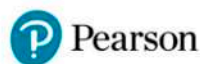


# CECOS INSIGHT

## Lockdown Edition

Official Publication of CECOS College London

# NEWSLETTER



SUPPORTED BY  
MAYOR OF LONDON



# MESSAGE FROM THE PRINCIPAL

---

Welcome to this special Lockdown Edition of the CECOS College Newsletter which I hope finds you in good health and you are staying safe. Please be assured that you have all been in our thoughts over the past three months whilst we have been handling the COVID crisis, and that you continue to be on our minds as we wait for your end of term results.

As the academic year draws to a close it proved a challenging and really different experience for all of our students and staff alike as lockdown started on 23rd March 2020, I left the South Woodford Campus for the last time and we transitioned to our new fantastic Campus in Edmonton Green which is brilliantly sited with 9 lecture rooms, 2 large IT suites and lots of social space. Until now like all of you I have not seen it since it was a building site in early March but I can't wait to welcome you all in September with social distancing in place.

I want to reflect as the academic year comes to an end, I want to thank each and everyone of you for your patience, willingness to accept change, and your flexibility in our remote learning world. I believe our teaching staff did a great job transitioning quickly and unexpectedly. I also know that none of the Zooming and home learning would have been possible without the dedication, time and hard work by each of our students. As our college had to adjust to a new normal, so did all of you. Thank you for your efforts – we do appreciate you!

We have all adapted to online lectures and seminars in the comfort of the dining room, bedroom or under the stairs. Students have adapted well, as we have had on average 90% attendance throughout the semester, with 100% submission of assignments and a 92% success rate with a 96% progression rate. Once again well done to all our fantastic students and of course all the outstanding teaching and professional staff. Finally I want to thank our brilliant Students' Council, they have been very effective in communicating through to cohort groups and providing daily updates via our different IT portals.

We all look forward to getting back to a sense of normality in September albeit with new protocols to help keep everyone safe and I have to say I can't wait to get back to the Campus in September to see everyone again.

Have a fantastic summer and stay safe.

Yours sincerely,  
Professor. Mark Mabey



# EVENTS DURING LOCKDOWN

## NHS

In July, we celebrated the 72nd birthday of the health service and this gave us another opportunity to celebrate the amazing work the NHS have done throughout Covid-19. A big thank you to the NHS.



## FATHER'S DAY

CECOS celebrated Father's Day on Sunday 21st June, while observing government guidelines on social distancing.



## MENTAL HEALTH

In May, we celebrated Mental Health Awareness Week and the theme for this year is #Kindness. Now more than ever, the world needs to be kind so let's make sure we are kind to others!



## THANK A TEACHER DAY

Teachers across the country, are thanked, every year on National Thank A Teacher Day.

We joined together to say a HUGE thank you on Wednesday 20th May to the staff at CECOS College for their amazing work not only in these challenging times but all year round. We would like to extend this to our super support staff who assist the students in so many ways also.



#ThankATeacher and #ClassroomHeroes



# LOCKDOWN LEARNING

During these unprecedented times, CECOS College has put measures in place so they can operate and carry on giving the best student experience as possible.

- Online Admissions
- Virtual Lectures
- Virtual Coffee and Lunch Meets
- Remote Support via Academia and Moodle
- Online Quiz Nights for Students
- Dedicated Online Student Support Centre

**ENHANCE YOUR CONFIDENCE,  
 UPSKILL YOUR CUSTOMER SERVICE  
 & BUSINESS ADMINISTRATION**

Customer Service & Business Administration skills provide you with the knowledge and understanding to succeed in **education, training and employment**.

**TAKE THE OPPORTUNITY TO ENHANCE YOUR CAREER WHILE IN LOCKDOWN.**

TO FIND OUT MORE, OR REGISTER YOUR INTEREST, PLEASE CALL US:  
 020 7359 3316  
 OR VISIT OUR WEBSITE  
 WWW.CECOS.AC.UK



**ENHANCE YOUR CONFIDENCE,  
 UPSKILLS YOUR ENGLISH & MATHS**

Functional skills provide you with the knowledge and understanding to succeed in **education, training and employment**.

