

Welfare Support @ WQE

The physical and mental well-being of our students is so important to us at WQE.

If you have any concerns about your own health and wellbeing, the Welfare & Skills team is here to help.

Medical/Welfare Needs

If you have a temporary or permanent medical condition or need, our Welfare Lead Advisor will aim to support you.

Together, we will look at your individual support needs and if necessary, put together a College Care Plan or PEEP (Personal Emergency Evacuation Plan).

We will work together to help communicate your needs to your teachers and other relevant staff members to ensure they can support you appropriately in classes, and within the wider College community.

CLA

(Children Looked After)

Kirsten Doheny

Designated Professional for CLA



Every WQE student who is in Local Authority Care is assigned a Welfare & Skills keyworker at enrolment. Your keyworker maintains regular contact, attend all PEP meetings each term and liaise closely with social workers and carers.

Lisa Williams

Student Wellbeing Advisor



Young Carers

Ireen Malemba

Young Carers Champion

If you are someone who provides care for someone in your family, or a close family friend, we aim to offer you tailored support as a young carer. Ireen maintains regular contact with all our young carers at WQE. She is also able to communicate additional caring responsibilities (temporary or longer term) to relevant teachers and staff as requested.



Mental Health Support @ WQE

Mental Health, as defined by the World Health Organization, is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

At WQE, we are committed to challenging the stigma that can surround poor mental health in young people and have a range of services available for our young people to access. These range from six-week Mental Resilience programmes with our mentors, group sessions (more information on these is available later in this booklet) to 1-1 support from our Designated Mental Health Lead.

Mental resilience is the ability to cope with a crisis mentally or emotionally or to return to pre-crisis status quickly. Resilience exists when the person uses mental processes and behaviours in promoting personal assets and protecting self from the potential negative effects of stressors.

The Counselling Service is part of the Welfare & Skills department and is available to all students. Our dedicated and experienced counsellors offer short term counselling for emotional or psychological problems that are affecting your studies or time at College. Counselling offers an opportunity to talk and reflect with a professionally trained person who is outside your immediate situation. If you require more specialist provision, and need an alternative to short term therapy, our Designated Mental Health Lead will aim to help to signpost you to appropriate external agencies.

relate
the relationship people

We recognise that occasionally feeling anxious or having a period of 'low mood' is completely normal. However, if your symptoms last 2 weeks or more, it is important to talk to your GP. There may be times when additional support is needed from external services, we have a designated CAMHs liaison for WQE. We also run group sessions, including opportunities to try alternative therapies, and information sessions about external services that may be able to support you further outside of College.



health assured

Unique Code: MHA196373

Username: Wellbeing

Password: VinePathWork

Free 24 Hour Confidential Helpline 0800 028 3766

Additional Learning Support @ WQE

At WQE, we aim for inclusion in mainstream education. We strive to provide individual, tailored support for students. This may differ from support measures experienced in previous settings or secondary school, due to the nature of sixth form study. We also aim to help our learners develop their independence and transferable skills that they can then use beyond their time with us. To ensure a robust and collaborative support network, we often work with the Local Authority and other external agencies to support students with high level needs, or those with an Education Health and Care Plan to review their outcomes and work towards their Preparing for Adulthood targets.



Rose Turner

**Additional Support
Lead**



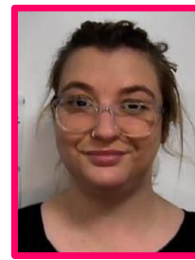
Paula Greenwood

**Specialist Support
Mentor**



David Marshal

**Specialist Support
Mentor**



Sarah Coulthurst

**Specialist Support
Mentor**



Faaizah Latif

**Specialist
Support Mentor**

We work with students who have additional needs (including learning differences or disabilities) to establish what the College can do to offer support. This may include:

- Liaising with teachers on differentiation within lessons, coursework and homework tasks - making sure that resources are in an accessible format
- Giving advice on the use of assistive technology, software functions and providing equipment
- Training on study skills, organising workload through flexible group sessions
- Requesting exam access arrangements including in-college assessments where appropriate
- Offering additional workshops, in person or online on topics relating to learning difference and disability for students and parents
- Transitional orientation at the start of the year
- Providing 'Time Away Cards' and access to the welfare and skills areas to study
- 1-1 support with a specialist mentor at a time and pace that suits you

wqe

Welfare & Skills Department

I am entitled to rest breaks as my normal way of working and may need to leave lessons. Please excuse me without challenge.

Name: _____



Please get in touch with Welfare and Skills if you would like a chat or to visit us. We value being able to discuss individual needs in advance of students beginning their studies with us, as this helps us consider and then plan support in advance of them starting at WQE.

We are your Welfare and Skills Mentors!



Amirah

We are here to help you!
We can refer you to a range of support services.
Mentors provide both one to one and group sessions.

We help you to develop your study skills & revision techniques.

We can help you identify triggers, barriers, and strategies to succeed with our six-week plans!

We provide welfare support if you are a Child Looked After, Young Carer or have a medical condition that may impact upon your learning.

We review your progress and support needs.

We are based at S05 at the University Road site, or in R08 at Regent Road. Speak to your PPM for a referral for our 6-week programmes.

We look forward to working with you!



Shona

We aim to promote independence and prepare you for the future.



Lena



Natalie



Ireen

Developing your skills...

Life Skills

All Level 1 and ESOL students have weekly Life Skills classes. These are run by **Hannah** and help you to develop important skills that will support your College and employment journey. Topics include: First aid, healthy eating and communication.



Study Skills

Faaizah runs group study skills sessions. These are open to all students and cover a range of topics including: time management, revision & notetaking. Look out for the when and where the sessions are taking place and drop-in.



Aaron Winterton & Vanessa Colclough manage the team. You can contact them through teams, email or drop in and book an appointment via Amandip:

welfareandskills@wqe.ac.uk



A **FREE** safety app



First Aid Call

For when you need medical assistance



Help

For when you need non-emergency assistance



Emergency

If you feel threatened or need urgent assistance



Download **SafeZone App** on



The system is privacy-protected, so will never share your location unless you summon assistance or if you use the check-in function.

This also means the app will not drain your mobile phone battery.

