



SAFEGUARDING SPOTLIGHT



The Safeguarding Team

SAFEGUARDING AND WELFARE OFFICERS

Each department has an allocated Safeguarding and Welfare Officer. They work with students who are vulnerable or unsafe for a number of different reasons, these could include concerns around exploitation or abuse of any kind, homelessness, sexual violence or harassment, prevent and radicalisation, drug or alcohol misuse, mental health or any other safeguarding concern.

They can also guide you to self help resources for wellbeing issues.

The team work closely with external services such as the police, social care and many more.

If there are concerns around your safety, regardless of age, they may need to make a referral to the police or social care.

You can drop into the wellbeing centre in the main building to speak to someone, A Level students can go up into the loft in MC6 and 2QS students can ask for Adam.

You can also speak to any staff member and they will make a referral, or text **SAFE** to 60081



VULNERABLE STUDENT & TRANSITION OFFICERS

SELINA SUDDICK

NIKKI ENNIS

Our Vulnerable Student & Transition Officers support our care experienced students and young carers.

If you are in the care of the local authority please drop into the wellbeing pod. Selina and Nikki are responsible for managing PEP's and supporting your transition in and out of college. They can ensure you are getting the necessary financial support and liaise with any of your external support workers.

MENTAL HEALTH TEAM

The Mental Health team are also based in the Wellbeing Centre in college. They can offer free counselling to students, referrals externally to Impact, and liaise with external support services such as CAMHS to ensure you have a full support package around you. Counselling is not always the most suitable option for everyone, the college also offer Wellness Check Ups.

You will be offered up to 6 one-to-one sessions where we will take time to listen and understand your needs. Together we can agree a well-being plan that focuses on your priorities and connect you with activities, events and organisations that can help you feel better.

Some of the areas we look at are below but we can also focus on anything that is causing you difficulty:

- Social (Connecting with others / relationship difficulties / Isolation)
- Emotional (managing feelings, mental wellbeing, building resilience)
- Physical (Sleep, Health, physical activity, nutrition)
- Education (Motivation & focus, satisfaction with your course, maintaining life balance)
- Financial (Money management, housing)

[CLICK HERE TO MAKE A COUNSELLING REFERRAL](#)

[CLICK HERE TO APPLY FOR WELLNESS CHECK UPS](#)

MAN CLUB

It can be difficult to talk about how your feeling. The mental health team run a male only man club, weekly from the STEAM Lab in the LRC for anyone having a difficult time, struggling to make friends, or just want a conversation with someone.

There is no pressure, no judgment and no expectation.
Go along for some social time, play a game or just grab a free biscuit!
#SupportYourMates

For days and times drop into the Wellbeing Centre or Thrive Pod.

CHAPLAINCY SERVICE



Chaplaincy gives a chance for students (and staff) of any faith, or none, to come and have a chat.
It's good to talk!

Sometimes it's helpful to be able to explore questions about life in a bigger way or perhaps just to talk about your own life and how it feels to be you.

Chaplaincy helps people to feel they are valued and to realise their worth.
Working alongside the college's Safeguarding and Welfare Team.

[CLICK HERE TO BOOK AN APPOINTMENT](#)



Please be aware we cannot guarantee confidentiality.

There may be times we have to share information with local authorities, police or parents/carers, regardless of age.