



**Chesterfield College
Group**

Your Safety, Health and Wellbeing

Where to go for support and advice

01246 500688

ccsafe@chesterfield.ac.uk

Chesterfield College

Safeguarding Team

Our Safeguarding Team work to provide a safe college environment, in which you can learn, work and enjoy your time with us.

Jo Down: Director of Student Experience & Wellbeing

Sally Smith: Safeguarding and Wellbeing Manager

Hannah Earl: Safeguarding Officer

Louise Nicholas: Safeguarding Officer

Sarah Best: Safeguarding Officer

Jaye Kearney: Triage Co-Ordinator/Administrator

During college open times, if you have any concerns about your safety or the safety of others, you can come in to the Wellbeing Hub **HERE** in South Block, by the lifts.



Contact us on:

- **01246 500688**
- **ccsafe@chesterfield.ac.uk**

Abuse

Abuse may be of a sexual, physical or emotional nature. It may also be caused by the neglect of a child or young person's basic physical or psychological needs.

If you are, or suspect a child may be, at immediate risk please call 999.

Childline offers free, confidential advice and support to anyone under 18.

- Call any time on: 0800 1111

NSPCC can advise you, whether you want to report child abuse and neglect or are worried about a child and not sure what to do.

- Call the helpline on: 0808 800 5000 (weekdays 11am–6pm)
- Email: help@NSPCC.org.uk

If you are worried about someone's behaviour towards a child, you can use Sarah's Law to find out if that person is a risk.

- Visit **Derbyshire Police** website: www.derbyshire.police.uk

Derbyshire Victim Services is the local free and confidential support service for all forms of abuse, and other crimes.

- Call them on: 0800 612 6505
- Text 'DVS' to: 82228
- Visit their website: derbyshirevictimservices.co.uk

HAVOCA is run by survivors, for adult survivors of any type of childhood abuse.

- Visit their website: www.havoca.org

Galop has decades of experience in supporting LGBT+ people who are victims of any form of abuse.

- Call their helpline on: 0800 999 5428
- Email: help@galop.org.uk
- Visit their website: galop.org.uk

Most people experience grief when they lose someone important to them. If these feelings are affecting your life, there are services that can help you.

Child Bereavement UK is an organization that supports children and young people up to the age of 25, when someone important to them has died or is not expected to live.

- Call the helpline on: 0800 02 888 40 (weekdays 9am-5pm)
- Visit their website: www.childbereavementuk.org

The Compassionate Friends supports bereaved parents.

- Call the helpline on: 0345 123 2304
- Visit their website: www.tcf.org.uk

Cruse Bereavement offer support for anyone dealing with grief.

- Call the helpline on: 0808 808 1677 (weekdays 9.30am-3pm)
- Visit their website: www.cruse.org.uk

The Tomorrow Project is a dedicated service for those facing bereavement through suicide.

- Call them on: 07594 008 356 or 0115 880 0280
- Email: bereavement@tomorrowproject.org.uk
- Visit the website: www.tomorrowproject.org.uk

Bullying

Bullying can happen to anyone. All of us, at any age, can feel hurt by the way people treat us. If you can, speak to a friend, family member or someone else you trust about how you are feeling.

Young Minds offers advice and support in getting help.

- Visit their website: www.youngminds.org.uk

Childline offers free, confidential advice and support to anyone under 18.

- Call any time on: 0800 1111.

If you are a carer, it's important that you speak with your personal tutor, LEAP mentor or a member of the Safeguarding Team so we can support you.

Carers UK offer unpaid carers expert information, advice and support.

- Call the helpline on: 0808 808 7777 (weekdays 9am-6pm, inc. Bank Holidays)
- Email: advice@carersuk.org
- Visit their website: www.carersuk.org

The Carers Trust is a great resource for information including money, benefits and your legal rights. They also provide links to other local services and online forums where you can chat to other carers.

- Visit their website: carers.org

If you are thinking of applying to University after college, **UCAS** has information on how that might work for you as a carer.

