

Introduction from the Principal

Welcome to Stanmore College’s first newsletter for residents. The weeks are flying by, and it is hard to believe that the Christmas break is almost upon us. There is so much to pack into each term, and we are gearing up for the New Year already.

Speaking of the New Year, having recently joined Stanmore College as Principal, I am keen to open opportunities to the community where the College can provide them. Some of these planned opportunities will be outlined in this newsletter but plans include a community OAP lunch, gym inductions and a series of gym sessions, and discounted room hire for teaching, learning and leisure classes.

It is our intention that this newsletter will provide news and information, as well as highlighting upcoming events and courses that may be of interest to you.

I hope to meet many of you during 2023 and look forward to seeing the college contribute to the benefit of our local Stanmore community and increasing your awareness.



Annette Cast
Principal



Stanmore College – Old Church Lane access

Macmillan Coffee Morning

Students and staff raise £200.13p for Macmillan Cancer Support

Students and staff embraced an opportunity to donate towards providing vital services to those suffering cancer so that no-one has to face cancer alone and to help support their families. It was fantastic to see so much support for such an important cause.



The cheque has now been received by Macmillan Cancer Support and we were delighted to exceed the £200 overall target.

Local Residents - use the Gym for free!

If you are a local resident, check out this amazing offer:

- receive a gym induction on how to use the gym equipment from qualified fitness instructor in the College’s gym.

- complete a health check.
- monitor you over a 6-week period for progression within your programme.
- give advice on healthy eating, lifestyle choice and exercises.

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Destinations of Stanmore students

Where our students go after their college courses

The total number of 16-18 Study Programme and 19+ who completed a level 3 qualification and therefore could have progressed to HE, employment, or apprenticeships in 2022/23, was 403.

The majority of these 403 learners, 348 (86%), applied to university.

Of the 348, 302 (87%) are now at university having started this year. These figures include 103 adult learners who undertook Access to Higher Education Courses at the College with a view to changing careers.

The remainder of students who did not progress to university are either in employment, apprenticeships, taking a gap year due to family commitments, in further education/training or have left the country.

Of those who progressed to university, several students secured places at Russell Group universities.

The range of degrees undertaken was vast; these included:

- ◆ Biomedical Science
- ◆ Psychology
- ◆ Computer Science
- ◆ Cyber Security
- ◆ Pharmacy
- ◆ Business Management and International Relations
- ◆ Television Production
- ◆ Occupational Therapy
- ◆ Law
- ◆ Nursing
- ◆ Civil and Infrastructure Engineering
- ◆ Social Work and Applied Social Studies
- ◆ Criminology
- ◆ Business Economics
- ◆ Accounting and Finance
- ◆ Aeronautical Engineering
- ◆ Digital Marketing
- ◆ Pharmaceutical Sciences
- ◆ Primary Education

- ◆ Diagnostic Radiography
- ◆ Interior Design
- ◆ Sport, Health, and Exercise Sciences
- ◆ Graphic Design and Media
- ◆ Law with Government and Politics
- ◆ Chemical Engineering
- ◆ Forensic Science with Chemistry
- ◆ Cognitive and Clinical Neuroscience
- ◆ Architecture
- ◆ Dental Hygiene
- ◆ Games Design with Animation
- ◆ Physiotherapy
- ◆ Business and Management
- ◆ Fashion, Communication and Styling
- ◆ Computer Networks and Security
- ◆ Global Development and World Philosophy



Above: Former student, Robert is now undertaking a degree in Aerospace Engineering BEng



Above: Former student, Anishta has completed her degree and is now nursing in the NHS.

Student Behaviour

You Said, We Did

In response to communications received regarding litter and inappropriate student behaviour the College is meeting regularly with 'College Watch;' a group made up of local residents, Safer Neighbourhood police, and business owners to discuss and take suggestions forward to improve the behaviour of a minority of students who do not adhere to our requests.

