

# Campus Culture

## Support Local

Our best local buys for last minute gifts

## Our Festive Pets

See some of our purrrrfect pet pics

## The Latest News

Find out what's been happening this term





# TERM DATES

**18 December 2020 – Last Day of Autumn Term (All)**

**4 January 2021 - Return to College (All)**

**12 February 2021 – Last Day of Spring Half Term (16-18 and Adults)**

**22 February 2021 - Return to College (16-18 and Adults)**

**2 April 2021 – Last Day of Spring Term (All)**

**19 April 2021 - Return to College (All)**

**3 May 2021 - May Bank Holiday (All)**

**28 May 2021 – Last Day of Summer Half Term (All)**

**7 June 2021 - Return to College (All)**

**18 June 2021 – Last Day of Summer Term**

**25 June 2021 – Last Day of Summer Term (Riverside Dene Adult Provision)**

# VIRTUAL OPEN EVENTS AT NEWCASTLE COLLEGE.

While we aren't able to hold gatherings safely on campus right now, we're still helping people prepare for their next steps. Since restrictions on events came into force in April, we've been virtually opening our doors to give prospective learners an insight into life at Newcastle College at our regular Virtual Open Events.

Our virtual events allow visitors to browse all of our subject areas and courses at their own pace, with tutors on hand to answer any questions from students and parents.

The monthly Open Events that we are used to hosting are always a really big and exciting experience which offer the opportunity to see the campus, ask questions, and really get a feel for what it's like to come and study here. We can't hold those right now but the Virtual Open Events

allow us to recreate that feeling as closely as possible.

So if you're interested in becoming part of Newcastle College, or know someone else who might be, simply sign up to visit our next event.

**VIRTUAL OPEN EVENTS:**  
**Wednesday 6 January,**  
**Wednesday 3 February and**  
**Wednesday 3 March**



Sign up here [ncl-coll-virtualopenhouse2020.vfairs.com](https://ncl-coll-virtualopenhouse2020.vfairs.com)



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# Note from the Editor



Can you believe it's December? Where has this term gone?!

It's safe to say that this year has been eventful. It has been a whole nine months since we, alongside schools, colleges and universities across the country, closed our campus and together we all adapted to a new way of working and learning. We're so pleased that we have been able to enjoy this term with you back on campus, the place really didn't feel the same without all of you here.

Back in March, nobody could have imagined that we'd be emerging from another lockdown as we approach Christmas. But once again, the positive spirit of staff and students across our campuses remains strong. And it's fair to say we're all looking

forward to a well-deserved Christmas break.

In this festive edition of Campus Culture, we take a look at the exciting TV we have to look forward to, we share our pick of the best local businesses to support this winter, and we offer some tips for taking care of your wellbeing.

Make sure you take the time over the Christmas break to relax, refresh and recharge, take care of yourself and loved ones, and get ready to come back to college for a great term in January.

However you're celebrating, we hope you have a very Merry Christmas and a Happy New Year.

Best wishes,

**Your Campus Culture team**

# MERRY CHRISTMAS and a HAPPY NEW YEAR!

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## THIS TERM'S NEWS

# Extra Support for Young Care Leavers Thanks to Unique Partnership

## Care Leavers studying at Newcastle College and Newcastle Sixth Form College now benefit from extra support thanks to a unique new partnership between the Care Leaver Covenant and NCG.

The Care Leaver Covenant tackles the disadvantages that young people aged 16-25 face when leaving care and helps them to live independently. The partnership with NCG is the Covenant's first collaboration with a further education provider and will help care experienced students overcome barriers to take up employment and higher education opportunities available to them, by helping the colleges respond to specific challenges faced by care leavers - such as having no family support and entering education with no stable housing or income.

There are around 70,000 young people in care in the UK, with **approximately 4,000 of those here in the North East**. 10,000 of those young people leave care each year, becoming care leavers (approx. **600 in the North East**).

As part of the pilot, a Progression Coordinator works with Student Services and helps them to identify, match and support care experienced students into Covenant employment and leisure opportunities.

At Newcastle College, that Progression Coordinator is Kelly Stanley. As a care leaver herself she says that the support she received during her time at college



was critical and her role will allow her to support others in the same way.

"I went into the care system at quite a late stage," she says. "It was around my 15th birthday, so I ended up juggling a lot of disruption in my life. I was studying for my GCSEs when I went into foster care and then had to deal with regular changes of foster carers while I was transitioning from school to college.

"I enrolled at Newcastle College and became a care leaver while I was in my second year there.

"As both a looked after child and a care leaver, I received a lot of support from the Learning Support Team and my own Learning Mentor while I was at the College and that support was so needed. I was suffering with anxiety and then I was diagnosed as dyslexic, so it was so helpful to receive that additional support.

"Without it, I wouldn't have been able to progress to Sunderland University to study a degree in Social Sciences with Sociology. I faced so many barriers when I was trying to apply for a university place - things like needing a guarantor to secure university accommodation - and it is those barriers that I now want to help other care leavers to overcome.

"I've always been passionate about advocating for young people in care and leaving care. I've been in their shoes and I want them to understand what their future could look like and give them a voice, especially because they've likely come from a situation where they've never had one.

"This role gives me the opportunity to do that on a scale that has never been done before - working not only in Newcastle but sharing best practice across seven different colleges and showcasing to a

number of local authorities what more can be done to remove barriers and support those young people who need it."

"This partnership demonstrates that NCG is willing to go the extra mile to support care leavers, having been early signatories and supporters of the Covenant," said **Matthew Gordon, Chief Executive of Spectra, delivery partner of the Care Leaver Covenant**.

