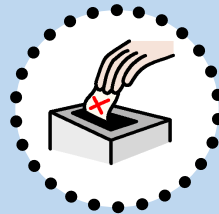


THE VOICE

of Thornbeck College

STUDENT POLL

100% of students asked agree that they are treated fairly by staff at college.



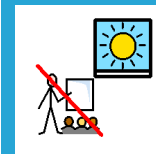
Thornbeck College
North East Centre for Autism
Cedar Drive
Newton Aycliffe
County Durham
DL5 6UN

T: 01325 328088
E: college@ne-as.org.uk
W: www.ne-as.org.uk

north east
autism society

EVENTS AT THORNBECK

	DATE	THEME
	May 2025	<i>Local Community History Month</i>
	May 2025	<i>VE Day</i>
	June 2025	<i>Mental Health Awareness Week</i>
	June 2025	<i>Pride Month</i>



Half Term:

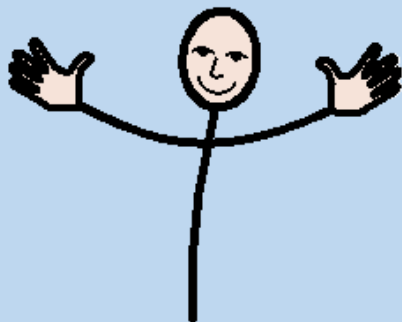
Friday 18th July — Monday 1st September 2025

NEWSLETTER INTRODUCTION

Hello and welcome to the Issue 6 of our college Newsletter.

This month at college, we participated in annual events including Local Community History Month, VE Day and Mental Health Awareness Month.

Continue reading to see what else we have been up to. We hope you enjoy reading the newsletter as much as we have enjoyed participating in the activities that have taken place.



SAFEGUARDING

BY CAMERON GAMSBY

This month, during tutorials, our safeguarding topic has been emotional and psychological abuse. As part of this we have learned about what this may look like and what those terms actually mean.

We have also looked at the short and long term impact that this type of abuse can have, as well as explored the different laws surrounding this including Clare's Law. Clare's Law is a scheme which allows you to request information from the police if you believe your partner may be a danger towards you.

We have also learned about ways that we are able to safeguard ourselves and how trusted adults and professionals can help us.



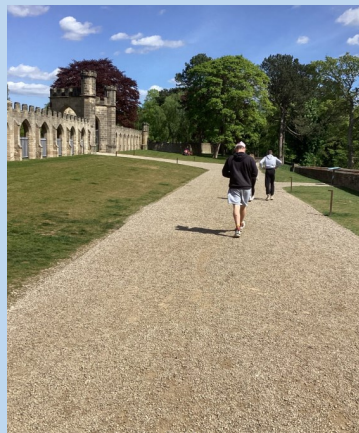
LOCAL COMMUNITY HISTORY MONTH

BY CAMERON GAMSBY

In May, we have celebrated local history month. We discussed local history and celebrated achievements made in the North East. We did lots of activities including:

- Visiting Auckland Castle Gardens and Deer Park
- Visiting Durham Cathedral
- Research on local trees and wildlife in Woodwork and Horticulture
- Celebrating VE Day with a street party
- Learning about local landmarks and the Aycliffe Angels in Tutorial sessions
- Cooking ration recipes and visiting local shops for ingredients
- Researching local businesses

We have been able to increase our knowledge of local history and had fun whilst accessing the community. Thanks to the staff for arranging this, it was great!



RIDDLE OF THE MONTH

BY CAMERON GAMSBY



A man rode into town with his horse on the 25th of June.
He stayed in the down for 3 weeks, and left on June.

How is this possible?

JOKE OF THE MONTH

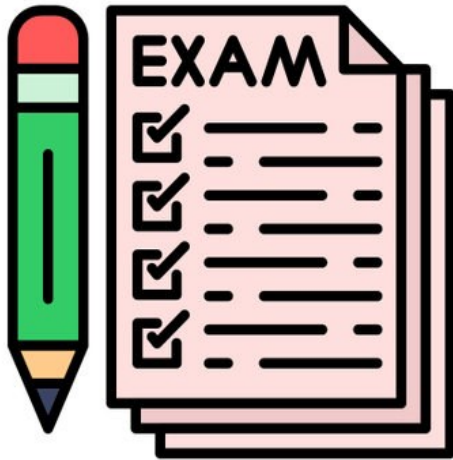
BY CAMERON GAMSBY



Q: How did Eric do on his bubble test?

