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To: [Sara Razzaghi](#)
Subject: FW: Student Wellbeing Newsletter - December 2023
Date: 12 March 2024 13:34:24

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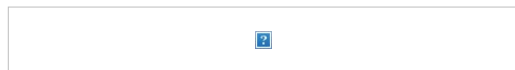
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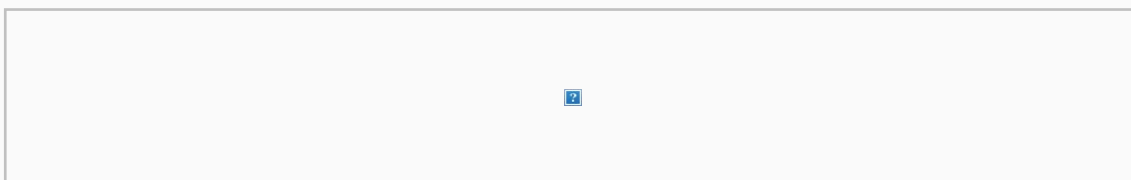
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From: CCN College Life
Sent: Monday, December 11, 2023 2:33 PM
To: City College Norwich All Students Mailing list <CityCollegeNorwichAllStudentsMailinglist@ccn.ac.uk>
Subject: Student Wellbeing Newsletter - December 2023



December 2023

Dear Students,

Hello from the Wellbeing and Safeguarding Team

This month's Wellbeing newsletter focuses on the festive season, and how to keep yourselves safe when seeing friends and families and attending parties. We will also discuss Consent and what that really means.

For many of you, the festive party season has already started, or it's just about to kick off and it's important for all of us to find our own balance between enjoying drinking and keeping safe. This is obviously also true when using party drugs. Knowing our own limits between enough and too much and supporting our friends to find their own limits as well, can be the difference between an awesome night and a disaster night out you just want to forget.

It is really important that we take time to look after our mental health and wellbeing. Our teams are on hand to support you with this. We hope the information below will give you some tips on how to look after your wellbeing over the festive season.

Staying Safe on a Night Out

General tips and advice on planning a safe night out:

- Plan your night out, including your journey there and back.
- Make sure the venue you are going to is licensed – venues are required to take steps to ensure the safety of their customers.
- When going to a pub, club or party avoid going alone. Friends can look out for one another.
- Be aware of what is going on around you and keep away from situations you don't feel comfortable with.
- Think very carefully about whether you should leave a pub, club or party with someone you've just met.
- Make sure your mobile phone has plenty of charge in it before you leave home and keep your mobile safe and accessible.
- Book a taxi ahead of time to make sure you can get home safe.

Spiking – how to protect yourself on a night out

To spike a drink means to put alcohol or drugs into someone's drink without their knowledge or permission. This might be with the intention to incapacitate someone or even sexually assault them.

There is also some concern at the possibility that people are being 'spiked' by needles/syringes containing drugs. Although this is much less likely than drink spiking, a lot of the advice for staying safe from spiking a drink can also protect you from the possibility of needle spiking too. Spiking is a criminal offence and whilst all venues should be taking steps to ensure they are safe places to be, you may still need to protect yourself, particularly if you feel at risk or you're in a place that is unfamiliar.

How to avoid drink spiking

Always buy your own drink and watch it being poured.
Don't accept drinks from strangers.
Never leave your drink unattended while you dance or go to the toilet.
Don't drink or taste anyone else's drink.
Throw your drink away if you think it tastes strange or different.

What to do if you think you've been spiked (by drink or needle)

If you start to feel strange, sick or drunk when you know that you couldn't be drunk, get help from a trusted friend or the venue management.

If you think you may have been spiked, ask a close friend to get you out of the venue or party as soon as possible and either take you home or to hospital (if seriously unwell). You could also ring a friend, relative or partner and ask them to come and pick you up.

If you feel unsafe, vulnerable or threatened you can ask for help by approaching venue staff and asking for 'Angela'. This is a coded-phrase that indicates you need help and a trained member of staff will support and assist you. You can also ask for 'Angela' if you are in any situation where you feel threatened or at risk.

Make sure you can trust the person you ask for help. Don't go anywhere with a stranger or someone you don't know very well.

