



# *Parent and Carer*

# NEWSLETTER

December 2022



## *Welcome*



Welcome to the last newsletter of 2022. The students have finished the term with a number of different activities, from trips to London to supporting the Caister Winter Wonderland event.

As well as the positive stories you will find some useful information and links to help and support if you or your young person need it over the Christmas period or into Term Two.

We hope you enjoy the examples shared over this term and we look forward to seeing everyone back in January to create more good news in Term Two.



# WHAT'S BEEN HAPPENING...



## Clinical skills suite launch

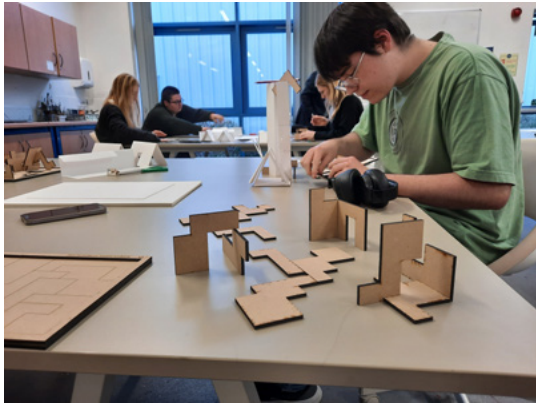
We recently marked the grand opening of our new Clinical Skills Suite at Great Yarmouth, developed to provide our T Level Health students with a realistic working environment, equipping them with the skills needed to enter work placements in a clinical setting. A big thank you to James Paget University Hospital, Big C, Norfolk and Suffolk NHS Foundation Trust and East Coast Community Healthcare for attending the launch and supporting our students!

To find out more about the launch, [click here](#).



# Architecture workshop

Level 3 year one Art students had a visit from the architecture course leader at Norwich University of the Arts to run a practical session. They discussed what architecture is (designing space), and isn't (creating buildings), explored simple materials and considered how they 'claim' space. Professor Quek introduced the many pathways to progress onto architecture school and the kinds of students you could find themselves working in afterwards. Students left feeling inspired as well as challenged to consider new ideas in their own creative practice.



## East Suffolk Council youth takeover day

Progression to Employment students, joined by Student Union Environment Officer Joshua Little, participated in the Youth Takeover Challenge 2022 with East Suffolk Council and a range of other eastern schools. The day focused on 'the environment and climate change in our communities', including guest speakers from UEA and Waveney MP Peter Aldous. Students were tasked to produce a two-part presentation to explain current and future ways that East Coast College is tackling climate change and making an impact on the environment. 'The big ideas' were confidently presented to the panel, with questioning and feedback afterwards. A great chance to be inspired by other young people, promote creative discussion and make positive change in our community.





# Caister Wonderland

Foundation and Progression students, based at our Great Yarmouth campus, had the privilege of supporting the first ever Caister Winter Wonderland community event. This event was orchestrated and executed by the community, for the community.

The students and staff were able to support this community event by designing and constructing festive displays and lighting exhibits, which decorated The Wonderland, adding to the atmosphere and Christmas spirit.

In addition to the many hours of preparation on campus in the last six weeks, 43 students and staff from the Foundation and Progression team assembled the displays and assisted the Wonderland crew on Friday 2nd December.

Students have focused on creating the displays and crafting the products from recycled or sustainable materials. The items included gift bags made from old shirts and curtain fabrics as well as displays made from pallet wood and donated scrap plywood from a nearby building site.

Students benefited from learning a variety of skills, including time management, health and safety skills, handling money and event management. The students are now reflecting on the impact their contributions made to the event, as well as to their own personal development.



# Brickwork talent

Brickwork students Dovydas and Maxim have displayed standout talent to their tutors through their skilled work in only week ten of year two. We hope that the pair will represent the college in next year's skills build!