"As the first collaboration like this between a FE provider and the Covenant, we are excited to see how we can work together to benefit the care leavers at these colleges and support them to find the employment options through our network of signatories. These opportunities will enable them to achieve financial stability and be better prepared and supported to live independently."

**Scott Bullock, Principal of Newcastle College, said:**

"Our aim is to unlock the potential of every student that begins their journey with us, whatever their background, and it's our duty to ensure that we teach them the skills so that they can enter employment after completing their studies.

"Students can face disadvantages when leaving care, so having a Progression Coordinator within our colleges means that we can have that additional focus on their needs and identify opportunities for them to get the training, jobs and experiences that can help them to thrive."

# Commendation for Newcastle College Carpentry Student from Institute of Carpenters (IoC)

A Newcastle College student is among the first to receive an inaugural 3rd Year Student Award from the Institute of Carpenters (IoC), joining three other students from colleges across the country in the winning line-up.



Martin Gilmore, currently in the third year of a Carpentry and Joinery course at the college, was Highly Commended for his entry and received a certificate and voucher from Axminster Tools and Machinery, who sponsored the award. Alongside his studies, Martin runs his own business in residential development.

Receiving his award from Axminster Regional Manager Stevie Taylor and his tutor John Wade, Martin commented: "I'm delighted to have been recognised by the IoC for this award, it was an unexpected but positive end to the year. Thanks to John and the team at Newcastle College for their ongoing guidance and support."

This is the first IoC 3rd Year Student Award, held amongst the colleges which hosted and launched a 'City Hub' grouping for the Institute in the last 18 months.

Craig Cowan, Head of Construction at Newcastle College commented: "It is fantastic to see that Martin has been Highly Commended by

the IoC, particularly as this award recognises both his technical ability and his fantastic attitude and work ethos. We're all really proud of Martin for this achievement and it is thoroughly deserved.

"Competitions like this are really important and offer excellent opportunities to students like Martin, driving them to develop their skills and gain hands-on experience, two vital things that are at the centre of everything Newcastle College offers."

Judges for the first award included IoC board member Martin Corton of Rainleaf Artisan Flooring, YouTube carpentry & joinery celebrity and IoC Fellow, Robin Clevett of UK Construction and the SkillBuilder channel, and Institute President, Geoff Rhodes.

Geoff Rhodes, IoC President, summarised: "I was really so delighted to see the high quality of entries from these colleges, spread across the UK. All of the students individually can be very proud to have been selected as a candidate by their respective colleges, and I am sure that each of them will progress successfully through their remaining time in college and on into their professional careers, at this time of a national craft skills shortage."

## ARE YOU STEPPIN' UP TO A DEGREE WITH NEWCASTLE COLLEGE?

Apply now for your degree in September. [ncl-coll.ac.uk/higher-education/steppin-up](http://ncl-coll.ac.uk/higher-education/steppin-up)

# Newcastle College Kicks Off Education Partnership with Newcastle United Foundation



Newcastle College has been confirmed as Newcastle United Foundation's Strategic Learning Partner ahead of the opening of the NUCASTLE community hub in 2021 – the Foundation's flagship centre for the charity's NU Futures programme to be built a five-minute walk away from St. James' Park.

The two already work together to encourage a dual career approach to sport and education. Students enrolled on Level 2 and Level 3 sport courses at the college represent the Foundation in the National Football Youth League. Foundation staff also provide industry insight and encourage future learning – delivering the National Citizen Service programme and working together with the Prince's Trust.

Former Newcastle United goalkeeper turned first team coach Steve Harper is a keen supporter of further education and announced the new three-year agreement with the College.

He said: "Everyone at the Foundation is incredibly proud of our ongoing partnership with Newcastle College and the amazing opportunities this provides for young people in the local community to learn new skills,

improve on existing ones and to gain confidence in themselves to gain employment.

"Our charity supports people of all ages, but times are tough in the current climate for young people especially.

"With this partnership, they will see the services that Newcastle College provides through that link-up with the Foundation right on their doorstep. The more we can

do with Newcastle College to build on that existing relationship further, the more we can do to support the local community."

The new partnership will see targeted work placements and traineeships for students seeking to bridge the gap between education and employment and links to the Foundation's centres in North Tyneside and Northumberland mean the partnership will impact positively on young people and potential employers regionwide.

Scott Bullock, Principal of Newcastle College, added: "This significant step forward builds on our existing partnership with Newcastle United Foundation and will strengthen our local communities by helping more people to develop new and vital skills.

"Together with the Foundation, we'll support young people to understand the education and career opportunities open to them, as well as develop new qualifications focused on filling skills gaps across the region. Exciting future opportunities include new adult education programmes, apprenticeships and BTEC qualifications in e-sports and coaching.

"The people of the North East, particularly young people, are set to be hit hard by the challenges of Covid-19 and Brexit. Newcastle College and the Foundation's NUCASTLE centre will provide unrivalled dual-centre city-based learning opportunities for a broad range of students, helping them to get skilled and upskill, which we hope will provide some much-needed support at the right time."



## Newcastle College Apprentice Aims High After Winning Apprentice of the Year

Newcastle College roofing apprentice Josh Bickerstaff has been named Apprentice of the Year by his tutors and employer partner Cupa Pizarras.

Josh, aged 20 from Gateshead, is currently training for his Roof Slating and Tiling apprenticeship with local roofing specialist Steve Hall Roofing Services Limited.

After months away from on-campus practical learning, Josh returned to College in September to receive the trophy from Programme Leader Alan Bessford and Roofing Instructor Jay Lewis in a socially distanced ceremony.

