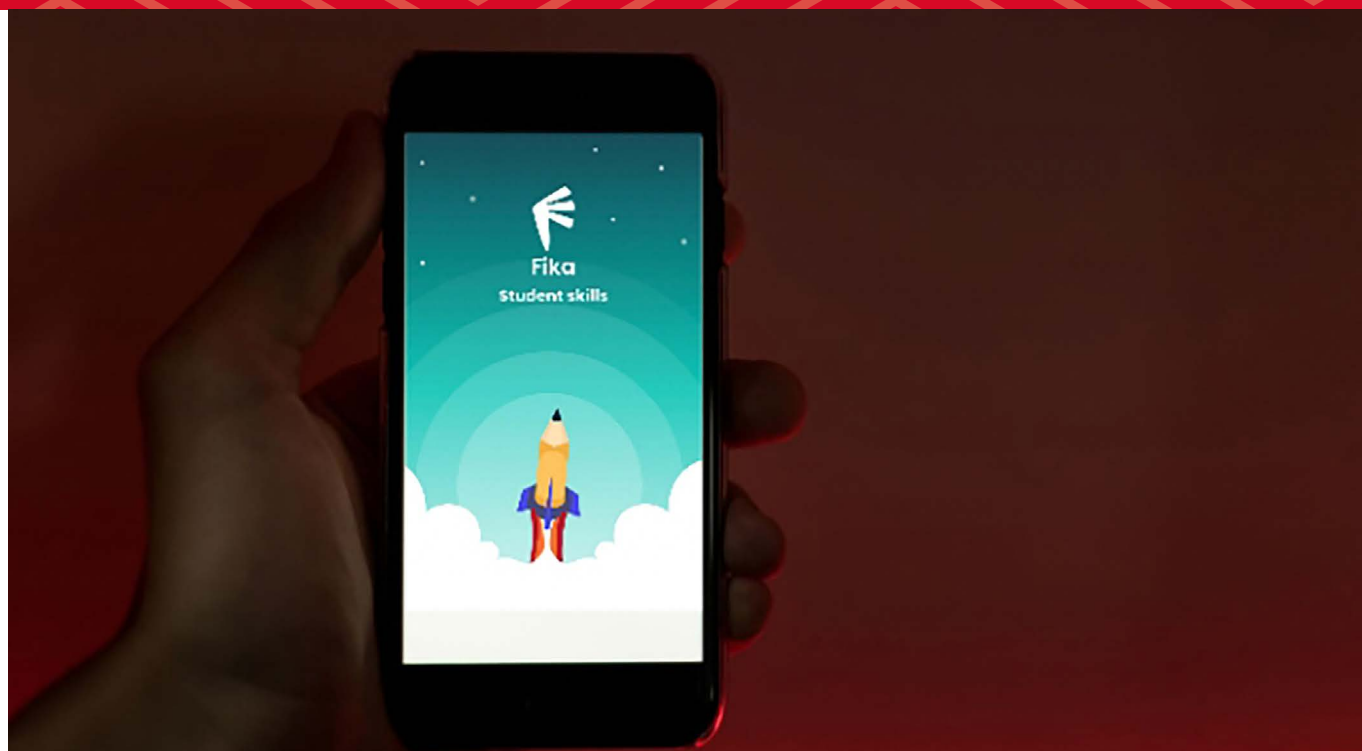




Lewisham College News

Welcome to this term's issue of Lewisham College News! This newsletter provides news and information, as well as highlighting upcoming events for your diary.

Don't forget to visit the College website and social media pages at **lewisham.ac.uk** for the latest College news.



Mental fitness app for students

Lewisham College partnered with Fika mental fitness to bring its students a tool to help them stay motivated, productive, focused and connected during this unusual time.

The Fika: Student Skills app introduced to the college's community during Mental Health Awareness Week is specifically designed to help combat the challenges of remote study and the mental health impact of the Covid-19 pandemic. The app offers a dedicated series of programmes created to help students learn from expert psychologists, other students, academic and professional athletes. Students can use the app to access five-minute video, audio and text programmes covering many topics, including managing distractions and uncertainty, maintaining motivation and positivity, staying connected, self-care and healthy habits. As well as gaining invaluable

insights into the science behind our mental health and develop the seven skills of Mental Fitness: focus, confidence, motivation, connection, positivity, meaning and managing stress.