A: He blew it

THORNBECK HALL OF FAME



This months hall of fame goes to Aaron Jobling-Clark, Connor Black and Aaron Scott-Moore. These learners have sat their English reading exams this month!
Well done guys, we are all extremely proud of you.



VE DAY

BY DANIEL GREAVES

VE Day stands for Victory in Europe Day. It marks the day when World War Two ended in Europe. On 8th May 1945, the war in Europe officially stopped. The war had lasted for 6 years and many people had lost their lives or homes. When the war ended, people felt relieved and happy.

VE Day is a time to:

- Remember the people who fought in the war and those who died
- Celebrate peace in Europe after a long and difficult time
- Reflect on the impact of war and the importance of working together for peace

To celebrate VE day at college, we held a “street party”. To do this we decorated college with flags and re-created recipes from a ration book as snacks to try. The recipes we created were a no-bake chocolate cake that was made with bread crumbs and Irish soda bread. They were certainly interesting to try!

Thank you to the staff for arranging these activities, everybody really enjoyed learning about the history of the day and why it is so important.



ICE BUCKET CHALLENGE

BY CC

The Ice Bucket Challenge has made a powerful comeback in 2025, this time focused on mental health.

Following the classic format, participants film themselves dumping a bucket of ice water over their heads and nominated others to join in. This refreshing twist aims to open conversations and destigmatise mental health issues, especially among young people.

Since March 2025, over £322,000 has been raised, and Active Minds has seen a 922% spike in website traffic. The challenge has attracted high-profile figures such as Peyton Manning, James Charles, and MrBeast, who helped the campaign trend on TikTok and Instagram.



MENTAL HEALTH AWARENESS

BY ADAM IDRISSE SBAI

H	T	L	A	E	H	L	A	T	N	E	M	F	Y
E	X	D	D	R	E	S	E	A	R	C	H	U	L
C	I	L	E	Z	I	C	R	O	X	E	N	N	I
G	D	D	C	Y	I	E	C	H	E	L	P	D	M
F	E	O	F	S	N	P	E	T	S	M	T	R	A
R	S	O	U	S	S	E	N	E	R	A	W	A	F
I	U	M	C	A	M	G	I	T	S	C	L	I	S
E	F	D	A	N	R	M	M	E	K	E	M	S	Y
N	N	O	L	M	A	N	I	C	L	O	W	I	R
D	O	O	M	H	D	R	A	N	G	R	Y	N	O
S	C	G	S	A	D	E	X	Y	D	B	A	G	S
O	N	M	N	O	I	T	A	C	I	D	E	M	N
I	U	K	I	C	E	B	U	C	K	E	T	R	E
T	Y	L	C	E	L	G	G	U	R	T	S	E	S

MUSIC	RESEARCH	STRUGGLE	ICEBUCKET	AWARENESS	STIGMA
SENSORY	LOW	FUNDRAISE	FAMILY	FRIENDS	CONFUSED
PETS	GOOD	MOOD	HELP	MEDICATION	MANIC

MENTAL HEALTH AWARENESS MONTH

BY THORNBECK COLLEGE LEARNER

Mental Health Awareness Week is an annual celebration that takes place in May every year. This year, Mental Health Awareness Week was held from the 12th to the 18th May. Each year, the event fosters a different theme—this year's theme is 'Community'. This means the focus was highlighting what a strong community is and how they can benefit a person's mental health.

The week in particular is celebrated across the UK, however countries from around the world are continuously trying to raise awareness for Mental Health and remove the stigma that surrounds it. To celebrate the event, staff and learners at college did a range of things including The Ice Bucket Challenge, a 'pub-quiz' style event, a visit from Bella the Therapy Dog, wearing green for mental health and doing a 'Walk for Mental Health'.

Mental health is very important, and it has been great to celebrate this and raise awareness in such a positive way. Thank you to the staff who organised these activities.

