



New College Stamford

ACHIEVE EXCELLENCE, BE OUTSTANDING

HELLO

**YOUR
WELCOME
PACK**

Hospitality & Catering

www.stamford.ac.uk | enquiries@stamford.ac.uk | 01780 484311

WELCOME

Introduction from Martin Gibson *Head of Leisure & Service Industries*

Hello and welcome to our College.

I am delighted you have chosen to study with us, and am looking forward to meeting you (If I haven't done so already).

I am the Head of Department for Leisure & Service Industries and this means I am responsible for ensuring you have all the opportunities and resources you need to succeed on your course, that the teaching and learning you receive is the best it can be, and that you have access to all the support, mentorship and encouragement you need to achieve your qualification.

We are immensely proud of our students, and if you promise to work hard, in return we will do everything we can to make sure you are achieving, and that you remain happy, motivated and on track to achieve your goals and dream career.

In these pages, you will find photos of all our staff so you can familiarise yourself with who will be teaching you, and who is available to support you whilst you study with us.

In addition, we have a whole team of people who work in our



Student Services department who are dedicated to ensuring your experience at College is amazing! They can arrange additional support for you in and out of the classroom, advice and support for your welfare, safeguarding and financial support, careers guidance, or help you make new friends with our Student Union, and other fun activities and social clubs.

This pack also contains a few activities, and some reading materials we recommend you have a go at. These will introduce you to your course and keep you motivated.

If you have any questions, please feel free to use any of the methods identified at the back of this pack and our friendly enquiries team will ensure we get back to you.

Good luck and see you soon!

MEET THE TEAM



Lauren Lowe
Restaurant Manager
and Food and
Beverage Lecturer



John Lowe
Chef Lecturer



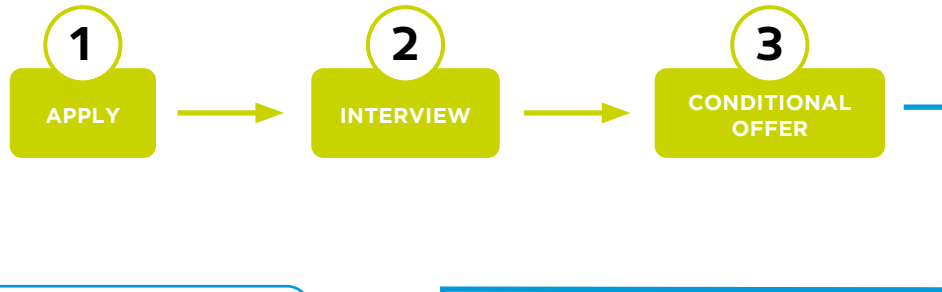
Iain Middleton
Chef Lecturer



Clive Tolson
Hospitality and
Catering Technician

WHAT HAPPENS NEXT?

COMPLETE



YOU ARE HERE

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WELCOME EVENT (Previously known as Taster Day)

Unfortunately due to COVID-19 we are unable to invite you to spend a day in College with us, so we are going virtual instead!

In this Welcome Pack you will find information and activities that you can do to ensure you have a smooth transition on to your chosen course.

SAY HELLO

Look out for our 'Say Hello' sessions for a chance to meet your tutors and our support teams so you can ask any questions before you start.

COMING UP NEXT

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PRE-ENROLMENT - APPLY FOR TRANSPORT AND FINANCIAL SUPPORT

During July you will receive more information about how to apply for your bus and any financial support you might need with video guides and FAQs to assist you. Staff are also on hand remotely to help you with your applications.

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ENROLMENT

During August more information about how to enrol on to your course will be emailed to you.

You will need to complete some forms and upload your certificates online after GCSE results day, You won't need to travel to College, or queue.

Enrolment is where you officially become a College student and we will issue you a timetable and plan for your induction.

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INDUCTION

Due to COVID-19 we are working hard to design an exciting induction that will be a mix of online delivery and also some time on site at College.

Getting to know staff and students will be paramount and there will be lots of support for those that will be naturally a bit nervous about this whole new chapter.

Your first six weeks are really important, and we will work hard to ensure you are on the right course, and are feeling settled and supported to succeed.



Click play to watch a welcome message, and find out more about how you will apply for transport and uniform from our Student Services Manager, Phil.

