

CWA Focus

White Ribbon Day – 25th November

CWA participated in this important day that raises awareness of Violence Against Women. White Ribbon Day takes place on 25th November every year, in line with the UN Day for the Elimination of Violence Against Women. The campaign works to engage men in the fight to end male violence against women.



This year, the day coincided with the start of the men's football World Cup and we had great support from Sean McQuaid and CWA's football team. Student Ambassadors contributed by



making white ribbons that were sold along with Pandora Project ribbons cross college, raising over £50 toward good causes. The social media campaign was a great success, with the local organisations including Soroptimist

International club (part of a global organisation that works to improve the lives of women and girls) supporting our commitment to end violence against women.

Thank you to everyone who helped arrange this event and support this cause, the work will continue as CWA is applying to become an accredited organisation with the White Ribbon charity. If anyone would like to volunteer to be a white ribbon Ambassador or Champion please email studentvoice@cwa.ac.uk for more info!



Upcoming Events:

January:

- Get organised month
- 23rd - Driver awareness day
- 23-27th - Mindfulness week
- 27th – International Holocaust Memorial day

February:

- LGBTQ+ awareness month
- 2nd - Time to talk
- 6-10th - Safer internet week
- 6-10th Student Council meetings
- 13-17th Half term

March:

7/8/9th Mock Exams (English & maths)

- Tuesday 7th March – Cambridge
- Wednesday 8th March – Wisbech
- Thursday 9th March – King's Lynn

For all dates, English is in the morning (9.30 start) and Maths in the afternoon (13.30 start).

Get involved!

If you would be interested in supporting any of these events or have any ideas of other events, please email studentvoice@cwa.ac.uk

Student Voice!

Meet your Student Ambassadors

Thanks to all our student ambassadors for stepping up, getting involved and helping to make CWA even more awesome! Already they have started to implement some great ideas to build our college community.

Mateusz Smialek - Skills Ambassador

Tia Wrycraft – Wellbeing Ambassador

Meg Dorman – Wellbeing Ambassador

Lucy Hunt – Environment Ambassador

Jordan Jack Green Moore – EDI Ambassador

Daisy Lister – Wellbeing Ambassador

Lucas Moore – Wellbeing Ambassador

Will McEvansoneya – Digital Ambassador

Sky Dalby - EDI Ambassador

There are lots of opportunities to get involved in college life, just email studentvoice@cwa.ac.uk to sign up! 😊

Student Council meetings December 2022

Summary of key points from December student council meetings cross college. If you have an issue you feel should be raised, please talk to your student representative.

- **Vaping** – Students raised concerns around people vaping in places they shouldn't e.g. indoors or by animal areas at Wisbech/Cambridge campuses. Suggested information should go out to highlight where students can and can't vape. Also suggested vaping shelters are too small. Suggestion was also to have a campaign in the shelters to help students who wish to give up smoking/vaping.
- **Tutorial** – Some at the meetings felt that tutorials are not a good use of time, most of the time students are directed to get on with any outstanding course work or to go through LEAP. Others were more positive, they like the sessions where they get to have a debate. They like the skills that they are learning as well as the topics covered.
- **Careers support** – Majority of students have had a careers meeting. Students expressed an interest in more visits from employers on a variety of days / dates as some can't make it in on a Monday, for example. Resources on LEARN can be helpful as can the option to book in for a careers session. Careers fairs have been good, would like more!
- **Food** – More vegetarian options including hot options, generally more variety for vegetarians and vegan options. Food is too expensive for students with money struggles at the moment.

Full minutes are available from the student voice section on LEARN!

Meet Will McEvansoneya, your new Student Governor



"Student voice is how we inspire change. I feel it's better said as 'the student's voice'.

As a Christian, I often stress, the church is the people not the building. Here I say the college is the students not the facility.

It's you who inspires change. I want you to know you have a voice. I don't want to be known as " the student governor" but "the students' governor".

I applied for student governor realising if it's going to be no one else why can't it be me.

So why can't you be the person who inspires change".

