



north west
regional college
Derry~Londonderry • Limavady • Strabane



NWRC SAFEGUARDING & WELLBEING TEAM

SAFEGUARDING IS EVERYBODY'S BUSINESS

A Safeguarding policy operates in North West Regional College. It's aim is to protect our students by ensuring that everyone who works in the college, teaching & non-teaching staff and volunteers, have a clear guidance on the detection and management of situations where abuse or neglect of a student is suspected. The paramount concern of all staff is the care, welfare and safety of the students.

THE SAFEGUARDING POLICY CAN BE FOUND ON THE COLLEGE WEBSITE AND PORTAL



SAFEGUARDING@NWRC.AC.UK

ABOUT SAFEGUARDING AND WELLBEING

Our staff are committed to providing a safe and supportive environment where students feel safe and receive effective pastoral and safeguarding care, guidance and support.

We share the belief that safeguarding is everybody's responsibility and foster this culture across the College. The College strives to offer the very best education and training and recognises the importance of integrated safeguarding and support services as part of the student experience to enable students to achieve positive outcomes.

We have a dedicated Safeguarding Team that promotes awareness of Safeguarding issues and are always available to provide support to students, families and staff.

Confidentiality and trust should be maintained as far as possible, but staff must act on the basis that the safety and welfare of the person is the overriding concern. The degree of confidentiality will be governed by the need to protect the individual and therefore complete confidentiality cannot be guaranteed. It is therefore crucial that staff understand and implement the guidelines for Data Protection and information sharing.



The Safeguarding Team provides information, advice, listening ear, guidance and can offer counselling on a wide range of topics such as:

- ✓ Abuse
- ✓ Mental Health
- ✓ Sexual Health; including providing free condoms
- ✓ Bullying / Harrassment
- ✓ Financial worries
- ✓ Health & Welfare issues
- ✓ Bereavement
- ✓ Alcohol / Drug problems
- ✓ Anxiety / Stress
- ✓ Coursework difficulties
- ✓ Self-harm
- ✓ Gambling
- ✓ Unplanned pregnancies
- ✓ Personal / Family difficulties
- ✓ Homelessness

NORTH WEST REGIONAL COLLEGE PROVIDES A STUDENT COUNSELLING SERVICE WHICH IS AVAILABLE TO ALL OF OUR STUDENTS WHO MAY BE EXPERIENCING PERSONAL OR COLLEGE RELATED PROBLEMS. NWRC WORKS IN PARTNERSHIP WITH INSPIRE COUNSELLING SERVICE TO PROVIDE A CONFIDENTIAL AND FREEPHONE SERVICE TO ALL OF OUR STUDENTS.

**FREEPHONE: 0808 175 3561
24/7 - 365 DAYS A YEAR**



CHILD	The definition of a child is any person that is under the age of 18, as defined in the Children (NI) Order 1995, the principal statute governing care, upbringing and protection of children in Northern Ireland.
ADULT AT RISK OF HARM	The definition of an Adult at Risk of Harm is a person aged 18 years and over, whose exposure to harm through abuse, exploitation or neglect may be increased by their personal characteristics and/or life circumstances; Personal characteristics may include but are not limited to; age, disability, special education needs, illness, mental or physical frailty or impairment or disturbance in the functioning of their mind or brain. Life circumstances may include but are not limited to; isolation, socio-economic factors and environmental living conditions.
ADULT IN NEED OF PROTECTION	The definition of an Adult in Need of Protection is a person aged 18 years and over, who may be at a greater risk of exposure to harm through abuse, exploitation or neglect maybe increased by their: (a) personal characteristics and/or; (b) life circumstances; (c) inability to protect their own well-being, rights, or other interests; (d) the action or inaction of other person or persons causing, or is likely to cause him/her to be harmed.
DEFINITION	The Colleges safeguarding service understands that in order for our students, as defined above who are an ' adult in need of protection ' either (a) or (b) must be present, in addition to both elements (c) and (d).

