

Safeguarding at Colchester Institute

Welcome to our Safeguarding and Wellbeing newsletter. We hope you find the information interesting and informative. If you wish to discuss any of the issues highlighted, please contact the College Safeguarding Team, **01206 712828** or email sswelfare@colchester.ac.uk during College hours.

As a college we want all our learners to feel safe and be able to study their chosen course and flourish. If enrolled students or parents/carers of students have any Safeguarding concerns the Safeguarding Team can be contacted by calling **01206 712828**. This number is operational during College hours only, if you have concerns for your young person outside of College hours please contact the emergency services either on **999** for an emergency or **101** for Police advice or **111** for Health Advice (including Mental Health). For non urgent support links please visit our website here: [Wellbeing Link](#).

The College works with and refers to external services to ensure the right support for the student this could be Children's Social Care, Adult Social Care, Child and Adolescent Mental Health Service (CAMHS), Essex Police or other key external services.




SAFEGUARDING

WE WANT YOU TO FEEL SAFE AND BE SAFE

If you're worried about your safety or the safety of someone else please speak to someone.

- Visit the Safeguarding Team in Student Services
- Call the Safeguarding Line on 01206 712828
- Speak to a member of staff

Types of harm and abuse that might affect you or other students include:

Bullying, harassment or discrimination	Gangs/County lines	Radicalisation
Online Safety	Neglect	Risky Behaviour
Peer on Peer Abuse including sexual abuse, sexual harassment or violence	Mental Health concerns	Sexual Abuse including grooming and exploitation
	Physical Abuse	

If you are concerned for your safety during college hours please call:

THE SAFEGUARDING TEAM: 01206 712828

Monday to Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30pm
(College term-time only)

If you're at risk outside of college opening hours please contact the emergency services on 999.



Working together with Parents/Carers Safeguarding

For our learners under the age of 18 years, we expect to work in collaboration with parents/carers if we have concerns (unless it would place the student at risk to do so), we expect engagement and participation in any safeguarding meetings, conversations about your young person and that you seek external support and help should your young person need it. For some Safeguarding situations we will phone you and ask you to collect your young person, we phone you because we are concerned for their welfare or safety and expect you to place your young person at the centre of your day, either coming to pick them up as a matter of urgency or arranging for another trusted adult to pick them up as a matter of urgency. If we have concerns over your ability to Safeguard your young person and your level of support and engagement, in relation to Safeguarding them, we will consult with Children's Social Care.

Student awareness of Safeguarding

Within the student induction and the apprenticeship sign up process students and apprentices have been made aware of the safeguarding support available to them, should they need it. They are advised how to contact the Safeguarding Team by phone **01206 712828** to report a concern, they can also email non-urgent situations. Throughout Personal Development sessions and for Apprentices meetings with their Development Coach the following safeguarding topics are delivered to and explored with students. For our Adult Learners, information and awareness of Safeguarding topics are found within the Wellbeing guide.

- The Prevent agenda and radicalisation
- Harmful Sexual Behaviour including consent, sexual harassment, misogyny and misandry
- Respect and British Values
- Online safety

We also work with external providers to offer students awareness of and support with:

- Sexual Health
- Road Safety
- Healthy living including Drug and Alcohol services
- Domestic Abuse support
- Hate Crime support

We hope that by raising awareness of topics and equipping students to know what to do if they have concerns, they will make positive choices to safeguard themselves.

Colchester Institute's work with Essex Police

Colchester Institute work closely with Essex Police to safeguard our learners, college staff and the wider college community, this includes information sharing for safeguarding reasons. Essex Police visit our campuses regularly as we feel it is important for students to understand the role of the Police being approachable and for support rather than just being somewhere because something is wrong. We hold joint safety events with our Police colleagues and they visit our site with the knife arch and search dogs.

