



 **Chesterfield College**
Group

Your Safety, Health & Wellbeing (18 +)

Where to go for support and advice
2025-2026

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
(Designated Safeguarding Lead)

Sally Smith: Safeguarding and Wellbeing Manager
(Deputy Designated Safeguarding Lead)

Hannah Earl: Safeguarding Officer

Louise Nicholas: Safeguarding Officer

Sarah Best: Safeguarding Officer

Zoe Timpson: Safeguarding Officer

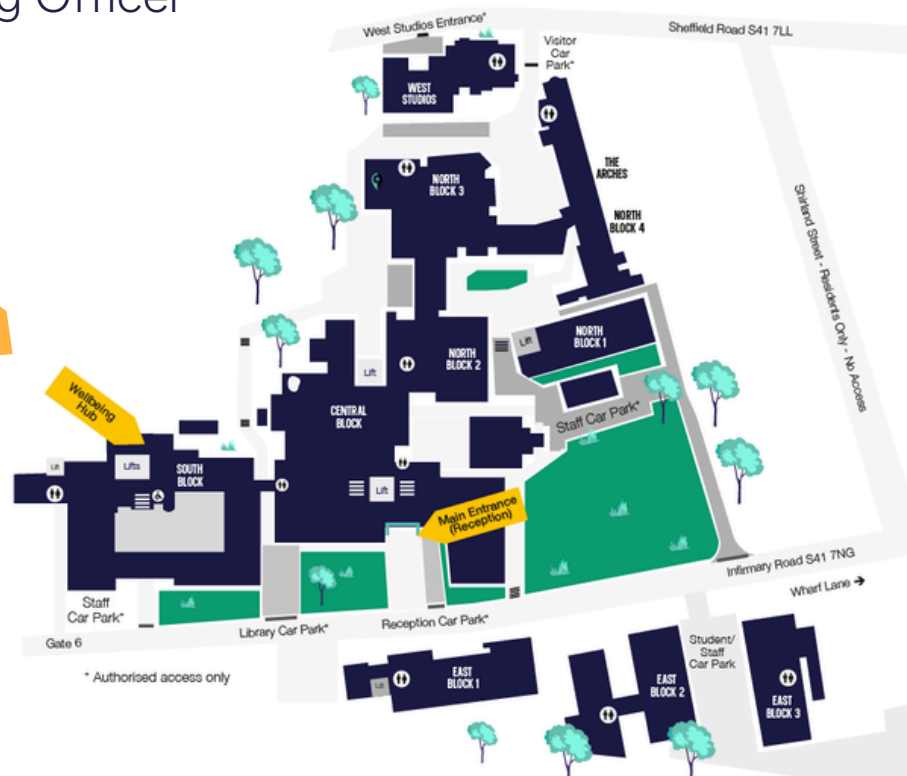
Matthew Gabriel: Safeguarding Officer

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.

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

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

- Call 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 (Mon/Tue 9.15am-8pm, Wed/Thur/Fri 9.15am-4.30pm)
- Email: help@galop.org.uk
- Visit their website: galop.org.uk

*For specialist services to support those who have experienced Sexual Misconduct/Harassment/Abuse, see dedicated section later in the booklet.

Bereavement

Most people experience grief when someone important to them dies. If you are struggling with these feelings, and they are affecting your every day life, there are services that can help you.

The Compassionate Friends supports bereaved parents.

- Call the helpline on: 0345 123 2304 (every day 10am-4pm and 7-10pm)
- 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: 0115 880 0280
- Email: bereavement@tomorrowproject.org.uk
- Visit the website: www.tomorrowproject.org.uk

Bullying and Harassment

Bullying is defined as unwanted, aggressive behavior that involves a real or perceived power imbalance and includes threats, spreading rumours, physical attacks, or excluding someone from a group on purpose. This behaviour is, or has the potential to be, repeated over time.

Harassment is unwanted conduct related to a relevant protected characteristic that has the purpose or effect of violating an individual's dignity, or creating an intimidating, hostile, degrading, humiliating, or offensive environment. As defined by the Equality Act 2010, this includes harassment based on association (being connected to someone with a protected characteristic) or perception (being perceived to have a protected characteristic, whether or not this is accurate).

The Suzy Lamplugh Trust created the National Stalking Helpline to provide support and advice for victims of stalking. The website has information on what stalking is, as well as signposting to support services.

- Call the helpline on: 0808 802 0300 (weekdays 9.30am-4pm, Weds 9.30am-8pm)
- Visiting their website: www.suzylamplugh.org

Crossroads Derbyshire offer specialist stalking advocacy support for high-risk stalking cases. Referrals are made to them by the police and Remedi (Victim Support).

- For more information go to: www.crossroadsderbyshire.org

If you are being bullied or harassed, speak to a friend, family member or someone else you trust, if you can, about how you are feeling. If you are, or suspect someone else is, at immediate risk please call **999**.