I'm **not** alright

Talking really helps

Lifeline

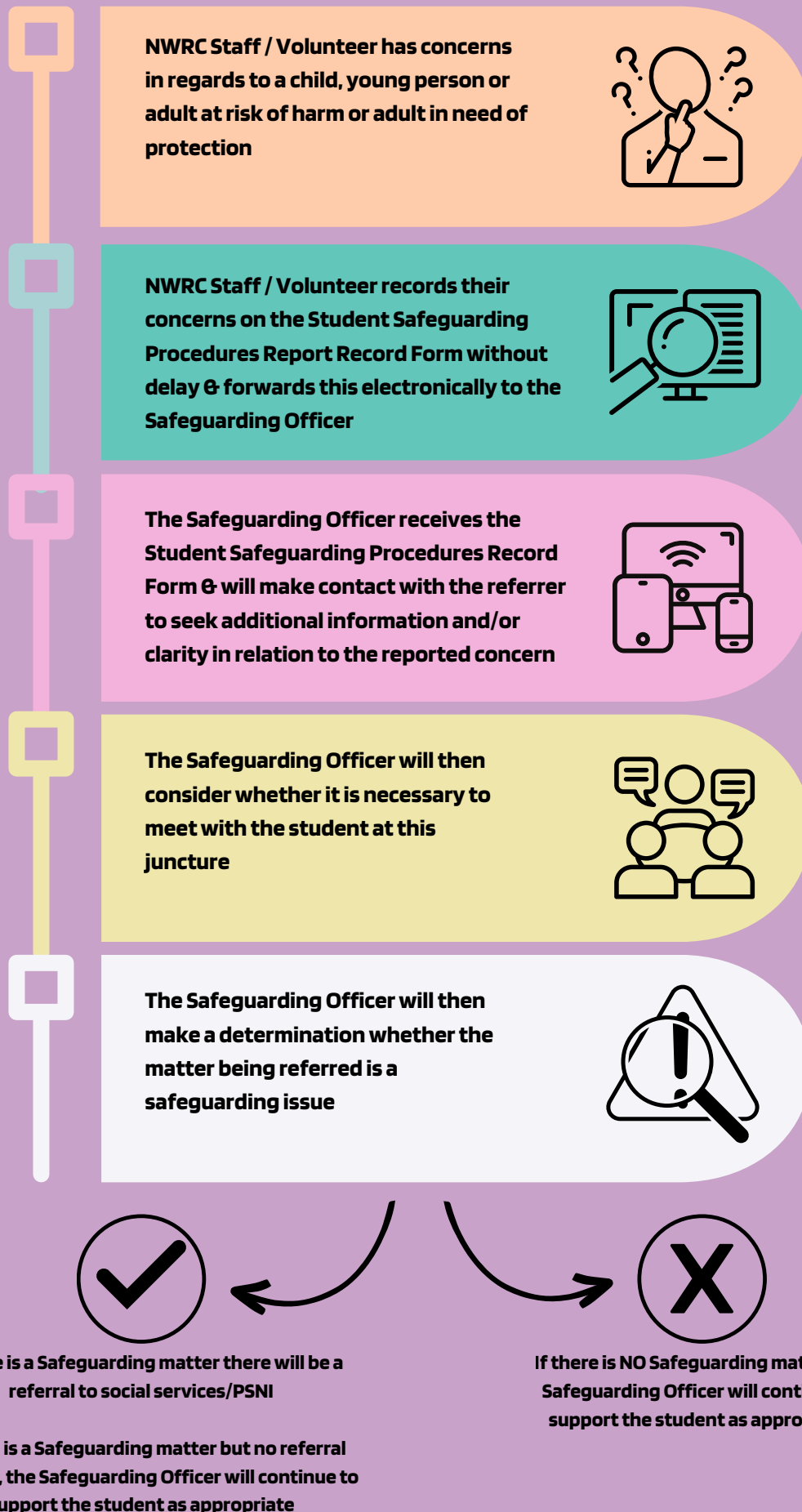
0808 808 8000

Textphone 18001 0808 808 8000

HSC Public Health Agency

DoH
www.health-ni.gov.uk

SAFEGUARDING PROCEDURE FOR REPORTING CONCERNS





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SAFEGUARDING & WELLBEING TEAM



GILLIAN MOSS

Adult Safeguarding Champion

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SHANNON DOHERTY

Lead Safeguarding Officer

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028 7127 8709



MAJELLA DOHERTY

Deputy Safeguarding Officer

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028 7127 8837



LORNA QUINN

Deputy Safeguarding Officer

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028 7127 8714



JOSEPH MCCARTHY

Deputy Safeguarding Officer

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028 7127 6096



HAVE A SAFEGUARDING
CONCERN? SCAN THE QR
CODE TO REPORT IT
CONFIDENTIALLY.



