

Fika



1. DOWNLOAD FIKA: MENTAL FITNESS



2. REGISTER TO YOUR ORGANISATION

- 'Get Started'
- Find [NCFE End Point Assessment](#)
- Enter your personal email & create a password
- Enter your access code: [ncfeepa](#)
- Select 'Staff' or 'Student'

3. GET EXERCISING YOUR MENTAL FITNESS!

- Develop key social & employability skills
- 5-minute daily bitesize exercises
- Earn a certificate worth 3 CPD points