"Josh has perfect attendance, a fantastic attitude and exemplary behaviour," said Alan.

"He was shortlisted at Newcastle College's Apprenticeship Awards earlier this year but just missed out on the prize, so I'm really

pleased we were able to award him Apprentice of the Year."

Jay added: "Josh works really hard in his apprenticeship and more than anything, he really takes pride in his work. He definitely deserves the title of Apprentice of the Year."

The annual 'Roofing Apprentice of the Year' competition is sponsored by Cupa Pizarras, the world leader in natural slate and a longstanding partner of the College.

As part of the prize, winners are usually offered a trip to the famous Cupa Pizarras quarries in Northern Spain - the biggest tectonic natural slate reserves in the world – to see first-hand how slate is excavated and manufactured.

Due to the ongoing global travel and safety restrictions, Josh's trip has been postponed but he hopes to head to Spain as soon as possible.

Josh commented: "I'm really pleased to receive this award, I definitely wasn't expecting it! I've got to thank Alan and Jay for all of their help with my training.

"I'm disappointed we won't get to travel to Spain just yet, but just being named Apprentice of the Year is amazing and hopefully we'll be able to head out there soon."



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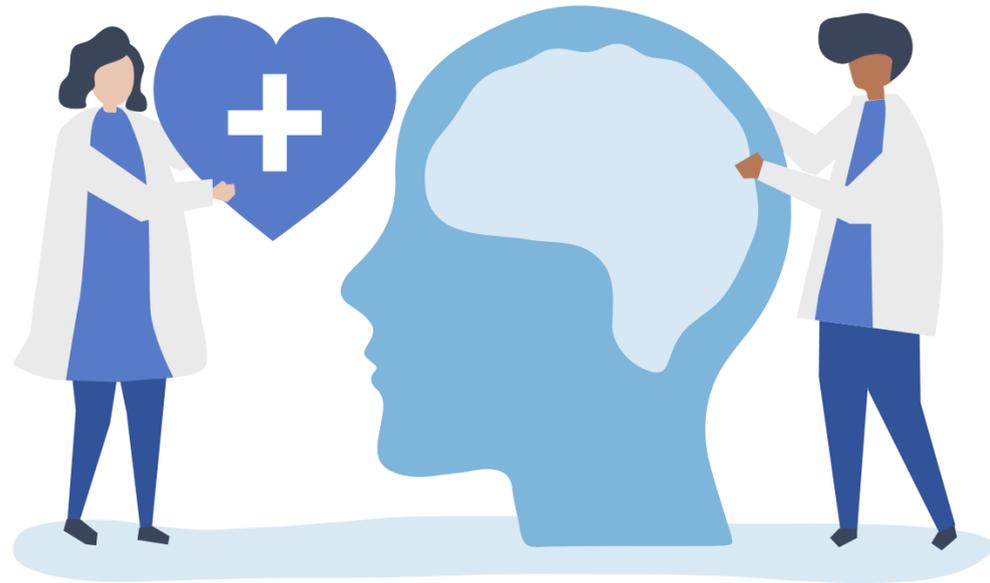


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# Newcastle College Launches Mental Fitness App for Students



## Build Your Mental Fitness with Fika

This year, we've all been through so much change together. We love having students back on campus, but in an effort to keep everybody safe, we're all spending much more time at home, studying and working remotely.

We've partnered with mental fitness app Fika, which is a tool you can use to stay motivated, productive, focused and connected.

It's always important to look after our physical and mental health, but we know that right now that might be a little more difficult, so we wanted to offer our students some extra support.

We've partnered with mental fitness app Fika, which is a tool you can use to stay motivated, productive, focused and connected.

### What is Fika?

Created over two years with students, athletes, influencers, expert psychologists and academics. Fika is an app designed specifically to help students learn practical mental fitness techniques. Using the app, you'll learn tips to help you manage your mental and apply them in your everyday life.

Students can use the app to access a dedicated series of programmes created by Fika in response to Covid-19, where you'll hear from expert psychologists, other students, academics and professional athletes in five-minute videos, audio and text programmes.

These are specifically designed to help combat the challenges of remote study and the mental

health impact of the pandemic. Programmes and audio guides cover topics including managing distractions and uncertainty, maintaining motivation and positivity, staying connected, self-care and healthy habits.

By downloading the app, you can gain invaluable insights into the science behind our mental health and develop the seven skills of Mental Fitness: focus, confidence, motivation, connection, positivity, meaning and managing stress.

You can even take part in daily mental fitness challenges and livestreams, where you can connect with other Newcastle College students, share your experiences, learn from other members of the community and cheer each other on.

### Get Downloading

You can find the Fika: Mental Fitness from your App Store or Google Play store, or you can scan the QR code right here.



Register as a member of the Newcastle College community. Remember - access to the app is free, but you must sign up using your Newcastle College email address following the steps below.

1. Tap get started
2. Agree to age consent, terms and privacy policy
3. Find Newcastle College in the organisation list
4. Enter your Newcastle College email address and create your new password. (A verification email will be sent to your inbox - this can take a few minutes to arrive - click the link when it does).
5. Congrats! You're now registered as a member of the Newcastle College Fika community and can get started on your mental fitness journey.

If you have any questions about using Fika, speak to your Personal Tutor and they'll be able to help you.

**Fika**   
Mental Fitness



After spending most of our year indoors and distanced from our friends and loved ones, we're all looking forward to some festive celebrations. No doubt they'll be different to other years but it is still a time to be kind, support one another and spend time celebrating all of the positives in our lives.