**TAKE THE OPPORTUNITY TO ENHANCE YOUR CAREER WHILE IN LOCKDOWN.**

TO FIND OUT MORE, OR REGISTER YOUR INTEREST, PLEASE CALL US:  
 020 7359 3316  
 OR VISIT OUR WEBSITE  
 WWW.CECOS.AC.UK



# COVID CLASSES

The launch of our new Education and Training Diploma (DET) has been highly successful and the end goal for the majority of the students will be a teaching career.

Screenshots of one of our Covid Class is below.  
 #Cecos #College #Teaching #Education #DET #London

The launch of our new **Education and Training Diploma (DET)** has been highly successful and the end goal for the majority of the students will be a teaching career.

**Screenshots of our current Covid Classes are below:**




# STUDENT SUPPORT OFFICER

Our Student Support Office has been running fully online since early March, and hosts daily events including regular well-being focused activities, such as fitness and mindfulness sessions; weekly quizzes; game nights; virtual meet ups; and training and networking sessions. They've all been designed to help students stay connected.

It also includes a series of interactive seminars with leaders from the world of business, government, and finance discussing monthly themes ranging from managing mental health through to how to scale a business.

If you're a student and are interested please contact the student support office at [studentsupport@cecos.ac](mailto:studentsupport@cecos.ac)

MEET  
OUR  
STUDENT  
SUPPORT  
OFFICER



**EMMA  
BUHTINA**

ACADEMIC SUPPORT  
GENERAL GUIDANCE  
CAREER SUPPORT

# STUDENT COFFEE MEETUPS

During lockdown, we had weekly Student Coffee Meetups.

It gave the students an opportunity to discuss with our Principal how they are coping with the lockdown, keeping fit, box sets that people have been watching and what stuff has been on their lockdown menu.

Thank you once again to everyone who took part and we will see you at the next online meet.




**VIRTUAL COVID ONE STOP SHOP**

As the government starts to ease the lockdown, we at CECOS College have decided to set up a one-stop shop to give people advice around the government regulations after going through the 50-page document and the covid-19 recovery strategy. Our team will advise you on commonly asked questions which might be bothering you at the moment such as:

My workplace does not feel safe - have they put the correct measures in place?

My children are being dropped off to school by their grandparents who are high risk, is this wrong of me?

Where can I buy protective masks from, as I can't find them anywhere?

Please email all relevant questions to [covidrecovery@cecos.ac.uk](mailto:covidrecovery@cecos.ac.uk) and we will support you together in the recovery stage of Covid-19.

**HOW TO SNACK LESS WHILE IN LOCKDOWN**

- Drink more water or Herbal tea
- Distract yourself with a game or call a friend
- Do some quick exercise at home or outside
- Plan to cook proper meals and take time to enjoy
- Plan your shop and don't stock unhealthy foods
- Know your cravings & prepare healthy snacks

**BORED DURING THE LOCKDOWN? THINGS YOU CAN DO TO UTILIZE YOUR TIME**

- STUDY ONLINE
- BOOKS: FOOD FOR THE BRAIN
- WORKOUT AND SWEAT IT OUT!
- SPEND TIME WITH FAMILY
- COOKING EXPERIMENTS
- DEVELOP A HABIT
- HELP YOUR MOTHER
- PAINT IT OUT!
- A LITTLE DIRT NEVER HURTS
- BRING-WATCH
- MUSIC TO YOUR RESCUE
- YOGA & MEDITATION
- SELF-INTROSPECTION
- BRAIN TRAINING GAMES
- ORGANIZE YOUR THINGS

# COLLEGE CAFE DURING LOCKDOWN

---

The College Cafe has reopened operating social distancing and contactless payment. Our takeaway menu is open to the general public but we can't wait until the students return and are able to enjoy the cafe in the new academic year.  
#collegecafe #wellbeing #takeout

Our College Cafe 'BB's Coffee and Muffins' is now giving all students a 20% discount so please show your Student ID in the cafe every time you purchase something.

Please note from the 1st of August we will also be reducing our prices in general as we believe in helping the community alongside student and staff wellbeing.

