

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.

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



Welcome Back

Whether you've been celebrating any of the religious holidays, or just enjoying a couple of weeks off, we hope you are feeling good.

It's no coincidence that **April is Stress Awareness Month** AND **Active April** because moving makes you feel good. With exams just around the corner it's worth thinking about what you can do to move and beat stress... Go for a run or the gym? Have a tidy up? Dance it out?

Find more suggestions [here](#).

Are you following us on Instagram?

Follow us at [cc_safeguarding](#) -----> for info on events and opportunities, drop-in services in college, safety tips, plus where to find support and specialist services outside the college.



Exam Stress

This time of year it is easy to let stress get on top of you, especially if you are worried about your exams and assessments. If this sounds like you, you can speak to your LEAP Mentor. You can also find useful tips to help you manage your stress on the [Mind website](#).

Speak to Snapp-it Derbyshire at one of our **Exam Stress themed Time to Talk Cafes** on Thursday 24 April & Monday 12 May, 12-1pm. These drop-in sessions are in the Library Meeting Room.

Summer Safety

Weds 21 May, 10am-2pm

As we approach the big summer break you may be feeling a little anxious and wondering where to turn for support outside of college...

This event will provide you with access to services and tools to better support your own wellbeing over the summer break/after college.

Join us in the Heartspace for fun, facepainting and freebies!

Since **June is Pride Month** there will be a Pride theme to our event, so bring your most authentic self and your your summer vibes...



ESOL

The Welcome Project

The Welcome Project is supporting Chesterfield College's intention of becoming a College of Sanctuary. You can read more about what that means on the [College of Sanctuary website](#).

We're asking our ESOL students to design the project logo, which will be used around college and on our social media.

Criteria:

- must be eye-catching
- must include the words The Welcome Project
- must be a good expression of the theme 'Welcome'

Submissions can be made on paper or as a digital file to the ESOL team by 2 May. The winner will be announced on 21 May.

Bullying

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. This is, or has the potential to be, repeated, over time.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Cyber-bullying (online) can be a crime under the new Online Safety Act.

If you're experiencing bullying please report it to your personal tutor and/or LEAP Mentor.

Dates for the Diary

- **24 April** - Time to Talk Cafe (12-1pm)
- **12-18 May** - Mental Health Awareness Week
- **12 May** - Time to Talk Cafe (12-1pm)
- **21 May** - Summer Safety (10am-2pm)

Talk To Us

The Safeguarding Team are available in the Wellbeing Hub:

- Mon - Thurs, 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, between 5-9pm, by calling: **07584 384838**.

You can also find self-help tools and contacts for support services anytime on the VLE /Wellbeing Hub Online.



**Safeguarding
& Wellbeing Team**

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