



**Your Safety, Health & Wellbeing**

**Where to go**

**for support**

**and advice**

# Chesterfield College Safeguarding Team

**Jo Down:** Director of Student Experience & Wellbeing

**Sally Smith:** Safeguarding and Wellbeing Manager

**Hannah Earl:** Safeguarding Officer

**Louise Nicholas:** Safeguarding Officer

**Sarah Best:** Safeguarding Officer

**Jaye Kearney:** Triage Co-Ordinator/Administrator

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

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 in South Block, by the lifts. Or you can contact us on:



**[ccsafe@chesterfield.ac.uk](mailto:ccsafe@chesterfield.ac.uk)**



**01246 500688**

For further information and resources please visit our safeguarding and wellbeing portfolio [on the college VLE](#). You can also follow us on Instagram at: cc-safeguarding

## Abuse

Abuse may be of a sexual, physical or emotional nature. It may also be caused by the neglect of a child or young person's basic physical or psychological needs.

If you are, or suspect a child may be, at immediate risk please call **999**.

**HAVOCA** is run by survivors for adult survivors of any type of childhood abuse. Visit their website:

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

For support call the **NSPCC helpline** on **0808 800 5000** (weekdays 10am–2pm) or email [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk).

Children can call **Childline** any time on **0800 1111**.

If you are worried about someone's behaviour towards a child, you can use **Sarah's Law** to find out if that person is a risk. Visit Derbyshire Police website: [www.derbyshire.police.uk](http://www.derbyshire.police.uk)

## Bereavement

Most people experience grief when lose someone important to them. If these feelings are affecting your life, there are services that can help.

**Child Bereavement UK** is an organization that supports children and young people up to the age of 25, when someone important to them has died or is not expected to live. call the helpline 0800 02 888 40 (weekdays 9am–5pm), or visit their website:

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

**The Compassionate Friends** supports bereaved parents. Visit their website: [www.tcf.org.uk](http://www.tcf.org.uk) or call the helpline **0345 123 2304**.

**Cruse Bereavement** offer support for anyone dealing with grief. Call the helpline **0808 808 1677** (weekdays 9.30am–3pm), or visit their website: [www.cruse.org.uk](http://www.cruse.org.uk)

## Bullying

Bullying can happen to anyone. All of us, at any age, can feel hurt by the way people treat us. If you can, speak to a friend, family member or someone else you trust about how you are feeling.

For support call the **NSPCC helpline** on **0808 800 5000** (weekdays 10am–2pm) or email **[help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)**.

Children can call **Childline** any time on **0800 1111**.

**Young Minds** offers advice and support in getting help. Visit their website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

In college you can speak to your LEAP Mentor to get support and advice.

## 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. Call on **01773 833 833** (weekdays 9am–4.30pm), or visit their website [derbyshirecarers.co.uk](http://derbyshirecarers.co.uk)

## Counselling

In some cases of severe or ongoing issues talking therapy may be useful.

If you are under 18 you may be referred to **CAMHS** (Children and Adolescent Mental Health Service). **Young Minds** has lots of information about CAMHS and what counselling is like in the Your Guide to Support section of their website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

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 service on the NHS website: [www.nhs.uk](http://www.nhs.uk)

As a Chesterfield College student you can contact **Relate** directly and they may be able to arrange for you to see a counsellor in college: [relatechesterfield.org.uk](http://relatechesterfield.org.uk)

**Kooth** is a free online Counselling App that offers those under 18 a judgement-free forum to get advice, help others and share your story. Visit their website: [www.kooth.com](http://www.kooth.com)

**Qwell** is the partner app for adults. Go to [www.qwell.io](http://www.qwell.io)

# County Lines and 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.

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 Violence

**The Elm Foundation** is an organisation which helps those affected by domestic abuse. For more information go to: [www.theelmfoundation.org.uk](http://www.theelmfoundation.org.uk)

Contact the **Derbyshire Domestic Abuse Helpline** on **08000198668** or by text to **07534617252**. Visit their website: [www.derbyshiredomesticabusehelpline.co.uk](http://www.derbyshiredomesticabusehelpline.co.uk)

**Galop** support LGBT+ victims and survivors of abuse and violence. You can call their helpline on **0800 999 5428** or email [help@galop.org.uk](mailto:help@galop.org.uk) at any time. You can also use the online chat and find more information on the website: [galop.org.uk](http://galop.org.uk)

The government website also provides information on how to get help: [www.gov.uk](http://www.gov.uk)

## Drugs & Alcohol

If you're concerned about your own or someone else's alcohol or drug use, but aren't sure what steps to take, there are agencies that can help.