In addition to working with parents and stakeholders the following actions have been taken and are ongoing:

1. Patrols by members of the Senior Leadership Team at break and lunch times and in the evenings.

2. Messages and reminders of the importance of respecting residents and the Neighbourhood displayed college wide on plasma screens.
3. Sessions on the above in tutorials.
4. A respect campaign via the Student Union.
5. Meetings with parents and respective authorities where any student is identified as having behaved inappropriately.
6. Link workers engaged to work on a one-to-one basis with students who need improvement action plans.

Adult Courses available

The College offers a wide range of courses, many are **FREE** (subject to eligibility). Just some of these are set out below:

- Yoga and mindfulness
- Brush up your maths! For personal benefit or to help children with homework
- Getting the most out of smartphones and computers
- Leadership and Management
- Understanding Autism
- Awareness of Bullying in Children and Young People
- Counselling
- Awareness of Mental Health Problems
- Understanding the Principles of Dementia Care Award in Education and Training
- The Principles of End-of-Life care
- Caring for Children and Young People
- Caring for the Elderly
- Improving Personal Exercise and Nutrition
- Principles of Customer Service
- Teaching and Learning in Schools
- Information, Advice and Guidance
- Diploma in Health and Social Care
- ESOL (English for Speakers of Other Languages)

To express your interest email admissions@stanmore.ac.uk

IT students consider cutting edge Cyber Security Defences



Dr Ajay Kaushik presents on 'Real Time Detection System for Bi-Medical and Cyber Physical Systems'

Dr Kaushik introduced these complex concepts by first asking the students how, in addition to getting good grades from their college study programme, they intend to stand out from the competition when it comes to securing a good job or university place. The question was certainly food for thought and the students were relieved to hear the answer which was 'research – any experience you can get will help you to get ahead'.

In response to a question on whether the students had heard of cyber security encryption techniques, it was evident that they had, but did they know the seriousness and status of encryption worldwide? Perhaps not. And that is exactly why specialists like Dr Kaushik can contribute over and above to those studying these subjects.

In today's world of electronics emails need to be encrypted as do mobile phones, computers and so on; data is valuable, just as valuable as money and no-one would want their bank details falling into the wrong hands – encryption techniques are used in many communications in day-to-day life.

He informed attendees that, until 1999, this was done by DES (Data Encryption Services), however since then AES (Advanced Encryption Standards) have superseded DES.

Most online material in today's world is AES encrypted. BUT there are new computers systems called Quantum Computers in the pipeline and these incredibly fast computers are expected to be available on the market in just 2 to 3 years. Most concerning is that these Quantum Computers could break AES.

So, what will happen to our Facebook, Instagram, and bank accounts? Here lies a major problem and where there is a problem there is a research opportunity. As the existing security will not work, what can be done to safeguard data?

All agreed that it is imperative that the encryption is made unbreakable even on these dynamic new Quantum Computers. As such, this was put out to tender worldwide 6 years ago and proposals for solutions were invited from all around the world. Even now, proposals are still being accepted. A decision is still being made as to which proposal can withstand quantum.

Latency (delay) following an intrusion or security breach needs to be addressed immediately and this can be done by using AI (Artificial Intelligence) in which you would train your system about the kind of attacks that could occur, and that system subsequently can tell you when something is being attacked. This is done using sensors not dissimilar from those that keep lift doors open or beep when cars are reversing. Cyber security is a booming research area in today's world. Students were invited to learn from Dr Kaushik and, should they wish, work with him to establish ideas on NISD (the Network of Information Systems Directive) compliance to shape the future of the digital world and boost the overall level of cybersecurity by facilitating cooperation and exchange of information to further improve resilience and response capacities and protect critical infrastructures.

Business students run Christmas Fair for charity

Business students decided to put their knowledge and skills to the test by running a Christmas Fair. This was not just to get experience of business and the earlier preparation and innovation that goes into it but also to raise awareness of and funds for important causes and charities such as the Royal Society for Blind Children (RSBC) and the Ummah International Charity.

