

The Wellbeing Hub is 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, get support and information on improving your wellbeing.

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

Follow Us

We're on Instagram!

Follow us @cc_safeguarding for event info, tips on keeping yourself safe and links to external services for support outside of college.

HOT TOPIC - County Lines

The Aspire theme for March is **County Lines and Child Exploitation**. This is where illegal drugs are transported from one area to another, often across police and local authority boundaries. The 'County Line' is the mobile phone line used to take the orders of drugs.

Children and vulnerable adults are particularly at risk from being exploited by gangs, in order to force them into transporting and selling drugs for them.

For more information, and how to spot the signs of someone being exploited, go to the National Crime Agency website: nationalcrimeagency.gov.uk

World Book Day

We've been thinking about books that we have enjoyed, found inspiring or have helped us in some way:

Louise (Safeguarding Officer) loves - **You Are Awesome by Matthew Syed** - an inspiring book about how to succeed, build confidence and celebrate your awesome self.

Jaye (Triage Coordinator) loves - **Steal Like An Artist by Austin Kleon** - provides tips for driving creativity which can also be applied to life.

Dominika (SEND Officer) loves **Songbirds by Christie Lefteris** - inspired by true stories of love, loss and refuge, it is kind of sad but also hopeful.



FOCUS ON - SV2

The Aspire theme for April is **Sexual Harrassment and Abuse**.

SV2 "works with victims/survivors of sexual violence and abuse to Inform, Support, Protect and Empower them."

We work with SV2 on harm reduction. Ensuring all students have the opportunity to learn about Consent, Healthy Relationships and what sexual abuse is, so that they can keep themselves safe, look out for each other and know when to report a concern.

For more information on their services go to the website: www.sv2.org.uk

Staying Safe Online

According to **Internet Watch Foundation** "There is a significant rise in children being groomed and coerced online by abusers into sexual activities often in their own bedrooms and bathrooms."

Parents should follow the TALK checklist to help keep their children safe online. For more information go to the website - talk.iwf.org.uk

Dates for the Diary

Mind's Big Brunch - Tuesday 26 March, 10.30am-1pm (breakfast is served 10.30-11.30am)

We'll be raising awareness of mental health and raising money for the charity Mind. Come along to Taste for breakfast, get information on supporting your mental health, make a donation, get a hand massage and enter our raffle to win a Wellbeing Hamper!

Drop-in sessions in the Heartspace:

- **C-Card Sign up** every other Tuesday
- **Money Skills** every other Wednesday



Contact Us

Meet the Team

Sally Smith is the Safeguarding and Wellbeing Manager. The picture is of Poppy (AKA Chewbacca). "Poppy is more than a pet or companion, she is very much part of the family. Offering unconditional love, loyalty and compassion, cuddles, a listening ear and no judgement. What more could anyone ask for?"

Pets can help ease anxiety, improve confidence - especially if you feel isolated. Plus, even when it is raining, walking and engagement with nature boosts your mood, especially when you have your four-legged friend by your side.

The Safeguarding Team are available during college hours:

- Monday - Thursday 8.30am – 5pm
- Fridays 8.30am – 4.30pm

You can come down to the Wellbeing Hub, call us on: **01246 500688** or email: **ccsafe@chesterfield.ac.uk**

On Mondays and Thursdays between 5pm – 9pm, for urgent Safeguarding queries only, the Duty Officer can be reached by calling 07584 384838.

Out of hours contacts/services can be found on the college website - www.chesterfield.ac.uk

Where to find support over Easter:

Easter break is the first two weeks in April.

To support you while you are not in college we've created a signposting leaflet, which can also be [downloaded from the college website](#). This leaflet is full of links to websites, apps and information on where you can find support and advice, outside of college, for issues including; Drugs and Alcohol, Mental Health and Suicide.