

STUDENT SUPPORT BULLETIN

Welcome

Welcome to Issue 1 of the Carshalton and Merton Student Support Bulletin. Each week, we will be e-mailing out this bulletin which will include key information which you may find useful, as well as some fun activity ideas and any events we may have on.

Covid-19 Vaccinations

Everyone over the age of 16 is now eligible for the Covid-19 vaccine. It's easy to 'grab a jab' and get back to enjoying the activities you've missed, confident that you are protected.

Why get the vaccine?

- Protect those you love from Coronavirus
- Keep yourself and your friends and family safe by getting vaccinated
- Make the most of your time at College
- Help your learning. By reducing your risk of catching or spreading Covid, you are helping to keep your College open so that your education is less likely to be affected by College closures or by activities being restricted.

Where to get the vaccine?

- Walk-in COVID-19 vaccination sites (you do not need an appointment). To find your closest site, click [HERE](#)
- No formal ID is required
- You do not need parental consent or be registered with a GP
- If you're over 17 years and 9 months old you have the option to book an appointment online

Talking Therapy

Do you feel like you would benefit from talking through your feelings and emotions with a member of staff? If you do, then you may benefit from talking therapy.

We know that sometimes things can get a bit too much, either at home, at College or in your personal life. But we are here to support you and listen in a non-judgemental way. If you would like to take advantage of this service, come to the Student Support Centre and speak to a member of the team who can refer you.



Forums

Our returning students may already be aware of the Forums, but for those of you who aren't, our forums are an opportunity for Students to give their feedback on different areas of the College. It is a great opportunity for you to have your say and, most importantly, make a change. It also looks great on your UCAS or job applications!. The 5 forums are:

- Equality and Diversity
- Mental Health and Wellbeing
- Community Safety
- LGBTQ+
- Disability

If you are interested in becoming a forum rep, fill out this short survey [HERE](#). If you would like more information speak to Ihsaan Mohamed (Merton College) and Sarah Nicholass (Carshalton College) in Student Services.

World Mental Health Day

Next week is World Mental Health Day. We have organised some wellbeing activities and games which you can get involved with. This will be taking place on:

Merton - Thursday 7th October 12pm-2pm

Carshalton - Friday 8th October 12pm-2pm

Look out for the posters outside the Student Support Centre for more information.

WORLD
MENTAL
HEALTH
DAY



**THE ONLY PERSON WHO IS EDUCATED IS THE ONE WHO
KNOWS HOW TO LEARN AND CHANGE**

Carl Rogers



@carshaltonmertoncollegesupport