Will McEvansoneya

Faith Week

Faith Week took place 12th to 16th December. The Equality, Diversity and Inclusion Committee wanted to highlight the range of religions that co-exist within the college. As well as online resources developed by your Student Ambassadors, Jon Price, the College Chaplain, attended the college to support this event and two display stands featuring information about the main faiths were placed in the LRC and Hub to explore your views on faith. This was an interesting exercise, with a range of anonymous comments provided. We received a lot of comments regarding the fact that students do not have a faith/belief. This reflects our society today. However, everyone was consistently respectful of other people's belief. Those that stood out include:

- "I'm a non-binary Christian. God made me this way. I don't know why, but I accept he has a plan for me. It's perfectly fine to be religious and LGBTQ+!"
- "I just read the bible on my visit to the library and it really opened my eyes to why my family got me christened. I'm going to respect and value God more now. I will definitely start going to church and showing my respect to God."
- "O Allah! I seek refuge in you from the withholding of your favour, the decline of the good health you have given, the suddenness of your vengeance and from all forms of your wrath."
- "I personally do not [believe] in a higher being or follow a religion but I can appreciate someone using their belief to relieve stress and to help them get out of a negative point in their life."
- "Understand there is more than one belief."



A few students have also asked through the survey about access to prayer rooms – Facilities are available, talk to Julie Robinson in student welfare for more information. Further information about faith week and full results from the survey are also available on the newsfeed on LEARN!

Kim Bramham

Meet Jon Price your College Chaplain

Hi, my name is Jon Price, I'm the chaplain to the College and a local priest that lives and works in North Lynn and St Johns (the church in the walks). Before becoming a priest in the Church of England I studied philosophy and used to work in homelessness for a few charities – because of this I love chatting to people about whatever their thoughts on pretty much anything. I do have particularly strong opinions on music and books though, I'm also always looking for new recommendations of either, so if you do see me please do let me know any you might have!

Chaplains are there to work with people that work outside of their usual church settings in whatever way they are needed to help. I'm really happy to meet with anyone – of any faith or none, to talk about whatever is going on in your lives. It might be you're working through some pretty tough things and want to speak to someone about it – in which case I am available to chat. There is a fantastic welfare team at the college, but some might find it helpful to know that I'm not employed by the college, so there is a sense of separation from your place of study or to speak to an inclusively minded priest for whatever reason. You can talk to the LRC team or email me at jonathanmprice@protonmail.com if you want to get in touch.

Jon Price

New year, New experiences!

There are lots of clubs running across each campus and opportunities to get involved!

The photo opposite shows some fantastic Christmas trees that the Wisbech mindfulness group made last term out of damaged books, and due to popular demand Wisbech is about to start art/drawing club!

Details of all the clubs that are running are available on LEARN in the student voice area. Have a look and find a new challenge for 2023! 😊



January is 'Get Organised' month!

As part of Get Organised month we wanted to highlight the support available in the LRC's cross college to help you to manage your time and improve your academic and digital skills. Just talk to any member of the LRC team or email lrc@cwa.ac.uk to ask for support or more info!



If you are wanting to prepare for your future, the careers team are on hand to help guide you to prepare for that job interview, explore career options or think about your next steps in education and training. Email them at careerteam@cwa.ac.uk to find out more or book in for a session!

English Anthology books now available in all LRCs



Due to requests, we have now got titles available at all college LRCs for the English anthology resources.

If you need any of these resources pop into your nearest LRC!

You asked... we delivered...

Following student feedback, we now have available a wider selection of general interest magazines and journals, alongside the academic resources available in the LRCs across all campuses. Below shows just a small selection of what is available.

