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GOVERNMENT MOVE DATE FOR POTENTIAL RETURN TO FACE-TO-FACE DELIVERY

As you will probably know by now, the Government have moved the potential re-opening of post-16 face-to-face delivery from just after February half-term, to the 8th March.

The 8th March date is dependent on various factors, for example, infection rates, and the Government have committed to giving providers two weeks' notice before they have to 're-open'.

You can read the post-16 guidance updated on 29th January here (Actions for FE colleges and providers during the Coronavirus outbreak). [LINK](#)



SHAPING OUR FUTURE...WORKING TOGETHER TO CREATE OUR 'NEW NORMAL'...

Lockdown working over such an extended period has, most would agree, been a challenge to fully adapt to.

However, we have focused on the positives and have started to look at ways in which the shape of our future work will be influenced by what we have learned.

We have already made changes, with the development of online learning and introduction of remote enrolment to help keep us moving. Although we are also conscious of the barriers some face accessing remote systems, so we will be looking at alternative ways this can be supported now and in the future.

At our recent staff away day, delivered over Zoom of course, we asked what our 'new normal' will look like, how will we work, and how will we support our delivery partners to continue to provide great opportunities for people.

We would really like to hear your thoughts on this too, either from you as individuals or from the organisation you work for. Please let us know about what your plans are and what support you may need from HLC. We look forward to sharing them in the bulletin...



<https://www.hlc-vol.org/>



TIME TO TALK

As we are all well aware, the current COVID-19 pandemic can be a frightening experience and affect our mental health. It has been challenging for many of us to enter a third Lockdown and the Mental Health Foundation provides a valuable list of hints and tips to help us get through these difficult time. [LINK](#)

The theme of this year's "Time to Talk Day" (4th February) was 'The Power of Small' - how a small conversation about mental health has the power to make a big difference. Staying connected to other people helps us to feel we are not isolated and can ease loneliness.

If you have been affected try and keep in touch with friends and family by telephone, email, or social media. And remember, further support is always available by contacting a helpline. [LINK](#)



TIPS FOR LOOKING AFTER YOU AND HINTS TO SUPPORT YOU AS LOCKDOWN EASES....

It is also helpful to focus on things you like to do such as eating a balanced diet [LINK](#), keeping active [LINK](#) and focusing on stress management. [LINK](#)

The eventual easing of the Lockdown could bring its own challenges. Follow the [LINK](#) for hints and tips for coping with uncertainty or tips for when Lockdown eases.

The NHS [LINK](#) also offers support ranging from self-assessment quizzes, mental health well-being guides and urgent help in a crisis. [LINK](#)

Some useful numbers:

Anxiety UK 03444 775 774

CALM 0800 58 58 58

MIND 0300 123 33 93

No Panic 0300 772 9844

PAPYRUS (Prevention of Young Suicide) 0800 068 41 41

Samaritans 116 123



BBO GRANT HOLDER COFFEE CLUB

We are all missing the opportunity to meet up with people to talk, learn and share our experiences. During December, the National Lottery Community Fund contacted us to invite us onto their Building Better Opportunities (BBO) Grant Holder Coffee Club.

Once signed up, we were paired up with a peer from another BBO project in the country. The idea was that this was the opportunity to have a 30-minute virtual chat over a cuppa to meet someone different who might be going through similar challenges as us and have the time to obtain support and advice.

Our team spoke to people in different organisations from all over the country and all agreed that this was such a valuable exercise and gave us an insight into different ways of working and challenges that were faced. The majority of us have set up follow-on calls to keep in touch and to carry on sharing good practice across the BBO Network,

This idea gave us food for thought and aside from the sharing of good practice, we all felt that it helped us immensely to know that other people have similar issues and were able to share how they have adapted their delivery to accommodate this.



'IT'S GOOD TO TALK'.....

It is the BBO team's intention to continue this idea across our Network as we know everyone is missing the informal catch up over the coffee break at our meetings. It is important to know that people do feel the same as you and also, how different factors influence our own personal well-being and way of thinking. As they say, 'it is good to talk'.



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