they matter and deserve the help they need, when they need it, no matter what.



5 Ways to Wellbeing

Wellbeing doesn't have a set meaning; we use it to talk about how we feel, how we are coping with everyday life and what we feel is achievable. Good wellbeing doesn't mean that you're always happy, or that you are unaffected by your life experiences. Take a look at the video links below that explore mental health and wellbeing.

[We all have Mental Health](#)

[5 Ways to Wellbeing](#)

[What do we know about Mental Health?](#)



1. CONNECT

Connect with the people around you, whether this is friends, family, or going out and meeting new people. This makes you feel close to others and valued for who you are. You can connect with people in many ways – in a one-to-one setting, with a large group of friends, online, via a phone call/FaceTime, or even (the long-lost art of) sending a letter.

You could:

- Take time to ask how someone else is doing, and really listen to how they are feeling.
- Make plans to meet up with friends/family at the weekend or after college.
- Join a club/team – take a look at our lunch club/activities/enrichment that are available in college. There are so many ways you could connect with friends and/or meet new people. Take a look at what's on offer : [Activities](#)
- Discover a new hobby – try out something new, it could be something just for you, or a hobby you can share with friends or family.

2. BE ACTIVE

There are many things that you can do to remain active – it doesn't necessarily mean you have to run a marathon, or go to the gym every day. Studies have shown that if you exercise regularly, it can improve sleep, create happier moods, and reduce the feeling of anxiety or worrying thoughts.

Ideas for being active:

- Go for a walk – take the dog to the park or ask a friend to go with you for a walk and talk.
- Have a kick about in your local park – invite family and friends.
- Take a look at what [Inspire Sports](#) has to offer – it's £20 a year for term time access for students!! Head over to the Gym Reception to discuss membership with the Inspire Sports team.

3. TAKE NOTICE

It's important to regularly take a step back and notice how you're feeling. It can help you to really understand what your triggers may be. It also helps by giving you the opportunity to 'savour the moment' which can make us feel more positive.

Try to:

- Clear the clutter – tidy your room, have a calm and inviting space for you to be able to relax in.
- Instead of looking down at your phone and scrolling through social media on your way to college – look at the houses, the street signs, the people, wildlife, and the scenery around you on the way. Are there things that you've never noticed before?
- Try something new for lunch, don't get stuck in the same routine – there are so many options for lunch in the courtyard, mix it up a little! [Courtyard Menu](#)
- Buy a plant— look at how regularly you would need to look after it, watch it grow!

4. KEEP LEARNING

We are learning new things all the time – often without realising it. Doing this can help you feel more positive and boost your self-esteem. Setting small, achievable goals can also make you feel more productive, giving you a sense of achievement.

You could

- Ask your friend to tell you something about them that you might not know. Can they juggle? Are they a fabulous chef, or have a great talent you might not have expected?
- Read a new book – this could be a factual book about a moment in time you find intriguing, it could be a fictional crime thriller that you really get into, or a rom-com that might make you cry.
- Do a puzzle – a crossword or a [Sudoku](#), maybe even a word search or [Wordle](#).
- Keep in touch with what is happening around the world. Look on [BBC news](#), or [Daily Mail](#) website.
- Go to the LRC – find a book to read in your spare time or look for books that links to the subjects you are studying – could they help you to support your knowledge?
- Feel like you may be struggling with some of the key study skills within your subject? Speak to your subject teacher and they can discuss the support that college can offer.

5. GIVE

Helping and supporting, giving your time and attention to others can really make you feel happy. Is there anything that you could do today that is kind or helpful to someone?

You could

- Make a cup of tea/coffee for someone.
- Leave a friend, family member, member of staff at college, a note to say, "Thank you", a quote, a doodle, or just sending them a text or email to check in.
- Hold the door open for someone.
- Take the time to listen to a friend/family member who is struggling.

Be part of the TRC Club & Society Community

Joining a club is a brilliant way of meeting new people, and can really help with your wellbeing, making you feel even more of a part of the TRC community. Here are some quotes from our students...

"I enjoy going to **BSL club** as it has many benefits outside of college like opening up career prospects and being helpful in communication with those who are deaf or hard of hearing. It promotes deaf awareness while being useful in the event of someone needing help. In the club everyone shows a great interest in BSL especially Teresa (the teacher) who is always patient and respectful, making each lesson engaging and fun. Overall, I like BSL club as it is very welcoming of all students who join in all different stages of learning BSL and promotes long lasting relationships between the members".

"I love learning about new languages and different cultures so **Foreign Languages and Culture club** is always a wonderful experience!".