Dovydas was a Level 1 certificate in Brickwork learner last year at Great Yarmouth. He has his GCSEs already, a CSCS card and has done voluntary work at Lovell in Hopton, but found it a bit too physical at the time. He has already passed the hardest exam on the course first time and is hopefully going back to Lovell in the New Year and hopes to be taken on as an apprentice. Maxim was at our Lowestoft campus last year and did the Level 1 Diploma, but has transferred to Great Yarmouth as it's closer to home. He is currently doing his CSCS card and has been doing some private work in his own time with family, laying blocks and bricks to build an extension. He has a natural talent for brickwork and has passed his driving test already, so is currently looking to start working on-site to get an apprenticeship.

Great work Dovydas and Maxim!

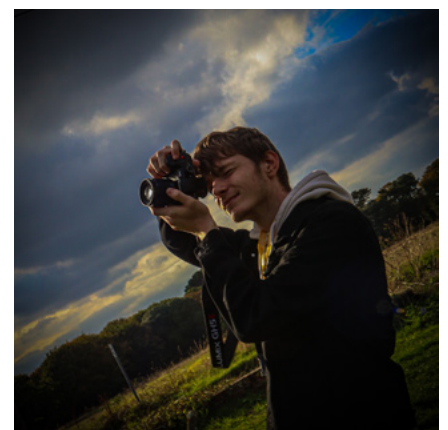


## Liam Sankey IMBD credited

Level 3 Media student, Liam Sankey, has had his short film 'Rolling Chambers' IMBD credited. When asked about his project, Liam said:

"This project was something I was really proud of, being that it was received quite positively. I aim to make a better movie with each project I produce, and I believe I have done so with Rolling Chambers, which really tied everything I have learnt within college so far into a nice little package. Having it on IMBD was a huge milestone for me, now having my very first credits without finishing my education. I will strive to increase these in future projects and am glad I am now on one of the biggest film websites in the world."

Congratulations Liam!





# Travel and Tourism amazing opportunity

Second year Travel and Tourism students have been offered an amazing, once-in-a-lifetime opportunity to apply for paid internships in the USA at the end of their course. They have been offered positions in exclusive country clubs in Florida, beginning next year! The students had an initial virtual meeting to ask questions and seek information on all elements of the programme. For their next steps, they will prepare their USA resumes and have one-to-one interviews. They will be able to build solid customer service skills working in elite locations, which will set them up for their future careers and provide them with amazing CVs. They will have the opportunity to travel around the USA at the end of their internship programmes.

Feedback received from the internship provider was: "I am very much looking forward to coming onto campus in the New Year to meet you and your wonderful students in person! I have to say, I was so impressed by the group that was present. Their engagement level, enthusiasm and their presentation was outstanding - a testament and credit to your college".



## Automotive visit To London EV show

Our Level 2 and 3 Automotive students enjoyed a trip to the London ExCel exhibition centre for the London EV Show!

Students were able to experience the rapid improvement and development in electric vehicle design and infrastructure, including mobile high voltage charging, next-gen electrification technology and latest innovations. There were exhibitions and displays ranging from small 'start-up' businesses that were developing small, city electric vehicles to the most recent Nissan Ariya, Mustang Mach-E and Tesla Model Y. Students were able to ask great questions to exhibitors and see the impact that electric vehicles are making in their industry.



## Law trip

A Level Criminology and A Level Law students had a fascinating time in London at the Royal Courts of Justice and the Old Bailey. Students were able to spend time viewing the Court of Appeal in action, and observing serious criminal trials in the public gallery.

This was a very insightful trip, so much so that students were reluctant to leave!



## Barnardo's charity sale

Student, Elizabeth Davis, has raised over £74 for Barnardo's selling jewellery. Such a great effort, well done Elizabeth for your hard work!



## Carpentry pizza

Carpentry students enjoyed a pizza lunch put on by the English and maths department for their good attendance and being top of the league table at Christmas! It was a good opportunity for our Level 1 and 2 students to talk about the course, and some last minute advice for Level 1 ahead of their health and safety exam that afternoon.





