

Parent Newsletter: Student Wellbeing

December 2021



Dear Parents and Guardians,

Thank you for taking the time to read this half-termly parent newsletter on Student Wellbeing.

Adjusting to college life during the first term of the academic year can be really challenging at times for both our new and returning students. After the initial excitement in September, getting used to the pace of college, managing the demands of each subject, and navigating the social aspect of being here can feel particularly daunting and overwhelming at this point in the year.

That's why we prioritise discussion and understanding of wellbeing across our college community - so that we can build our students' knowledge of how to care for their own wellbeing, and also their confidence to reach out for help rather than struggling alone.

I hope that this newsletter provides a helpful insight into what we mean when we talk about wellbeing at Woking College. 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 email me to let me know.

Yours faithfully,

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



College Wellbeing Support:

At college, we have a range of support systems in place to ensure that all students are able to access resources and wellbeing support in a way that feels most comfortable for them.

Who can our students speak to at college if they need support?

- *Personal Tutors* - here to support students with achieving their personal development
- *Teachers* – here to support students academically
- *Heads of Year* – supporting students at a key pastoral level
- *Head of Student Wellbeing* – here to support any student in need of a listening ear
- *Weekly anxiety support group* – available to any students every Tuesday lunchtime

In January, we will also 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 as a first step, or students may feel more comfortable speaking to fellow students as a first point of call if they have something on their mind. Our Year 13 Peer Mentors are currently undergoing their training, and we can't wait to hit the ground running by offering this extra branch of support out to students after Christmas.

College Wellbeing Resources

Wellbeing Resources on Teams:

- During the 2021 lockdown we launched the [Student Wellbeing Channel](#) under the *All Student Notifications* group on Teams.
- On this channel, all students can access [wellbeing newsletters](#) and [videos](#), sharing tips and advice for students in relation to our monthly 'My Wellbeing Matters' theme.
- The [Files](#) section of the channel contains all of the above, plus additional resources to support our students in looking after the 5 key areas of their wellbeing. If you are curious to see more, then asking your young people at home if they would be happy to show you this Teams channel could be a useful way of opening up conversations about wellbeing at home.
- We also run different [college activities](#) to celebrate each month's theme – we've had sunflower planting, mindful stitching, and Tea & Talk to name a few!



College Wellbeing Instagram

Students and parents are also encouraged to follow our college Wellbeing Instagram account [@wokingcollegewellbeing](#) where we regularly share updates and inspiration on using each month's 'My Wellbeing Matters' theme to explore different aspects of 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 check out the dedicated to student wellbeing on the college website <https://woking.ac.uk/support/wellbeing-and-mental-health/>

Support Services – additional services outside of your GP



STEPS Counselling at Surrey Care Trust - Free counselling for 16 to 25 year-olds, offering up to 12 sessions which take place in Woking. If a young person in your care needs counselling, call or text **07885 969 774**



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. You don't need a referral from your GP, but you do need to be registered with a GP in Surrey or Kent. Sign up for support at <https://www.wearewithyou.org.uk/help-and-advice/find-service/how-we-help-mental-health/choose/>



My Planet Health - My Planet Health is a provider of counselling and wellbeing services across Woking and Guildford and work to support a number of charities such as Woking Mind. My Planet Health are facilitating **free drop in groups for carers and families of people with eating disorders**. This gives individuals a chance to come together and feel less alone in what they are going through, and to share tips, ideas, vent or simply listen in a supported environment with those who understand. **Held at the Lancaster Village Hall in Send, 12.30pm-1.30pm every last Friday of every month.**