#EatHappy #DrinkHappy #FeelHappy



# COVID-19 HALL OF FAME

A big thank you to all of our CECOS College superheroes, you continued your hard work during hard times and ensured the student experience was always maintained.

**LEADING FROM THE FRONT**  
Introducing **Beverley Ball**



**ABB Contracts Manager**

Our very own angel of the north, thank you for joining CECOS College and we wish you all the best in your new role.

**LEADING FROM THE FRONT**  
Introducing **Mahamad Farah**



**Admin Assistant**

Thank you Ma for your polite and courteous approach to work, you have a bright future ahead of you so take every opportunity.

**LEADING FROM THE FRONT**  
Introducing **Muhammad Ismail**



**HE Programme Manager**

Thank you for being the heartbeat of our HE department, we salute you for all your long hours and attention to detail.

**LEADING FROM THE FRONT**  
Introducing **Shemin Kalam**



**FE Administration Officer**

Thank you for your dedication and humbleness, your PHD speaks volumes for the standard of work you produce for us.

**LEADING FROM THE FRONT**  
Introducing **Cynthia Poyton**



**Academic Support Officer**

The newest member of our CECOS family, the potential you have shown alongside your shining personality is amazing- keep up the good work.

**LEADING FROM THE FRONT**  
Introducing **Marlon Mason**



**FE Programme Manager**

Thank you to our shining knight, you make our FE department run like clockwork.

**LEADING FROM THE FRONT**  
Introducing **Shalini Gupta**



**HR Manager**

Thank you for the inspiration and going beyond the call of duty.

**LEADING FROM THE FRONT**  
Introducing **Mahnaz Bristy**



**HE Admissions Officer**

Thank you Mahnaz for your process driven approach in all your tasks, the department salutes you.

**LEADING FROM THE FRONT**  
Introducing **Gulshad Khan**



**Functional Skills Tutor**

Thank you Gulshad for your amazing teaching and one to one support with the learners, your success rates and retention are a credit to you.

**LEADING FROM THE FRONT**  
Introducing **Rakesh Sonigra**



**HE Operations Manager**

Thank you Rakesh for all your leadership and great team management, we appreciate all your hard work.

**LEADING FROM THE FRONT**  
Introducing **Hetal Thakker**



**Admissions Officer**

Our very own superstar Hetal, thank you for your amazing attention to detail and reliability. Keep up the hard work.

**LEADING FROM THE FRONT**  
Introducing **Mira Tsvetanova**



**Programme Leader**

Thank you for the inspiration and going beyond the call of duty.

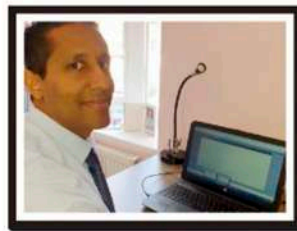
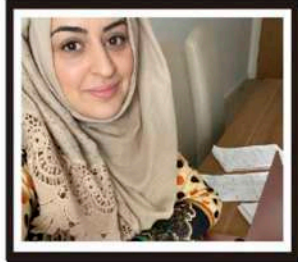
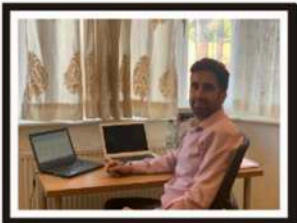
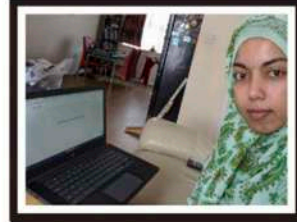
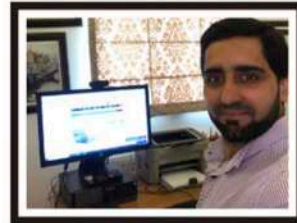
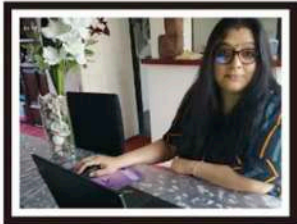
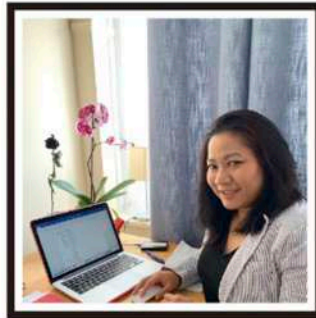
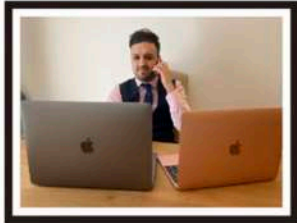
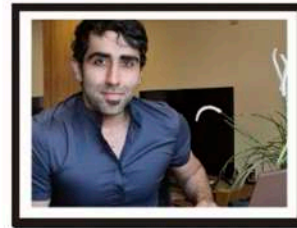
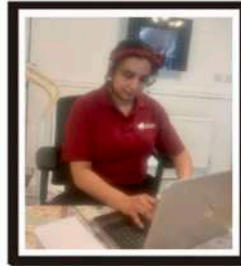
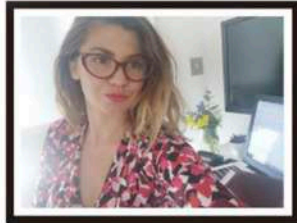
**LEADING FROM THE FRONT**  
Introducing **Sarah Nicolau**



