

# Well-Being At HCC



Holsworthy Community College offers a supportive approach and environment for students to build a sense of belonging, self-esteem, confidence and enrichment to gain the skills they need to achieve their full potential.

Here at Holsworthy Community College we pride ourselves on the support we can give to students during their time here. In addition to our excellent mentor system we have a range of support services available which include:

### **Student Support Centre:**

The Centre is here for students to come to if they feel they need support with any issue; whether it is to do with school, home or personal and emotional things. There are friendly staff who are here to offer a listening ear and be sympathetic to each individual's needs. We have two qualified counsellors that are here to support through an appointment system or a drop in for advice.

### **Drop-ins**

#### **Lunchtimes in the Student Support Centre 12-50—13-25**

**Monday** School nurse covering any health issue

**Thursday** Sexual health

**Friday** School counsellor available for advice

### **Learning support**

The Learning Hub provides a student specific environment. Students may attend the Learning Hub if they have been referred by HOH, Mentors, SENDCO, Parents/Carers or EWO.

Students may also attend the Learning Hub if it is felt they need some time, with support, to be able to attend lessons comfortably and in a positive manner.

## **EWO**

Emma Sojitra is our Educational welfare officer. She visits HCC one day a week to check on school attendance. Emma uses this time to support students and families, who are having attendance issues. Emma can be contacted via the school or e-mail [Emma.Sojitra@babcockinternational.com](mailto:Emma.Sojitra@babcockinternational.com)

## **Parent Support**

Family Support for the Holsworthy Learning Community can offer assistance to any family whose child attends Holsworthy College or one of its feeder primary schools. The aim of the service is to help all children reach their full potential at school. Support is varied, it could include:

- \* advice about school issues: getting homework done, school attendance.
- \* advice about home issues: bedtime battles, being safe online.
- \* support for families for children with additional needs, including the DAF process.

Help can also be given with: housing, parental well-being, domestic abuse, money issues, the food bank and providing links to other services that are available in the Holsworthy area if needed.

Contact details: Kymble Eldridge, 01409 255314 or 07581 797159  
[keldridge@hcc.devon.sch.uk](mailto:keldridge@hcc.devon.sch.uk)

There is a limited service during school holidays.

## EH4MH

Early help for mental health run by Young Devon offers various support options which include:

- \*Counselling online or face to face
- \*Mentoring
- \*Participation and support groups



You can access this by visiting [www.youngdevon.org](http://www.youngdevon.org), registering at [www.kooth.com](http://www.kooth.com) or calling 08082 810 155

### Find shelf help in your local library

Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

The books have all been recommended by young people and health professionals and are available to borrow for free from public libraries

### Some useful websites