Operation Encompass

As part of our safeguarding arrangements and our work with safeguarding partners, our college has signed up to [Operation Encompass](#). Operation Encompass is a national initiative which aims to provide support to children who have experienced domestic abuse. It means the Police inform us if they have attended an incident of domestic abuse which involves a child enrolled at our college, so that appropriate monitoring can be put in place to see if they need any support. Any information in relation to this will be held on the child's safeguarding file, as with any other safeguarding information.

Student Emotional Wellbeing and Mental Health

The transition from School to College or starting College at any point can be a huge step for some students or apprentices. If a student or apprentice is struggling with their emotional wellbeing and/or mental health, or they just need someone to talk to, our Welfare and Safeguarding team are available at both the Braintree and Colchester Campuses where learners can drop in for support and advice. The teams include qualified and professionally regulated College counsellors who can offer up to 6 sessions of counselling to enrolled learners.

Based at the Colchester Campus, the College also has a government funded Mental Health Support Team (MHST).

The MHST work with students, age 16-19 years old in need of low level emotional and wellbeing support and early intervention.



Referrals to the MHST can be made by visiting the welfare and safeguarding team at the Colchester campus. The MHST work with students on a one-to-one basis using Cognitive Behavioural Therapy (CBT) and self-guided methods.

The MHST accepts referrals for support with the following areas:

- Low mood
- Worry Management
- Anxiety/avoidance
- Panic management
- Sleep
- Thought challenging – challenging negative automatic thoughts
- Problem solving

If you would like more information on the MHST, information on the support available from our counsellors or other support available please email the welfare and safeguarding team, sswelfare@colchester.ac.uk or ask your young person to pop in and see us, ground floor B Block (Colchester) or The Student Hub (Braintree).

For students who require moderate to high level support with their Emotional Wellbeing and Mental Health, the College can refer to CAMHS (Child and Adolescent Mental Health Service), parents/carers and young people can self-refer too. More information including the CAMHS referral form can be found by visiting: nelft.nhs.uk/set-camhs/

For students aged 18 years and over, the welfare and safeguarding team can support with making a GP appointment so that the GP can discuss a referral to Adult Mental Health Services.

External Support

If any student requires support out of College hours or over the Christmas holidays when the college is closed, the following organisations and agencies are available

Childline – 24/7 support for children and young people

Samaritans – 24/7 emotional support for anyone in distress

Shout – 24/7 crisis text support

Kooth – support with mental health

Next Chapter Essex – Domestic Abuse Support

Children's Social Care Essex – Report a concern about a child

Adult's Social Care Essex – Report a concern about a vulnerable adult

NHS 111 – call 111 for health support and advice

Police 101 – non urgent reports to the Police

If there is an emergency or someone is in crisis please contact 999.





Prevent

What is Prevent?

Prevent is the Government's campaign to stop people from being drawn into extremist behaviour and terrorism.

People can be groomed to develop extremist views or even become terrorists. If you believe someone is being influenced by, for example, a racist organisation or an extremist group, you should share your concerns.

The journey to becoming radicalised is different for everyone and there are many reasons why someone becomes vulnerable. Radicalisation can take place very quickly, or over a long period of time.

More important than any one specific sign, is the sense that something is not quite right with the person you're worried about. You could spot one sign or a combination of signs that seem to be increasing in intensity.

What To Look Out For:

Visit **ACT Early** to find out more about the signs that someone may be vulnerable to radicalisation.

Vapes and Young People

There are growing concerns about the numbers of young people using vapes. Trading Standards and the NHS have seen an increase in health concerns caused by vapes in addition to vapes containing harmful THC and/or Spice.