Is there a magazine that you would like to be available in the LRC at your campus? Then why not speak to the LRC team, or email us: lrc@cwa.ac.uk

Helen Holmes

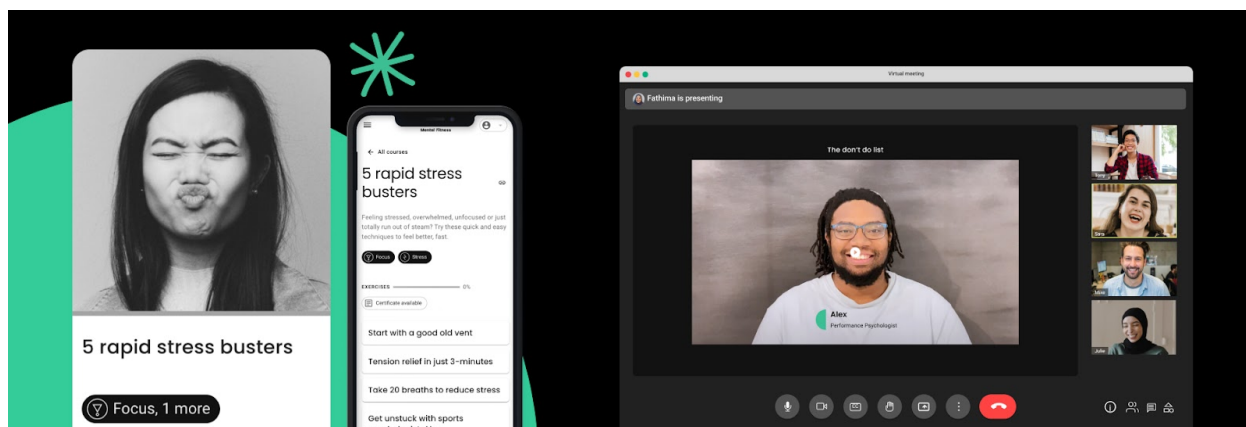


Focus on: Fika! - Mindfulness week 23-27th January

Prior to mindfulness week we just wanted to remind you that as a CWA student you get free access to Fika, an app to help promote mental fitness, and remind you all how to access it!

The app offers useful tips and tricks to help you manage stress, increase your focus and become more positive!

Register now with your CWA email address at <https://app.fika.community/welcome>



Student Welfare team updates

Free period products

At CWA we believe that having periods should not be a barrier to learning and that period products should be available to all students who need them, when they are needed. Free period products are available to all FE students under the DFE Period Product Scheme. We have a selection of products available, including tampons, towels, mooncups and period pants. Period collection points are available across all campuses at reception, the LRC or the welfare office. If you need period products please pop to one of the collection points or email welfare@cwa.ac.uk to arrange collection.

Food bank vouchers and financial support for students

Many students and their families have been impacted by the cost of living crisis and we are seeing an increase in those needing emergency support for food. The student welfare team are able to issue food bank vouchers for emergencies, emergency food parcels and offer advice about other financial support available for you and your family if you are struggling. Please contact us at welfare@cwa.ac.uk for support.

How are you?

If you are struggling to cope, feeling overwhelmed or are worried about yourself or a friend we are here to help you. **It's OK to ask for help.** The student welfare team provide a confidential service that can offer advice and support with any worries or concerns that you have. For more information about support available visit the [student welfare hub](#) on LEARN or email welfare@cwa.ac.uk

International Lego day

Lego day falls in the middle of our mindfulness week so as part of our mindfulness activities we will be running Lego sessions in the LRC during the week of the 27th Jan.

Come along at lunch time and have a go at building the most innovative Lego model – prize for the best entry! 😊

Exam Stress

As mock exams and deadlines approach being mindful of your own stress levels becomes all the more important.