# Monument visit

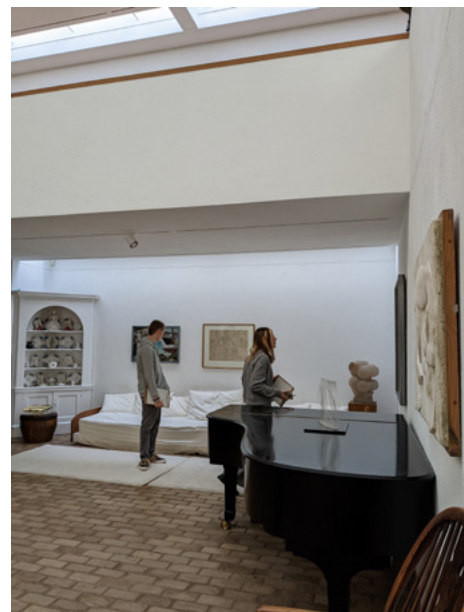
Our Level 2 and 3 Plumbing students were visited by Nick from Monument. Monument is a UK, family-run plumbing tool manufacturer based in London. The students had tool demonstrations and were taught about the history of Monument and their lineage as family-run business that make all their tools in the UK.

Students will be visiting the Monument factory in the New Year to see how and where the tools are manufactured.



## Art and Design Cambridge trip

The Level 3 year 1, degree and foundation groups for Art and Design went to Kettle's Yard and the Fitzwilliam museum in Cambridge. They explored the Modernist art collection and home of Jim and Helen Ede at Kettle's Yard. The Ede's left their house and collection to the University of Cambridge in the hope that it would be used as an open house where visitors could drop by to relax, talk and look at the art-work.





# Media careers day

We held the first ever Creative Media and VFX Industry day hosted in partnership between East Coast College and University of Suffolk. It was attended by our students and a group of budding year 10 Acle Academy students interested in photography, art, and product design. The event saw six industry speakers talk about the growing, exciting, and challenging worlds of local and national visual and special effects, freelance photography, event presentation and animation. Mike Ellis worked on the recent Jurassic Park and Enola Holmes series. The event was a fantastic insight into the presenters' careers paths and current jobs, success and growth of the industry that our students will move into after college and university.



## Wine Society function at East

The Wine Society function was held at our East Restaurant. Dinner was made by our talented Level 3 Professional Cookery students alongside Chef Dave Patterson and served by the first year Hospitality Services team with front of house Manager and Lecturer Ally Trail.





# Concept Learner of the Year competition

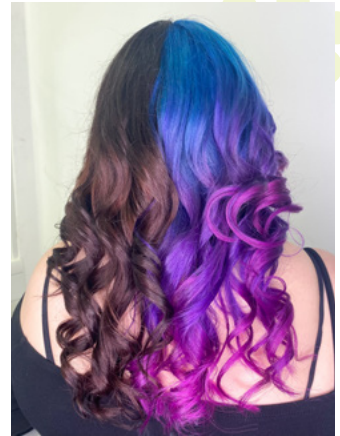
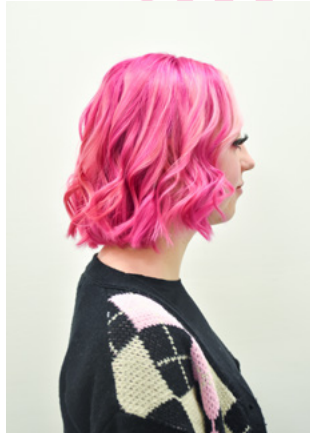
Hairdressing Level 3 diploma students at our Lowestoft campus have been hard at work on their entries to Concept Hair magazine's annual competition, Concept Learner of the Year. Some of the categories entered by the students include creative colouring, bridal and Avant Garde fantasy, with some students entering more than one category!

The first round is a photographic round, where students submit images of their work for judges to choose the top six for each category. The top six will go on to the live final in March.

Nikki Hall, Level 3 course tutor, said: "I am so proud of the standard of work produced by the whole group and will have my fingers crossed that we get at least one finalist. We have made it to the final for three years running, and this in itself is brilliant as there are usually around 2,000 entries. The results for round one are announced at the end of January 2023, so watch this space".