"It's really nice to be part of the **MVD club** and to talk to people with similar goals to you, there is so much knowledge to gain. We cover a wide range of topics such as ethics, the NHS, University tips and so much more. I would encourage anyone who is interested in Medicine, Veterinary, or Dentistry to sign up!"

"I think the **college production** is really cool, it gives you a chance to meet new people whilst allowing you to step out of your comfort zone a bit".



There are lots of ways that you can get more involved in life at TRC. One of the best ways is by joining some of our extra-curricular clubs and societies. There is a wide variety of clubs that you can join: as well as a range of sporting activities (including football, rugby, netball and basketball), we offer Chess club, Debating Society, Mindfulness & meditation, Pride (LGBT+) Club, and the chance to be part of the college production (amongst many many more). We also encourage students to set up their own clubs so please do get in touch if you have any ideas.

All students are very welcome at our extra-curricular activities: click on the link for the full programme: [Activities](#)

If you have any questions, either about joining a club or about setting one up, please contact Tom Dixon at t.dixon@trc.ac.uk. We always love to hear students' views about what we offer, as well as their ideas for new societies!

Useful Apps

Mental Health



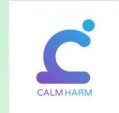
Together All



Sleep Station



DistrACT



Calm Harm



Catch It



My Possible Self



Stay Alive

General Health



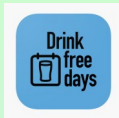
Health Unlocked



NHS Health



Drink Less

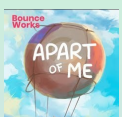


Drink Free Days

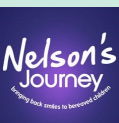


Drink Aware

Bereavement



Apart Of Me



Smiles & Tears

Domestic Abuse



Bright Sky

Awareness Days

<u>World Suicide Prevention Day</u>	10th of September
<u>National Fitness Day</u>	24th of September
<u>International Doodle Day</u>	26th of September
<u>International Talk Like a Pirate Day</u>	19th of September
<u>Black History Month</u>	October
<u>National Poetry Day</u>	2nd of October
<u>World Mental Health Day</u>	10th of October (9th in college)
<u>Dyspraxia Awareness Week</u>	6th–12th of October
<u>Braille Awareness Week</u>	6th–12th of October
<u>International pro-nouns day</u>	15th of October
<u>Stress Awareness Day</u>	5th of November

Take a look at what's coming up in our future TRConnect newsletters

Newsletter issue	Topic	Date
Issue 1	Welcome to Wellbeing	11.09.25
Issue 2	Anxiety	06.11.25
Issue 3	Sleep	08.01.26
Issue 4	Low mood	26.02.26
Issue 5	Exam Stress	16.04.26
Issue 6	Mindfulness / Grounding	04.06.26
Issue 7	Wellbeing over summer	06.07.26

TRConnect

If you feel that you could benefit from accessing support from our **TRConnect** team please access the Drop in Sessions that are accessible daily or contact the team by emailing trconnectreferral@trc.ac.uk

Please take a look at [A-Z of local Support Services](#) for additional links to services in our area.

The Learning Support team (Thrive)

You may feel that you require some additional support on key study skills to help you within your chosen subjects, for example, extended writing skills, understanding your assignments and essay questions, understanding and using subject terminology and managing your workload. Please discuss the variety of support options available in college by contacting your Progress Tutor or pop over to speak to someone in the CLASS department (Woodhurst Building, 1st Floor in W101).

Careers & Work Placement Team

The Careers and Work Placement Team are fully qualified and offer expert informed careers education, impartial advice, and guidance to all students. The team can help you with your current skills and support you to develop new ones, tailored to your future career options. If you have any questions/queries regarding your future career options and work placement opportunities, don't hesitate to get in touch with the team on careers@trc.ac.uk.

Please click [here](#) to see an image which shows how mapping out your thoughts and ideas on your future goals and career can help with your wellbeing.

Safeguarding

The college safeguarding team cover multiple issues to ensure all students are kept safe and free from harm. Understandably, we cannot be with our students full time, so we hope to empower them with knowledge and information to build resilience, as well as opening doors to access services outside of college to prepare them for independence. For further information regarding our safeguarding team, [click here](#).

If there is something urgent and you feel there is an immediate risk / danger to you or someone you know contact the police on 999.

If you are under 18 you can contact **Rotherham** MASH (Multi-Agency Safeguarding Hub) on 01709 336080.

If you would like to report a concern about a child or young person via Rotherham Metropolitan Borough Council, click [here](#).

Safeguarding numbers for the surrounding areas:

Sheffield – 01142 734855

Barnsley – 01226 772423 Out of hours – 01226 78778

Doncaster – 01302 737777 Out of hours – 01302 796000



TRC
THOMAS ROTHERHAM COLLEGE