**MIS Manager**

Sarah is our newest member of the team and will be looking after all our data and learner destinations. We hope you enjoy your CECOS College journey.

#INSPIRATION



W  
O  
R  
K  
  
F  
R  
O  
M  
  
H  
O  
M  
E

Well done to Team CECOS for such hard work whilst in lockdown.

# COVID COLLEGE UPDATES

## THE NEW NORMAL

As we welcomed back some staff members of the CECOS College family following a few months of working from home, we understood how this week could be full of both excitement and apprehension. Returning to work after a long stretch of time can be daunting, but as we always maintain, anything is possible when you have a positive mindset and a great team to work with. So we've made the most of this week, and the returners hit the ground running, quickly picking up on the progressive changes we've made as a result of the catalyst that was Covid19. They've focused on the opportunity ahead and built on the 'new normal', which, we're pleased to say, isn't normal at all. #motivationalweek #betternormal #lifeafterfurlough #changeisgood



## COUNTDOWN TO OUR NEW AEB CONTRACT

CECOS College will be changing the lives of people in the North East of England.

We have successfully won an AEB contract that will concentrate on learners within the North East of England and North Tyne Combined Local Authority. We will be delivering courses from our Newcastle campus to employed and unemployed learners in IT, English, Maths and Business Management which will upskill the lives of many learners and put them into employment.

#AEB #North Tyne Local Authority #Newcastle Campus #Changing Lives

CECOS COLLEGE HAS SUCCESSFULLY WON A  
AEB CONTRACT THAT WILL CONCENTRATE  
ON LEARNERS WITHIN THE NORTH EAST  
OF ENGLAND AND NORTH TYNE COMBINED  
LOCAL AUTHORITY.

**NORTH  
OF TYNE**  
COMBINED  
AUTHORITY

From August, we will be delivering courses from our Newcastle campus to employed & unemployed learners.

# STUDENT IN THE SPOTLIGHT

**What is your name and what are you currently studying?**

Vladimir Yordanov

Business and Business Management

**What is your greatest fear?**

I prefer not to give power of fears, not even by words or thoughts

**Where is the best place you've travelled to and why?**

Prague, Czech Republic. I felt peace as never before at this moment

**What's the weirdest job you've ever had?**

Fortune teller on a kid's birthday party, many years ago.

**Any favourite line from a movie?**

"Because he's the hero Gotham deserves, but not the one it needs right now, so we'll hunt him. Because he can take it, because he's not a hero. He's a silent guardian, a watchful protector, a Dark Knight." The Dark Knight by Christopher Nolan Tell us something that might surprise us about you. I am vegan.

**If you could learn to do anything, what would it be?**

Healing

**What are 3 words you'd use to describe CECOS College?**

Value, Journey, Hope

**If you won the lottery, what is the first thing you would do?**

I don't really want to win the lottery, at all.