One of the best parts of preparing for Christmas is picking out that perfect gift for your best friend, your partner or your annoying sibling but some recent research suggests that due to the closure of many non-essential retail shops and the increase in online shopping, less than 30% of Christmas shopping spend will be made locally this year.

So, in the festive spirit, we want to help you to support local businesses this Christmas. NewcastleGateshead Initiative (NGI) has created a virtual marketplace that allows you to buy unique local gifts and vouchers directly from small, local businesses. You can find every kind of business on there, from local restaurants

and hotels, to local art and memberships.

Check out some of our favourites below!

### FOR THE FOODIE

Whether you want to give the gift of a Michelin star experience or simply a delicious chocolate treat, take your pick of tasty gift vouchers for restaurants including House of Tides and Trakol, or opt for a delivery of artisan chocolates or festive afternoon tea.



### FOR THE THRILL SEEKER

For anyone who's suffering from itchy feet while staying at home, give them something to look forward to and buy them an experience. You can choose anything from a spot of bowling or mini-golf, to a local tour or even a full spa weekend!

### FOR THE CULTURE VULTURE

Through the marketplace you can support our local culture venues in a number of ways. Get books for the little ones in your life from Seven Stories Bookstore, purchase a bit of local art from Baltic or Biscuit Factory, or find a unique gift from Beamish Museum gift shop. You can even buy vouchers for local experiences and venues. For the ultimate personal gift, name a seat at the Tyne Theatre after your most dramatic friend!



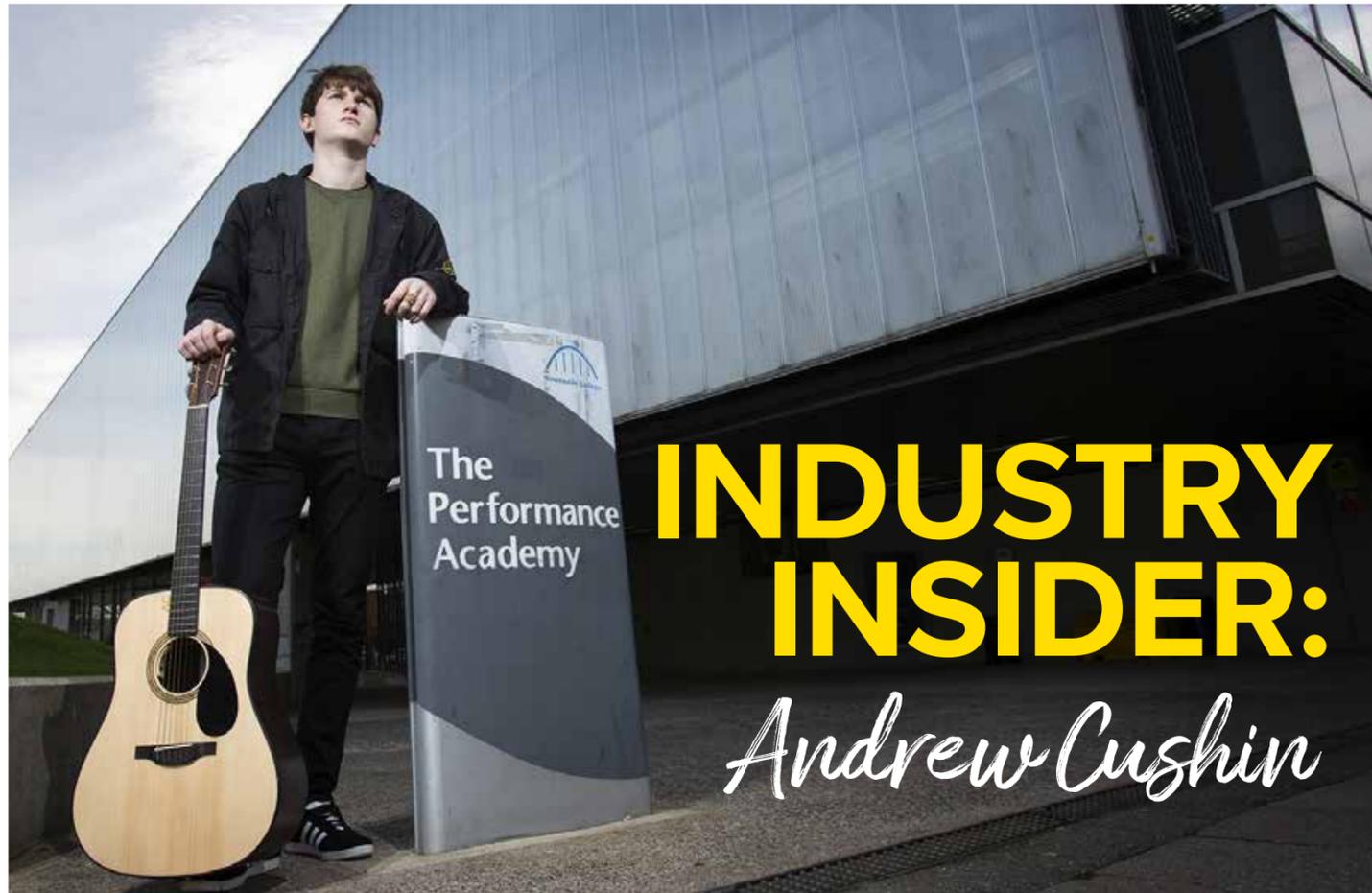
### FOR THE JETSETTER

We'd all love a little get away right now wouldn't we? Travelling just isn't on the horizon at the moment but you could treat a loved one to a staycation right here in the North East. After all, there's no better way to get a new appreciation for your local area than to see it through the eyes of a visitor. Choose from city centre stays at Hotel Du Vin or Royal Station Hotel or go a little further afield and opt for Langley Castle or the South Causey Inn.

