

A Safe Space For You

The Wellbeing Hub is on the ground floor of South Block, near the lifts, at the Chesterfield College, Infirmary Road campus. If you are struggling you can come and use our quiet space, and/or get support and information on a variety of safeguarding topics and improving your mental health and wellbeing.

If you're not based at the Infirmary Road site, you can still contact us by phone or email (see last page).



Meet the Team

Ozzy is one of Chesterfield College's Therapy Dogs. He is usually found in the Wellbeing Hub supporting our most vulnerable learners on Mondays, Wednesdays and Fridays, 9.30-11.30 and 13.30-15.30



It's nearly Christmas!

Join us in the Heartspace for Xmas Safety Day on Wednesday 11 December - there'll be festive fun, tunes, games, prizes and, of course, LOTS of information on keeping yourself safe and well over the holidays. We'll also be raising money for Snapp-it Derbyshire, the Principle's Charity.

Are you following us on Instagram?

Follow us at [cc_safeguarding](https://www.instagram.com/cc_safeguarding) for updates on events and drop-in services in college, opportunities and safety tips; as well as where to find support and specialist services outside the college.



Drugs and Alcohol

The TALK ABOUT Trust is a small dedicated youth charity that works across the UK to ensure young people make safer choices around alcohol and other substances such as vaping and cannabis.

You can find factsheets from The Talk About Trust about Spiking, Cannabis, and Vaping, along with information on support services for those with substance issues, on the [VLE/Wellbeing Hub Online](#).

Christmas Safety

Christmas can be “the most wonderful time of the year”, but not for everyone.

If you are struggling, help is out there:

- Mind’s guide to [Christmas and mental health](#).
- Get advice on Managing Your Gambling at Christmas from [GamCare’s helpline](#).
- Get safe online with this festive season [online safety checklist](#).
- Read more about young people experiencing homelessness this Christmas in this [blog from MHCLG](#).

To support local young people experiencing homelessness you could donate to: [Christmas Rucksack Appeal](#)

Domestic Violence

As Christmas approaches we are seeing a steep rise in the number of incidents relating to Domestic Abuse.

You do not need to live with a person to be domestically abused by them. Anyone of any age, gender, race, sexual orientation and religion could become a victim.

If you need support or advice please contact the Safeguarding Team or speak with any member of college staff. You can also find support services on the college [VLE/Wellbeing Hub Online](#).

Remember you can **“Ask for ANI” (Action Needed Immediately)** in a pharmacist or government office if you need immediate help.

February is LGBT+ History Month

This annual event honors and celebrates the history, achievements, and contributions of lesbian, gay, bisexual, transgender, and beyond, people from around the world. To raise awareness of the issues faced by the LGBT+ community and to foster an understanding of LGBT+ history and rights.



To find out more and get involved go to: lgbtplushistorymonth.co.uk

Dates for the Diary

Events in the Heartspace
10am-2pm

- **Xmas Safety** -
Wednesday 11 Dec
- **Brew Monday**
(Mental Health) -
Monday 20 Jan
- **Online Safety Day** -
Tuesday 11 Feb

Talk To Us

The Safeguarding Team are available in the Wellbeing Hub:

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

You can also call on **01246 500688** or email **ccsafe@chesterfield.ac.uk**

Out of Hours Support

During term time, the Duty Safeguarding Officer can be reached on Monday & Thursday evenings, 5-9pm, by calling: **07584 384838**. You can also find information, self-help and contacts for support services on the VLE/Wellbeing Hub Online.



Remember - if someone is in immediate danger, you should always contact the Police on 999.



**Safeguarding
& Wellbeing Team**