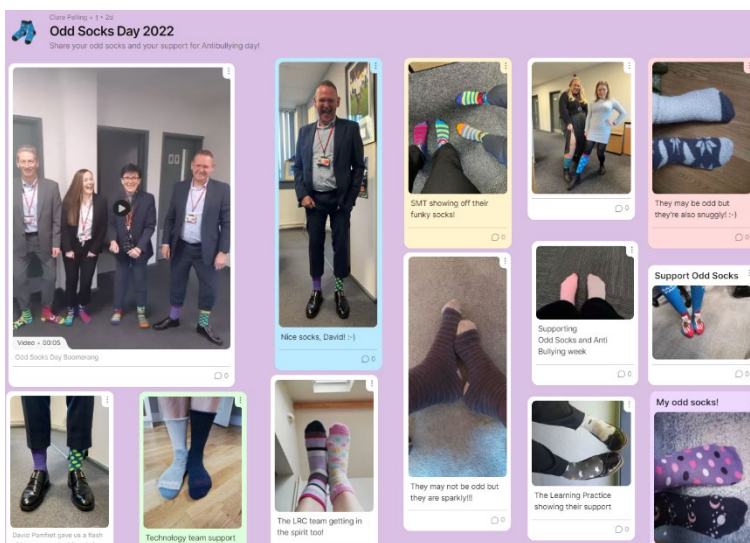
During mindfulness week we will be sharing useful tips that other students have shared and will be sharing them on LEARN during the week.

The LRC team can also help support you if you are struggling and want to talk to someone about preparing for exams.

Student Wellbeing Ambassadors

Antibullying Week

The week of 14th-18th November was Antibullying week. Students and staff took part in activities to raise awareness of the issue of bullying, students created a paper chain recording their experiences of bullying, and what they would do to address bullying. The paperchain is proudly displayed in the LRC in King's Lynn. The week also coincided with Odd Socks Day so staff and students had fun showing and sharing their odd socks to show their solidarity.



We also held a discussion with nearly 100 students taking part in the lecture theatre at King's Lynn campus to talk about their previous experiences of bullying and ways we can all come together to prevent it in the future.

It was really great to see how everyone supported this important message, thanks to all for contributing.

Thinking about Green Careers

Green Careers Week 7-11th November was marked in the college with a display of information and resources promoting the range of career opportunities that help to protect and restore the planet.

Green Careers Week raises awareness of green careers in every industry. If you want to explore any careers including green options please contact the career team by emailing careerteam@cwa.ac.uk


Ann Compton

Food bank collection

Thank you to everyone who donated so generously before the Christmas break! We were able to take 6 boxes of food donations to food banks in King's Lynn and Cambridgeshire. Unfortunately post-Christmas donations to the food bank are running low so it would be great if we can continue to support by donating at your nearest LRC.



If you are struggling with the cost of living at the moment, talk to the student welfare team who will be able to support you.



College of West Anglia

DANCE SOCIETY

CWA STUDENTS & STAFF WELCOME
BOOKING IS ESSENTIAL TO SECURE YOUR SPACE

- LEARN FROM INDUSTRY PROFESSIONALS
- EXTRA TRAINING OUTSIDE LESSON
- OPPORTUNITY TO COMPETE WITH COLLEGIATE DANCE TEAM
- LEARN NEW STYLES AND HAVE FUN!
- IMPROVE FITNESS, STAMINA AND FLEXIBILITY

WHERE:
KING'S LYNN CAMPUS
CREATIVE STUDIOS

WHEN:
WEDNESDAY EVENINGS
4:45PM TO 6PM

TO BOOK, PLEASE EMAIL:
CWADANCESOCIETY@CWA.AC.UK

CLASSES EVERY WEDNESDAY

Safer Internet Day

On the 7th February the UK will mark Safer Internet day where we can all learn more about the safe, responsible and positive use of digital technology! From cyberbullying, gaming, social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns.



This is your opportunity to not only discuss and learn more about how to you can use the internet safely but also shape the online safety support that you receive. Some of the important questions that you can help answer are:

- What issues really matter to you?
- What changes do you want to see?
- How can we all work together to make this happen going forward?

If you are interested to learn more about what safer internet day is all about or want to look at some official guides, resources and support then visit <https://saferinternet.org.uk/>.

We are looking into getting guest speakers in so if you have any topics you would be interested in learning more let us know via the studentvoice@cwa.ac.uk email.

We also have our own courses here that you can do at the college covering: Online Safety, Digital Skills and Your Digital Reputation. You can find these all under the LEaP section on LEARN and you can even earn badges to add to your own virtual backpack!