- Visit their website: www.ucas.com

Counselling

In some cases of severe or ongoing mental health issues, you may be able to get a referral to a counselling service from your GP, but you can also go online and complete a self-referral.

- Search for your local service on the **NHS** website: www.nhs.uk

If you are under 18 you may be referred to **CAMHS** (Children and Adolescent Mental Health Service).

Kooth is a free online Counselling App for those under 18.

- Visit their website: www.kooth.com

Qwell is the partner app for adults.

- Go to www.qwell.io

As a Chesterfield College student if you are struggling with anxiety you can contact **Relate** directly, through their contact form online, they may be able to arrange for you to see a counsellor in college.

- Visit their website: relatechesterfield.org.uk

County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively). This usually involves children or vulnerable people who are coerced into it by gangs.

If you have a concern, you can speak to your local police by dialling **101**, or in an emergency **999**.

If you would rather remain anonymous you can contact the independent charity **Crimestoppers** on: 0800 555 111.

Fearless by Crimestoppers enables young people to report any crime 100% anonymously. Call the number above or fill in the online form.

- Go to: fearless.org

Domestic Abuse

Refuge offer confidential support 24/7 to women and children experiencing domestic abuse - to help you to understand your options and support you to make any decisions about the future.

- Call their National Domestic Violence Helpline on: 0808 2000 247
- Visit their website: nationaldahelpline.org.uk

The Elm Foundation is a charity in Derbyshire, which helps those affected by domestic abuse.

- Visit their website: www.theelmfoundation.org.uk

Contact the **Derbyshire Domestic Abuse Helpline**

- Call any time on: 0800 0198 668
- Text: 07534 617252
- For online chat go to: www.derbyshiredomesticabusehelpline.co.uk

Respect supports male victims of domestic abuse. You can speak to their friendly and professional advisors on the phone, by email or on webchat.

- Call for free on: 0808 801 0327
- Email: info@mensadviceline.org.uk
- Visit their website: mensadviceline.org.uk

If you're concerned about your own or someone else's alcohol or drug use, but aren't sure what steps to take you can speak to your LEAP Mentor or the Safeguarding Team, in college.

CGL (Change Grow Live) can help you find local support services for young people. They also have lots of non-judgemental information on keeping yourself safe, if you do choose to use drugs and drink alcohol.

- Visit their website: www.changegrowlive.org
- Follow them on Instagram for regular tips and info at: 1625_Outreach

Talk to Frank offers an online chat as well as pages of advice, including what to do if a friend is having a bad time on drugs.

- Call anytime on: 0300 123 6600 or text 82111
- Visit their website: www.talktofrank.com

DAAS (Derbyshire Addiction Advisory Service) gives support to anyone over the age of 18 who lives in Derbyshire (excludes Derby City).

- Call on: 01246 206514 (weekdays 9am-5pm)
- Visit their website: daas.uk.com

Drinkaware is the UK's leading alcohol charity. They operate Drinkline, a free and confidential helpline.

- Call on: 0300 123 1110 (weekdays 9am–8pm and weekends 11am–4pm)
- Visit their website: www.drinkaware.co.uk

Eating Disorders

If you think you may have an eating disorder, see a GP as soon as you can.

First Steps ED is a charity which provides information and support for young people, adults and families affected by eating difficulties and disorders.

- Call on: 0300 1021685
- Email: info@firststepsed.co.uk
- Visit their website: firststepsed.co.uk

BEAT can help you find local support, and have a one-to-one online chat service.

- Call their helpline on: 0808 801 0677 (every day 3pm-8pm)
- Visit their website: www.beateatingdisorders.org.uk

Female Genital Mutilation (FGM) is a procedure where the female genitals are deliberately cut, injured or changed, but there's no medical reason for this to be done.

FGM is illegal in the UK and is child abuse. It's an offence to perform FGM (including taking a child abroad for FGM). If someone is in immediate danger, or if you have been subject to FGM, please contact the police on **999**.

