

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 or someone you know is feeling unsafe in college you can speak to Safeguarding.

You can also use the 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).

Are you following us on Instagram yet?

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



Stay Safe and Well Over Summer

Here are a few useful numbers and apps, to keep on your phone:

Call:

- **Samaritans** - 116 123
- **Derby & Derbyshire Mental Health Helpline** - 0800 028 0077
- **Childline** - 0800 1111
- **Crimestoppers** - 0800 555 111
- **StrutSafe** - 0333 335 0026

Text:

- **SHOUT** - 85258

Download:

- **Kooth App**
- **Compass App**

Could You Spot the Signs of Stalking?

The Alice Ruggles Trust have created a video to raise awareness of the signs of stalking. It features two friends discussing the behaviour of an ex-partner and how what could be seen as minor actions could potentially escalate.



The aim is to ensure victims recognise stalking for what it is and that friends and family are able to support.

LGBT+

June is Pride Month

Did you know that Derbyshire LGBT+ have offices in Chesterfield AND Derby. They offer drop-in sessions, groups sessions and online sessions covering many topics that may affect the LGBTQ+ community of all ages! They also have groups for Asylum Seekers/Refugees.

Go to their website to find out more about the services and support they offer.

ESOL

Refugee Week is 16 - 22 June

and the theme for Refugee Week this year is Community As a Superpower.

We'll be having a few different events during the week, and on **Wednesday 18 June** there will be a celebration of our ESOL students, with displays created by them and an opportunity for these students to come together, share food and celebrate their successes.

The winner of The Welcome Project logo competition will also be revealed!

See our Instagram and screens in college for updates.



Student Experiences of Smoking & Vaping

Healthwatch Derbyshire came into college earlier in the academic year and asked our students what they thought about/their experiences of smoking and vaping.

The report is now available to [read here](#).

If you would like help stopping smoking, [Live Life Better Derbyshire](#) may be able to help.



Want to stop smoking?

Live Life Better Derbyshire have a FREE 12 week stop smoking programme

Dates for the Diary

- **June** - Pride Month
- **9-15 June** - Carers Week
- **16-23 June** - Refugee Week
- **5-12 July** - Alcohol Awareness Week
- **19 July** - Chesterfield Pride
- **29-30 July** - Chesterfield Children's Festival

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.



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



**Safeguarding
& Wellbeing Team**