

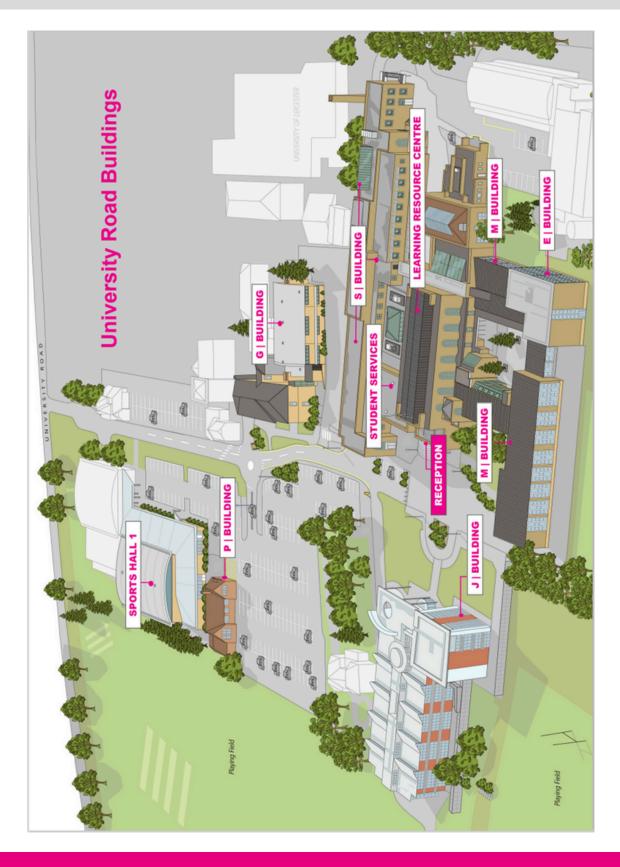
WELFARE AND SKILLS



CURIOSITY COMMITMENT COMMUNITY CHALLENGE CONSIDERATION

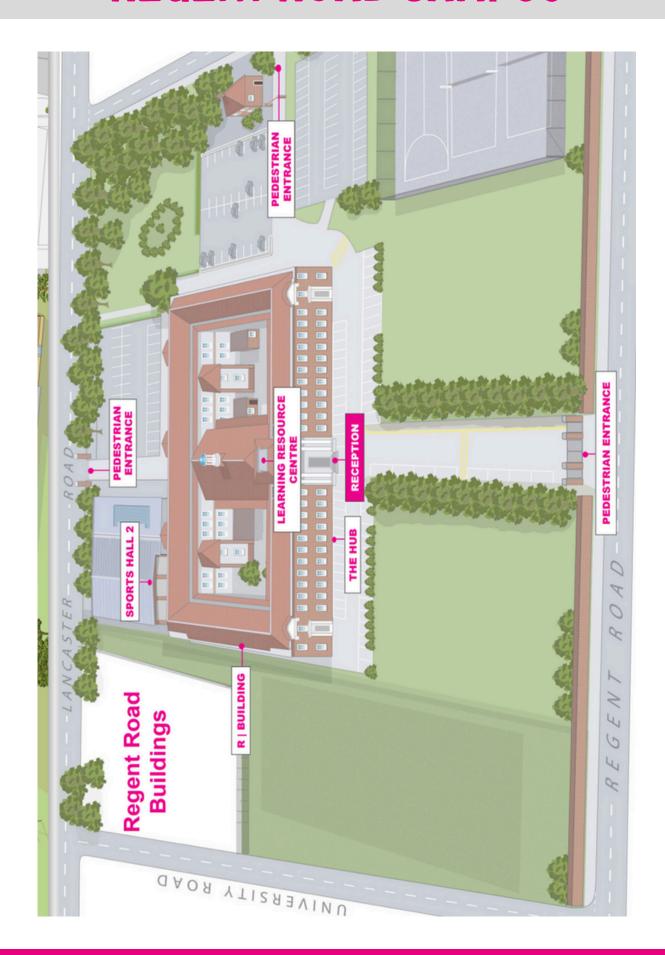
WQE CAMPUSES

UNIVERSITY ROAD CAMPUS



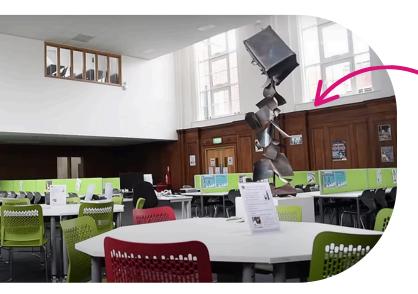


REGENT ROAD CAMPUS



STUDENT AREAS

UNIVERSITY ROAD CAMPUS



Silent Study Area





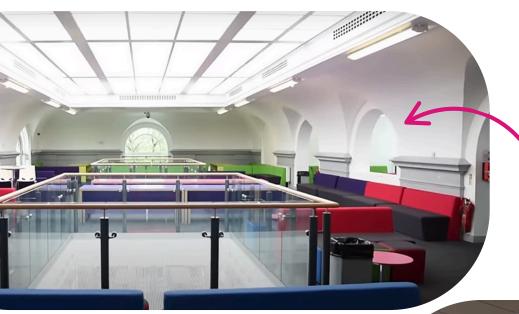
Study Centre



Student Services





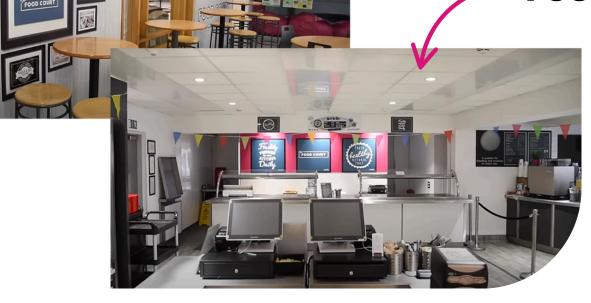


MetroZone

Welfare and Skills

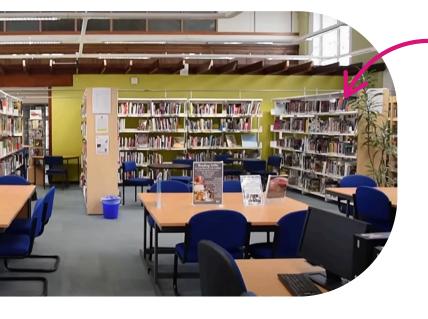


Food Court





REGENT ROAD CAMPUS



Library



Canteen









Student Services
Welfare & Skills



WELFARE SUPPORT

MEDICAL/WELFARE NEEDS

If you have a **temporary or permanent medical condition or need**, our Welfare & Skills Team will aim to support you.

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

CHILD LOOKED AFTER (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.



STUDENT WELLBEING MANAGER
DESIGNATED PROFESSIONAL FOR CLA



EMMA RICHARDS
STUDENT WELLBEING
ADVISOR



JAYSON TAYLOR STUDENT WELLBEING ADVISOR



KATHERINE SMITH STUDENT WELLBEING ADVISOR

YOUNG CARERS

If you provided care for someone in your family, or a close family or 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.



WELFARE & SKILLS MENTOR



MENTAL HEALTH SUPPORT

MENTAL HEALTH, AS DEFINED BY THE WORLD HEALTH ORGANISATION, 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." World Health Organisation

At WQE, we are committed to challenging the stigma that can surround poor mental health in young people and have a range of a services available for our young people to access.

These range from:

- · six-week plans with our mentors
- group sessions
- 1-1 support from our **Designated Mental Health Lead**
- counselling



CHONA ARMANN DESIGNATED MENTAL HEALTH

The Counselling Service is part of the Welfare & Skills department. 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 agencies.

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.



ADDITIONAL LEARNING

