

# The Welfare Times

SOUTHPORT COLLEGE/KGV | 7 JAN 2021

Due to the Government's announcement on Monday, all schools and college's have now moved to remote learning, and therefore our buildings remained closed to all but essential staff (and those students we have contacted). Please keep in touch with your tutor and check your college emails, website and Microsoft Teams channels regularly

## THE NEW LOCKDOWN IS HERE

It is important that you follow Government guidelines during the pandemic. The rules apply to everyone and are designed to keep you and other safe.

As always, you need to make sure you wash your hands regularly, allow at least 2m space between yourself and others and wear a mask in all public settings (if you can).

Below are the rules that everyone in England has to follow until the Government says otherwise (or you may be fined by the Police)



You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities,
- to provide voluntary or charitable services,
- exercise with your household (or support bubble) or one other person, (this should be limited to once per day, and you should not travel outside your local area).
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible



# YOU ARE NOT ALONE

Some people can feel isolated and alone during lockdown but please know you are not alone. Support staff are still working hard to provide a great service and can be contacted via their normal College phone extension, college email or via TEAMS.

In addition, there are some great websites and apps that are available to you 24/7 which focus on remaining positive and provide great advice...***Just click on the name below to be taken to the site.***

[YOUNGMINDS](#)

[THE CALM ZONE](#)

[THE MIX](#)

[PAPYRUS](#)

[ANNA FREUD CENTRE](#)



## [Sleepio](#)

An online sleep improvement programme, clinically proven to help you fall asleep faster

Free in some areas



## [Thrive](#)

Use games to track your mood and teach yourself methods to take control of stress and anxiety

Free

*"It's OK not to be OK"*

**"Limit the amount of time spent checking the news by allowing a set time of day to do this. For example, saying 'I will allow 30 minutes from 6pm,' stops you constantly checking for updates which increases worrying."**

Eleanor, Activist



Crisis Care @ Alder Hey  
@CrisisCareAHH

Are you, or someone you care for:

♥ In [#Liverpool](#) or [#Sefton](#)?

♥ Under 18?

♥ Having a [#mentalhealth](#) crisis?

Give us a call! We can:

♥ Offer advice & guidance

♥ Assist with making a referral to our service

♥ Listen to your worries

☎ 0151 293 3577 or 08081 963 550

## 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Talk about your feelings



Keep active



Eat well



Take a break



Drink sensibly



Keep in touch



Do something you're good at



Accept who you are



Ask for help



Care for others



Mental Health Foundation  
mentalhealth.org.uk



## [Feeling Good: positive mindset](#)

Use audio tracks to help relax your body and mind and build your confidence

Free, with in-app purchases



## [Pzizz](#)

Get help to calm your mind, fall asleep fast, stay asleep, and wake up refreshed

Free, with in-app purchases



# Free, safe and anonymous online counselling and support

"I don't think I could've spoken  
to someone face-to-face."

