
Student Wellbeing Newsletter - September

From CCN College Life <COLLEGE_LIFE@ccn.ac.uk>

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To City College Norwich All Students Mailing list <CityCollegeNorwichAllStudentsMailinglist@ccn.ac.uk>

Cc City College Norwich All Staff Mailing list <CityCollegeNorwichAllStaffMailinglist@ccn.ac.uk>



September 2024

Dear Students,

Hello and welcome from the Wellbeing and Safeguarding Team

This month's Wellbeing newsletter is about how you can get support from our teams at college.

Please read through this information to find out how you can access support.

Please note that the Wellbeing Zone at our Norwich Ipswich Road site is currently undergoing refurbishment, this new information about temporary changes to accessing support at Norwich.

About our Wellbeing service

Our College's Wellbeing service is here to help you maximise your mental and physical wellbeing to help you fulfil your potential at college. We can offer free confidential help and guidance for any concerns that you might have during your time with us.

The team offer support with any health or wellbeing problem including:

- Housing
- Money matters and debt
- Relationships (personal and family)
- Self-confidence
- Bullying or stalking
- Stress/anxiety/depression
- Bereavement
- Eating disorders or self-harming
- Counselling
- Sexual health (pregnancy and the C-card for free condoms)
- Reducing or stopping smoking, drinking or taking drugs
- If you are a victim of sexual abuse or domestic violence
- Feeling lonely or isolated
- Personal or sexual identity (incl LGBT)
- Being a young carer of a parent or family member

How you can access support

There are a variety of ways in which you can access support: from speaking to a member of our Wellbeing Team for 1:1 advice and support, to accessing self-help resources through the intranet, and a referral to our specialist wellbeing service, the Mental Health Adviser and counselling service.

You can make a self-referral to our service through our intranet page – or click [this link](#) to be taken straight there.

You can also come along to our Wellbeing drop-ins every day between 11.30-12.30, no referral needed.

- **Norwich, Ipswich Road** – C27 (temporary during renovation)
- **Easton** – Wellbeing Zone (JB035)
- **Paston** – Tutor Hub

For further information, you can email the team at wellbeing@ccn.ac.uk.

To find out more please see our [Wellbeing website](#) which is full of helpful info, hints, tips and strategies for looking after as well as contact information for other supportive agencies you may find helpful.

About our Safeguarding Team

The Safeguarding team are here to help make sure you stay safe and well. If you are worried that you or a friend is a tell us. We are here to help you.

Safeguarding Concerns you may have:

- Suicidal thoughts or actions
- Homelessness
- Relationship abuse
- Drug / Alcohol Misuse
- Online Safety
- Forced Marriage
- Abuse (sexual, physical, emotional, neglect)
- Child Sexual Exploitation
- FGM (Female Genital Mutilation)
- Radicalisation and Extremism

Are you or someone you know facing any issues above or similar?

The Safeguarding Team are here to support you to get safe and well.

Contact Us:

Norwich Campus

You can come and see us in the Advice Shop (ask for Marie or Charlotte)

Call/text us on 07795487645

Email safeguarding@ccn.ac.uk

Easton Campus

You can come and see us in The Student Centre (ask for Sam)

Call/text us on 07772785346

Email safeguarding@ccn.ac.uk

Paston Campus

Call/text us on 07795487645

Email safeguarding@ccn.ac.uk

Remember

1. You're not alone
2. It's okay to not always feel okay
3. We're here to help.

Feeling unsafe?

If you feel that you or a friend needs help to keep safe, please tell us. We will always respond, and we are here to help member of the Safeguarding Team by email at safeguarding@ccn.ac.uk or you can call Safeguarding: for City College Paston College call 07795 487645 and for Easton College call 07772 785346.

Our Safeguarding Officers are Marie Pacey, Charlotte Hardiment and Sam Warner.

Our Designated Safeguarding Leads are Jerry White, Helen Richardson-Hulme, Jacky Sturman, Jo Kershaw, Sebastian Scott.

Our mailing address is:

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Ipswich Road
Norwich
NR2 2LJ

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