**When you have 30 minutes of free-time, how do you pass the time?**

Listening inspiring music or audio lectures on different side topics

**What is something you learned in the last week?**

Extracting and Masking objects in Adobe Photoshop

**What's your favourite indoor/outdoor activity?**

Photography

**What chore do you absolutely hate doing?**

Forgetting my memory card for my camera into my computer, after downloading the images and going out to take pictures with no memory card

**If you could meet anyone, living or dead, who would you meet?**

Jesus, Muhammad, Buddha

**How do you balance your career and family?**

Next question, please

# MY EXPERIENCE AT CECOS

Well, for me, CECOS is one little universe full of excitements, new people and gentle touch with so many and rich cultures from all around the world, in one place. Being part of the college for more than 7 months is a lifetime experience, that brought exceptional value into my life. To be involved in different excellent managed student tasks and programs, to be part of some of the most important projects for the College, are things that always lead to adventures and open new horizons. And all that means opportunities for developing new skills, to be in touch with amazing people and professionals, and to grow as a personality.

Being under the protective shield of CECOS College during COVID-19 times is an advantage that gave me peace and piece of freedom in this amazing country. The very well organised strategy for improving and developing our organisation and campus in crisis times is something that requires courage, experience and dedication. The very best example for that is the head of our management and principal prof Mark Mabey, that is always for us when we need support.

Being an online student during the last 6 months helped me to appreciate the living contact with people even much more. The College is outstanding like providing its students absolutely everything needed, so we can have excellent communication and be always in touch. Dealing with software issues, providing laptops for those who need, even online face to face meeting for those who struggle in certain case. To be honest, I can tell I feel college even closer to my heart, because distance is no longer a factor.

We already have each other! Vladimir



# STAFF IN THE SPOTLIGHT

## **What is your job role in CECOS College and what is a typical day for you?**

My job role is Higher Education Operations Manager- I am responsible for the smooth running of the programme, from the admissions, on going student support, tracking of attendance and completion and certification. A typical day consists of reviewing the previous day attendance, authorising absence submitted by students. Reviewing the new applicants and conducting their interviews for admission. I feed information back to the Senior Management team. Answer any queries from the students which cannot be dealt with by the admin team. All in all, a busy but rewarding day.

## **What is the one thing you cannot resist.**

Putting things right. If I can see an easier and more efficient way of doing something, or I see someone doing something wrong, I cannot resist interfering and correcting them or giving advice.

## **What is your greatest fear?**

Not being in control, both at work and at home. I need to know what is happening, so I can plan in my own head and prepare for the worst.

## **Where is the best place you've travelled to and why?**

Last year I took my family on safari in Kenya- a breath-taking experience, from the Elephants, Lions to the monkeys and peacocks. The crisp air looking over Nakuru lake and lying in the sun, on the sand on Mombasa Beach. Kenya also happens to be the place I was born, but having left at a very young age, I don't really connect with it much. It is a beautiful country with such a lot of nature to offer.



**Rakesh Sonigra**



## **What's the weirdest job you've ever had?**

Not really had a weird job, but all jobs have weird bits to it. Strange situations and strange conversations- recently trying to overtake the delivery of one of my staff members occurring whilst at work, because she wanted to work until as close to her delivery date as possible.

## **What would you do (for a career) if you weren't doing this?**

Not sure, but it would have to be something which is creative as well as busy- I think the management want to get rid of me that is why they have asked this question!!



**Any favorite line from a movie?**

Life is a box of Chocolates- You don't know what you are going to get until you bite into it (Think I have added to the original line)  
 Tell us something that might surprise us about you. My hobby is to make and decorate eggless cakes- something that I learnt from a young age, as my Mum does not eat eggs, but the perfectionist in me took over and I like the challenge.



**If you could choose anyone, who would you pick as your mentor?**

It wouldn't be anyone, it would be anything and that would be LIFE. I feel that life, and what it throws at you, is the greatest mentor and teacher for your life. It gives you the chance and situation to make your decisions, right or wrong and live by the outcome, good or bad.

