



07/11/19

New College Lanarkshire Student Association



Andy's man club

AMC delivered 4 sessions at our Motherwell & Coatbridge campus, both received very well by staff and students.

*UPDATE: They've been in contact since last meeting to ask if there is scope to deliver their awareness campaign to more students, specifically male (**engineering / sports**)*



Think Positive Grant Scheme

The SA had a session with Think Positive to discuss our mental health agreement. We realised through this that whilst we may have good working practices we need to review our actual agreement in order for Think Positive to sign it off. Reviews are in process and SA will work to achieve this, alongside committee members.

Think Positive are offering a small grant of £250 for colleges & universities in Scotland to help them kick start an idea they may have surrounding mental health.

I care, We care

A student led campaign supported and assisted by LE team. Whilst we believe NCL and NL in general offer great support networks and working practices with regards to mental health, we feel the basic level of awareness is lacking. After an SA and LE meeting we agreed to target and run an increased level of online material for our students. The campaign I care, we care will predominately be an online video to raise awareness of our mental health services within the college and surrounding areas in a manner that is seen as positive and appealing to students. We will be running a video which will be made up of various students and staff members – who will catch this cube with the slogan I care, they will say I care and throw it out of shot for another student or staff member to catch. We aim to involve SMT and potentially Professor. Chris Moore. Once this is complete we will throw it out of shot and nominate another college to pick up the challenge – SA have contacted SLC who have contacted CITY OF GLASGOW and other external partners. Every institution we have spoken to about it have been very keen. We are liaising with ICT to create a specific map of Colleges in Scotland, this will be updated. Also looking to create a “one stop shop “for mental health services for colleges around Scotland with this map, for instance clicking on NCL Motherwell will highlight all the localised services available.

Stress management classes

SA are in contact with Element North Lanarkshire to organise Stress management / stress control at our campuses. These will be aimed to target short term anxiety related to exam time and will also include services like Ther
apet.

Hospitality Student and SA partnership

SA & LE are working to create a mental health spa day in the second semester. Local & National charities supporting mental health will be invited to this day at our Motherwell campus. Students from HNC hospitality will provide catering and a selection of beauty and spa treatments will be available from our beauty students.



North Lanarkshire Suicide Prevention

North Lanarkshire suicide prevention ran a charity football tournament at Ravens Craig on Wednesday 23rd of October. LE & SA jointly funded an application and donation on behalf of NCL and entered 2 teams to compete made up of students from our sports faculty. Airdrie first team were present, as were actors from still game & a lot of ex professionals. SA & LE attended the day to support our teams.

Scottish Mental Health First Aid – Sports Specific

During the visit to Ravens Craig for charity football tournament SA & LE made contact with various charities, one of which being The Chris Mitchell Foundation. They are based in Lanarkshire and currently operate a 2 day NHS accredited course which has been specifically adapted to suit footballers. They currently work with Scotland's 42 professional teams at youth level. SA have contacted Jim Griffin and Todd Lumsden to gauge potential appetite, both of whom agree it would be hugely beneficial to our students. Update with progress to follow.



Related updates for Healthy Body Healthy Mind

SA & LE jointly funded one of our Students Alexander Thomson to compete in an Athletics events ran by SSS. Alex is currently 4th in the world at his level and is a fully fledged British Paralympian. He was supported on the day by SA and won his heat whilst flying the flag for NCL. There are more events in the future which Alex has shown an interest in competing in.

Sean Mcardle is a student from Cumbernauld who is competing in a snowboarding competition ran by BUCS – British Unis and Colleges Sports. This again has been funded by SA & LE who paid entry costs and additional practice time.

Charity football tournament attended and funded by SA & LE to support mental health suicide prevention in Lanarkshire.

LE attended NCL football match at Broadwood on 22.10 who currently play in BUCS league. SA and LE are looking at future ways to support these students.

LE and SA are working collaboratively to make students aware of the support the college can offer when it comes to sports related activities. This includes awareness campaigns, social media posts and case study reporting on the clan / iMAG.

Free Fruit Friday

Free Fruit Friday initiative has successfully started and been rolled out at our Coatbridge campus. This was piloted at the start of October to measure how popular it would be amongst students and how it would work logistically with Tesco. After receiving positive feedback from all students at Coatbridge and relaying this to Tesco, SA have secured the project to run fortnightly at both Coatbridge and Cumbernauld Campuses from January for a period of 6 months.

Mindful May

SA & LE are working to create a calendar of events surrounding mental health and wellbeing for the month of May 2020. This project is in its early stages and updates will follow.



Class reps

SPARQS are delivering class rep training this week with support from the Student Association. Over 300 reps have sign up for class rep training.

SPARQS development officers where shadowing the LE team and the SA for two days as part of their induction. This was received very well and we were thanked from SPARQS.

The new Class rep structure has been implanted in the curriculum and we are delighted to have over 500 reps on board this term. This structure will be evaluated.



New revamp for student's area in The E-Block

The SA and the Learner engagement team are working alongside students from Engineering to revamp their social area. The area just now is not very inviting and students want an area like the other social areas where they can relax and eat with their class mates. We are hoping this area will be launched end of November with some quick fixes – the students from painting and decorating are helping with the new look of the area which will now be called the steel works Café along with this will be a Student Hub for students to drop in to speak with support services of the college.