

Activities calendar – we have gathered activities being run by the College or organisations we work with and added them to the calendar below. To join in, click the link or email to book a place.

# JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>NSFT Virtual Socials:</b> 10.30am Yoga 1.30pm Coffee and Catch up For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p> <p><b>AoC Sport - All Ability Fitness</b> 11am-11.30am <a href="https://bit.ly/2zDhwpH">https://bit.ly/2zDhwpH</a></p> <p><b>Ambassador Training (for Foundation learners)</b> 11.30am-1pm: <a href="https://bit.ly/2XvALKN">https://bit.ly/2XvALKN</a> Meeting ID: 837 1527 1964 Password: 2MVnbK</p> <p><b>NHS Wellbeing Webinar: Coping with Worry</b> 3pm-5pm <a href="https://bit.ly/2XcKJRr">https://bit.ly/2XcKJRr</a></p> <p><b>NHS Wellbeing Webinar: Everyday Wellbeing with Coronavirus</b> 5.45pm-7.45pm <a href="https://bit.ly/2TMjqLk">https://bit.ly/2TMjqLk</a></p>	<p><b>Fun Quiz:</b> 12pm-1pm <a href="https://bit.ly/3cuFbGk">https://bit.ly/3cuFbGk</a> Meeting ID: 849 4730 1031 Password: 9cnSEZ</p> <p><b>NSFT Virtual Socials:</b> 2.30pm Arts &amp; Craft 7pm Nostalgia night – the 90's For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p>	<p><b>NSFT Virtual Socials:</b> 10.30am Discuss 5 ways of Wellbeing For details and to join go to: <a href="https://bit.ly/2M2Za3Y">https://bit.ly/2M2Za3Y</a></p> <p><b>AoC Sport - Home Bootcamp</b> 2pm-2.30pm <a href="https://bit.ly/2zDhwpH">https://bit.ly/2zDhwpH</a></p> <p><b>Student Voice meeting</b> 4pm-5pm <a href="https://bit.ly/2U882da">https://bit.ly/2U882da</a> Meeting ID: 880 8738 8154 Password: 9nYgnQ</p>	<p><b>NSFT Virtual Socials:</b> 10.30am Wellbeing Around the World 6pm Quiz For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p> <p><b>Peer Mentoring Training: Learning How to Support Others (for Foundation learners)</b> 12pm-1pm: <a href="https://bit.ly/3cAT8T0">https://bit.ly/3cAT8T0</a> Meeting ID: 897 9349 6221 Password: 1XAJeF</p>	<p><b>NSFT Virtual Socials:</b> 10.30am Theme Friday: Gardening For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p> <p><b>Mindfulness Session: Learning About Mindfulness Techniques</b> 12pm-1pm <a href="https://bit.ly/3gWtRGU">https://bit.ly/3gWtRGU</a> Meeting ID: 890 1592 5522 Password: WORZT</p> <p><b>NHS Wellbeing Webinar: Healthy Family Relationships</b> 3.30pm-5pm <a href="https://bit.ly/2ZNvy2C">https://bit.ly/2ZNvy2C</a></p>		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15	16	17	18	19	20	21
<p><b>NSFT Virtual Socials:</b> 10.30am Yoga 1.30pm Coffee and Catch up For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p> <p><b>AoC Sport - All Ability Fitness</b> 11am-11.30am <a href="https://bit.ly/2zDhwpH">https://bit.ly/2zDhwpH</a></p> <p><b>NHS Wellbeing Webinar: Coping with Worry</b> 3pm-5pm <a href="https://bit.ly/2XcKJRr">https://bit.ly/2XcKJRr</a></p> <p><b>NHS Wellbeing Webinar: Everyday Wellbeing with Coronavirus</b> 5.45pm-7.45pm <a href="https://bit.ly/2TMjqLk">https://bit.ly/2TMjqLk</a></p>	<p><b>NSFT Virtual Socials:</b> 2.30pm Arts &amp; Craft 7pm Film Club For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p>	<p><b>NSFT Virtual Socials:</b> 10.30am Discuss 5 ways of Wellbeing For details and to join go to: <a href="https://bit.ly/2M2Za3Y">https://bit.ly/2M2Za3Y</a></p> <p><b>AoC Sport - Cardio Core</b> 2pm-2.30pm <a href="https://bit.ly/2zDhwpH">https://bit.ly/2zDhwpH</a></p> <p><b>Student Voice meeting</b> 4pm-5pm <i>Email</i> <a href="mailto:k.lawless@eastcoast.ac.uk">k.lawless@eastcoast.ac.uk</a> to take part</p>	<p><b>NHS Wellbeing Webinar: Carers Support</b> 10am-11.30am <a href="https://bit.ly/2ZNvSOS">https://bit.ly/2ZNvSOS</a></p> <p><b>NSFT Virtual Socials:</b> 10.30am Wellbeing Group Chat – Art! 6pm Quiz For details and to join go to: <a href="https://bit.ly/2M2Za3Y">https://bit.ly/2M2Za3Y</a></p> <p><b>Ambassador Training (for Foundation learners)</b> 11.30am-1pm: <i>Email</i> <a href="mailto:m.watson@eastcoast.ac.uk">m.watson@eastcoast.ac.uk</a> to take part</p>	<p><b>NSFT Virtual Socials:</b> 10.30am Theme Friday: Cooking/baking For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p> <p><b>Training - Finishing off Workbooks</b> 11am-1pm: <i>Email</i> <a href="mailto:m.watson@eastcoast.ac.uk">m.watson@eastcoast.ac.uk</a> to take part</p> <p><b>NHS Wellbeing Webinar: Healthy Relationships</b> 3.30pm-5pm <a href="https://bit.ly/2Xz6PfM">https://bit.ly/2Xz6PfM</a></p>	<p><b>NSFT Virtual Socials: Perinatal Social</b> For details and to join go to: <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p>	

