



Wellbeing Support Services During College Closure

College closure

As you will be aware, the latest Government guidance in relation to the Coronavirus outbreak is that all schools and colleges must close for normal service as of 5th January 2021. Accordingly, Richmond upon Thames College will be closed to students (with a small number of exceptions who have already been contacted) and will continue with the remote learning and assessment set up last half term. This means that the majority of students should not attend unless they have been contacted directly by the college and agreed alternative arrangements. We are working to ensure that our most vulnerable students and families are fully supported and we will confirm any special support arrangements with these students and parents/carers directly in the coming days.

Our primary concern is always the wellbeing of our students and staff. We therefore strongly encourage everyone to follow the Government guidance to limit social contact and to self-isolate when appropriate. Where we do have small numbers of students on site, we will make every effort to ensure that social distancing guidelines are followed.

We appreciate that this is a very challenging time and that personal circumstances for many staff, students and their families may change over the coming weeks. We want to reassure you that we are doing everything we can to ensure that our students are fully supported.

General Advice

The Corona Virus outbreak is an unprecedented and concerning situation. For people who experience anxiety disorders (and for those who don't) it may trigger some additional worries. The BaCP (British Association for Counselling and Psychotherapy) has written a guide on [coping with anxiety about Corona Virus](#).

The idea of self-isolating can be a bit intimidating, but there are steps you can take to look after your mental health and wellbeing if you need to stay at home. The BaCP have written a helpful article containing top tips for [self-care if you are self isolating](#).

Some families may have to self-isolate together, which can be a challenge. If you need help with your family relationships [Relate](#) provide support and counselling services for families and couples.

The BBC have written an article about families [self-isolating together and how to make it a positive experience](#).

The Guardian's article on [how to stay positive during the Coronavirus crisis](#) may also be helpful.

Finances and money may be another source of worry at this time. Martin Lewis's Money Saving Expert website has some really helpful information on [financial help and rights](#) that is being regularly updated as the situation develops.

MSE also has a page on [Travel rights](#) for people who were planning on travelling abroad and have had to postpone their plans due to the outbreak.

If you are worried that you may have symptoms of the Corona Virus please visit the [NHS website](#) and use their symptom checker to get advice about what you should do next.

Try to get your information from reliable sources. The main point of information in the UK is the [.GOV website](#)

College Services*

Safeguarding

The college's Safeguarding team is here to support students if there are concerns about safety or wellbeing. If you are worried that a child or young person may be at risk of harm please contact the safeguarding team on safeguarding@rutc.ac.uk. This will be monitored during college working hours (9am – 5pm Monday to Friday. Safeguarding staff available during the hours are:

Cait Orton 07983 523 096

Ged Boyer 07825 021 382

Rachel Scarborough 020 8607 8074

Beth Pattison 0208 607 8214 (9am – 3pm Mon, Weds, Thurs, Fri)

If you have an urgent concern outside of college opening hours please contact the NSPCC on 0808 800 5000 or contact your Local Authority safeguarding team. Those students who are already working with a Welfare and Engagement Adviser or member of the Safeguarding Team will be offered continuing support on an ongoing basis.

If you believe a child is at **immediate risk of significant harm call 999**.

Careers Advice

Students and parents/carers will be able to contact the Careers Advisors through email:

Olivia.Gibney@rutc.ac.uk

Francis.kennedy@rutc.ac.uk

Our office hours are 9am-5pm, Monday to Friday

We are happy to help with CV writing, interview skills, and any questions you or your child may have about careers. However, if you would like to talk about this year's examinations situation and how it will affect your child, please do bear in mind that this is a national situation which is developing rapidly and, at the time of writing, a clear position is yet to be communicated by the Department for Education. We will of course keep students and parents/carers updated with information as it becomes available.

Additional Learning Support (Inclusive Learning)

The college's Additional Learning Support (Inclusive Learning) team can be contacted through their central email: als.referrals@rutc.ac.uk

Students who currently receive 1:1 support from the ALS team will continue to receive this support remotely. Students will be contacted directly to make arrangements for this.

Students who do not receive 1:1 support but who regularly access support from the Inclusive Learning team should contact their tutor (by email or Microsoft Teams) in the first instance in order to receive support.

College counselling service

The Counselling service will continue to offer a remote service. Existing clients will be contacted on their college email addresses by their counsellor.

Any student who would like to make a request for counselling can use the email Counselling@rutc.ac.uk or follow the link on Moodle.

*Please note that all college services are subject to staff working hours and unfortunately may be impacted if staff become unwell. We are working remotely and will maintain as effective a service as possible.

Other support agencies

Mental Health services:

Good Thinking [Good Thinking - NHS approved wellbeing service | Good Thinking \(good-thinking.uk\)](#)

NHS Coronavirus and mental wellbeing <https://www.nhs.uk/oneyou/every-mind-matters/>

Samaritans www.samaritans.org

Off the Record otrtwickenham.com/

Mind www.mind.org.uk/

www.nhs.uk/ > search Mental Health

Young Minds youngminds.org.uk/

Papyrus papyrus-uk.org/ (suicide prevention)

Richmond Borough Mind www.rbmind.org/crisis-support/

Physical health

www.nhs.uk/ or phone 111

www.comecorrect.org.uk/ (sexual health)

Your rights

www.citizensadvice.org.uk/

Financial advice

www.moneysavingexpert.com/

Food banks

www.trusselltrust.org/get-help/emergency-food/food-vouchers/

Local library services (including accessing Information Technology)

www.gov.uk/local-library-services

Housing and homelessness

www.spearlondon.org/

www.shelter.org.uk/

uk.depaulcharity.org/

www.streetlink.org.uk/

Domestic Abuse

www.refuge.org.uk 0808 2000 247 (Women and Children)

mensadvice.co.uk 0808 8010 327 (Men)

Links to these sites are on the college web and Moodle pages and have Exit buttons for your safety.

Child Protection/ safeguarding (see also college safeguarding information above)

NSPCC www.nspcc.org.uk/ 18 or under: 0800 1111. Concerned about a child: 0808 800 5000

As this unprecedented situation continues to evolve we will ensure that we provide relevant updates to students and parents/carers via the usual channels as and when necessary.