Health and Well-being at The Worthgate School

The Wellness Centre at The Worthgate School is run by medical professionals led by the Director of Safeguarding, Mental Health and Wellbeing, Martyn. The medical staff, Mia and Nia have worked across a variety of areas in paediatrics, dementia care as well as acute medical areas within the community. The team are friendly and welcoming and here to support your needs in the context of physical and mental health. The medical practices here at Worthgate are here to care for you when you are not feeling your best and educate you on healthy living and guide you to adopt healthy habits and a positive lifestyle.

The Wellness Centre

At the heart of the school campus is the Worthgate Wellness Centre, a dedicated facility designed to promote health, wellbeing, and personal development through an integrated approach to student support. Home to The Worthgate School's medical team, the centre was fully refurbished in summer 2023 and provides a welcoming, modern environment for both new and returning students.

The Wellness Centre brings together medical services, counselling, wellbeing support, and mindfulness practices under one roof, ensuring that students have access to comprehensive care tailored to their individual needs. Through this holistic approach, the centre supports the physical, emotional, and mental wellbeing of students, staff, and the wider school community.

Be it mental health, anxiety, stress, or other barriers to learning or boarding life, the facility provides the wraparound service that ensures your needs are met beyond the centre and into continuation of care within the residential houses. It is the home of the medical team and the Director of Safeguarding. You will be provided with ways to contact the medical centre through our induction programme.

The Wellness Centre is open:

Monday: 08:00 –16:30

Tuesday: 08:00 – 16:30

Wednesday: 08:00 - 16:30

Thursday: 08:00 – 10:00 then 11:30 -16:30

Friday: 08:00 –16:30

Medical Checks on Arrival

During Registration and/or within your first few weeks at the school, you will have an appointment with the Medical Team. This meeting gives the team an opportunity to get to know you and discuss any individual health needs you may have. They will talk through any existing medical conditions, medications you take, and the support available to you.

Follow-up appointments may be arranged as needed and will be communicated to you via Microsoft Teams. Please check your Teams messages daily to ensure you do not miss any important updates or appointment notifications. **Remember**: if you have any prescribed medication with you must bring a copy of the prescription (see Medication information below)

Mental Health and Counselling Support

Our wonderful School Counsellor, Laura, is highly experienced in supporting young people to overcome a wide range of mental health challenges and barriers to wellbeing. She uses an integrative counselling approach, drawing on a variety of therapeutic techniques and methods to ensure that support is tailored to everyone's needs and circumstances.

Counselling sessions are conducted on a one-to-one basis in a safe, confidential, and supportive environment. Each session lasts approximately 45 to 50 minutes and is offered at a discounted rate compared to equivalent sessions provided by external counselling services.

Registering with the General Practice (GP)

The Medical Team will assist every student in registering with a local GP (Doctor) shortly after their arrival. The school has an excellent and long-standing relationship with our partner doctors at Canterbury Health Centre, located a 5-minute walk from the Campus. helping to ensure that students can access high-quality medical care whenever it is needed. Canterbury Health Centre, Once registered, students will be able to access GP appointments and other healthcare services available through the NHS. The Medical Team will provide support throughout the registration process and can help students navigate local healthcare services during their time at the school. All our students registered with the clinic can access their e-consult service providing online support assistance and advice through the Medical Team, without visiting the premises. Information can be found on our Student Support Website

Medication

If you are bringing any medication into the UK, please ensure that you bring an adequate supply for the duration of your stay. In addition, you should bring a letter from your doctor, translated into English, explaining the name of the medication, the condition it is prescribed for, and any relevant dosage information.
Similarly, if you are receiving any ongoing medical or mental health treatment, please bring a letter from your doctor, counsellor, therapist, or hospital specialist outlining the support and treatment you have already received. This information will help us to understand your needs and ensure that appropriate care and support can continue while you are in the UK.

We will be in touch again soon…

P.S. Please note that taxis are in high demand during the first weekend of term. If you have already received your UK visa and need help to book an airport transfer, please email your flight details as soon as possible to admissions@worthgateschool.com to avoid disappointment.

Please can you send a 'head and shoulders' colour photo to studentcommunications@worthgateschool.com so that we can prepare your ID badge and lanyard prior to your arrival? Your ID badge also acts as a key for your bedroom.

With best wishes,

Student Communications Team

This is the third email out of four. If you would like to receive the previous emails titled

1/4 Welcome message from the Principal; 2/4 Meet the team, please *email the Student Communications Team at* studentcommunications@worthgateschool.com

Communications still to come: *Boarding and Welfare*