  
Chat to our  
friendly counsellors

  
Read articles written  
by young people

  
Join live  
moderated forums

**kooth**  
www.kooth.com

Access  
Sefton

NHS

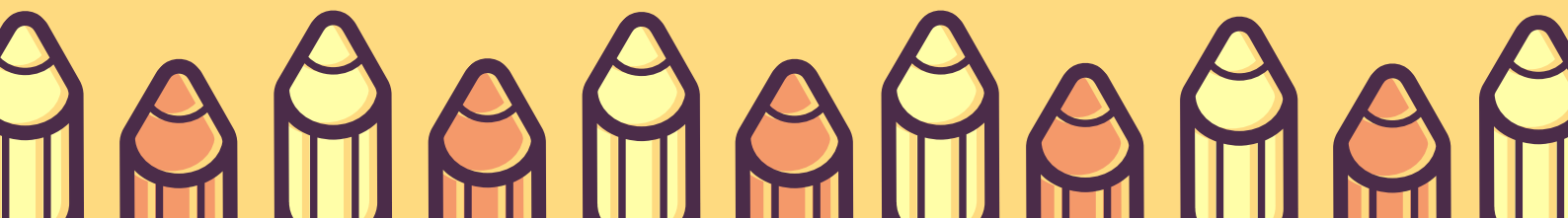
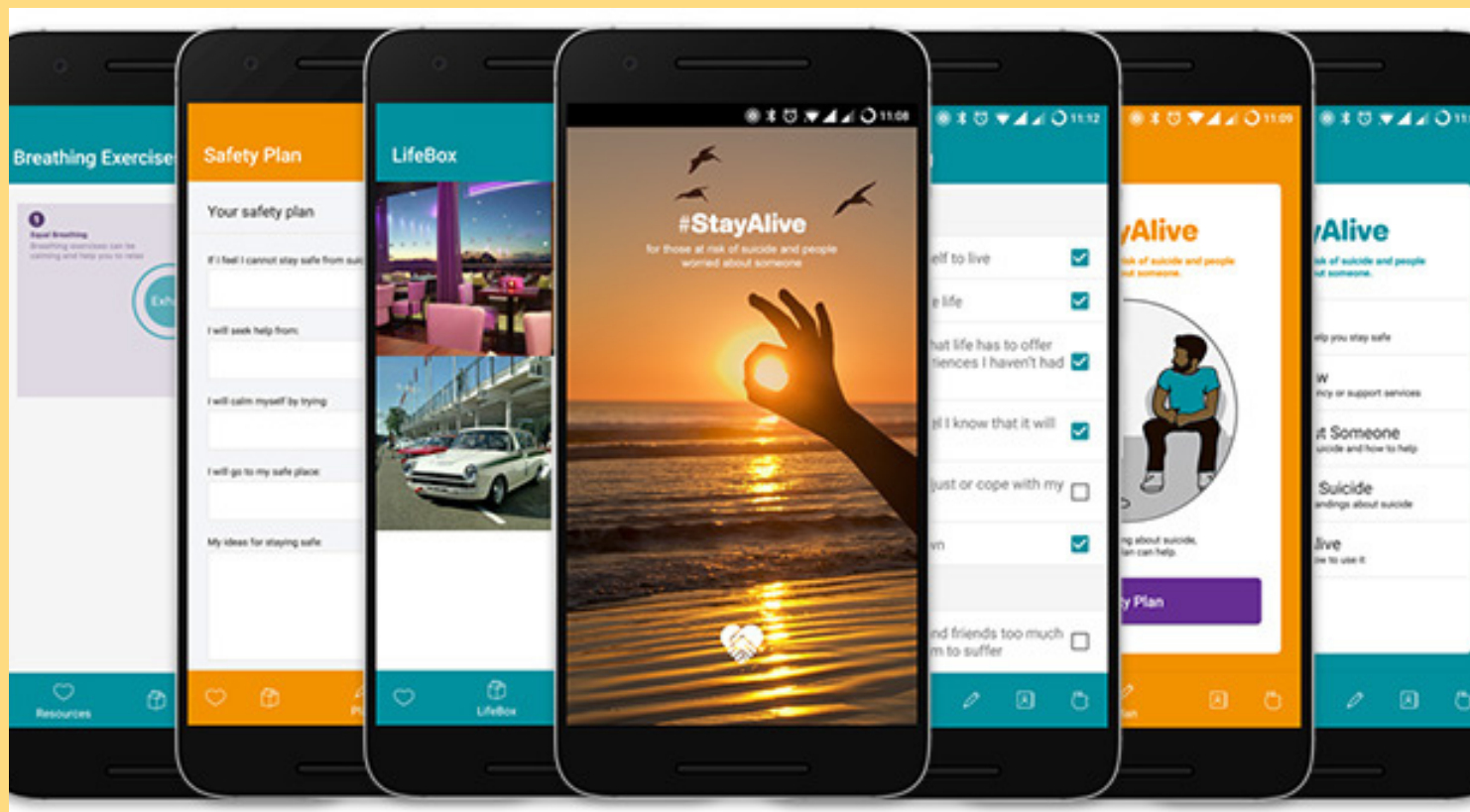
CLOWNS  
SPIDERS DENTISTS  
DEATH DOGS FLYING  
PUBLIC SPEAKING  
GERMS NEEDLES  
OPEN SPACES BEES  
ENCLOSED  
SPACES CROWDS  
VOMITING  
WATER

Fears and  
phobias can take  
many different  
forms.

We can help you  
beat them.

Contact  
Access Sefton on  
**0300 303 2708**  
to find out how  
NHS-approved  
talking therapies  
can help.