With a view to helping sight-seeing individuals to really understand what life can be like for a blind or partially sighted individual, attendees at the business stand were given a blind fold before trying several tasks; this really brought home not just the fear that it entails but the serious disadvantages and limited access to positive social experiences and fewer opportunities to learn vital life skills that blind people face.

The Business students shared their research; only 1 in 4 blind and partially sighted people of work age are employed, two thirds live below the poverty line and most will never have a meaningful relationship. Therefore, regular support is of vital importance.



In support of the Ummah Charity, a UK based relief organisation that runs numerous projects including Water for Life, livelihood, and healthcare initiatives to communities worldwide, the students held a 'Foodscapes' event to celebrate the taste of food from all around the world. Funds are still coming in to support these charities in time for Christmas.

College wins Mayor of London's Inspirational Staff Award

Stanmore College was held in high esteem in October when Harriet D'Cruz and Sarbdip Noonan received a Mayor of London 'Inspirational staff' award for Adult Learners. Over 200 nominations were received for the nine Awards available and the Stanmore College nomination was received favorably, above many of the larger colleges. Harriet D'Cruz took the Award plaque back to the College and all the tutors involved in Adult Learning are to be credited for their efforts. The College's staff have done a sterling job and they really do transform the lives of our adult learners giving them the skills, knowledge and, above all, the confidence to aspire to further qualifications and better jobs.





Architect Arne de Ceapog informs students of different specialisms in architecture
 Picture Caption: To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.

Art and Design students hear from industry specialist Architect takes time out of his busy schedule to give advice to students

Art and Design students were treated to a presentation delivered by a practicing architect, Arne de Ceapog. They heard how he too had started out as college and progressed from there through the channels to his current role as an architect for a world leading international glass making company, Guardian Glass. The company is present on 5 continents with its head office based in Luxembourg and delivers glass to over 160 countries.



If you are a local resident/professional with specialist in industry skills and wish to volunteer to share your expertise with students, do get in touch.

The presentation showed how glass is made from natural and abundant raw materials; sand, soda ash and limestone, and melted at extreme temperatures before being cooled to form rigid panes of glass.

Students were impressed to hear of the detailed process that goes into the making of glass and the distinct types with thicker glass having a green finish tint due to its width. The glass produced by the company had been used in the iconic architectural project that resulted in the tallest building in the world, Burj Khalifa, in Dubai.

The presentation and talk served to widen students' insight into the wide range of careers that Art and Design can lead to and how to follow those pathways.

Simple steps to stay warm and save energy

Very young and old people need about 20 degrees.

- ◆ Turn the thermostat down by just one degree.
- ◆ Just heat the room you are in.
- ◆ Wash larger loads but less often.
- ◆ Draught excluders and clingfilm on windows do work.

Tips/Care Corner

Some health conditions put you at increased risk at winter and some people need the flu and COVID-19 vaccines. Find out if you are eligible at [nhs.uk/winter vaccinations](https://nhs.uk/winter-vaccinations)



- ◆ Batch cook meals and make flasks of hot drinks.
- ◆ Have your boiler serviced to ensure it is working efficiently.
- ◆ Use the power of the sun in daytime by opening curtains and blinds for light but remember to close as soon as it gets dark.



What's Possible Group – Media Trip

The Creative Media level 3 students visited What's Possible Media Group in London to gain 'real life' experience.

They met employees ranging from the managing partner to apprentices and learned about delivering a client's brief including:

- Understanding the client's aims
- Understanding the intended consumer
- Creating a strategy to market a product
- Getting creative with a campaign
- Delivering it (tv, social media)



Festive Fun at Christmas Market for Charity

In support of the Homeless Charity, 'Shelter from the Storm'

Stanmore College's Health and Social Care students are not just studying a subject that leads to caring professions, they are also already positively impacting on those in need through fundraising, volunteering, and raising awareness.

Thursday, 8th December saw philanthropy in action as the students held a Christmas Market to raise funds for the Homeless Charity, 'Shelter from the Storm'.

