

# SAFETY, HEALTH & WELLBEING

————— Your guide —————

ADVICE

SUPPORT

HELP

ASSISTANCE

GUIDANCE

TIPS

## CHESTERFIELD COLLEGE SAFEGUARDING TEAM

### MEET THE TEAM

**JO DOWN:** Director of Student Experience and Wellbeing

**SALLY SMITH:** Wellbeing Manager

**HANNAH EARL:** Safeguarding Officer

**CHARLOTTE NORFIELD:** Safeguarding Officer

**FRAN MATTHEWS:** Counsellor

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

If you have any concerns about your safety or the safety of others, email us at **ccsafe@chesterfield.ac.uk** or text us on **07584384838**. You can also call in to the hub to report your concerns.

For further information and resources please visit our safeguarding and wellbeing portfolio on the college VLE.

## BEREAVEMENT

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

**[www.childbereavementuk.org](http://www.childbereavementuk.org)**

**0800 02 888 40**

**[www.tcf.org.uk](http://www.tcf.org.uk)**

**0345 123 2304**

**Cruise Bereavement - 01246 550080**

## ABUSE

Information and support for adults who have experienced any type of childhood abuse, run by survivors:

**[www.havoca.org](http://www.havoca.org)**

**Childline - 0800 1111**

## BULLYING

Bullying can happen to anyone. All of us, no matter how brave or how old, can feel hurt by the way people treat us.

**[www.childline.org.uk](http://www.childline.org.uk)**

**Childline - 0800 1111**

**NSPCC peer on peer abuse - 0808 800 5000**

## CARERS

Derbyshire Carers Association is a service for people who are acting as a carer for a loved one, this service is also available to young carers - **01773 833 833**

## COUNSELLING

Every Mind Matters is aimed at adults aged 18 and over, and is only designed to point you in the right direction. It is not a medical assessment – if you're worried about your mental health or want to discuss your results you should speak to a health professional.

**[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)**

Trent PTS offers free counselling sessions, you will usually be assessed within a week of making a self referral– (for more information on this please contact your leap mentor or safeguarding)

**01332 265 659 – Derby City and surrounding areas**

**01246 385 752 – Chesterfield**

**0115 896 3160 – Nottinghamshire**

**Relate - 07384 762 877**

VitaMinds is a free service which supports with a variety of mental health needs.

**Call VitaMinds: 0333 0153 496**

Visit their website:

**<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire/>**

## DRUGS AND ALCOHOL

Derbyshire CGL is an outreach service for young people who are using drugs, feel they have a problem and want support with this.

Call Derbyshire CGL: **07826 064 459**

**[Andrew.reaney@cgl.org.uk](mailto:Andrew.reaney@cgl.org.uk)**

Drink Aware: **[www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

or call: **0207 766 9900**

Derbyshire Alcohol Advice Service

**<https://daas.uk.com/>**

## DOMESTIC VIOLENCE

The ELM Foundation is an organisation which helps those affected by domestic abuse **[www.theelmfoundation.org.uk](http://www.theelmfoundation.org.uk)**

Call free on: **08000 198 668**

or text: **07534 617252**

The government website also provides information and resources:

**[www.gov.uk/guidance/domestic-abuse-how-to-get-help](http://www.gov.uk/guidance/domestic-abuse-how-to-get-help)**

## FEMALE GENITAL MUTILATION

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. It's also known as female circumcision or cutting, and by other terms, such as sunna, gudniin, halalays, tahur, megrez and khitan, among others.

- If someone is in immediate danger, contact the police by dialling **999**.
- If you're concerned that someone may be at risk, contact the NSPCC helpline on **0800 028 3550** or **[fgmhelp@nspcc.org.uk](mailto:fgmhelp@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 helpline.
- If you have had FGM, you can get help from a specialist NHS gynaecologist or FGM service - ask a GP, your midwife or any other healthcare professional about services in your area.

## 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), usually by children or vulnerable people who are coerced into it by gangs.

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**.

