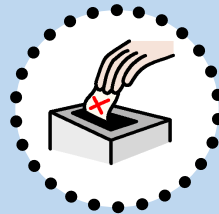


THE VOICE

of Thornbeck College

STUDENT POLL

100% of students agree that they know who to talk to at college if they feel worried.



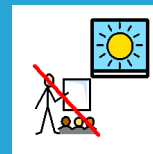
Thornbeck College
North East Centre for Autism
Cedar Drive
Newton Aycliffe
County Durham
DL5 6UN

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 2026	<i>Mental Health Awareness Week</i>
	June 2026	<i>Pride Month</i>
	June 2026	<i>Volunteer's Week</i>
	July 2026	<i>Youth Skills Day</i>



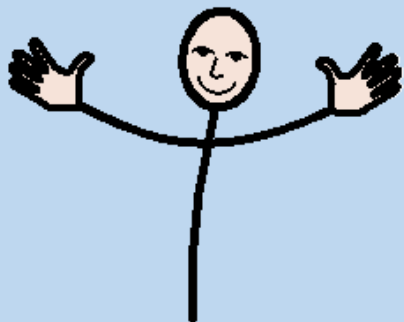
Half Term: Friday 22nd May—
Monday 1st June 2026

NEWSLETTER INTRODUCTION

Hello and welcome to the Issue 8 of our College Newsletter for the academic year of 2025-2026.

This month at college, we have celebrated events such as mental health awareness week.

Continue reading to see what 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

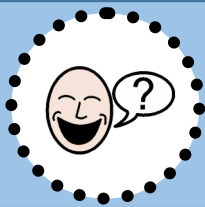
This month, in tutorials, we have been learning about what emotional and psychological abuse is.

As part of this we have been learning about what this means, as well as the short and long term impacts that this can have

It is important to tell a trusted adult such as staff at college if we feel unsafe or if something has happened to us that we do not like or that we are not comfortable with. We can also tell staff if we see something that we do not like happen to somebody else. This will support us to keep everybody safe.



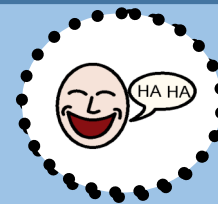
RIDDLE OF THE MONTH



What word contains 26 letters but only has three syllables?

Keep your eyes peeled for the answer in the next issue!

JOKE OF THE MONTH



Why do bees have sticky hair?

Because they use honeycombs!

THORNBECK HALL OF FAME



This months hall of fame goes to Declan Bryan.
Declan has made some great progress towards his targets surrounding using public transport and accessing the community.

Well done, Declan!



MENTAL HEALTH AWARENESS WEEK

BY CC

This month, at college, we have celebrated mental health awareness week. Mental health awareness week was celebrated from 11th—17th May 2026. This year's theme was "Action", relating to:

- Action for Yourself: Small, consistent changes such as getting enough sleep, spending time in nature, physical activity, and setting aside time to pause.
- Action for Others: Checking in on family, friends, or colleagues, and engaging in open conversations to foster supportive environments.
- Action for All of Us: Challenging stigma and advocating for more inclusive, mentally healthy communities and workplaces

At college, we celebrated in a range of ways including:

- Tutorials topics
- Participating in a 'Walk and Talk' - wearing green and walking as a group
- Identifying wellbeing goals
- Celebrating random acts of kindness
- Participating in a yoga workshop
- Participating in a mindfulness workshop



Thank you to the staff who organised these activities—we had a great time celebrating!

YOGA WORKSHOP

BY DANIEL GREAVES

As part of mental health awareness week, learners at college took part in a yoga workshop, delivered by a yoga teacher who came to visit us.

Yoga can help people feel calm and relaxed. It uses gentle movements, stretching, and breathing exercises. Doing yoga can help to reduce stress and worry. It can also help people feel happier and sleep better. Some people use yoga to help them feel more confident and positive.

Yoga is a simple way to look after your mental health and your body at the same time. It was very fun to try out some of the poses!



MENTAL HEALTH

AWARENESS WORDSEARCH

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

KINDNESS	GRATITUDE	WELLBEING	FRIENDS	HEALTHY
YOGA	SUPPORT	EXERCISE	STIGMA	HELP
MEDITATE	AWARENESS	MINDFULNESS	ACTION	TALK