



Principal's Update - BRIT Challenge

Monday 23 - Friday 27 January

Dear colleague,

Many of you may now have heard that Newcastle College will be taking part in this year's BRIT Challenge.

The [BRIT Challenge](#) is an inclusive feel-good fundraiser to improve the mental health and fitness of university and college staff and students across the UK whilst raising vital funds for local, regional and national charities, alongside the [British Inspiration Trust \(BRIT\)](#).

The Challenge runs nationally between Monday 23 January and Thursday 23 March. NCG will be participating as a Group, with each college taking part for one week and each raising funds for one chosen local charity. The 'baton' will then be passed to Professional Services to complete the final week.

Newcastle College will kickstart the challenge for the first week on Monday 23 January, and will be splitting fundraising between the [British Inspiration Trust \(BRIT\)](#) and [Streetwise Young People's Project \(streetwisenorth.org.uk\)](#)

I have recently become co-chair of the BRIT Regional Steering Group in the North-East and have helped to drive the initiative across the region, so I'm looking forward to seeing staff and students get involved and focus on mental health and wellbeing over a week of activities.

The theme for this year's Challenge is "23" and the aim is for teams of individuals to cover challenges related to the number 23. Heads of Curriculum and Departments have been asked to come up with challenges for colleagues and students to take part in over the course of the week and some of these activities include:

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| Life Skills Hub | Students and staff will ride 2,300 miles over the week on an exercise bike and spend 23 minutes each lunchtime on craft activities. |
| Library Team | The team will be recommending and creating a display of 23 books related to mental health and wellbeing. |
| Music and Performing Arts | Students will take part in dance classes each day, aiming to achieve 23,000 steps collectively. |
| Sport, Law, Policing and Protective Services | Students and staff will collectively cover 2,300 miles over the week by rowing, running, cycling or walking. |
| Hair and Beauty | Students will deliver 23 massages, 23 manicures and 23 haircuts throughout the week. FREE appointments are available for colleagues, further details are at the bottom of this email. |
| Marketing and Education Partnerships | The team will be collectively completing a bucket list of 23 wellbeing activities that each last 23 minutes throughout the week, including walks, reading, exercise classes, coffee catchups and crafting. |

Your Head of Curriculum or Department will share plans with you directly for your activities and challenges and it's important that we can involve students as much as possible.

This is a fantastic opportunity for both our colleagues and our students to focus on mental health and wellbeing whilst raising funds and awareness of important charities.

To donate directly to our charities, or if anyone would like to sponsor your activities, our fundraising link is available here <https://givestar.io/gs/MI0DYAI>.

All colleagues and students are reminded to collate and track all participation in activities [using this form](#). Please share this link with your students through planned tutorial activities and/or Teams channels.

Our Marketing Team will be sharing activities on our social media channels throughout the week, please send photos and videos through to NCLComms@ncl-coll.ac.uk (Please remember that when you are taking photos of people, you must get them to sign the [Media Consent Form](#).)

I am looking forward to seeing what we can achieve.

Scott Bullock
Principal

Book a BRIT Challenge Appointment in The Retreat

As part of Hair and Beauty's challenge to deliver 23 massages, manicures and haircuts in the Retreat over the week, a limited number of free hair appointments for colleagues are available to book on the following dates and times:

- **Monday 23 January** - Free haircuts for children of colleagues. Appointments available at 4pm or 5pm
- **Wednesday 25 January** – Free wash and blow dry for colleagues. Free haircuts for children of colleagues. Appointments available at 4.30pm or 5.30pm
- **Thursday 26 January** - Free styling (haircut/curling) for staff and children. Appointments available at 2pm or 4pm

All appointments are subject to availability.

To book, call The Retreat on 0191 200 4602 or email theretreat@ncl-coll.ac.uk, quoting the code **BRIT**.

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