# INTERESTED IN STUDYING A DEGREE NEXT YEAR?



**Come along to our open evening for  
degrees, access programmes and  
adult courses!**

**Thursday 19<sup>th</sup> January | 3pm - 7pm | Great Yarmouth campus**

While this event is held at Great Yarmouth, our tutors will be able  
to discuss courses which run at both our Lowestoft and  
Great Yarmouth campuses.

**To book your place, visit:  
[www.eastcoast.ac.uk/adult-open-evening](http://www.eastcoast.ac.uk/adult-open-evening)**



# Warm spaces and hot meals

Warm spaces are being opened in Great Yarmouth and Gorleston to aid people this winter due to the cost of living crisis.

A Warm Hub will operate at Great Yarmouth's St George's Theatre café from December to March to help families struggling to heat their homes during the winter. People will be able to drop into the café to keep warm while enjoying soup, a roll and a sausage roll every Wednesday, Thursday and Friday between 3.30pm and 6pm.

St Mary Magdalen Church in Gorleston is inviting people to attend its Warm Room sessions. They are Mondays between 10am and noon, Tuesdays between 11.30am and 2.30pm with a free hot meal, between 9am and noon on Wednesdays and 10am to noon on Fridays.

Find out more here: <https://www.greatyarmouthmercury.co.uk/news/23153797.churches-theatre-offer-warm-rooms-great-yarmouth-gorleston/>



## Online safety

If you're buying technology for your family this Christmas, Internet Matters are providing personalised safety plans: <https://www.internetmatters.org/childrens-online-safety-this-festive-season/>

Additional online safety links can be accessed on the website throughout the year:

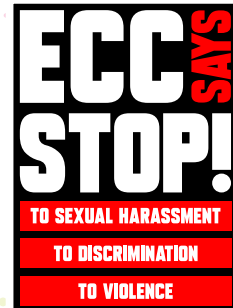
[Information for parents and carers](#)

[Safeguarding information for students](#)



# ECC Says STOP!

## to sexual harassment, violence and discrimination campaign



Over the past two years there has been a lot of coverage in the media about sexual harassment. At East Coast College and Lowestoft Sixth Form, we want to ensure that everyone feels safe. As part of this we have been talking to our students about healthy relationships to find out what their worries around this matter are, how to report concerns and what we, as a community can do to prevent sexual harassment. We recognise that anyone can be a victim, regardless of age, gender identity or sexuality. When we talk about sexual harassment, we mean 'unwanted behaviour of a sexual nature that makes you feel distressed, intimidated or humiliated' and that this can include jokes, 'banter' or someone sharing sexual images with you which you do not want to see. We are also working closely with partner agencies to provide information and support to all of our students.

If a student would like to talk to the wellbeing team about this further, you can contact them during term-time via call or text. Great Yarmouth - 07747037852, Lowestoft - 07823349327 and Sixth Form - 07823349300  
All campuses - [wellbeing@eastcoast.ac.uk](mailto:wellbeing@eastcoast.ac.uk)

## The Inclusive Economy Project

As part of The Inclusive Economy Project, East Coast College are working to tackle fuel poverty issues and make homes more energy efficient in Norfolk.

They do this by providing people with help to understand their energy bills and by supporting them to get help if they're struggling to pay their energy bills. They can also advise people on basic adaptations they can make at home to reduce their energy consumption.

Drop-in sessions are held on a weekly basis every Tuesday from 10am to 12pm at the Shrublands Adult and Youth Centre on Magdalen Way, Gorleston as well as 12.30pm to 2pm at St Mary Magdalene Church, Gorleston. Anyone is welcome to come have a chat and a coffee to discuss their energy bills and usage concerns.

If you would like to receive some top energy saving tips or you are struggling to pay your energy bills you can contact our Green Energy Lead, Declan Jones, on 07498 935826 or by emailing [d.jones@eastcoast.ac.uk](mailto:d.jones@eastcoast.ac.uk).





# Anglian Water financial support offer

## Anglian Water launches largest ever support package for customers

Anglian Water has announced £135 million in customer support throughout 2023 for those struggling with the cost of living. This is the company's largest ever support package and builds on a £65 million package announced for 2022. It will help an estimated 330,000 customers over the next year.

