



north west  
regional college  
Derry~Londonderry • Limavady • Strabane



# NWRC SAFEGUARDING & WELLBEING TEAM

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## 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**

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# 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                       | <p>The definition of a <b>child</b> 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.</p>   |
| ADULT AT RISK OF HARM       | <p>The definition of an <b>Adult at Risk of Harm</b> 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.</p> |
| ADULT IN NEED OF PROTECTION | <p>The definition of an <b>Adult in Need of Protection</b> 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:</p> <ul style="list-style-type: none"> <li>(a) <b>personal characteristics and/or;</b></li> <li>(b) <b>life circumstances;</b></li> <li>(c) <b>inability to protect their own well-being, rights, or other interests;</b></li> <li>(d) <b>the action or inaction of other person or persons causing, or is likely to cause him/her to be harmed.</b></li> </ul>          |
| DEFINITION                  | <p>The Colleges safeguarding service understands that in order for our students, as defined above who are an '<b>adult in need of protection</b>' either (a) or (b) must be present, in addition to both elements (c) and (d).</p>  |

I'm **not** alright  
Talking really helps

**Lifeline**

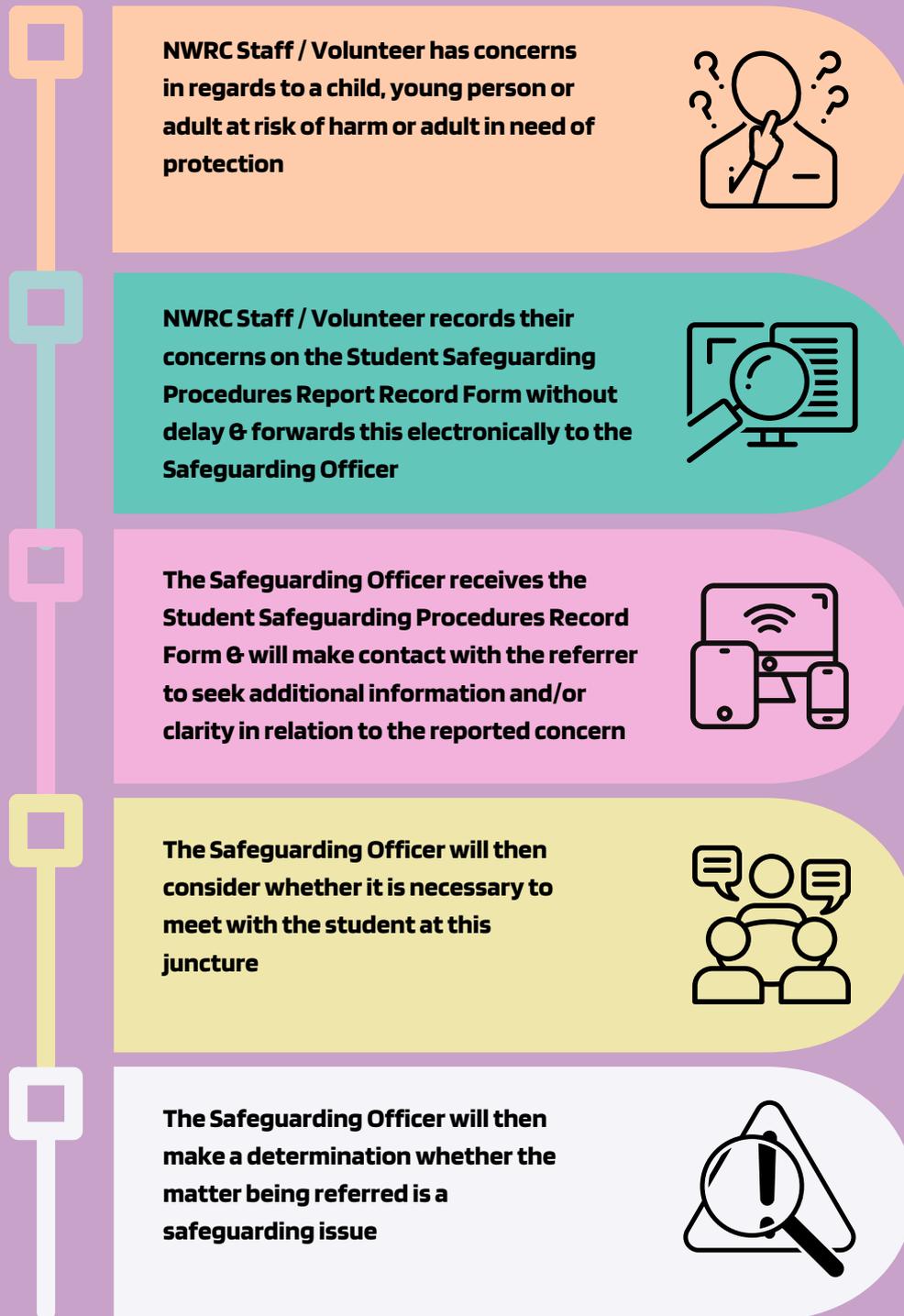
**0808 808 8000**

Textphone 18001 0808 808 8000

**HSC** Public Health Agency

**DoH**  
www.health-ni.gov.uk

# SAFEGUARDING PROCEDURE FOR REPORTING CONCERNS



**If there is a Safeguarding matter there will be a referral to social services/PSNI**

**If there is a Safeguarding matter but no referral required, the Safeguarding Officer will continue to support the student as appropriate**



