



We hope that you found the April edition of the student newsletter informative. If you missed this, it can be found [here](#). In this edition of the newsletter we are highlighting some of the helplines and services that there is available to you should you need support with your mental health and emotional wellbeing at this time.

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### Who can I contact at Wymondham College if I have a safeguarding concern?

Even though you are not currently attending College, the safeguarding team continue to be available for you to contact if you have a concern for the safety or wellbeing of yourself or someone else. The easiest way to contact us is via email:

Miss J Marsh - Assistant Headteacher – Safeguarding & Designated Safeguarding Lead  
[marshju.staff@wymondhamcollege.org](mailto:marshju.staff@wymondhamcollege.org)

Mr D McMorran - Deputy Headteacher & Alternate Safeguarding Lead  
[mcmorrda.staff@wymondhamcollege.org](mailto:mcmorrda.staff@wymondhamcollege.org)

Mr J Pointon - Assistant Headteacher & Alternate Safeguarding Lead  
[pointojo.staff@wymondhamcollege.org](mailto:pointojo.staff@wymondhamcollege.org)

Mr P Nightingale - Assistant Headteacher & Alternate Safeguarding Lead  
[nightipa.staff@wymondhamcollege.org](mailto:nightipa.staff@wymondhamcollege.org)

Mrs S Buckton Deputy Head of Sixth Form & Alternate Safeguarding Lead  
[bucktosa.staff@wymondhamcollege.org](mailto:bucktosa.staff@wymondhamcollege.org)

Mr G Griffiths - Head of PSHE & Alternate Safeguarding Lead  
[griffijo.staff@wymondhamcollege.org](mailto:griffijo.staff@wymondhamcollege.org)

Miss H Booty Safeguarding Coordinator & Alternate Safeguarding Lead  
[bootyha.ad@wymondhamcollege.org](mailto:bootyha.ad@wymondhamcollege.org)

If you live in Norfolk and have a safeguarding concern for yourself or a friend who lives in Norfolk, you can speak to the Children's Advice and Duty Service (CADS). The Customer Service Centre can be contacted on: 0344 800 8020.

If you have a safeguarding concern for yourself or a friend who lives outside of Norfolk, please contact their local MASH (the Multi-Agency Safeguarding Hub). Information on this can be found online.

If you believe you or a friend is at risk of immediate harm, please call 999.



### Support for students who live in Norfolk

#### Just One Norfolk

[Just One Norfolk](#) has support and advice for all young people and their families in Norfolk. Call **0300 300 0123**. This is the 'go to' health website for Norfolk.



#### Chat Health

ChatHealth is a secure NHS approved text messaging service for 11- 19 year olds.

All you need to do is text **07480 635 060** to start a conversation. You will receive a response from a member of the 5-19 team in the Norfolk Healthy Child Programme. They are able to answer any messages and offer confidential support and advice to young people.



#### Norfolk County Council Children's Services

Norfolk Children's Services have launched a new phone line and text message service for young people to use if they need feel worried. Call **0344 800 8029** or text **07480 635 060**.





### Support for students who live in Norfolk or Suffolk

#### First Response

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.



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Call: 0808 196 3494  
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

#### Kooth

[Kooth](#) is a free, online counselling service for young people ages 11-19 who are experiencing emotional and mental health issues.



#### Wellbeing Service – Norfolk and Waveney (16 years & over)

[Wellbeing Norfolk & Waveney](#) and provide a range of support for people with common mental health and emotional issues, such as low mood or stress. You can self-refer using the form on their website or by calling: **0300 123 1503**.



#### Wellbeing Service – Suffolk (16 years & over)

[Wellbeing Suffolk](#) provide a range of support for people with common mental health and emotional issues, such as low mood or stress. You can self-refer using the form on their website or by calling: **0300 123 1503**.





### Support for Young Carers that live in Norfolk or Suffolk

#### YoungCarersMatter – Norfolk

[Young Carers Matter Norfolk](#) offer a free advice line if you are a young person looking after someone in your family who, because of illness, disability, mental ill health or an addiction.

Call **0800 083 1148**. There is also an online chat facility.



#### Suffolk Family Carers

[Suffolk Family Carers](#) offer a free advice line if you are a young person looking after someone in your family who, because of illness, disability, mental ill health or an addiction.

Call **01473 835 477**. There is also an online chat facility.





### Support for all students

**Young Minds:** [www.youngminds.org.uk/](http://www.youngminds.org.uk/) Lots of information about young people's mental health, with various resources available.

**Young Minds Crisis Messenger** - Free 24/7 mental health support for young people. Text YM to 85258

**Shout:** [www.giveusashout.org/](http://www.giveusashout.org/) Free 24/7 mental health support. Text Shout to 85258

**Childline:** [www.childline.org.uk/](http://www.childline.org.uk/) Lots of advice for children, young people and parents/ carers. Plenty of ideas for activities too.

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

A mental health charity offering an extensive range of support, advice and information to the young people.

**Norfolk and Waveney MIND:** [www.norfolkandwaveneymind.org.uk/](http://www.norfolkandwaveneymind.org.uk/)

**Suffolk MIND:** [www.suffolkmind.org.uk/](http://www.suffolkmind.org.uk/)

**On My Mind:** [www.annafreud.org/on-my-mind/](http://www.annafreud.org/on-my-mind/) A website to help young people find the mental health support they need. The website has many simple self-care activities which young people can do at home if they are feeling low or anxious.

### Other useful safeguarding contacts

**Childline:** [www.childline.org.uk/](http://www.childline.org.uk/) 0800 1111

**Samaritans:** [www.samaritans.org/](http://www.samaritans.org/) 116 123

**NSPCC:** [www.nspcc.org.uk](http://www.nspcc.org.uk) 0808 800 5000

**Norfolk Community Eating Disorder Association:** 0300 300 0142

**Drugs and substance abuse:** [www.talktofrank.com](http://www.talktofrank.com) 0300 123 6600 or text 82111

Worried about FGM? Call the **FGM helpline:** 0800 028 3550 or email [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)



**Leeway Domestic Violence and Abuse Services (Norfolk and Suffolk):** Helpline 0300 561 0077

### Online Safety

If you are concerned about your online safety or something that has happened online that you want to talk about.....

- Speak to your parents or family member you trust
- Contact a member of the safeguarding team
- Use one of the following helplines or websites to get support or report a concern

**ThinkUknow:** [www.thinkyounow.co.uk](http://www.thinkyounow.co.uk)

**Childline:** [www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/)

Concerned about the way someone has been communicating with you online?

**CEOP:** [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

### Remember we are still here for you:

You will be keeping in contact with your teachers via your online learning on Microsoft Teams but here are some other ways to keep in touch with what is happening at Wymondham College.



The Wymondham College YouTube channel contains several videos for students. These include videos from Miss Marsh about Mental Health Awareness Week or Mr Browning's weekly virtual assemblies. Are you missing the College scenery? There is also an opportunity see Mr Browning giving a tour of the College site this spring.



Wymondham College also has Twitter and Facebook accounts. All links to our social media accounts can be found on the Wymondham College website [here](#).