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# JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>NSFT Virtual Socials:</b>                      10.30am Yoga                      1.30pm Coffee and Catch up                      For details and to join go to:  <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p> <p><b>AoC Sport - All Ability Fitness</b>                      11am-11.30am  <a href="https://bit.ly/2zDhwph">https://bit.ly/2zDhwph</a></p> <p><b>NHS Wellbeing Webinar: Coping with Worry</b>                      3pm-5pm  <a href="https://bit.ly/2XcKJRr">https://bit.ly/2XcKJRr</a></p> <p><b>NHS Wellbeing Webinar: Everyday Wellbeing with Coronavirus</b>                      5.45pm-7.45pm  <a href="https://bit.ly/2TMjqLk">https://bit.ly/2TMjqLk</a></p>	<p><b>Fun Quiz:</b>                      12pm-1pm                      Email <a href="mailto:m.watson@eastcoast.ac.uk">m.watson@eastcoast.ac.uk</a> to take part</p> <p><b>NSFT Virtual Socials:</b>                      2.30pm Arts &amp; Craft                      7pm Nostalgia night – the 00's                      For details and to join go to:  <a href="https://bit.ly/3gRoGHy">https://bit.ly/3gRoGHy</a></p>	<p><b>NSFT Virtual Socials:</b>                      10.30am Discuss 5 ways of Wellbeing                      For details and to join go to:  <a href="https://bit.ly/2M2Za3Y">https://bit.ly/2M2Za3Y</a></p> <p><b>AoC Sport - Home Bootcamp</b>                      2pm-2.30pm  <a href="https://bit.ly/2zDhwph">https://bit.ly/2zDhwph</a></p> <p><b>Student Voice meeting (for new applicants)</b>                      4pm-5pm                      Email <a href="mailto:k.lawless@eastcoast.ac.uk">k.lawless@eastcoast.ac.uk</a>  <a href="mailto:j.jeeves@lowestoffsfsc.ac.uk">j.jeeves@lowestoffsfsc.ac.uk</a> to take part</p>	<p><b>NSFT Virtual Socials:</b>                      10.30am Wellbeing Group Chat – Music                      6pm Quiz                      For details and to join go to:  <a href="https://bit.ly/2M2Za3Y">https://bit.ly/2M2Za3Y</a></p>	<p><b>NSFT Virtual Socials:</b>                      10.30am Theme Friday: Pets                      For details and to join go to:  <a href="https://bit.ly/2M2Za3Y">https://bit.ly/2M2Za3Y</a></p> <p><b>Mindfulness Session: Learning About Mindfulness Techniques</b>                      12pm-1pm  <a href="https://bit.ly/3cB0ZzY">https://bit.ly/3cB0ZzY</a>                      Meeting ID: 885 2861 5422                      Password: 2rbcPy</p> <p><b>NHS Wellbeing Webinar: Healthy Family Relationships</b>                      3.30pm-5pm  <a href="https://bit.ly/2ZNvy2C">https://bit.ly/2ZNvy2C</a></p>		

# JUNE ACTIVITIES

 Mental wellbeing  Sport  Other

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## MONDAY

29

NSFT Virtual Socials:

10.30am Yoga

1.30pm Coffee and Catch up

For details and to join go to:

<https://bit.ly/3gRoGHy>

AoC Sport - All Ability Fitness

11am-11.30am

<https://bit.ly/2zDhwpH>

NHS Wellbeing Webinar: Coping with Worry

3pm-5pm

<https://bit.ly/2XcKJRr>

## TUESDAY

30

NSFT Virtual Socials:

2.30pm Arts & Craft

7pm Film Club

For details and to join go to:

<https://bit.ly/3gRoGHy>