These are just a few suggestions for supporting our local businesses this Christmas but remember, the most important thing isn't buying or receiving presents but showing each other a little bit of kindness. We're all in this together. Merry Christmas!



[newcastlegateshead.com/offers](http://newcastlegateshead.com/offers)



Hot on the heels of Sam Fender, under the guidance of Oasis legend Noel Gallagher, Andrew Cushin is tipped to be the next big thing to come out of the North East.

Andrew originally studied sports and plumbing at Newcastle College before he received that fateful email from the nice Gallagher brother. He found the time last month to visit his old campus and speak to students on Music and Performing Arts courses, where we were able to have a quick catch up.

**You originally studied plumbing here, then sports, and you played football – what made you switch from sports to music?**

In the second year of doing sport, that's when I started doing a couple of gigs and around that time Noel got involved. When we got the first email from Noel and he put us onto a record label, it became quickly apparent that I was

going to make more money out of music than I was going to being a PE teacher. I still finished the year and then instead of doing a degree I just went on tour instead.

**Was your original plan to become a pe teacher?**

I originally wanted to be a plumber and then I failed the last exam. I was still playing football with Newcastle Benfield and I was doing

a lot of coaching, so I thought I might as well go down the most logical path, which was trying to be a football coach. Then I realised how much a football coach's salary was and that horrified me, so I thought I'll do a degree and I'll become a PE teacher.

And then Noel Gallagher got involved and here we are doing music.

**You've had all that amazing support from Noel and I'm sure he's given you plenty of advice along the way. What would you say is the best bit of advice that you've received on your journey, either from Noel or from someone else?**

I suppose to just keep level headed - Noel said that but I'm fortunate in that it hasn't just been Noel giving me advice. I've had quite a bit of advice from Sam Fender and

Paulo Nutini sent me a good luck message.

So, it's just to keep level headed, because you're never too far away from being back in college wanting to be a PE Teacher. Everything could crumble with a case of doing a bad interview, or swearing on stage or doing something stupid.

It's about being respectful to everybody. I'm in a position now where it's very easy for me to get extremely big headed. My family are great, they don't see me any differently and I've got a really close-knit group of friends who are not impressed by any of this. I've just got to keep that close-knit circle around me really and just not lose myself in music and in life.

Next year I'm playing Leeds and Reading Festival, I'm playing Isle of Wight. We've got a festival in Milan, I'm playing in Sweden, I'm going all over the world. It'd be very easy for me now to walk around and think that I'm better than some

people and that's not the case at all because really, if it wasn't for Noel Gallagher, I'd still be in a classroom.

**Is Noel still involved?**

Yeh we're in a group chat with Noel which is amazing and he still gives me advice. I've just bought a new guitar, but I wouldn't have bought it if it wasn't for Noel giving me advice. He gives me advice on recording, on life... he slated my hair once or twice actually, I was starting to look like a sixth member of Oasis. So he still gives me advice on a lot of stuff and if I'm ever a little bit clueless about anything like my amp, or pedals, he's always there to text and I know that he'll always give me an honest opinion back. And we've always got a bit of back and forth about Man City and Newcastle, so I'd like to say that he's a friend. Whether or not he says the same thing is another story but he's definitely there to give a lot of advice, he's been brilliant.

**Would you call him a mentor?**

Oh yeah, 100%. The last time I went to London he said why don't you come down the studio for a bit of a catch up. We've finished the song now and the songs out, but I'd like to see him as more of a mentor now rather than just somebody that helped me out as a one-off.

We'll just have to see what happens but obviously I owe him. I effectively owe him my career in a sense. If it wasn't for him putting me on the record label I wouldn't be doing this, so I'll be forever grateful. If that was going to be me and Noel finished after the song that would be great but it's good that he's still in touch.

**Can you tell us a bit about what's coming next?**

Yeah, we've got all the festivals that we've lost this year, we've got all of them next year.

Plus, Board Masters playing with Sam Fender and we've got a festival with Gerry Cinnamon. So a lot of festivals going on, a lot of gigs and I've got the Boiler Shop gig in March which has just been upgraded from Riverside, so that's 1200 people. That would be amazing but I can't

see 1200 people being allowed to stand next to each other in a venue by March. We'll just see what happens with that.

We're still recording and we've got a couple more singles to come out next year. We're just trying to build on the hype and build the momentum of what we've lost this year. It was so fortunate that at the start of the year I had a Cluny gig that was sold out and then we did the song with Noel. That was amazing. Then the whole lockdown thing happened and it's just started to slow down a little bit. We've just got to pick it up next year.



**You're still pretty young but you've had quite an eventful few years So, is there anything that you would say now a 16-year-old self?**

When I was 16 I was still going out with my pals and pottering on with the guitar. So I wouldn't tell myself to do anything different because when I was 16 I wrote Waiting for the Rain, which is a great song.

So, I wouldn't say anything to my 16-year-old self but I would speak to myself when I was 18 or 19 when I was starting to do gigs.

The unfortunate thing for me was that I would finish a gig and every person would tell me I was brilliant, regardless if they thought I was or I wasn't. Slowly but surely your head starts to grow when you have that much praise. I went on tour and I was going on stage drunk. I didn't have a tuner so I would blag it. That's not professional at all. It's not okay and it's not rock and roll to

go on stage drunk, it's just stupid. And you're effectively ruining an opportunity to gain more fans.

So I'd speak to myself then and tell me to pull my finger out and treat every gig as incredibly important.