Dan Garnham

Supporting young people with disabilities to access play equipment

Campaign by Youth Advisory Board

The West Norfolk Youth Advisory Board have been campaigning tirelessly to have all-inclusive play park equipment installed into The Walks in King's Lynn so that children with a



range of disabilities can access and enjoy the park like everyone else. We are at the stage where we are canvassing local opinion to see how people feel about this project and how it can provide a positive impact on the King's Lynn community. At the end of January 2023, the West Norfolk YAB will attend a *King's Lynn Area Consultive Committee* meeting to deliver a presentation to solidify the campaign and secure the funding for this project.

To help us reach this goal, we kindly request your help by completing this survey: <https://tinyurl.com/2s4kzsb9>. The results will be used by the Young Commissioners as evidence for the need to invest in all-inclusive play park equipment.



The YAB are visiting King's Lynn Campus and will be in The Hub/LRC on Wednesdays this term to talk about our campaign and other activities you can get involved in!

Noel Anthony, Youth Worker

Help for Hedgehogs!

CWA Cambridge students and staff participated in 'The Big-Hog Litter Pick Challenge'.

A national campaign organised by the 'Hedgehog Friendly Campus'.

The students carried out litter picking over



a week and collected over 15 bags around Milton. They found some peculiar items along the way, including a window, mug, mat and broken spade. Litter causes multiple wildlife casualties and fatalities each year. The efforts of the students and staff at Cambridge will help keep local wildlife safe.



Cambridge campus staff have now completed the 10 actions required to achieve the bronze award for the 'Hedgehog Friendly Campus'. The Cambridge Hedgehog committee are now planning the silver actions for work to commence in the new year!!! 🐿️

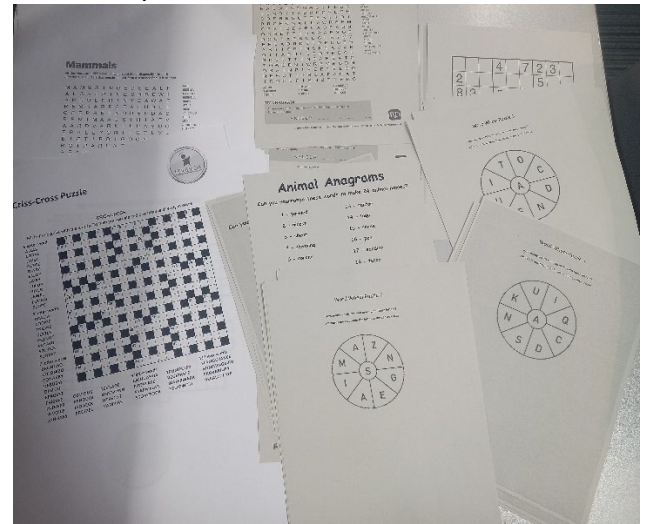
Reading Challenge winners

Congratulations to Rebecca Browne and Noah Maguire who have won last term's reading challenge draw and both get a £10 Amazon voucher!

Want to take part? All you have to do is read a book and complete a short review and you could be in with a chance of winning a £10 voucher. Just pop in to your nearest LRC to take part!

LRC Puzzle Challenge

Students have been loving the puzzles in the LRC over Christmas, so we have decided to make it a permanent feature!



There are range of puzzles and logic challenges for you to complete in the LRC, if you hand in your successfully completed ones (and your name and student number!), we will enter you into a draw each half term.

One lucky puzzler will win an Amazon voucher! You can take part at any LRC cross college!

Happy Puzzling! 😊

Improving the College Environment

Lucy Hunt, our College Environment Ambassador, has been working with the College's Environment Officer to come up with ways we can all make a difference.

We are going to hold a week long event in April to coincide with Earth Day to promote awareness of how we can all help to reduce our impact on the environment and make things a bit better at college by recycling more or reducing energy use. If any students would like to get involved, please contact

studentvoice@cwa.ac.uk