If you are concerned that someone may be at risk, contact the **NSPCC Helpline**.

- Call on: 0800 028 3550
- Email: help@nspcc.org.uk

If you're under pressure to have FGM performed on your daughter, ask a GP, your health visitor, or another healthcare professional for help or contact the **NSPCC**.

If you have had FGM, you can get help from a specialist NHS gynaecologist or FGM service - ask a GP, or other healthcare professional about services in your area.

The National FGM Centre provides information on FGM and other harmful practices, including Breast Flattening.

- Visit their website: nationalfgmcentre.org.uk

Forced Marriage

A forced marriage is where one or both people do not consent to the marriage and pressure or threats from friends and family members is used. It is illegal in the UK, is recognised as a form of domestic abuse and is a serious abuse of human rights.

The Forced Marriage Unit can provide advice and support.

- Call the helpline on: 0207 008 0151 (weekdays 9am-5pm)
- At all other times call: 0207 008 5000
- Visit the website: www.gov.uk

The Halo Project provide specialist support to victims of honour based violence.

- Call for free on: 01642 683045
- Go to their website: www.haloproject.org.uk

If you are under the age of 18 and homeless, please speak to the Safeguarding Team as soon as possible.

You can ask your local council for help if you're homeless now, or could be homeless in the next 2 months.

- Call the **Chesterfield Homeless Prevention Team** on: 01246 345825

It will depend on the area in which you were living which local homeless prevention team you need to contact.

- For services outside of Chesterfield go to: www.gov.uk

Step Up - Framework Housing Association provides accommodation and support for 16-24 year olds in Derbyshire. Go to their website for more information and/or to submit a referral form.

- Visit: www.frameworkha.org

Pathways of Chesterfield offer a drop-in service for those who are or are at risk of becoming homeless, in Chesterfield, North East Derbyshire and Bolsover.

- Call them on: 01246 498204
- Outside normal working hours call: 0808 169 2333
- Visit their website: www.pathwaysofchesterfield.co.uk

Contact **Shelter** if you are homeless or have nowhere to stay tonight.

- Call the helpline for free on: 0808 800 4444 (weekdays 8am-6pm)
- For information and for their webchat go to: England.shelter.org.uk

For dates, locations, and opening times for **food banks** in Chesterfield go to: www.chesterfield.foodbank.org.uk

If you are based outside of Chesterfield, **The Trussell Trust** support a nationwide network of food banks to provide emergency food to people facing hardship.

- Find your local food bank at: www.trusselltrust.org

To get a food bank voucher call **Help Through Hardship** on: 0808 2082138 (weekdays 9am-5pm)

Chesterfield College is currently working towards Rainbow Accreditation to ensure it is a safe space for everyone.



If you are, or suspect anyone else may be, at immediate risk please call **999**.

There are a number of specialist services that offer support to those who identify as LGBT+.

The Proud Trust is an LGBT+ youth charity empowering young people to be proud of who they are. Their website has lots of useful resources including a web chat function which is open weekdays 12-6pm.

- Visit their website: www.theproudtrust.org

Derbyshire LGBT+ host events and offer local youth groups, both in person and online. If you are over 18, they offer an in person drop-in service every Thursday 11am-3pm.

- Visit their website: www.derbyshirelgbt.org.uk

Mermaids support trans, non-binary and gender-diverse young people and their families.

- Call their helpline on: 0808 801 0400 (weekdays 9am-9pm)
- Visit their website: mermaidsuk.org.uk

Galop has decades of experience in supporting LGBT+ people who are victims of all forms of abuse.

- Call their helpline on: 0800 999 5428
- Email: help@galop.org.uk
- Visit their website: galop.org.uk



If you feel you need support for your mental health you should speak to your Personal Tutor or your LEAP Mentor. If you are in immediate danger and need support urgently, please contact the Police by dialling **999**.

Derbyshire Mental Health Helpline is staffed by experienced mental health practitioners.