## EATING DISORDERS

First Steps ED is a charity which supports and provides information on eating disorders

Call First steps ED - **01332 367571**  
<https://firststepsed.co.uk/>

## GAMBLING

GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling. Call their 24 hour helpline to speak with an advisor:

**0808 8020 133**

Or visit their website:  
[www.gamcare.org.uk](http://www.gamcare.org.uk)

## MENTAL HEALTH

Everyone has mental health needs to take care of. It can affect your emotional, physical, psychological and social wellbeing. 1 in 4 people will struggle with their mental health at some point in their life.

**Mental Health Foundation:** Provides information and support for anyone with mental health problems or learning disabilities.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind:** Promotes the views and needs of people with mental health problems.

**0300 123 3393** (Monday to Friday, 9am to 6pm). [www.mind.org.uk](http://www.mind.org.uk)

**Samaritans** – call **116 123** (24/7, 365 days)

**Campaign against Living Miserably (CALM)** is an organisation which focuses on men's mental health

<https://www.thecalmzone.net/>

**0800 58 58 58** between 5pm- Midnight

**KWELL** - online support for adults with mental health issues - [www.qwell.io/](http://www.qwell.io/)

**KOOTH** - online mental health support for children and young people - [www.kooth.com/](http://www.kooth.com/)

## FORCED MARRIAGE

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

If you are worried about the above you can contact the Forced Marriage Unit on **0207 008 0151** between 9-5 pm Monday to Friday. Outside of working hours you can contact the Global Response Centre on **0207 008 1500**.

## HOMELESSNESS

Step Up provides accommodation and support for 16 to 24 year-olds in Derbyshire.

[www.frameworkha.org/get-help](http://www.frameworkha.org/get-help)

Homeless Prevention Team –  
Chesterfield **01246 345825**

[homelessness.prevention@chesterfield.gov.uk](mailto:homelessness.prevention@chesterfield.gov.uk)

[www.chesterfield.gov.uk](http://www.chesterfield.gov.uk)

If you are not from the chesterfield area visit  
<https://www.gov.uk/homelessness-help-from-council>  
to find your local centre

## 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.

Modern slavery helpline: **08000 121 700**

## PREVENT

Radicalisation is defined as 'a grooming process or exploitation phase of recruitment to a particular cause or ideology', and as a college we are committed to protecting our students 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. It works as a collaboration between local authorities, the police, Chesterfield College 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**.

## SUICIDE

Speak to a friend, family member or someone you trust if you need help.

Use the Derbyshire Mental Health helpline and support service, which is provided by experienced mental health practitioners and is open 24 hours per day, seven days a week.

**0800 028 0077**

If the risk is immediate call **999**.

### Suicide

To find your local areas crisis support visit [www.nhs.uk/Service-Search/other-services/Crisis%20support/LocationSearch/329](https://www.nhs.uk/Service-Search/other-services/Crisis%20support/LocationSearch/329)

Samaritans – **116 123**

## SELF-HARM

You can contact the Samaritans on **116 123** or email: [jo@samaritans.org](mailto:jo@samaritans.org) if you need someone to talk to.

Distractions: [www.nshn.co.uk/downloads/Distractions.pdf](http://www.nshn.co.uk/downloads/Distractions.pdf)

## SEXUAL HEALTH

C-Scheme: if you are 13-24 years old you can attend the wellbeing hub sign up to the C-scheme, this allows access to free condoms and lube

Derbyshire LGBT+ Chesterfield Centre has a drop in to discuss any sexual health concerns or questions, this takes place every Thursday 11am-3pm.

Derbyshire LGBT+ also have free safer sex packs available.

For more information [www.derbyshirelgbt.org.uk/services-for-you/sexual-health/](http://www.derbyshirelgbt.org.uk/services-for-you/sexual-health/)

For sexual health services you can visit: [www.yoursexualhealthmatters.org.uk](http://www.yoursexualhealthmatters.org.uk)

Or call: **0800 3283383**

## SEXUAL HARASSMENT

Sexual harassment is unwanted behaviour of a sexual nature which: violates your dignity makes you feel intimidated, degraded or humiliated creates a hostile or offensive environment NSPCC helpline for sexual harassment:

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>

SV2 is a service for those who have experienced sexual abuse

**SV2: 01773 746115**