Carers

If you're a carer, please speak with your personal tutor, Personal Development Coach, or a member of the Safeguarding Team, to support you on your learning journey.

Carers UK offer unpaid carers expert 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 offer advice including money, benefits, and what your legal rights are. They also provide links to other local services and online forums where you can chat to other carers.

- Visit their website: carers.org

Derbyshire Carers Association offer a wide range of confidential and independent services, helping people to care.

- Call on: 01773 833833 (weekdays 9am-5pm)
- Email on: info@derbyshirecarers.co.uk

County Lines & Crime Prevention

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.

Domestic Abuse

Refuge offer confidential support 24/7 to women and children experiencing domestic abuse - to help you to understand your options and to 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

Drugs and Alcohol

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 Personal Development Coach or the Safeguarding Team.

CGL (Change Grow Live) can help you find local support services and support groups. They have an online chat facility as well.

- Visit their website: www.changegrowlive.org

Talk to Frank has lots of information on what drugs there are and how they affect you, as well as news updates on any current trends or areas of concern. They also offer online chat (2-6pm daily) and details of where to find support.

- Call anytime on: 0300 123 6600
- Text on: 82111
- Visit their website: www.talktofrank.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 /weekends 11am–4pm)
- Visit their website: www.drinkaware.co.uk

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

Eating Disorders

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. 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

FGM

Female Genital Mutilation (FGM) is a procedure where the female genitals are deliberately cut, injured or changed.

If you have had FGM or are 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**.

- Call their helpline on: 0800 028 3550

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

Homelessness

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 you were living in which local homeless prevention team you will 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.

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

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

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

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. They will talk to you about anything related to sexuality and gender identity. Whether it's sexual health, relationships, or just the way you're feeling.

- Call the support line on: 0800 0119 100
- Visit the website for more info and for online chat: switchboard.lgbt

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

Gendered Intelligence is a trans-led and trans-involving charity that works to increase understandings of gender diversity and improve the lives of trans people. Support is available to young people, families, parents and carers.

- Call the support line for people waiting for gender-affirmative healthcare on: 0800 640 8046
- Email: supportline@genderedintelligence.co.uk
- WhatsApp: 07592 650 496

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

Working towards
Rainbow
Accreditation



with Derbyshire LGBT+

Mental Health

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

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

- Call for free, anytime 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

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

- Contact them anytime by texting: 85258.

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 IAPT service on the NHS website: www.nhs.uk

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

Online Safety

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

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

- Visit their website: www.thinkuknow.co.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 dedicated website for young people, parents and teachers: bigdeal.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 **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 Health

We run the **C-Card Scheme** in college. This means that if you are 13-24 years old, whatever your gender or sexual orientation, you can sign up for access to free condoms and lube. We'll be running drop-in sessions at the start of each term. You can also come to the Wellbeing Hub to sign-up and use your C-Card. See notices around college for dates and times.

Brook is staffed by experts offering free and confidential advice. Brook is committed to supporting everyone with their sexual health. Some of their services are specifically for young people but they also have services for all ages too. You can search for your nearest Brook service on the website.

- Visit the website: www.brook.org.uk

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

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

If you live outside Derbyshire you can use the **NHS website** to find a sexual health service near you (search by postcode).

- Visit the website: www.nhs.uk

Sexual Misconduct/Harassment/Abuse

Sexual misconduct refers to any unwelcome behaviour of a sexual nature that violates personal boundaries, dignity, or consent. It is a broad term that encompasses a range of actions, including sexual harassment, assault, and rape. It may also involve other unwanted behaviours such as inappropriate touching, indecent exposure, stalking, and intimidation. In essence, it includes any conduct of a sexual nature that is non-consensual, harmful, and disrespectful of individual autonomy, including distributing private and personal explicit images or video footage of an individual without their consent. Examples of sexual misconduct include:

Sexual Harassment	Unwelcome sexual advances, requests for sexual favours, and other verbal or physical harassment of a sexual nature.
Sexual Assault	Any sexual act committed without consent, including rape, forced touching, or other sexual acts.
Rape	Sexual intercourse without consent.
Unwanted Touching	Touching someone sexually without their consent, including pinching, embracing, or groping.
Stalking	Repeatedly following, harassing, or threatening someone, often with sexual intent.
Exposure	Inappropriately exposing one's genitals or other private parts to others.
Intimidation	Using force or coercion to pressure someone into unwanted sexual activity.

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 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 is 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

If you have any concerns about inappropriate behaviour whilst studying at college, please contact Safeguarding.

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

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

- Or visit: www.stayalive.app

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

Derbyshire Mental Health Helpline support Derbyshire residents with mental health, suicide prevention and neurodiversity, staffed by experienced mental health practitioners, operating 24/7.

- Call for free, anytime on: 0800 028 0077

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, signposting and resources please visit the Resilience and Wellbeing Hub Online on the college VLE, using the QR code opposite.



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



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