ACTIVITIES

1 Ready Steady Cook Task

TASK: From the list of Ingredients below, plan a two course menu to include a starter and a main course. Use as many of the items as required not all need to be used. To complete this task you may use 6 bonus items of your choice.

Present your two courses, two recipes and two drawings of how you see the final dishes presented on a Word document or paper.

Ingredients

- Chicken breast
- Lincolnshire sausages
- Potatoes
- Cauliflower
- Carrots
- Baby corn
- Penne Pasta
- Basmati rice
- White Onion
- King Prawns
- Cod Supreme
- Eggs
- Olive Oil
- Lemon
- Cherry Tomatoes
- Mixed baby leaf
- Mascarpone
- Tinned Chopped Tomatoes
- Vegetable stock
- Wild mushrooms

WHAT YOU WILL NEED:

- Laptop/PC/Tablet
- Notepad and pen
- Recipe books or online recipes

HOW DOES THIS RELATE TO YOUR COURSE? Menu planning and dish development, creativity and shows a knowledge and understanding of food.



2 Wordsearch on food safety, health and safety and kitchen equipment

TASK: Click to watch the videos below, then download and complete the wordsearch. Find the words from the list provided, then try and describe in your own words, the terms and their function in a hospitality environment. You can complete on a computer or print off a copy.



WHAT YOU WILL NEED:

- Laptop/ PC/Tablet
- This link to download the [wordsearch](#)
- This link to download the [table of descriptions](#)

HOW DOES THIS RELATE TO YOUR COURSE?

Is a good starting point ready for induction activities and mandatory units across all qualifications.

3 Fruit and Vegetable Picture Game

TASK: Name as many of the fruit and vegetables as you can from the pictures in the worksheet linked below.

WHAT YOU WILL NEED:

- Laptop/ PC/Tablet
- This link to download the [worksheet](#)

HOW DOES THIS RELATE TO YOUR COURSE?

Starting to look at food types, identifying different fruits and vegetables, links to units across all kitchen qualifications.

FURTHER READING & RESEARCH

Online resources:

- **Food Standards Agency**
Our job is to use our expertise and influence so that people can trust that the food they buy and eat is safe and honest.
- **BBC Good Food**
We are the UK's number one food brand. Whether you're looking for healthy recipes and guides, family projects and meal plans, the latest gadget reviews, foodie travel inspiration or just the perfect recipe for dinner tonight, we're here to help

TV Series and books:

- Any recipe books
- Great British Bake Off
- Great British Menu
- Master Chef



DISCOVER YOUR FUTURE CAREER

With your personal career coach.

Find out more about the careers you could access after completing your course.

Your personal careers coach can help you find relevant data on wages, employment, and the training you need to succeed.

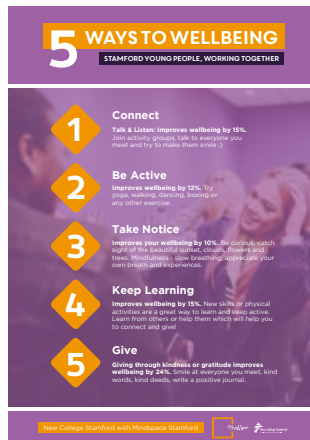
Start now at

www.stamford.ac.uk

MENTAL HEALTH & WELLBEING



It is really important that College is an environment that promotes your wellbeing and proactively supports your wellbeing and proactively supports your mental health. We have a clear strategy and charter that sets out our commitment to you to achieve this, and encourage all our students to engage with our '5 Ways to Wellbeing' which can be found [here](#).



Coronavirus and Your Mental Health

If you're worried about the impact of coronavirus on your mental health, you are not alone. The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways. However you are feeling right now is valid. With the right help and support, we can get through this together.



Young Minds has lot of tips, advice and guidance on where you can get support for your mental health during this time

<https://youngminds.org.uk>



Cruse offer support, advice and information to children, young people and adults when someone dies.

01223 633536

<https://www.cruse.org.uk>



PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 4141**

Text: **07860039967**

Email: pat@papyrus-uk.org

<https://papyrus-uk.org>



If you are 18 or under Childline is a FREE, confidential service available any time, day or night.

0800 1111

www.childline.org.uk



Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere.

Text Shout to 85258

www.giveusashout.org



The Mix offers support services for young people. Call 4pm - 11pm everyday.

0808 808 4994

www.themix.org.uk

Ask us a question!



enquiries@stamford.ac.uk



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