**CGL** can help you find local support services for young people. Visit their website: [www.changegrowlive.org](http://www.changegrowlive.org) and follow them on Instagram for regular tips and info **1625\_Outreach**.

**Talk to Frank** offers an online chat as well as pages of advice including what to do if a friend is having a bad time on drugs. Call anytime on **0300 123 6600** or text **82111**, or visit their website: [www.talktofrank.com](http://www.talktofrank.com)

Call **Derbyshire Addiction Advisory Service** on **01246 206514** (over 18's only) or visit their website: [daas.uk.com](http://daas.uk.com)

Call **Drinkline** on **0300 123 1110** (weekdays 9am-8pm, weekends 11am-4pm) or visit their website for advice and support [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

## Eating Disorders

**First Steps ED** is a charity which provides information and support for young people, adults and families affected by eating difficulties and disorders. Call **0300 1021685** or email **info@firststepsed.co.uk** or visit their website: [firststepsed.co.uk](http://firststepsed.co.uk)

**BEAT** can help you find local support and have a one-to-one online chat service. Call their helpline **0808 801 0677** (every day 3pm–8pm) or visit their website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

## Forced Marriage

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.

For advice contact the **Forced Marriage Unit** on **0207 008 0151** (weekdays 9am–5pm).

**Victim Support** can help you find a local support service. Visit their website for more info or for their 24hr Live Chat: [www.victimsupport.org.uk](http://www.victimsupport.org.uk) or you can call their freephone helpline any time on **08 08 16 89 111**.

**The Halo Project** provide specialist support to victims of honour based violence. Call **01642 683045** for free or go to their website [www.haloproject.org.uk](http://www.haloproject.org.uk)

## Female Genital Mutilation

FGM is a procedure where the female genitals are deliberately cut, injured or changed, but there is no medical reason for this. It is also known by other terms such as sunna, gudniin, halalays, tahur, megrez and khitan, among others.

If someone is in immediate danger, or if you have been subject to FGM, please contact the police on **999**.

If you are concerned that someone may be at risk, contact the **NSPCC helpline** on **0800 028 3550** or email [helpenspcc.org.uk](mailto:helpenspcc.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**.

If you have had FGM, you can get help from a specialist NHS gynaecologist or FGM service – ask a GP, or other healthcare professional about services in your area.

## Homelessness

### Step Up - Framework Housing

**Association** provides accommodation and support for 16-24 year olds in Derbyshire. Visit their website for more information and to submit a referral form: [www.frameworkha.org](http://www.frameworkha.org)

**Pathways of Chesterfield** is a service for those who are or are at risk of becoming homeless, in Chesterfield, North East Derbyshire and Bolsover. Call them on **01246 498204** or **0808 169 2333** outside normal working hours. Or go to the website for more information on their drop-in services: [www.pathwaysofchesterfield.co.uk](http://www.pathwaysofchesterfield.co.uk)

Contact the **Chesterfield Homeless Prevention Team** on **01246 345825**. To find services outside of Chesterfield go to: [www.gov.uk](http://www.gov.uk)

For up to date locations and opening times for foodbanks in Chesterfield go to: [www.chesterfield.foodbank.org.uk](http://www.chesterfield.foodbank.org.uk)  
To get a foodbank voucher call **Help Through Hardship** on **0808 2082138**.

**Derbyshire LGBTQ+** 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](http://www.derbyshirelgbt.org.uk)

**Mermaids** support trans, non-binary and gender-diverse young people and their families. Call their helpline on **0808 801 0400** (weekdays 9am to 9pm) or visit their website: [mermaidsuk.org.uk](http://mermaidsuk.org.uk)

## Mental Health

Everyone has mental health needs to take care of. Your mental health can affect your emotional, physical, psychological and social wellbeing.

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

**Snappit Derbyshire** is an app which offers safe and confidential signposting to wellbeing services and advice. Find them on [Facebook](#).

**The Derbyshire Mental Health Helpline & Support Service** is a freephone service available to everyone living in Derbyshire. Call for free, any time on **0800 028 0077**.

**Anxiety UK** is run by and is for those dealing with anxiety. Call their helpline on **03444 775 774** or text **07537 416 905** (weekdays 9.30am-5.30pm).

