

Message from Angela Tombs, Director of Student Services

Supporting You As Students Through Lockdown

As a valued student of Sandwell College, we want you to know we are here for you, whatever you need. We understand you might be anxious about your studies and exams or just worried about life in general during this difficult lockdown period. There are many ways we can help you and we have a whole range of support services available to you to access.

We can support you with careers and university application advice, and put you in touch with mentors you can talk to if you're feeling you've lost your way and you're in need of a bit of direction. You can use our counselling service, get financial help or contact us for official college letters through our Welfare team. All of the email addresses you'll need are listed below.

We are now moving lessons fully online and you'll continue to follow your usual timetable. Because of the increasing number of COVID cases locally and nationally we have made the difficult decision not to proceed with the January exams. This is to protect our staff and students, and we want to reassure you that no student will be disadvantaged by this. It is a difficult decision given the amount of work we know you have put in, but our number one priority is your health and wellbeing.

Our student support services are here to help:

- If you need help with Safeguarding: safeguarding@sandwell.ac.uk
- If you need to talk to your Mentor contact George.hinsley@sandwell.ac.uk
- If you need help with Careers: careers@sandwell.ac.uk
- If you are a Care Leaver: David.hughes@sandwell.ac.uk
- If you need access to the counselling service: welfare@sandwell.ac.uk (for confidentiality reasons please use your college email address)
- For Free School Meals queries contact welfare@sandwell.ac.uk
- If you have any concerns about your work please email your tutor.
- For any other support enquiries or course related queries please contact the Programme Achievement team pams@sandwell.ac.uk

Please keep up to date with developments by checking the college website www.sandwell.ac.uk
Latest government advice can be found at www.gov.uk/coronavirus

Useful External Help:

childrenssociety.org.uk/beam- for young people in the Black Country with Mental Health Issues

forwardthinkingbirmingham.org.uk- for people with mental health concerns, includes Pause which is aimed at under 25's PAUSE - Birmingham Drop in centre. 21 Digbeth, Birmingham, B5 6BJ

pat@papyrus-uk.org- suicide prevention helpline for under 35's

Samaritans

T: 116 123 (helpline)

Childline

T: 0800 1111 (helpline)

Food Banks:

West Brom opens Mon, Wed, Fri 1pm-4pm 01215800068

<https://fis.sandwell.gov.uk/kb5/sandwell/directory/service.page?id=cTYcPikUNHU>

Smethwick Tues and Fri, 1.00 -3.00 0121 517 0141 <https://smethwick.foodbank.org.uk/>

Salma Foodbank: 07767164246 <https://www.salma-foodbank.org/>

Birmingham Food Bank - <https://birminghamcentral.foodbank.org.uk/contact-us/> 0121 236 2997

Domestic Abuse - Issues at Home:

The 24 Hour National Domestic Violence Helpline on 0808 2000 247

Remember this is not an easy time for anyone, but by supporting each other we can get through it together.

Stay well and take care,
Angela