**If there is NO Safeguarding matter, the Safeguarding Officer will continue to support the student as appropriate**



# Meet the SAFEGUARDING TEAM



**Gillian Moss**  
Adult Safeguarding Champion  
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**ALL CAMPUSES**



**Shannon Doherty**  
Safeguarding Officer  
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**ALL CAMPUSES**



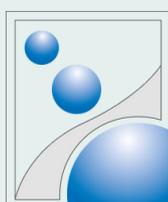
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**ALL CAMPUSES**



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**ALL CAMPUSES**



**Fiona Doherty**  
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**ALL CAMPUSES**



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**SCAN FOR MORE  
INFORMATION ON  
HOW THE  
SAFEGUARDING TEAM  
CAN SUPPORT YOU!**

# MENTAL HEALTH FIRST-AIDERS



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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**



**inspire**

wellbeing, ability, recovery



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# The right support at the right time

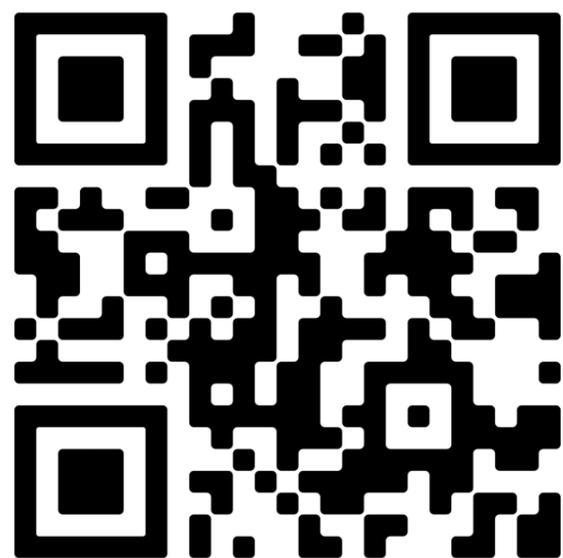


Scan me  
to access your  
Student  
Support Hub

Access your Student  
Counselling Service by calling:

**0808 175 3561**

24/7 365 days a year!



Your unique PIN:  
**NWRCHUB**

[www.inspiresupporthub.org/students](http://www.inspiresupporthub.org/students)

# ANXIETY

Anxiety is a feeling of worry or fear that you experience when you imagine or anticipate a negative, bad outcome in a specific situation or for a future event.

Talking helps you to understand your feelings, regain and maintain a more balanced and realistic perspective and can make you feel less alone. Depending on the severity of your symptoms and the impact on your capacity to function, you can talk to:

- Trusted friends or family
- Your student wellbeing team
- A professional counselling service, such as that provided by Inspire
- Your doctor, medical team or allied mental health professional
- A specialist helpline if you are in acute, immediate crisis

You can try Inspires digitised guided self-help program which is based on the tried and tested principles and techniques of cognitive behavioural therapy to effectively manage mild – moderate anxiety.



# STRESS

Stress is our body's reaction to a threat or a feeling of being under pressure. We feel stressed when the demands placed on us exceed our ability to cope.

Small changes can make a big difference when managing stress. Learning to slow down and to breathe before reacting can really improve how you feel.

Each time you breathe you take in necessary oxygen and expel waste carbon dioxide. Learning deep breathing techniques can help you address the damaging physical effects that stress can have on your body. Follow these steps:

- Close your eyes
- Place your right hand on your stomach at the waistline
- Place your left hand in the centre of your chest
- Notice how you are breathing without making any changes – which hand rises most?

Check out Inspire's Stress resources on managing stresses including signs and causes of stress, study stress and how you can seek support through your college or university.



# DEPRESSION

Everyone feels sad at times and it is normal to feel sad under certain circumstances, for example, when you lose a loved one or don't get the grade you expected.

However, if you feel sad or disproportionately sad a lot of the time across most situations for weeks or months on end you may have depression.

If you are having feelings of depression, talking therapy or counselling can help. It involves talking to a qualified specialist about your thoughts, feelings and behaviour. Talking therapy aims to

- Provide a safe and confidential space to talk openly without fear of being judged
- Help you identify and understand events – current challenges in your life and your response to these
- Identify and understand thought and behavioural patterns
- Help you work through complicated, often conflicted feelings and find ways to either accept or challenge these

**On the Inspire Student Support Hub, we have self-help guides that talk you through understanding and challenging your thoughts, with clear steps on how to seek support.**





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wellbeing, ability, recovery

**The right support  
at the right time**

**Scan me  
to access your  
Student  
Support Hub**

**Visit the Inspire  
Student Support  
Hub for mental  
health and wellbeing  
information, self-  
help guides,  
podcasts, videos and  
more.**



**[www.inspiresupporthub.org/students](http://www.inspiresupporthub.org/students)**

**Your unique PIN: NWRCHUB**

# SUPPORT IS AVAILABLE FOR ADDICTION ISSUES THROUGH THE SAFEGUARDING AND WELLBEING TEAM

THIS INCLUDES SUPPORT WITH ADDICTIONS SUCH AS ALCOHOL, DRUGS, PRESCRIPTION MEDICATION AND GAMBLING. IF YOU COME INTO COLLEGE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS, YOU WILL BE REMOVED FROM YOUR COURSE.

*[safeguarding@nwrc.ac.uk](mailto:safeguarding@nwrc.ac.uk)*



Student Services  
Safeguarding



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