- Call for free, any time on: 0800 028 0077

Mind raises awareness of the needs of people with mental health problems. They offer advice, tools for coping and signposting to services.

- Visit their website: www.mind.org.uk

Young Minds is a great resource with real life stories, useful tips and advice for young people or those supporting young people.

- Visit their website: www.youngminds.org.uk

Snappit Derbyshire is an app which offers safe and confidential signposting to wellbeing services and advice for anyone aged 13-25. Find them on Facebook.

SHOUT is a free, text-based, mental health support service.

- Contact them anytime by texting: 85258.

Modern Slavery

Modern slavery is defined as the recruitment, movement, harbouring or receiving of children, women or men through the use of force, coercion, abuse of vulnerability, deception or other means for the purpose of exploitation.

Unseen are a charity who work alongside survivors of modern slavery to identify their needs and assist them with everything from physical and mental health, social skills and education to financial and legal assistance, and immigration. If you have been affected, or have concerns about another person affected, by modern slavery their helpline can provide information, advice and guidance.

- Call for free anytime on: 08000 121 700
- Report a concern: www.modernslaveryhelpline.org

Get Safe Online offers comprehensive, easy-to-follow advice and information about online safety.

- Visit their website: www.getsafeonline.org

Safer Derbyshire provides guidance on protecting yourself against fraud and scams. There are links to other useful sites including Derbyshire Police Cyber Crime.

- Go to the website: www.saferderbyshire.gov.uk

Safe, Secure, Online is a site with lots of resources including links to podcasts and tools for reporting harmful content.

- Visit the website: swgfl.org.uk

The **Childline** website has lots of useful information and tips on keeping safer online. If you're under 18 and a nude image or video has been shared online, Report Remove on the Childline website, can help you get it removed from the internet.

- Call for advice on: 0800 11 11
- Go to: www.childline.org.uk

CEOP Education at the **National Crime Agency** have simple, relevant advice on topics including Sending/Receiving Nudes, Sexual Content and Pornography, Sexual Abuse and Grooming.

- Visit their website: www.thinkuknow.co.uk

The **Internet Watch Foundation's** 'Think Before You Share' campaign aims to help young people understand the risks of sharing explicit content.

- Find out more at: www.iwf.org.uk

Barclays Digital Eagles and Money Mentors offer a range of free online events around online safety, fraud and budgeting.

- Go to Eventbrite to book: www.eventbrite.co.uk

GamCare is the leading UK provider of free information, advice and support for anyone harmed by any kind of gambling.

- Call their 24hr helpline on: 0800 8020 133
- Visit their website: www.gamcare.org.uk

PREVENT

Radicalisation is defined as “a grooming process or exploitation phase of recruitment to a particular cause or ideology”. As a college we are committed to protecting our students and apprentices from this.

We have a referral system in place for the Channel programme which aims to provide support to individuals at risk of being drawn into violent extremism. Chesterfield College works in collaboration with local authorities, the police, and the local community.

If you are worried about radicalisation or extremism, either for yourself or others, you can talk to someone on: 020 7340 7264

Parents can also speak to the **ACT Early Support Line**, in confidence, for advice.

- Call on: 0800 011 3764
- Visit the website: actearly.uk

Self-harm/self-injury

If you are, or you suspect someone else is, at immediate risk please call **999**.

Self-harm/self-injury is when someone intentionally causes harm to themselves, as a way of dealing with their emotional distress.

The **Young Minds** website has information on understanding what self-harm is, tips and tools for stopping, and advice on supporting someone who self-harms.

- Visit their website: www.youngminds.org.uk

The **Calm Harm App** is a free app providing support and strategies to help you resist or manage the urge to self-harm. Download it from your usual app store.

Battle Scars offer advice and peer support including a Facebook support group.

- Visit their website: www.battle-scars-self-harm.org.uk

Sexual Harrassment/Abuse

The **NSPCC** support young people who have experienced sexual harassment or abuse in education, or parents and teachers who have concerns.