<u>SUPPORT</u>

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.

We work with students who have additional needs (including learning differences & 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
- 1-1 support with a Specialist Support Mentor



SARAH ABBOTT
ADDITIONAL LEARNING
SUPPORT LEAD



KATIE BRIGNULL
SPECIALIST SUPPORT
MENTOR



PAULA GREENWOOD SPECIALIST SUPPORT MENTOR (AUTISM)



SARAH COULTHURST SPECIALIST SUPPORT MENTOR (LEARNING DIFFERENCE)



DAVID MARSHALL
SPECIALIST SUPPORT
MENTOR
(COMMUNICATION)



SABBAH KEVER
SPECIALIST SUPPORT
MENTOR



KATRINA DEELEY STUDENT WELLBEING ADVISOR



WELFARE SUPPORT

MENTORING

The Welfare and Skills Mentors can support in a variety of ways, providing one-to-one and group support to suit your needs.

Our 6 week mentoring programmes are designed to help you:

- Identify triggers, barriers, and strategies to support your mental health and wellbeing
- Promote independence and prepare you for the future
- Overcome any struggles which are impacting your studies, life and time at WQE College

GROUP SESSIONS

The team offer a variety of group sessions, ranging from gardening and arts and crafts activities, to 'chocolate and chat' drop-ins. Look out for the posters advertising what's on.

CONTRACEPTION AND PREGNANCY TESTING

WQE is a registered member of the C-Card Scheme. The C-Card scheme offers confidential and easy access to free condoms. Students can also access pregnancy testing in a safe and confidential environment. Please drop into Welfare for further information if you want to access these services. Further information about C Card and other sexual health services can be found on https://leicestersexualhealth.nhs.uk

RESOURCES AND SAFE SPACES

Dependent upon your needs, you may be able to borrow equipment to help support your studies. If there is anything you need, please speak to a member of staff in the Welfare department or your PPM. Safe spaces are available at both Regent Road and University Road - just pop into S05/R08/R09.