Anglian Water is highlighting the support packages it has available which can be tailored to help those most in need. This includes discounted tariffs on water bills of up to 50 per cent for eligible customers, temporary payment plans, forgiveness schemes, payment breaks in certain circumstances, and also includes direct support through the Anglian Water Assistance Fund, which is specially designed to help cover the cost of bills when people are going through the most challenging times.

The support is part of a longer-term package that will see the water company set aside £200 million between 2022-2023 to help those customers who need it most. To-date, over 250,000 customers have benefitted from Anglian Water's extra assistance in 2022. Last year, the company provided more than 320,000 people with affordability support, but this is expected to increase by thousands this year and next, as customers struggle with rising inflation.

The water company is encouraging any customers who are struggling to contact them via their website, Twitter or Facebook accounts or calling their Extra Care Team directly on 0800 169 3630.

Anglian Water is also supporting the Government's Household Support Fund for those in financial hardship, distributing around £2,000,000 to those who are struggling most to pay their bills.

It provides additional support for customers in vulnerable circumstances through its Priority Services Register. This register provides help to a wide range of people, from those with sight, hearing, or mobility difficulties, to parents with babies under 12 months old and those with long or short-term medical needs.

*"Free, impartial information on how to do all of this is available at [moneyhelper.org.uk](https://moneyhelper.org.uk), so I'd urge anyone who needs it to log on now."*

The package will also signpost customers to potential government benefits they may be able to claim through a designated Extra Care Team. In 2021-22 alone, £1.7 million of potential benefits were identified and highlighted to those who may qualify for extra help, with some customers receiving up to £3,000 of extra benefits following Anglian Water's assessment.

<https://www.anglianwater.co.uk/news/anglian-water-launches-largest-ever-support-package-for-customers-during-talk-money-week/>

Any professionals who would like to gain further information about the support being offered by Anglian Water are welcome to contact Bethanie Kennedy (Customer Services Partnership Manager) mobile: **07971579839** email: **bkennedy2@anglianwater.co.uk**

Find your future at the:

# EMPLOYMENT and SKILLS EVENT

January 26th / 1pm – 4pm

East Coast College, Suffolk Rd,  
Great Yarmouth, NR31 0ED

Start building your career as early as now  
Find great work opportunities from different sectors  
Your future begins today!

If you are interested and would like to attend, please contact:  
Nasima Begum – [n.begum@eastcoast.ac.uk](mailto:n.begum@eastcoast.ac.uk)



The Visitor Economy Network Initiative is part funded by the European Social Fund



# Find your future event

The East Coast College projects team will be hosting its 'Find your Future' employment and skills event with a range of local employers all recruiting for local jobs. The event will also provide an unique opportunity to get inspired about your future as we offer people the chance to take the next steps towards your career.