[www.insighthealthcare.org/AccessSefton](http://www.insighthealthcare.org/AccessSefton)



# SUPPORT FOR OTHER ISSUES

Sefton Council



carerstrust  
quality award



Steve Morgan  
FOUNDATION

disability  
confident  
COMMITTED



South Sefton Clinical Commissioning Group  
Southport and Formby Clinical Commissioning Group

For some people, being at home more can be difficult. You may have extra responsibilities and it may be hard to balance these with doing your online lessons. If you are a **Young Carer**, please contact us to find out how we can support you. Julie and Alison, our Welfare Officers, work with many organisations to provide support to learners, including:

- Foodbank Vouchers
- Charitable applications for laptops and equipment
- Links to Sefton Young Carers

For more information: [julie.coates@southport.ac.uk](mailto:julie.coates@southport.ac.uk) | [awiggins@kgv.ac.uk](mailto:awiggins@kgv.ac.uk)

## JULIE COATES

My name is Julie and I am a Welfare Officer. I work with learners to apply for grants, support with benefits and accommodation, and I also work with Young Carers and many different community groups.



Tel: 01704 2844  
Email: [julie.coates@southport.ac.uk](mailto:julie.coates@southport.ac.uk)

## ALISON WIGGINS

My name is Alison and I work at the KGV site as a Welfare Officer. I help students with their day to day needs so everyone is happy, safe and confident in College!



Tel: 01704 530601  
Email: [awiggins@kgv.ac.uk](mailto:awiggins@kgv.ac.uk)

## VIRTUAL HUGS



STOP THE BUGS

# ARE YOU SAFE?

IF  
YOU'RE  
FRIGHTENED  
OF YOUR  
PARTNER,  
CALL US.

NATIONAL DOMESTIC VIOLENCE HELPLINE  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE

women's aid  
until women & children are safe  
[www.womensaid.org.uk](http://www.womensaid.org.uk)

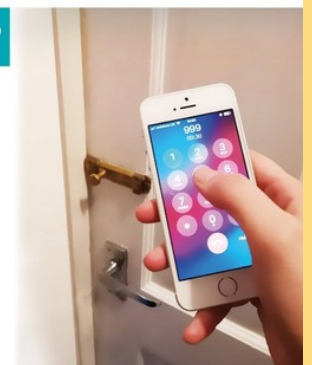
Refuge  
For women and children,  
Against domestic violence.  
[www.refuge.org.uk](http://www.refuge.org.uk)

## Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

IOPC Independent Office for Police Conduct women's aid NPCC



In an emergency  
DIAL 999

24 hour National Domestic  
Violence helpline  
**0808 2000 247**



**SAY  
SOMETHING**  
IF YOU SEE  
SOMETHING



# WHO CAN HELP IN COLLEGE?



## SAFEGUARDING TEAM

Keeping You Safe

### JES KELLY

My name is Jes and I am the Assistant Principal (Curriculum & Quality). I am also the Designated Safeguarding Lead and work with Safeguarding Officers to ensure everyone is able to learn in a happy, safe and secure environment. Enjoy your time in College!



### LIZ JONES

My name is Liz and I am the Head of Central Services. I am also the Deputy Designated Safeguarding Lead so I work closely with students to make sure there are no barriers to learning. I also manage the Guidance and Information Team, Counsellors and Welfare Staff.



### KAREN MARSH

My name is Karen and I am a Student Engagement Officer. I work with students on a 1:1 basis to keep everyone safe and to make sure the most vulnerable students can pass their course at College.



Tel: 01704 392758

Email: karen.marsh@southport.ac.uk

### LAURA INNES

My name is Laura and I am the Quality and Support Officer. I also work as part of the wider Safeguarding Team to raise awareness of welfare issues and to support learners to overcome their issues.



Tel: 01704 392886

Email: laura.innes@southport.ac.uk

### JODIE MARCUCCI

My name is Jodie and I work at the KGV site as a Student Engagement Officer to support students with lots of different welfare issues such as mental health and anxiety, to ensure they can attend College.



Tel: 01704 392774

Email: jodie.marcucci@southport.ac.uk

### NIKKI VERNON

My name is Nikki and I run the counselling service at Southport College. I am BACP registered and I see students on a 1:1 basis, as well as in drop-in sessions on a weekly basis.



Tel: 01704 392720

Email: studentcounsellingse@southport.ac.uk

CONTACT:



SAFEGUARDING@SOUTHPORT.AC.UK



01704 392821