Dear Parents and Guardians,

Thank you for taking the time to read to our second parent newsletter on Student Wellbeing.

Spending much of the Spring term working remotely, and then adjusting to being back in college has naturally had a huge impact on all of our students and their families. Once again we have seen so much resilience and strength in the college community – often seen in the way in which students have been able to acknowledge when they are struggling, and to take the step of reaching out for support – which isn't always an easy thing to do.

By continuing to promote wellbeing across our college community, we hope to build our students' confidence in looking after their wellbeing, identifying when things are feeling tough, and accessing the support that they have around them when needed.

If you do have any questions or would be interested in us covering particular aspects of wellbeing in future newsletters which will be coming out each half term, then please do get in touch.

Yours faithfully,

Tess Ledingham
Head of Student Wellbeing
Email: tle@woking.ac.uk

Introduction of Peer Mentors Scheme

This term, we are promoting an **exciting opportunity for current Year 12 students.**

In September, we will be launching a brand-new Peer Mentor scheme which creates a bridge between students who may be worrying about something, and the college pastoral team. Sometimes, speaking to a member of staff can feel daunting, or students may feel more comfortable speaking to one of their peers as a first point of call if they have something on their mind. Peer mentors will be able to provide a listening ear to students and to help them with taking next steps and accessing further support from the college.

Peer Mentors will undergo training in the last half-term before starting their role in September, and ongoing supervision throughout the year to ensure they are fully supported with the role. Our Peer Mentors will have the opportunity develop valuable life skills in supporting others with empathy and active listening, and also a position of responsibility which can be included in future job and UCAS applications.

If you are a parent or guardian to a current Year 12 student who you think might be interested in taking part in our training and taking on the supportive role of Peer Mentor, ask for their thoughts and please do encourage them to email peermentors@woking.ac.uk to express their interest!

Self-Referral NHS Mental Health Services:

Getting support for mental health via the NHS can feel challenging at times for a variety of reasons. Below are the details for specific NHS services in Surrey which provide therapy for a range of mental health issues remotely for people over their minimum age requirements. Receiving support remotely can be a more comfortable environment for some, and can also mean much reduced waiting times compared to face to face support.

ieso – **patients aged 18+** are able to access a course of online CBT (cognitive behavioural therapy) sessions with an assigned therapist via 1:1 webchat. CBT is proven to be effective at treating anxiety, stress, depression, and many more mental health problems:
Online CBT for NHS patients | Ieso (iesohealth.com)

We Are With You – **patients aged 17+** are able to access different types of therapy (such as 1:1, groupwork, or courses) which can be online or over the phone, depending on what best meets individual support needs:
Mental health help from With You - We Are With You

Internet Safety – 'Protect Young Eyes'

Keeping young people safe online is a growing concern for all of us – but it can feel really difficult to know where to start, or to know what we can do on a practical level.
For tools on creating safer online spaces for you and your family, *Protect Young Eyes* provides loads of information specific to each of the apps which so many young people are using, specific advice about safety on all the different types of devices we use, free webinars on how to support young people with navigating online safety, and even their own app which you can download to develop your knowledge about online risks and how to protect and educate your family around them. Find out more at:
https://protectyoungeyes.com/

Updated College Website

There have been some new areas added to the college website, including a section dedicated to student wellbeing. If you are interested in reading about our approach to wellbeing in some more detail, as well as further information on mental health support, then visit:
https://woking.ac.uk/support/wellbeing-and-mental-health/

If you haven't already, then do also check out and follow our college wellbeing Instagram account @wokingcollegewellbeing where you can see what we're doing each month to explore our monthly '*My Wellbeing Matters*' theme.