- Call on: 0800 136 663
- Email: help@nspcc.org.uk.

SV2 is a service for anyone who has experienced sexual abuse, supporting all genders and ages. They also provide a range of therapy services.

- Call on: 01773 746 115
- Visit their website: www.sv2.org.uk

Rape Crisis are a service for anyone aged 16+ who has been affected by sexual abuse or harassment at any point in their life.

- Call their free helpline anytime on: 0808 500 2222

SurvivorsUK will support men, boys or non-binary persons affected by abuse, as well as families and loved ones of survivors.

- For SMS chat, text: 020 3322 1860
- For information and online chat: www.survivorsuk.org

Sexual Health

If you are 13-24 years old, whatever your gender or sexual orientation, you can sign up the **C-Card Scheme** for access to free condoms and lube. To sign up come to the Wellbeing Hub. We also run a drop-in session, at lunchtime approximately every other Wednesday, in the Heartspace.

Your Sexual Health Matters is for people in Derby and Derbyshire. They provide free contraception, STI testing by post, advice and information, including where to find your local drop-in service.

- Call their information and booking line: 0800 328 3383
- Visit their website: yoursexualhealthmatters.org.uk

Use the **NHS** website to find a sexual health service near you, you can search by postcode.

- Visit the website: www.nhs.uk

If you identify as LGBT+, **Derbyshire LGBT+** also offer free safer sex packs.

- Call on: 01332 207 704
- Visit their website: www.derbyshirelgbt.org.uk

Suicide

If you can, speak to a friend, family member, the college Safeguarding Team, or someone else you trust about how you are feeling.

However, if you are thinking about suicide and feel unsafe, or have seriously harmed yourself, call **999** for an ambulance, or go straight to A&E.

You can call **Samaritans** helpline 24/7 for free, if you are feeling suicidal or are supporting someone who is.

- Call to speak to someone on: 116 123
- Email: jo@samaritans.org

SHOUT is a free, text-based, mental health support service.

- Contact them anytime by texting: 85258.

The **Stay Alive app** is a suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. Go to your usual app store to download

- Or visit: www.stayalive.app

Derbyshire Mental Health Helpline is staffed by experienced mental health practitioners.

- Call for free, any time on: 0800 028 0077

PAPYRUS is the UK charity for the prevention of young suicide.

- Call their Hopeline247 service on: 0800 068 4141*
- Text: 07860039967

*Their Language Line is a professional translation and interpretation service to support to all callers who cannot, or prefer not to, speak English. This is accessible from the same number, and covers over 240 different languages. You must be calling from within the UK, and be aged 35 or under.

Mind provides resources for supporting someone who feels suicidal, giving practical suggestions for what you can do and where you can go for support.

- Visit their website: www.mind.org.uk

The Tomorrow Project is a dedicated service for those facing bereavement through suicide.

- Call them on: 07594 008 356 or 0115 880 0280
- Visit the website: www.tomorrowproject.org.uk

Support Outside College Opening Hours

The College Safeguarding Team are available:

- Monday - Thursday, 8.30am-5pm
- Fridays, 8.30am-4.30pm

Additionally, during term time, the Duty Safeguarding Officer can be reached on Monday and Thursday evenings, 5-9pm, by calling **07584 384838**.

For further information and resources please visit our safeguarding and wellbeing portfolio on the college VLE. You can also follow us on Instagram for regular tips and tools, and event information.

- Find us at: cc_safeguarding

If someone is at immediate risk of harm, please contact the Police on 999.

Outside college opening times if you have any safeguarding concerns relating to yourself or someone else who is under 18 years of age or a vulnerable adult, please call your Local Authority Social Care phone number. You can find this on the Government Website.

- Derbyshire: 01629 533190
(option 1 for children, 2 for adults)
- Derby City: 01322 786968
- Nottinghamshire: 0300 456 4546
- Sheffield: 01142 734855
- Lincolnshire: 01522 782333



**Safeguarding
& Wellbeing Team**

Inspiring futures
changing lives