You can call **Samaritans** any time for free on **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org).

Text **SHOUT** on **85258** for a confidential text-based service.

## LGBTQ+



# Modern Slavery

## Online Safety

**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](http://www.saferderbyshire.gov.uk)

**Safe, Secure, Online** is a site with lots of resources including links to podcasts and tools such as Report Harmful Content. Go to [swgfl.org.uk](http://swgfl.org.uk)

**GamCare** is the leading UK provider of free information, advice and support for anyone harmed by gambling. Call their 24hr helpline to speak with an advisor on **0800 8020 133** or visit their website for more information: [www.gamcare.org.uk](http://www.gamcare.org.uk)

The **Childline** website has lots of useful information and tips on keeping safer online – including topics such as data security, spotting fake news, sexting and online grooming.

If you're under 18 and a nude image or video has been shared online, **Report Remove** on the **Childline** website, can help you get it removed from the internet. Go to [www.childline.org.uk](http://www.childline.org.uk)

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.

Call the **Modern Slavery Helpline** any time on **08000 121 700**. Or go to their website to report a concern: [www.modernslaveryhelpline.org](http://www.modernslaveryhelpline.org)

## 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**.



## Self-Harm

Self-harm is when someone intentionally causes harm to themselves, as a way of dealing with things. There are lots of reasons why young people may choose to self-harm.

Information on understanding what self-harm is, tips and tools for stopping, and advice on supporting someone who self-harms can be found on the **Young Minds** website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Download the **Calm Harm App** – a free app providing support and strategies to help you resist or manage the urge to self-harm.

**Battle Scars** offer advice and peer support including a Facebook support group. Visit their website: [www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

## Sexual Health

If you are 13–24 years old, you can sign up the **C-Card Scheme** at the Wellbeing Hub. This scheme offers free condoms, dams and lube.

Find out more about this and other sexual health services, advice and information on STI testing by calling 0800 328 3383 or go to: [yoursexualhealthmatters.org.uk](http://yoursexualhealthmatters.org.uk)

**Derbyshire LGBT+** also offer free safer sex packs. Visit their website: [www.derbyshirelgbt.org.uk](http://www.derbyshirelgbt.org.uk)

## Sexual Harrassment/Abuse

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

Sexual harassment/abuse is unacceptable and can affect anyone regardless of gender, sexuality, religion, race or disability.

The **NSPCC** have a helpline for young people who have experienced sexual harassment or abuse in education, or for and parents and teachers who have concerns, call **0800 136 663** or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

**SV2** is a service for anyone who has experienced sexual abuse, supporting all genders and ages You can email [help@sv2.org.uk](mailto:help@sv2.org.uk) (weekdays 9.30am–5pm) or call **01773 746 115**, or visit their website: [www.sv2.org.uk](http://www.sv2.org.uk)

**SAIL Derbyshire** support people aged 18+, living in Derbyshire, who are survivors of sexual abuse, sexual violence or incest. Call free on **0800 028 2678** or text **07522 561397** (Mon–Wed 9.30am–4pm, Thurs 9.30am–5.30pm, Fri 9.30am–7.30pm).

**Rape Crisis** are 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**.

## Suicide

If you can, speak to a friend, family member 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.

Download the **Stay Alive app** – a suicide prevention resource packed full of useful information and tools to help you stay safe in crisis.

For support contact the **Derbyshire Mental Health Helpline**, which is staffed by experienced mental health practitioners. Call for free, any time on **0800 028 0077** or visit NHS Urgent Help.

**PAPYRUS** Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Call their Hopeline247 service on **0800 068 4141** or text **07860039967**.

You can call **Samaritans** any time for free on **116 123** or email **jo@samaritans.org**

Text **SHOUT** on **85258** for a confidential text-based service.

# Concerns Outside College Opening Hours

The College Safeguarding Team are available:  
Monday – Thursday, 8.30am–5pm  
Fridays, 8.30am–4.30pm

Additionally, a Safeguarding Officer can be reached on Monday and Thursday evenings, 5–9pm, by calling **07584 384838**.

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 and 2 for adults).
- Derby City: 01322 786968
- Nottinghamshire: 0300 456 4546
- Sheffield: 01142 734855
- Lincolnshire: 01522 782333

If someone is at immediate risk of harm, please contact the Police on **999**.



**Safeguarding  
& Wellbeing Team**

**The Chesterfield  
College Group**