

## College updates

### Learning walks

In our recent learning walk, we asked students who they would speak to if they felt concerned about themselves or someone else. Most students said that they would speak to a tutor, teacher or Head of Year. Students have had tutorials on safeguarding, e-safety, anti-bullying and promoting positive mental health. They all have a StaySafe card and there are safeguarding posters around college. Please note that there are all of these support avenues for our students.

### New Deputy Designated Safeguarding Lead

Sara Payne is now a Deputy Designated Safeguarding Lead and completed her training for this on 10<sup>th</sup> December. A reminder of the safeguarding team is in the adjacent box.

### Reminder of WSFC Early Help offer.

This is the support available to students and their families and can be found on our website under the 'Supporting You' tab. We also have a parent guidance booklet on our website. The booklet gives details of some common issues facing young people and where to find more information and help.

### County Safeguarding Advisor visit

Denise Hannibal came to see us recently to check safeguarding procedures. Denise was satisfied that we are following correct procedures regarding safeguarding and the sharing of information. We talked through some anonymous case studies, looking at the support that could be offered to students in college and from external organisations. Denise took away some ideas of good practice to share at schools & colleges safeguarding network meetings.

### Road Safety Partnership team

We welcomed the Worcestershire Road Safety Partnership team back to college w/c 9<sup>th</sup> December. They delivered 2<sup>nd</sup> year tutorials on safer driving and promoted their 'Green Light Safety' app for both drivers and passengers.

**A BIG thank you** to everyone who put their Waitrose 'green counters' in our section of the community project box last month. We will be spending the money we receive on adding resources to our new well-being room 'The Retreat'.

**Finally...**we hope you enjoy a well-deserved festive break!

### Safeguarding team

Julie Ferman - DSL & Head of Year

Graham Williams – Deputy DSL & Head of Year

Sara Payne – Deputy DSL & Learning Support manager

Carl Rusby – Head of Year

Sarah Mills – counsellor

Mark Brown – counsellor

Tutors are also part of the wider safeguarding team

As we prepare for the Christmas holidays, we know that this can be a difficult time for some young people and families, both financially and emotionally. The research below gives some more information and data. Pressures of exams can also add to this stress. If you are worried about your teen, please speak to their tutor or any one of the safeguarding team.



**MIND**, the UK's leading mental health charity, has revealed that 11% of people feel unable to cope at Christmas (11%). The research also found that 17% of people feel lonelier at Christmas than at any other time. For someone experiencing poor mental health this percentage more than doubles to 39%. Part of the problem appears to be high expectations, with more than 25% of people feeling the pressure to have the 'perfect' Christmas. The research also found that people with mental health problems are twice as likely to compare their Christmas to other people's on social media.

The impact of the pressures caused by Christmas is shocking, with one in twenty people considering taking their own life directly because of the festive period, rising to more than one in five of those with mental health problems Christmas. ([www.mind.org.uk](http://www.mind.org.uk))

### Useful websites and numbers for over the festive period

#### **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Tel: 116 123



#### **Papyrus suicide prevention**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Tel: 0800 068 41 41

#### **Mental health support**

Kooth (online counselling)

[www.kooth.com](http://www.kooth.com)



Mind [www.mind.org.uk](http://www.mind.org.uk)

Tel: 0300 123 3393 86463



#### **NHS medical advice when not an emergency**

Call: 111

24 hrs a day 365 days a week for advice and to arrange an out of hours GP appointment. This is based at Worcester Royal hospital.

#### **Food Banks in Worcestershire**

<https://www.trusselltrust.org/> to find the nearest foodbank

#### **Wyreforest Nightstop**

[www.wyreforestnightstop.org.uk/](http://www.wyreforestnightstop.org.uk/)

Tel: 01562 743111

Nightstop provide emergency accommodation and family mediation for young people aged 16-25 yrs

#### **Drinkaware's Festive season survival guide - 12 tips to make the most of Christmas**

[www.drinkaware.co.uk/advice/staying-safe-while-drinking/festive-season-survival-guide/](http://www.drinkaware.co.uk/advice/staying-safe-while-drinking/festive-season-survival-guide/)

#### **Information about drugs and alcohol**

[www.talktofrank.com](http://www.talktofrank.com)