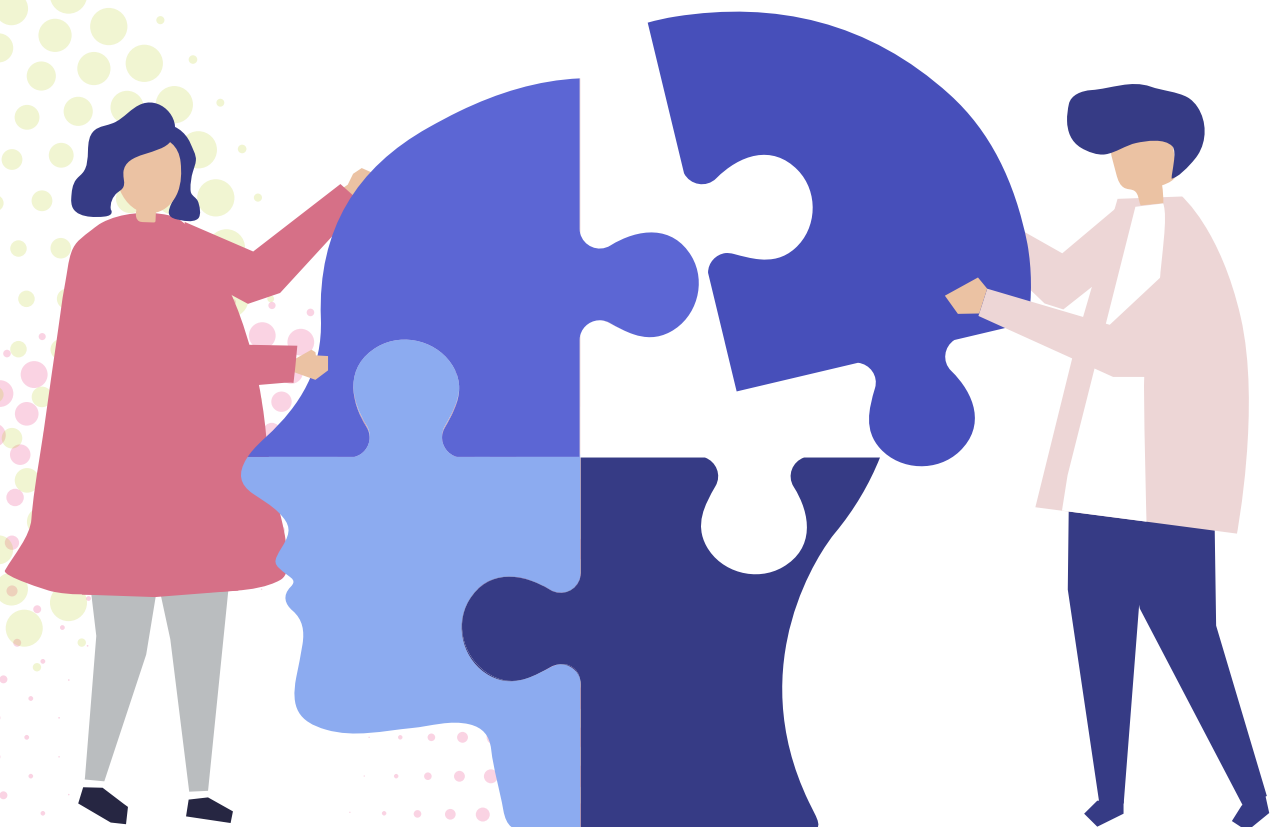
You can explore employment and career options with a network of employers and providers as you discover new training opportunities, network and take part in fun skills and challenges.

The event will be taking place on January 26th at the East Coast College Great Yarmouth campus between 1pm and 4pm.

## Student wellbeing

We know that the Christmas and new year period can mean our student community may need some extra help and advice with wellbeing and mental health. The College is closed for the Christmas holiday from 4.30pm on Friday 16th December 2022 and reopens at 8.30am on Tuesday 3rd January 2023. There are lots of great organisations offering support included on our website that can be accessed during the Christmas period, including 24/7 access where needed.

<https://www.eastcoast.ac.uk/student-support/wellbeing>



# University applications

The UCAS application deadline of January 25th is fast approaching. Students go to university to follow particular career pathways, to gain new experiences and build new and strong networks of friends, colleagues and contacts. Many parents and carers share questions and worries about the application process and student finance – we can bust some of the myths and support applications.

With the aim to get applications sent off as early as possible, students have been able to book 1:1 sessions with advisors for support and there have been a variety of tutorials supporting applications, and life at university featuring top tips and expert advice to help with this process. The Plus More calendar is available to students on Moodle (college virtual learning environment), which will feature current and upcoming events including university open days, academic speakers and enrichment opportunities.

In the meantime, staff across all campuses are more than happy to support students in any way they can, so please don't hesitate to get in touch and below are some useful online resources:

Email: [careers@eastcoast.ac.uk](mailto:careers@eastcoast.ac.uk)

[UCAS Advice for Parents and Guardians](#)

[The UniGuide advice for parents of University students](#)

[Martin Lewis Guide to Student Finance – myth busting](#)



ENJOY THE  
FESTIVE BREAK



# Connect with us!



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Lowestoft Sixth Form College



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