Students can also take part in Fika's daily community mental fitness workout, share experiences, learn from other members of the community and cheer each other on.

Asfa Sohail, Principal at Lewisham College said: "The wellbeing and safety of our students and staff will always come first, I'm delighted to be able to bring the Fika app to our college community and I encourage everyone to start using the app to stay mentally fit, connected, motivated and focused during COVID-19."

Access to Fika's COVID-19 package is free for all Lewisham College students and staff. For more information on learner support visit [lewisham.ac.uk/learner-support/your-wellbeing](https://www.lewisham.ac.uk/learner-support/your-wellbeing)

Lewisham College joins Covid-19 fight with goggles donation

Supporting the vital work of frontline NHS staff in their fight against Covid-19, Lewisham College has stepped in to donate goggles from its science department to Lewisham Hospital.

Asfa Sohail, Principal at Lewisham College, said: "We are pleased to play this small part in supporting healthcare workers to do their job safely, they are the backbone of our community and we want to help them in any way we can."

The donation is just one way that the College is supporting the local community during the virus outbreak. Health and social care students are also contributing by calling vulnerable adults for a daily chat and helping with food shopping and delivery while observing social distancing.



Health and social care students at Lewisham College have successfully completed their work placement during lockdown while helping their local communities through Lewisham Local.

We are living in unprecedented times, and the current restrictions have impacted students looking for work placements. Faculty in the health and social care department worked collaboratively with sector partners and organisations to help their students find a placement with [Lewisham Local](https://lewisham.ac.uk/news).

In this volunteering initiative, students can use and build on their skills and knowledge in the safest possible way as well as supporting the health care system during these times of emergency.

As part of their work placement, learners are calling vulnerable adults for a daily chat to help reduce the impact of isolation. They are also assisting with food shopping and delivery, always observing social distancing measures.

All students are proactive in their role. They are experiencing the importance of community support and learning how just a few minutes a day can make an incredible difference in people's lives.

To find out more about health and social care courses, visit lewisham.ac.uk/courses/health-and-social-care

Lewisham College is proud to announce the introduction of new creative arts and design provision this September.

The Creative Arts programmes cover a wide range of disciplines, including music, photography, videography, performing arts, film, visual arts, fashion design and more.

The field has a strong vocational link with many courses designed to help students develop skills in production, performance and design and provide a route to a related career.

At Lewisham College, you can study arts and design, production arts, and performing arts. You will learn about the practices, principles and ethics of creative producing, as well as be introduced to industry tools and tips. If you have an interest in creative arts and want to develop and test your creativity, then these courses are for you. Find out more at lewisham.ac.uk/courses/creative-arts



Keep College safe and inspiring!

RESPECT

Treat others how you want to be treated

PROTECT

Take care of yourself and your environment

DETECT

Recognise when something isn't right

PREVENT

Keep informed, stay safe, report concern

**If you are worried about anything please contact
your **tutor** or **safeguarding@lewisham.ac.uk****

THINK SAFE | STAY SAFE

Are you concerned about:

- » **Safety**
- » **Bullying**
- » **Abuse/Neglect**
- » **Radicalisation/Extremism**
- » **Exploitation**

If you have any concerns either:

- » **Speak to a member of staff or security**
- » **Contact one of the Safeguarding Team**

» **Contact us**

Email: safeguarding@lewisham.ac.uk

Internal: **020 3757 4333**

Room: **T22 - Student Services**

Our Safeguarding Team



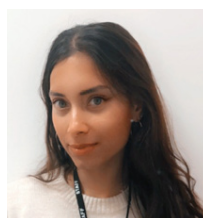
Jamie Purser
Designated
Safeguarding Lead



Sharon Cousins
Deputy Designated
Safeguarding Lead



Roger Price
Safeguarding Officer



Lizna Hannan
Safeguarding Officer



Rosalind Jackson
Safeguarding Officer

**LEWISHAM
COLLEGE**

External number for Safeguarding:

020 3757 4120



Free employability courses in Lewisham

In response to the Coronavirus crisis, Lewisham College is launching a range of free employability courses to support the local community to gain new skills and prepare to enter or re-enter the workplace.

The online courses usually each take between 6-8 weeks to complete and are available in a range of subjects, including Functional Skills in English and Maths, IT, Support Work in Schools, Customer Service and Business Administration.

Each course has been designed to ensure the content matches the skills required and valued by employers to help job seekers develop vital skills, increase confidence and boost their CV.

