

MEET THE WELLBEING TEAM



Kymmy



Amie



Corrina



Sophie



Meg



Claire

HERE FOR YOU

Taking the next step in your journey can be exciting but we understand that sometimes life can get in the way.

We are here to support your overall wellbeing through these challenges whether they impact your mental or physical health.

JUST ASK

If you have any worries or difficulties that are affecting you during your time at Sparsholt, you can reach out to a member of our wellbeing team and book an appointment.

Alongside our 1-2-1 appointments we offer a wide variety of online support, from self-help information and tips for wellbeing to mindfulness guides narrated by our team.

On campus, our students can also access free counselling and our residents or those with complex medical needs can visit Claire our nurse.

YOU ARE NOT ALONE

The most important thing to remember is that you are not alone, we are here to help.

Email us at:

wellbeingteamsparsholt@sparsholt.ac.uk

YOUNG ADULT CARERS (YAC) AT SPARSHOLT



Hello, my name is Corrina Simmonds.

I am the wellbeing practitioner and Young Adult Carers Champion at Sparsholt.

Are you aged between 16-25, looking after someone who can't manage without your help, and want to start College?

As a YAC, you will be dealing with different challenges compared to other students your age. You may be struggling with the balance of caring for someone and trying to continue or get back into education.

We know this and are here to make starting College a reality for you.

Through our Wellbeing Team, we can offer you...

- Personal study support across all our subjects
- Help with applying for bursaries
- Personal and emotional support
- Help with referrals to other organisations e.g. social care, NHS, Carers trust...

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CHILD LOOKED AFTER (CLA) & CARE LEAVERS AT SPARSHOLT

Hello, my name is Amie Perrin.

I am the Designated CLA/CL Support Champion at Sparsholt College.



For CLA/CL college is a fresh new start for you to be you!

Since Sparsholt College offers specialist courses, only about 10% of the students that come to Sparsholt know someone else here. So, if you worried about not knowing people please be reassured that everyone is in the same situation.

As a CLA/CL, you may face new challenges during your time at college. One of these might be moving into independent living whilst trying to balance course work, attendance and maybe employment.

I am here to support you during your time with us and to make sure you have the best college experience possible. If you do come up against any barriers to achieving your academic goals, we can meet up and work out solutions together to overcome them.

My role:

- Attend PEP's and Reviews
- One point of contact for you, social workers, carers and other professionals
- Personal study support across all our subjects
- Applying for your £1200 bursary
- Personal and emotional support
- Help with organising meetings such as careers interviews

We have an amazing transition program to help you settle into Sparsholt. I offer the following:

- Direct term-time contact with myself to answer any question
- Personal tour of Sparsholt campus with myself, to include where to find me.
- Meet and greet from the bus on the first day to make sure you are going in the right direction
- Weekly meetings if helpful as you settle into college life.
- Email support throughout the year
- Available for drop in support

I look forward supporting you during your Sparsholt adventure.

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