



## YOUR CEO UPDATE

LIZ BROMLEY

### CEO Update: BRIT Challenge Monday 23 January - Thursday 23 March

Dear colleague,

I am pleased to announce that NCG will be taking part in this year's **BRIT Challenge** which kicks off next week, on Monday 23 January.

The BRIT Challenge is a 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)**. Scott Bullock, Principal of Newcastle College, has recently become co-chair of the BRIT Regional Steering Group in the North East and has helped to drive the initiative across the region and across NCG.

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.

The theme for this year's Challenge is "23" and the aim is for teams of individuals to take part in challenges related to the number 23 that also focus on mental health and wellbeing. This could be travelling a combined distance of 23,000 miles, setting a daily steps goal of 23,000 or taking part in 23-minute wellbeing activities.

Heads of Curriculum and Departments have been asked to come up with challenges for colleagues and students to take part in during their designated relay week, which are listed below:

- Newcastle College: Monday 23 January – Friday 27 January
- Newcastle Sixth Form College: Monday 30 January – Friday 3 February
- Carlisle College: Monday 6 February – Friday 10 February

- West Lancashire College: Monday 20 February – Friday 24 February
- Kidderminster College: Monday 27 February – Friday 3 March
- Lewisham College: Monday 6 March – Friday 10 March
- Southwark College: Monday 13 March – Friday 17 March
- Professional Services: Monday 20 March – Thursday 23 March

You will receive further information about plans for your college or area ahead of your designated week, and your Head of Curriculum or Department will share the details of any challenges that you will be part of.

The challenge is a fantastic opportunity to raise awareness of, and start conversations around, mental health and wellbeing, so it's important that we involve students as much as possible and open up the conversation between colleagues and learners.

All colleagues and students are asked 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.

Good luck to everyone taking part. I am looking forward to seeing all of the activities from across our colleges and Professional Services teams, and as many as possible will be shared with all colleagues in our Business Round-Up communications and across our NCG social media channels.

With my best wishes,

Liz Bromley  
CEO

**BEING BOTH INCLUSIVE  
AND DIVERSE**

**TRUSTING AND RESPECTING  
OUR COMMUNITIES**

**TAKING OWNERSHIP WHILST  
WORKING COLLABORATIVELY**

**INSPIRING EXCELLENCE  
AND CURIOSITY**