GOT A COMPLAINT? SCAN THE QR
CODE TO QUICKLY AND EASILY
SHARE YOUR CONCERNS WITH
NORTH WEST REGIONAL COLLEGE.



safeguarding@nwrc.ac.uk

MENTAL HEALTH FIRST-AIDERS



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Mental Health First Aid
MHFA
Adult

Approved and licensed in Northern Ireland by the Public Health Agency



Shannon Doherty

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Joseph McCarthy

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Aiden O'Donnell

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Charley Cusack

028 7127 6366

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OUR MENTAL HEALTH FIRST-AIDERS ARE A POINT OF CONTACT IF YOU, OR SOMEONE YOU ARE CONCERNED ABOUT, ARE EXPERIENCING A MENTAL HEALTH ISSUE OR EMOTIONAL DISTRESS. THE FIRST AID IS GIVEN UNTIL APPROPRIATE PROFESSIONAL HELP IS RECEIVED, OR UNTIL THE CRISIS RESOLVES.



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NORTH WEST REGIONAL COLLEGE

SUPPORTS ENDING VIOLENCE

AGAINST WOMEN AND GIRLS

FOYLE WOMEN'S AID

Regional 24 hour domestic &
sexual abuse helpline:

0808 802 1414

LOCAL DOMESTIC ABUSE SERVICES:

02871 416 800



028 7127 8709



safeguarding@nwrc.ac.uk

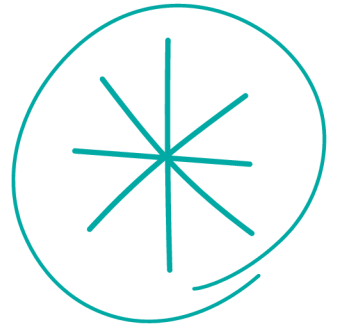


Grades matter,
but you matter more.



Student Counselling Service

Your mental health matters.



Student life can be amazing - but also seriously stressful. Between deadlines, exams, social stuff, and figuring out your future, it's easy to feel overwhelmed.

If things start to feel too heavy, chatting with someone who's trained to listen, and to help, can really take the pressure off.

They'll give you space to talk, offer advice, and help you to see things from a new angle.

What Lena provides:

Lena offers totally independent support, giving you access to loads of mental health and wellbeing options designed to help you, including:

24/7 Helpline

Free, confidential, and always available, day or night, all year round. If you need someone to talk to, we're here.

Fast access to therapy

Get connected quickly with local counsellors who are trained, kind, and get what you're going through.

Flexibility around how you engage

Choose what works for you: chat in person, over the phone, or by video - whatever feels most comfortable.

Student Support Hub

A digital space full of helpful info, self-care tools, and resources made just for students.

More info on the Lena Support Hub

Our online Student Support Hub provides access to a range of wellbeing information, guidance, screening and intervention tools. And it's constantly reviewed and updated with new content.

It includes:

Guided self-assessment via 'iHelpr chatbot'

- Our chatbot will guide you to personalised recommendations to support your needs.

Self-help courses and digital intervention tools

- A series of self-guided interactive tools including e-learning, to improve your understanding on a range of issues.

'Five ways to wellbeing' database

- The database will help you to identify a range of activities linked to each of the five ways to wellbeing ie: Connect/Be active/Take notice/Keep learning/Give.

Personalised dashboard

- A personal area of the Hub highlighting recommended resources, featuring a mood and sleep tracker alongside a gratitude diary where you can take time to reflect.
-



Scan the QR code to access the Hub or visit lenasupporthub.com
Your unique registration PIN is: **NWRCHUB**



All good? If not, we're here.

Therapy is all about helping you work through what's going on and finding ways to make things better.

You'll set goals together with your therapist, and they'll support you every step of the way - reminding you that change is totally possible.

They'll help you identify your strengths and skills, and show you how to use them to deal with whatever you're facing.

Tel: 0808 175 3561

Email: support@lenabyinspire.com

Visit: lenasupporthub.com

Your words, not ours:

'Making the phone call for help was so difficult, but the person on the other end of the call was so lovely, helpful and genuine.'

'From day one, (my Lena therapist) was friendly, welcoming, supportive, and a listening ear which was just what I needed.'

  @lenabyinspire

Lena, Lombard House, 10-20 Lombard Street, Belfast, BT1 1RD, Northern Ireland
Lena, Clontygora Court, Muirhevnamore, Dundalk, A91 HF77, Ireland

Lena (by Inspire) is an operating name of Carecall (NI) Limited, a company limited by guarantee in Northern Ireland (NI038960) and of EAP Consultants Limited, a company registered in Ireland, Reg No.372660.