I think everything that's happened to me and the events that have been in, or the events I've witnessed have brought me to write the songs I'm writing now so I wouldn't take myself out of any situation. I wouldn't have told my mam and dad to split up earlier, I wouldn't change my friends. The only thing I would have done is just give myself that little bit of a kick because I did think I was amazing and I just wasn't.

**What was it that made you change that view?**

Going in the studio with Noel helped massively. It became quickly apparent that he hasn't got time for anybody that goes into the studio hungover, or anybody that goes on stage drunk.

I see all the instruments he can play and I can't play one of them. He was jumping on the drums and on the keyboards and bass. It was a bit of a kick to be a better musician.

With gigs, I was snapping strings on stage on quite a regular basis. I kind of just got sick. I was doing gigs, in particular when I was 19 and people would say I was brilliant. But when I got to 20, I wasn't actually singing that well and I wasn't actually performing that well. I was coming off and nobody was telling me I was brilliant anymore.

Then I started researching into equipment, got myself a tuner and some better-quality guitar strings, and practised a lot more. Slowly but surely, I was going on stage sober, focused and then when people were telling me I was brilliant, I was thinking yes, I was brilliant. I'm twice the artist I was earlier.

But it's just learning your craft. I haven't even played 50 gigs yet, I'm still really, really naive to the whole gigging process so you can only improve. It has been a gradual process and in 50 gigs time I'll probably do another interview and I'll say the same sort of thing.

I saw Jake Bugg last year in Leeds and he was five times the artist as

he was in 2011. Same sort of thing with Sam Fender, it's just learning your craft, it's just getting better and getting more confident on stage

**How important do you think getting involved with 15, 16, 17-year olds is and giving them advice?**

I wish somebody had spoken to me when I was 15 or 16. I mean I had a guitar but wasn't a great player. I had a half decent voice and I was writing poetry.

But I wish somebody had spoken to me about life and having a bit of a direction because I was quite a lost kid, as most 16-year-olds are. If somebody had pulled me to one side and told me I had a talent, that I could write songs, that if I pursue it I could make something of myself, this might not have happened when I was 20, it might have happened two years ago.

I enjoyed talking to the students because I would have loved somebody to have spoken to me when I was 16. There are some talented kids in this group, really talented. There's a singer and I was blown away by her voice. She asked me a question and she was quite shy but I wish I had her voice when I was 16, she should be a bit more confident.

I suppose I was just trying to tell them, express yourself, you're 16 years of age, you're here to do music. Go write a couple of songs, go and have a go. Yeah, I wish somebody had said that to me. I hope I helped them.

**What advice do you have for anyone hoping to become the next Andrew Cushin?**

Just gig. The biggest bit of advice I can give anybody and I said that to the students I spoke to last week. If you want to make something yourself, you've got to learn your craft.

You've got to have a bit of luck, which I've had, you've got to have a bit of talent, which I like to hope I've got, and you've got to gig, which I'm currently doing. You've just got to be obsessed.

# WHY I WEAR MY MASK

If we had to choose the biggest change to our lives this year, it must be the newest addition to our wardrobe – the mask. Whether you are growing a collection of fashionably printed face coverings or prefer the staple surgical version, it's the item that you're always patting down your pockets for as you leave the house.

Wearing your mask (if you're not exempt of course) is so important to help protect those around you. Remember that on campus you need to wear your mask whenever you're inside a building, although you can take it off while you're eating and drinking, or if you're socially distanced inside a classroom. We do however, recommend you wear it as much as possible, including outside.

We recently caught up with students on the quad to find out why you think wearing your mask is so important.



**CASEY** – LEVEL 2  
HEALTH AND SOCIAL CARE

'I wear my mask to protect myself and the people I surround myself with.'



**EVE** – LEVEL 2  
HEALTH AND SOCIAL CARE

'I wear my mask to protect the people around me.'



**NICOLE** – CertHE  
HEALTHCARE PRACTICE

'I wear my mask to protect myself and everyone else.'



**KIRSTIE** – CertHE  
HEALTHCARE PRACTICE

'I wear my mask to protect everyone, especially my mam and dad.'



**ROMY** – FdA  
MUSICAL THEATRE

'I wear my mask to look after my family, myself and everyone around me.'



**CAITLIN** – FdA  
MUSICAL THEATRE

'I wear my mask to keep everyone safe as I can so we don't go into lockdown and Newcastle College stays open.'



**SARA** – FdA  
MUSICAL THEATRE

'I wear my mask to keep everyone safe'



**JASPER** – FdA  
MUSICAL THEATRE

'I wear my mask because I live in student accommodation and it is important to stay in college as it's important for good mental health.'



**SI CHAMBERS** –  
HoC MPA

'I wear my mask to keep myself and everyone safe, setting a good example to learners and staff and make Newcastle College as safe as it can be.'

# SELF CARE OVER CHRISTMAS

## OUR TOP TIPS FOR CHRISTMAS CHEER

This term has been a tricky one, trying to adapt to the 'new normal' and navigating the extra measures in place throughout life, both inside and outside of college. However, as autumn term comes to an end, this is a time for celebration. Not just with Christmas festivities, but we should all celebrate making it to the end of a term, in the middle of a pandemic no less!

Following the second lockdown, and as we enjoy some well-earned time off, it's more important than ever to take care of yourself over the festive period. We want each and every one of you to make the most of your Christmas break in the best and safest way you can, keeping self-care a priority. Despite things maybe looking a little different this year, follow our tips to help you have the most magical time possible.