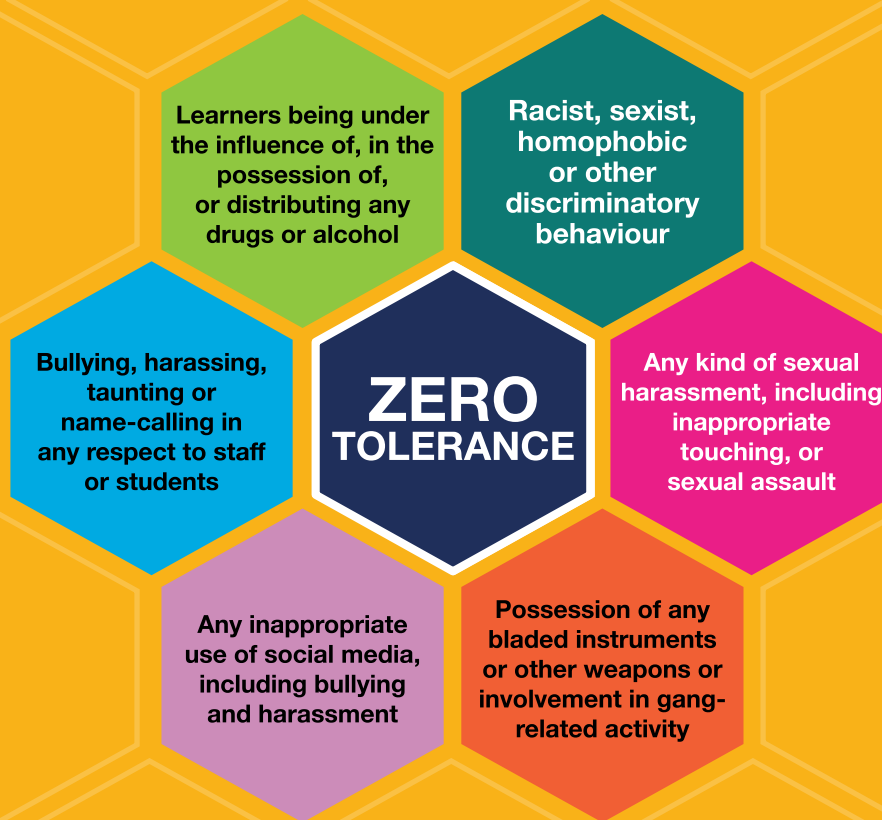
Further damage and risk

Nationally and locally there have been concerns raised with vapes containing cannabis, spice, and other synthetic narcotics, particularly those used by children and young people which have led to life threatening situations. Our contacts at Essex Police have confirmed that cases of young people inhaling the above dangerous substances mixed within vapes have resulted in urgent hospital treatment due to near fatal overdoses.

[FRANK](#) provides more helpful information on vapes and young people including the dangers and risk of mixing with other harmful substances.

Vaping and smoking are only permitted on campus strictly within the designated areas.

Charging of vapes is not permitted.



Spotlight on: Drug Awareness – Keeping yourself safe

Amyls, Liquid Gold, Poppers, TNT

Through our work with local partners, we have been made aware of an increase in the above.

- Poppers cause a rush of blood to the head, feeling sick, faint, reduced co-ordination, causes nosebleeds, headaches and chest pain, dizziness, disorientation, temporary or permanent loss of vision
- Sniffing poppers is potentially dangerous for anyone with heart problems, anaemia or glaucoma (although you might not know you have these)
- Sniffing poppers makes your blood pressure drop
- Fatal “sudden sniffing death syndrome” has been reported due to the effect poppers have on the heart and heart rhythm
- Users can die from injury to red blood cells and reduced oxygen supply to vital organs
- Poppers lead to loss of consciousness and choking on vomit

The Law

- Poppers are legal to sell but only as products not for human consumption (often sold as room deodoriser and leather cleaner)
- Possession is not illegal, but supply can be an offence
- They are regulated under the Medicines Act 1968 and there have been cases where the Act was used to fine shopkeepers for selling Poppers

[Poppers | Effects of Poppers | FRANK | FRANK](#)

If you would like support for your young person in relation to alcohol or drugs the Essex Young Persons Drug and Alcohol Service ([EYPDAS](#)) can support you.