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## Tutorial Newsletter

**Week Beginning: 23<sup>rd</sup> March 2020**

As we begin the period of College closure, we would like to remind you of remote working communication and who to contact when you need to:

The main place for updates relating to college closure, the development of the college's response to the outbreak and any other college wide news will be the college website. This will be reviewed on a daily basis with any updates on by 3pm. These updates will flow from the website through our social media channels.

From Friday we ceased to take calls on the main college answer phone. Callers will now receive a recorded message that directs them to the following email inboxes:

- General queries – [office@wyke.ac.uk](mailto:office@wyke.ac.uk)
- Urgent messages - [urgent@wyke.ac.uk](mailto:urgent@wyke.ac.uk) . This will be monitored by SMT and the PA team
- Staffing queries – [personnel@wyke.ac.uk](mailto:personnel@wyke.ac.uk)
- IT queries – [helpdesk@wyke.ac.uk](mailto:helpdesk@wyke.ac.uk)
- Site enquiries – [premises@wyke.ac.uk](mailto:premises@wyke.ac.uk)
- Finance – [finance@wyke.ac.uk](mailto:finance@wyke.ac.uk)
- Exams – [exams@wyke.ac.uk](mailto:exams@wyke.ac.uk)

Going forwards:

We appreciate what a massive change this is to how we normally work. We have worked hard to put good plans in place so that we can support you the best we can. However, we know that some of this won't work as well as we would like so please do get in touch to let us know how we can improve the support we are giving.

These are uncertain times but you have a wonderful team of teachers, tutors and other staff at college who are here to help you. Please do get in touch if you are worried. Keep working hard, get involved with the remote working materials we are providing and get the support you need. Do all of this then when things return to normal you will get the exceptional outcomes you deserve.

### **Important Information on staying healthy:**

### How can you stop coronaviruses spreading?

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| <p><b>If you need to cough or sneeze</b></p>  <p><b>Catch it</b><br/>with a tissue</p>  <p><b>Bin it</b></p>  <p><b>Kill it</b><br/>by washing<br/>your hands with<br/>soap &amp; water or<br/>hand sanitiser</p> | <p><b>You should wash hands with soap &amp; water or hand sanitiser</b></p>  <p><b>After breaks<br/>&amp; sport<br/>activities</b></p>  <p><b>Before<br/>cooking<br/>&amp; eating</b></p>  <p><b>SCHOOL<br/>ETC.</b><br/><b>On arrival at<br/>any childcare<br/>or educational<br/>setting</b></p>  <p><b>After using<br/>the toilet</b></p>  <p><b>Before<br/>leaving<br/>home</b></p> |  |
|  Try not to touch your eyes, nose, and mouth with unwashed hands  |  Do not share items that come into contact with your mouth such as cups & bottles   |  If unwell do not share items such as bedding, dishes, pencils & towels |

**Student Support for Emotional Health and Wellbeing:**

In these on-going times of uncertainty, we would like to be able to offer you as much support as we can. Your tutor will remain a point of contact for you, as will the Safeguarding and Wider Pastoral Team.

We are lucky to have access to lots of online resources to help us with staying connected with each other and maintaining our mental and emotional wellbeing.

We will continue to signpost you to these:

|   |   |   |  |  |
|---|---|---|--|--|
| <b>MIND</b><br>01482 240200   | <b>THE WARREN</b><br>COUNSELLING, HEALTH<br>AND LGBT SUPPORT<br>01482 218115                | <b>SCHOOL<br/>NURSING TEAM</b><br>TEXT SCHOOLNURSE TO 61825               | <b>NORTH LINCOLNSHIRE<br/>HEALTHY<br/>LIFESTYLE SERVICE</b><br>01724 298212<br>nlc.healthylifestyles@nhs.net | <b>EAST RIDING<br/>EMOTIONAL<br/>WELLBEING<br/>SERVICE</b><br>www.humberews.co.uk            |
| <b>BEAT EATING<br/>DISORDERS</b><br>0808 801 0711<br>fyp@beateatingdisorders.org.uk | <b>SEED EATING<br/>DISORDER SUPPORT</b><br>01482 718130<br>hello@seedeatingdisorders.org.uk | <b>LETS TALK HULL</b><br>17 ½ YEARS UPWARDS<br>SELF-REFER<br>01482 247111 | <b>EMOTIONAL<br/>WELLBEING SERVICE</b><br>SELF-REFER<br>01482 335451   | <b>IESO</b><br>ONLINE COUNSELLING FOR<br>EAST RIDING GP PATIENTS (18+)<br>www.iesohealth.com |