## REACH OUT

Christmas is usually a time for getting together with friends and family, to catch up and celebrate one year over and another beginning. Whilst in person gatherings may not be the case this year, it shouldn't stop you from touching base with your loved ones. Reaching out to friends old and new, via text, video call, or Christmas card, is vital for self-care. A certain way to put a smile on their face as well as yours, make sure you maintain social contact over the holidays.

## EAT WELL

Obviously Christmas is definitely the best excuse for a bit of indulgence when it comes to food, but you can still treat yourself whilst eating well. Take care of your body by not skipping the goodness your body needs. Ok, maybe you don't have to have a plate full of sprouts, but just ensure there's a bit of balance in your diet. Trust us, your body will thank you for it, and you can always crack open that tub of Quality Street after.

## KEEP MOVING

It can be tempting over the cold and dark winter period to become surgically attached to your sofa, but make a real effort to move for 30 minutes every single day (alright, we'll give you Christmas and New Year's off). Whether that's putting on a Joe Wicks video, getting wrapped up and heading out for a walk or having a dance party to All I Want For Christmas Is You on the radio. Do whatever works for you, and why not get the people you live with involved too? Releasing some endorphins with a bit of exercise is a great way to take care of your body and mind.

## TREASURE YOUR TIME

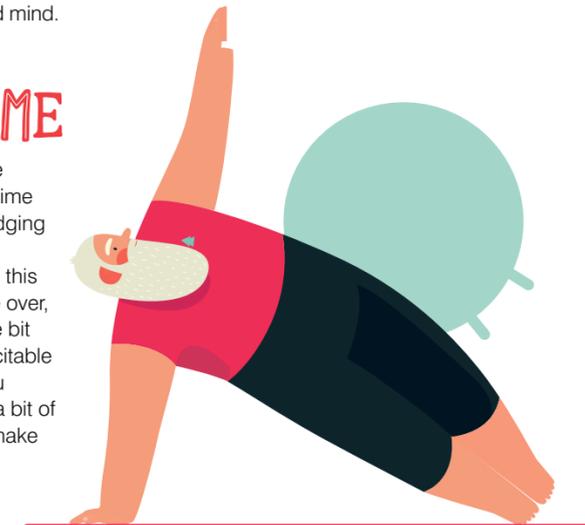
This is probably (hopefully) going to be the most unique Christmas of our lifetimes. A time without the madness of rushing about, dodging shoppers, squeezing round markets and travelling. So please remember to treasure this year. As much as we might all want it to be over, take some time to just be, and enjoy a rare bit of downtime. Christmas may not be an excitable chaos this year, but that shouldn't stop you enjoying every moment. See this quiet as a bit of a blessing, and don't forget that you can make up for it in hectic activities next year.

## BE GRATEFUL

In a year of so much loss, negativity and misery, it may seem strange to suggest you be grateful. But there are always reasons for gratitude. Take some time to make a list of things you are grateful for. From the socks your gran got you for Christmas, to your mum's roast potatoes, to passing your assignments this term, to simply having made it through the year. It might just surprise you how much light there is in 2020.

## EMBRACE CHRISTMAS

Love it? Hate it? Whatever you celebrate at this time of year, you can't deny December has something magical about it. Get stuck into the festive spirit, and whatever traditions you may have, embrace them, or make new ones! Read your little sister that reindeer story for the 50th time, watch Miracle on 34th Street with your household, bake, sing carols (as badly as you like). Do anything that could bring a little sprinkle of joy, it might just show you how special the festive period is.



# WINTER WARMERS



We're waking up in the dark, we're getting home in the dark, it's freezing outside and, well, it's 2020. We have to appreciate the little things that give us comfort right now and what could be more comforting than a hot, nutritious meal to warm us up every evening?

We know that eating healthy food in the winter can be a little extra work because a salad just isn't going to cut it when the snow is coming down. So we've done the hard work for you and pulled together some easy(ish) recipes that will warm you up while keeping your mind and body feeling great this winter.

## SOUP

A home-made soup is the staple comfort food and they're so much easier to make than you might think. Ignore the recipes that tell you to use a blender or buy tons of ingredients, because the truth is that you just need one big

pan (or a slow-cooker works a treat too if you happen to have one handy).

Essentially, you can choose whatever ingredients you like and throw it into a pan together with some water and some stock but following a recipe might result in something a little tastier.

A lentil and vegetable broth is the simplest of all soups and best of all, it's budget friendly. Here's an easy example from BBC Good Food, but you can add any vegetables you like, or you could even add some pre-cooked chicken toward the end if you eat meat.

### Ingredients

- 85g dried red lentils
- 2 carrots, diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 vegetable stock cube
- 1 heaped tsp ground coriander

### Method

1. Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.
2. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
3. Ladle into bowls and eat straightaway.

**It really is that simple!**

## ONE-POT HEALTHY DINNER

A one-pot recipe simply means you can cook everything together in one pan, whether that's on your hob or in the oven, and save on the washing up. That always makes life easier doesn't it?

Whether you want pasta, stew, broth or curry there will be way to make it in just one pot and we bet you didn't know you could make lasagne in just one pan on your hob did you? We've included that recipe here from Damn Delicious here, but the possibilities are endless.

### INGREDIENTS:

3 sausages of your choice with casing removed (veggie sausages work too)

1 can chopped tomatoes

1 can tomato sauce or tomato puree

Herbs of your choice (we recommend basil and oregano and maybe even some fresh parsley to serve)

1/2 teaspoon garlic powder or a crushed garlic clove

225 grams of pasta

1/2 teaspoon crushed red pepper flakes, optional

225 grams of pasta

130 grams of shredded mozzarella

130 grams of ricotta

(Or choose 260 grams of any cheese or alternative of your choice)

60 grams of grated Parmesan (or alternative)

### Method:

1. Heat oil in a large skillet over medium high heat. Add sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
2. Stir in chopped tomatoes, tomato sauce, herbs, garlic powder and red pepper flakes; season with salt and pepper to taste.
3. Bring to a simmer and stir in pasta and 475ml water. Bring to a boil; cover, reduce

heat and simmer until pasta is cooked through, about 13-15 minutes.