TO ACCESS WELFARE AND SKILLS SUPPORT
YOU CAN...





DEVELOPING YOUR SKILLS

LIFE SKILLS

All Level 1 and ESOL students have weekly Life Skills classes.

These are run by Hannah Marlow and help you to develop important skills that will support your College and employment journey.

Topics include:

- Communication
- · Careers and progression
- Finance



HANNAH MARLOW
EMPLOYABILITY &
SKILLS CO-ORDINATOR

STUDY STRATEGIES

Hannah runs study strategies sessions. These are open to all students and cover a range of topics including:

- Time management
- Revision techniques
- Effective notetaking
- Essay writing
- Anxiety and Stress Management
- Motivation and Focus

Look out for when and where the sessions are taking place and drop-in. You can also speak to your PPM or email Welfare and Skills to let us know you are interested in having these sessions!

STUDENT-LED OPPORTUNITIES

MENTAL HEALTH AMBASSADORS

The SMH Ambassador programme is designed to amplify student voice on whole college wellbeing. Level Three Students can apply to take part in a high quality, two day training course, which is specifically designed to give them the skills and knowledge to enable them to play an active role in promoting and supporting positive mental health for students across the college.

PREVENTION (MVP)

MVP is an enrichment supported by members of the Welfare team and is open to all students. As a Mentor in Violence Prevention, you will participate in an excellent training programme, empowering you with the skills and confidence to lead your peers in promoting positive behaviour.



WELFARE & SKILLS



AARON WINTERTON
HEAD OF WELFARE & SKILLS
DIRECTOR OF SAFEGUARDING



VANESSA COLCLOUGH DEPUTY HEAD OF WELFARE & SKILLS



RACHEL LANGLEY STUDENT WELLBEING MANAGER



HANNAH MARLOW EMPLOYABILITY & SKILLS CO-ORDINATOR



SHONA ARMANN
DESIGNATED MENTAL
HEALTH LEAD



GRAHAM IRELAND
PHYSICAL HEALTH LEAD



SARAH ABBOTT ADDITIONAL LEARNING SUPPORT LEAD



EMMA RICHARDS STUDENT WELLBEING ADVISOR



JAYSON TAYLOR STUDENT WELLBEING ADVISOR



KATHERINE SMITH STUDENT WELLBEING ADVISOR



KATRINA DEELEY STUDENT WELLBEING ADVISOR



IREEN MALEMBA
WELFARE & SKILLS
MENTOR



SARAH COULTHURST SPECIALIST SUPPORT MENTOR (LEARNING DIFFERENCE)



PAULA GREENWOOD SPECIALIST SUPPORT MENTOR (AUTISM)



DAVID MARSHALL SPECIALIST SUPPORT MENTOR (COMMUNICATION)



KATIE BRIGNULL SPECIALIST SUPPORT MENTOR

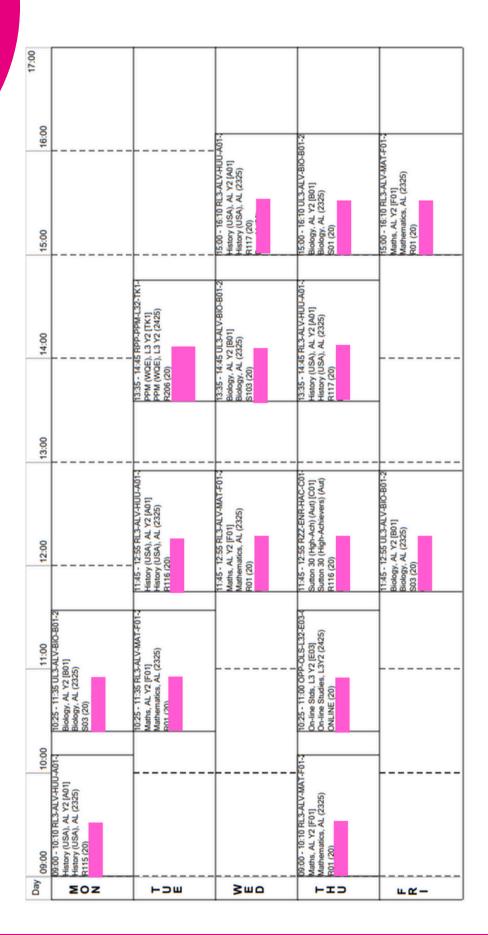


SABAAH KEVER SPECIALIST SUPPORT MENTOR



MALIKA ASHOK
WELFARE & SKILLS
ASSISTANT

EXAMPLES OF STUDENT TIMETABLES











MySelfReferral-LLR.nhs.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







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.