|   |  |  |   |  |  |
|---|--|--|---|--|--|
| <b>GP</b><br>CONTACT YOUR GP AND<br>REQUEST TO BE SEEN  | <b>THE MIX</b><br>(CRISIS SUPPORT SIGNPOSTING)<br>CRISIS MESSENGER<br>TEXT 'THE MIX' TO 85258<br>0808 808 4994 | <b>CAMHS<br/>CONTACT POINT</b><br>HULL - 9AM-5PM<br>01482 303688 | <b>CAMHS<br/>CONTACT POINT</b><br>EAST RIDING - 9AM-5PM<br>01482 303810 | <b>CAMHS TEAM</b><br>NORTH LINCOLNSHIRE<br>9AM-5PM<br>01724 408460 | <b>SANELINE</b><br>4.30PM-10.30PM<br>0300 304 7000 |
| <b>CAHMS CRISIS<br/>TEAM</b><br>HULL AND EAST RIDING<br>5PM-9AM INC. WEEKENDS<br>01482 301701 | <b>CAHMS ACCESS<br/>TEAM</b><br>NORTH LINCOLNSHIRE<br>5PM-9AM INC. WEEKENDS<br>01724 382015                    | <b>SAMARITANS</b><br>116 123<br>EMAIL jo@samaritans.org          | <b>PAPYRUS<br/>HOPELINE</b><br>0800 068 4141<br>TEXT 07786209697        | <b>A&amp;E</b><br>PRESENT AT YOUR<br>LOCAL AGE                     | <b>CALL<br/>999</b>                                |

**YOU'RE NOT ALONE**

Mental health support online, anonymous, and 24/7

**BIG WHITE WALL®**

Visit [bigwhitewall.com](http://bigwhitewall.com) to join our online mental health community.

[www.bigwhitewall.com](http://www.bigwhitewall.com)

## ***HE Talks / Employer Engagement***

### **Careers and UCAS Support**

The careers staff are on hand to support you with your next steps, particularly the students with no clear destination. Please contact:

**Vicky Riseham, Careers Lead** email [Vicky.riseham@wyke.ac.uk](mailto:Vicky.riseham@wyke.ac.uk) to get support on:

Looking for apprenticeships, application form support, aptitude tests, interview support, CV and cover letter support and how to look for full time employment.

**Sarah Beech, UCAS and Careers Co-ordinator** email [sarah.beech@wyke.ac.uk](mailto:sarah.beech@wyke.ac.uk) to get support on:

University applications/scholarships and bursaries/student finance and gap year options

Just a reminder if you have received all of your University offers by **31<sup>st</sup> March** you have to respond by **5<sup>th</sup> May**.

### **Student Finance is OPEN!**

[www.gov.uk/student-finance](http://www.gov.uk/student-finance)

Videos: <https://studentfinance.campaign.gov.uk/>

- How and when to apply
- How much will I get?
- Make sure you apply for 2020-2021 if you are holding a University offer!
- When you apply you will need: passport, national insurance number and bank details

You need to apply before 22<sup>nd</sup> May

### **Are You Planning to go to University or College in 2020?**

**You may be eligible for the JVENN bursary of up to £5,000 each year if:**

- You are currently resident in the City of Hull or have a Hull postal code
- Going to university or college anywhere in the UK from Autumn 2020
- You were born after 31st August 1997 and
- Your family's income is below £20,000 or you have faced certain difficulties in your life.

Please contact your Tutor for more information. The deadline for this is 15<sup>th</sup> May 2020

### *Message from Paul Britton*

“It is likely that there will be a resit opportunity for students in some courses in the autumn. This only reinforces the need for you to be as prepared as possible.

Essentially, we will continue to work as if the exams are still happening and we will ensure that you have the best possible preparation you can. The government’s announcement doesn’t change that.

I have asked all teams to be particularly firm about chasing up students who don’t engage in remote working in the first week. You have been warned!

It is our strong intention to plan some form of graduation event for all this year’s leavers so that you can come and celebrate your achievements and say a proper good bye to staff. Hopefully we might be able to do something similar with Sports Pres . . . .

Good luck, keep in touch and keep working,

Paul”