**If you could learn to do anything, what would it be?**

Play the guitar – I had one given to me from my 30 th Birthday and said I was going to learn. It is still in its box!!

**What are 3 words you'd use to describe CECOS College?**

Homely, Ambitious and Supportive.

**If you won the lottery, what is the first thing you would do?**

Pay off my mortgage.

**When you have 30 minutes of free-time, how do you pass the time?**

Recently is has been listening to music.

**What is something you learned in the last week?**

Dont assume that something is done, It your responsibility to check.

**What's your favourite indoor/outdoor activity?**

Not that it shows, but I do like going to the gym (when it is open again). Not really sporty, but like to keep fit.

**What is the first concert you attended?**

When to an Irish music concert, music was good but nothing beats Bollywood!!

**What music is on your iPhone/Android phone?**

Mixture of religious music- but fast paced and Bollywood.

**What chore do you absolutely hate doing?**

Ironing- hate it with a vengeance!!

**If you could meet anyone, living or dead, who would you meet?**

I would like to meet and spend some time with the various religious leaders past and present. Just an insight on their views and perspective with what is happening in the world and how it connects to their faith.

**How do you balance your career and family?**

I have a very understanding Wife, who knows how passionate I am about my job, so is not difficult, but I ignore calls and resist looking at and answering emails after I have finished work. Weekends ae off limits to work!



# PRINCIPAL'S CORNER (By Mark Mabey)

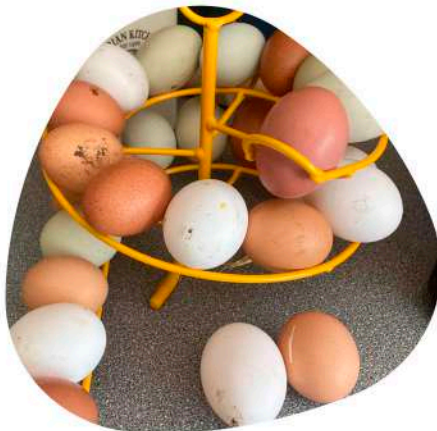
Well lockdown meant differences to all our lifestyles and to me adjusting to working from home that I have never done before!

So set to setting up my office:



Bunty deciding where to go on holiday.

The good thing about lockdown has been time to tend to the livestock as you all know I have chickens two of whom the Student Council named Hends and Hence are doing well now laying eggs of which they are getting bit overrun!



The Bees have also been busy so once back at College in September see me for eggs and honey!



## AND IN OTHER NEWS...

The Chancellor has presented an exciting #PlanForJobs last week that will boost apprenticeships and opportunities for young people across sectors.

- £111m to triple the scale of traineeships, ensuring that more young people have access to high quality training to gain the skills needed for future jobs.
- £2,000 for employers for each new apprentice they hire aged under 25, between August 2020 and January 2021.
- £1,500 for each new apprentice employers hire aged 25 and over, between August 2020 and January 2021.
- £17m new funding to expand sector-based work academies to provide vocational training and guaranteed interviews for more people.



## GRENFELL

3 Years On  
 Always loved...  
 Never forgotten...  
 Forever missed...  
 Our Grenfell Family



## BLACK LIVES MATTER

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

- Nelson Mandela, Long Walk to Freedom
- #blacklivesmatter  
 #westandtogether

**#WeStand Together**

## VE DAY

Friday 8 May marks the 75th anniversary of VE Day, a day back in 1945 where thousands gathered for street parties across London, to wait for the announcement of peace after six years of enduring the Second World War.



# REFER — A — FRIEND

Please contact us for details if you want to Refer a Friend for our following courses:

**HNC / HND in Business**  
**Diploma in Education & Training Level 5**  
**Functional Skills (English & Maths)**



Main Campus: 23 South Mall, St. Georges Chambers  
Edmonton Green, London N9 0TS

020 7359 3316

[www.cecos.ac.uk](http://www.cecos.ac.uk)

[info@cecos.ac.uk](mailto:info@cecos.ac.uk)



[facebook.com / cecoslondon](https://facebook.com/cecoslondon)



[instagram.com / cecoslondon](https://instagram.com/cecoslondon)