4. Remove from heat. Stir in most of the cheese until well combined. Top with leftover cheese and cover until heated through, about 2-4 minutes.

5. Serve immediately

## SHEET PAN RECIPES

Technically, sheet pan recipes could also be called one-pot dinners, but we've decided that they deserved a special mention of their own.

Sheet pan recipes are arguably even easier than soup and are my personal favourite types of dinner to make after a busy day. Simply arrange all of your chosen ingredients onto a baking tray, pop in the oven, set a timer and serve up. What could be easier than that?

Whether you're veggie, vegan, have any special dietary requirements or will eat anything on offer, there is a sheet pan recipe out there for you. Plus, they're a great way to use up whatever you have in your fridge or cupboard. We recommend doing a simple internet search for your ingredients followed by 'sheet pan recipe' but we've included one tasty example for you below from Good Housekeeping for some inspiration.

### Ingredients

1 can chickpeas, rinsed

1 bag mini sweet peppers (or swap for any other veg you have in the fridge)

2 tbsp. harissa sauce (or try your favourite sauce)

4 small chicken legs (or swap for a meat alternative such as tofu).

### Method

1. Pre-heat your oven to 220 degrees or gas mark 7.
2. On a large baking sheet, toss chickpeas and peppers with a tablespoon oil and season with salt and pepper
3. Make up your sauce in small bowl. For harissa sauce whisk together harissa and a tablespoon of oil.
4. Rub harissa mixture or sauce of choice over your meat or meat-alternative.
5. Nestle among chickpeas and peppers and roast until meat is golden brown and cooked through, usually 20 to 25 minutes.
6. Serve

**See? As easy as, well, a sheet pan recipe.**

# LOOKING FOR A CAREER IN DIGITAL?

Newcastle College University Centre has teamed up with the Code Institute to offer an exciting new digital qualification that will get you work-ready in under a year.

2020 has seen an even bigger and quicker shift to remote working and adoption of digital technologies, meaning there are some exciting opportunities opening up for digital graduates across the North East.

The Level 5 Diploma in Web Applications Development will take you from beginner level to qualified in just 12 months and applications are now open for January starts.

Interested? Apply here: [ncl-coll.ac.uk](https://ncl-coll.ac.uk)



# BINGE-WORTHY CHRISTMAS TV



With dark evenings, curfews, and after a long term back at College, there's nothing better than getting under a blanket and binge watching some great tv. We've got loads of suggestions of shows to enjoy over the break that'll have Netflix asking you: "are you still watching?"

Here are our top-picks for some seasonal entertainment:

## 1 – Call The Midwife, *BBC*

Call The Midwife returns this Christmas Day and is certain to warm all of our hearts this festive season. Follow the midwives and nuns caring for the community of London's East End during the 1950s and 60s. The show draws upon memoirs and tackles real social and economic issues, whilst keeping love, in all of its forms, at the centre of each episode.

## 2 – Somebody Feed Phil, *Netflix*

Whilst holiday plans may have been put on hold for this year, join writer, Phil Rosenthal, as he visits some of the greatest cities in the world to taste the best local cuisines. Travel to New York, Singapore, Venice, Cape Town and more from the comfort of your own living room. Warning – don't watch when hungry!

## 3 – Gavin & Stacey, *BBC*

Will Gavin & Stacey ever get old? We don't think so! Essex boy Gavin and Welsh girl Stacey fall in love in this comedy show. They attempt to navigate, not only a relationship across borders, but bringing their family and friends together. I won't lie to you, this is one show you're going to want to watch more than once.

## 4 – This Is Us, *Amazon Prime*

The lives of several people who share the same birthday intertwine in this family drama show. It's an emotional one where every

episode pulls at the heartstrings and finishes with a bombshell that will have you desperate for the next. Tissues at the ready!

## 5 – The Crown, *Netflix*

The show everyone's been talking about for the past few weeks. Immerse yourself in historical drama, exploring the people and events behind the walls of Buckingham Palace. You'll be hooked, apart from the moments when you're Googling the real events.

## 6 – Sugar Rush Christmas, *Netflix*

A baking show but make it festive! Teams of bakers compete against the clock to create Christmas themed cupcakes, confections and showstopping cakes. Think Bake Off, but it's a race, and it's Christmassy. Perfect for snuggling up and enjoying with your own sweet treats.

## 7 – Schitt's Creek, *Netflix*

Having broken the record for comedy television awards earlier

this year, there's never been a better time to binge Schitt's Creek. You'll laugh, you'll cry, but ultimately you can't go wrong with this show following the formerly wealthy Rose family after they lose their fortune.

# MOVIE MUST-WATCH:

## Dolly Parton's Christmas on the Square

Whilst there are an abundance of great films to keep you going this December, our top recommendation comes to you from country queen, Dolly Parton. This all singing, all dancing, festive feel-good is just what we all need to add a little sparkle this year.



# Our Festive Pets



1. Miley



2. Charlie



3. Lilly



4. Nancy



5. Jay Jay



6. Bobby

Aren't our festive pets just purrrrrfect?! We've loved seeing how your pets have been getting ready for Christmas, which one is your favourite?!



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