Comments from the considerate students included *'the event was a good experience to participate in, and an opportunity to raise money for homeless people', 'it was joyful, fun and entertaining', 'it was excellent and productive, and it felt good to be helping those in need'*.



Stalls included jewellery, books, cloths, cakes and treats, candles, Christmas present wrapping service. In addition, attendees were offered eyebrow threading and henna painting.

Local Residents – use the Gym for free!

To take advantage of the great offer mentioned on the front page and sign up to use the gym for free for a 6-week period, simply email admissions@stanmore.ac.uk with your name, phone number and quote 'Residents Gym Programme' and we will get back in touch to advise you when to come along to the College and sign up.



Health and Social Care teacher, Bibi Sultan told us *'I am very proud of my students who participated and contributed. I am grateful to all my colleagues who also came to support us for this great cause'*.

An impressive **£360** was raised for Shelter from the Storm, a completely free emergency night shelter providing bed, dinner and breakfast for people who have experienced homelessness every night of the year. We hope no one has to sleep on the street this Christmas.





16-18-year-olds and adults: check out our wide range of adult courses at the Open Event.

Adults choose Access route to university for career change Adults turn back to education to fill skills shortages

Recent years have seen the country face significant skills shortages, changing demands of the workforce, and people having to work to an older age.

Access to Higher Education courses provide an alternative route to university for those wanting to change careers and have become increasingly popular. These one-year Access courses provide a route to university for those over 19 who want to study for a degree but do not currently hold the right qualifications.

People are becoming savvier than ever before and are aware of the government’s ‘Advanced Learner Loan’ which anyone over 19 and UK resident can apply for to study at this level. It covers all or part of the tuition fees and is paid directly to the College. The best part is those who study an Access to HE course, and go on to achieve a Higher Education qualification, will not need to pay back the loan, it’s a no brainer!

Nursing is one such area that is in growing demand. Katie Lewis completed an Access to Nursing course at Stanmore College in 2022 and is now undertaking a Nursing Degree at Middlesex University.



Katie told us “I now have confidence to complete assignments, do exams and use Harvard referencing. The course taught me how to manage my time effectively and gain a better understanding of nursing within a multidisciplinary team.”

There are no standard entry qualifications for Access courses with each programme having its own requirements. All programmes look for GCSEs in maths and English at Grade 4 or above but for those who do not have those qualifications, Stanmore College offers courses in Maths and English to help adults progress.

Mohamed Fedal saw engineering as key to his future. He told us “I would recommend the Access to Engineering course at Stanmore College. Having completed it I’m now going to Brunel University to undertake an Engineering Degree.”

Stanmore College is in an ideal position to play a pivotal role in meeting these challenges. A large number of adults have returned to education to complete an Access to Computing course due to the emerging importance of the digital world. Many have now progressed to study computing related degrees at universities nationwide.

Nilab Sahaliemi decided to switch to a career in pharmacy. Commenting on her Access course, Nilab said “I found the Access to Pharmacy course challenging at the start but teachers were really supportive. I’ve been offered places at both my top and insurance choice universities i.e., Kings and Hertfordshire to study for a 4-year Masters’ Degree in Pharmacy.

Doing the Access course saved me additional years at university that would have been costly and a longer process. I highly recommend it.”

Stanmore College’s increasing range of Access to HE courses includes nursing, health and social care, engineering, computing, science, pharmacy, radiography, paramedic science, teacher training, health and human science, business studies, social work, counselling, and creative and digital media. If you are considering a change, check out www.stanmore.ac.uk or come along to our Open Event on 25th January.

Advanced Learner Loan – Don’t let tuition fees stand in your way

Adults can apply for an 18+ loan at www.gov.uk/advanced-learner-loan. Terms and Conditions: if eligible, you will not have to make any repayments until your yearly income is over a certain amount (the ‘threshold’ amount). In addition, if you progress from an Access to Higher Education Diploma course to complete a Higher Education Degree you could have your outstanding Advanced Learner loan written off so you do not need to repay it.