Asfa Sohail, Principal at Lewisham College, said: "We are very excited to launch a range of adult courses for the benefit of our surrounding communities.

"They present a good opportunity for those who are looking for employment to upskill their current talents whilst receiving support from our employability team to source vacancies and improve their job applications."

To find out more about eligibility and how to apply, get in touch on **020 3757 3000** or at info@lewisham.ac.uk.

For more information visit [lewisham.ac.uk/free-courses-for-job-seekers](https://www.lewisham.ac.uk/free-courses-for-job-seekers)





ESOL students participate in Spelling Bee competition

Taking a different approach to 'traditional' revision techniques, ESOL students at Lewisham College participated in a Spelling Bee competition.

Faculty in the ESOL department introduced this fun tactic of a student Spelling Bee as a way for them to learn in a competitive and concentrated, yet enjoyable environment

Spelling competitions ran in classrooms with the winners selected to represent their classes in the finals. Four students from ESOL Entry Level 1 and Entry Level 2 were the overall winners.

They received a book token as a prize for their hard work, and they were presented with certificates by MP Vicky Foxcroft and Asfa Sohail, Lewisham College Principal at the award ceremony a few days later.

The COVID-19 cyber note

The Covid-19 pandemic has brought many challenges, and cybersecurity is one of them. Cybercriminals are using this uncertain time to increase their targeting of public and private organisations, as well as private individuals.

Many people are using services, apps or devices, such as smartphones, webcams and tablets to work or socialise during the lockdown. Also, with more of us studying from home and keeping connected to our families and friends by phone, video calls and social media, it has never been more critical to ensure our online security.

Follow these steps to help you keep cyber safe:

- » Check your security and privacy settings
- » Block unsuitable content
- » Check the facts – not all information is reliable.

If you receive a suspicious email:

- » Do not click on any links or follow any instructions
- » Do not forward to another person
- » Report it by forwarding the suspicious email to report@phishing.gov.uk
- » Delete it.

For more information on how to recognise these emails, see the [**National Cyber Security Centre guidance**](#).

Social engineering attacks are also on the rise, to identify and prevent an attack follow these steps:

- » Establish the identity of the caller
- » Do not give out your personal information over the phone, to websites or in response to emails or text messages you don't recognise or trust
- » Do not allow anyone to connect to your device remotely.

If you think you have been scammed, defrauded or experienced cyber-crime report it to [**Action Fraud**](#) or contact them on **0300 123 2040**.

For more information and advice on how to stay secure online during coronavirus, visit the Cyber Aware government's advice.

Lewisham College is taking its Open Days to the web

In this uncertain times, we want to reassure you that Lewisham College is looking forward to welcoming new and continuing students in September. Although all events are postponed due to the Covid-19 outbreak, we are running a series of virtual open days to help young people and adults to find out how they can become a student and explore their career options during lockdown.

Our open days are a great way to find out about our courses, meet our staff, and get a flavour of what it's like to study with us.

At the events, attendees will get an overview of the College, meet teaching staff, student services and careers teams who will be on hand

to provide information on our range of courses and student support services, answer questions and help you apply for September.

You can choose from 15 sessions covering all curriculum areas, as well as sessions with student services and careers teams, and a Q&A session with the College's Principal.

These events are open to everyone considering to study at Lewisham College, as well as their parents or carers. To register for our virtual open days, visit [lewisham.ac.uk/virtualopendays](https://www.lewisham.ac.uk/virtualopendays).

For more information, get in touch on info@lewisham.ac.uk or 020 3757 3000.

We look forward to e-meeting you soon!

CONTACT US:

LEWISHAM WAY CAMPUS

Lewisham Way, London, SE4 1UT

Buses: 21, 136, 321, 436

DLR: Lewisham, Deptford Bridge or Elvenson Road

Rail: St Johns, Lewisham, New Cross or Brockley

[lewisham.ac.uk](https://www.lewisham.ac.uk) | info@lewisham.ac.uk | 020 3757 3000

DEPTFORD BRIDGE CAMPUS

2 Deptford Church Street London SE8 4HH

Buses: 47, 453, 177, 225

DLR: Deptford Bridge

Rail: Deptford or Greenwich

[lewisham.ac.uk](https://www.lewisham.ac.uk) | info@lewisham.ac.uk | 020 3757 3000