Once you are safely home ask someone to stay with you until the effects of the drug have worn off - this might take several hours.

Don't hesitate to call for medical help if you need it - it's always better to get checked out.

Tell the police what has happened as soon as you can - we know it can be scary to do this but the police are there to help you and will listen. Call 999 or 101 - the police need to know as much as they can about spiking so they can help to stop this happening in the future.

If you have been sexually assaulted, you can contact a sexual assault referral centre for support – <https://www.theharbourcentre.co.uk/contact@theharbourcentre.co.uk> - 24/7 support line 01603 276381

If you've been affected by crime and you need confidential support or information, you can also call Victim Support on 0800 168 9111.

Support on a Night Out in Norwich

SOS Bus and Safehaven are charity run projects based in Norwich City Centre and are places you can go if you or a friend need support on a night out. They can help with anything from emergency medical support to flip-flops to help with sore feet from wearing high heels all night. They can be found at either end of Prince of Wales Road.

SOS Bus

[sosbus.co.uk](https://www.sosbus.co.uk)

A safe place in the heart of the city. Open 9:30pm to 3:30am. December 2023- 1st, 2nd, 8th, 9th, 15th, 16th, 22nd, 23rd, 29th and New Year's Eve.

Safe Haven- Norwich

www.safehavennorwich.com

Open on Saturdays 21.00- 04.00 and offer help for a range of reasons be it medical, emotional or just plain practical such as phone charging, directions or a safe place to wait to be collected.

Emotional Support

Christmas can be a difficult time for anyone, at any point in their life.

You may be struggling this year for the first time. Or you may have found Christmas difficult in the past, and you're dreading it again this year.

You may also enjoy Christmas, but not be able to celebrate it how you'd like to. Or you might find some parts enjoyable, but other parts stressful.

It is important to look after yourself and your wellbeing and to talk to someone if you are struggling.

Below are some Helplines open over the festive period. The [student Wellbeing Page](#) also has lots of help and resources.

Helplines:

Crisis Response Service 111, Option 2

If you are in crisis, you can call the 111 crisis service and select option 2 for immediate help.

Samaritans 116 123

Samaritans is a listening service. They answer every call and offer a listening ear to anyone who needs someone to talk to. You can call about any number of things from money troubles to feeling lonely to feeling suicidal.

Papyrus 0800 068 41 41

Papyrus is an organisation striving to prevent young suicide. They offer a number to call and speak to a text service 07860 039967 as well as a forum for advice.

Shout text 'shout' to 85258

UKs 24/7 crisis text service. You can use it any time you are feeling overwhelmed or having a hard time or if something is worrying you.

YoungMinds Crisis Messenger (under 19) text 'YM' to 85258

Consent

What is Consent?

Consent is an unambiguous, conscious agreement between people. Simply put, it is an enthusiastic YES, not simply the absence of a NO. Consent can be expressed through nonverbal cues such as body language however it is essential that verbal confirmation is sought to avoid confusion. The important part of consent is that it is freely given without coercion and that it is revocable at any time. This means a person can change their mind!

Enthusiastic Consent could look like this:

- Asking permission before you change the type or degree of sexual activity with phrases like "Is this OK?"
- Confirming that there is reciprocal interest before initiating any physical touch.
- Letting your partner know that you can stop at any time.
- Periodically checking in with your partner, such as asking "Is this still okay?"
- Providing positive feedback when you're comfortable with an activity.
- Explicitly agreeing to certain activities, either by saying "yes" or another affirmative statement, like "I'm open to trying."

Here is an excellent video which covers Consent:

[Consent, its as simple as Tea.](#)

More support

- [Norfolk Wellbeing Service](#) offers support for young people in Norfolk and Suffolk
- The NHS have published a website dedicated to [mental Health and self-care for young people](#)
- Mental Health UK have published [5 Top Tips for Mental Wellbeing](#)
- Mind have published [How to improve your mental wellbeing](#)
- [More resources here](#)

Remember

1. You're not alone
 2. It's okay to not always feel okay
 3. We're here to help.
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Our mailing address is:

City College Norwich
Ipswich Road
Norwich
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We've sent this email to every student at City College Norwich, Paston College and Easton College.