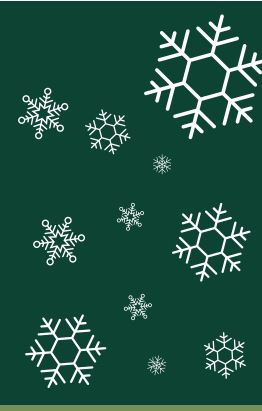




Barnsley College

Safeguarding Christmas

Newsletter | December 2024



A NEWSLETTER FOR PARENTS, CARERS AND GUARDIANS

At Barnsley College the safety of our students is of paramount importance. As we approach the festive period, we want to take some time to share some details on some of our Safeguarding priorities and who you can get in touch with to support your young person over Christmas, should you or they need some extra support.

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COLLEGE CLOSURE OVER THE CHRISTMAS HOLIDAYS

All College sites will close on **Thursday 19 December 2024** and reopen on **Monday 6 January 2025**.

When College is open, parents and carers can contact the central Safeguarding Team for any safeguarding matters, concerns or queries on:

☎ **01226 216 142** or ✉ safeguarding@barnsley.ac.uk



STAYING SAFE OVER THE FESTIVE PERIOD

However you're travelling, whether it's day or night, personal safety is important. Always let someone know where you are going, when you have arrived at your destination and when you're expected back.

Travelling by taxi

Always use licenced taxis and private hire vehicles. All licenced drivers will have and be able to produce a driver licence ID card containing the following information:

- > Barnsley Council logo
- > Driver's photograph
- > Driver's licence number and expiry date

All licenced vehicles are regularly inspected throughout the year by qualified vehicle examiners. All licenced drivers undergo a rigorous application process which includes a criminal records check to ensure that they are fit and proper to hold a licence with the Council. It is also mandatory that all taxi drivers undergo mandatory safeguarding training looking at how they can keep children and vulnerable adults safe when travelling with them.

Always queue for a taxi at an official taxi rank, where there will be Taxi Marshals deployed to provide a presence that makes the general public feel safe whilst waiting for a taxi.

Unlicenced taxis or private hire vehicles will not be insured to carry paying passengers, and the vehicle will not have been examined by the Council to ensure that it is roadworthy.

Never accept lifts from anyone you don't know and trust.

Drink spiking

Alcohol is the most common substance that is spiked usually with drugs. Symptoms will usually begin within 15 minutes and can last several hours. Depending on the substance used, symptoms can include lowered inhibitions, difficulty concentrating or speaking, loss of balance or finding it hard to move, blurred vision, feeling confused or disorientated, nausea and unconsciousness.

Starting to feel strange and/or feeling more drunk than expected, may be a sign of drink spiking.

If a drink has been spiked, tell a trusted person such as close friend, relative or the police.

To avoid drink spiking never leave a drink unattended, don't accept drinks from strangers, don't drink if tampering is suspected and consider sticking to bottled drinks. A spiki can be used for bottled drinks which is a bright coloured plastic stopper that creates a seal to stop pills and illicit substances being slipped into a drink.



USEFUL CONTACTS

Social Care

For individuals under 18, contact Barnsley Children Social Care: ☎ **01226 772 423**

For individuals over the age of 18, contact Barnsley Adult Social Care: ☎ **01226 773 300**

For urgent concerns out of office hours (after 5pm), weekends and bank holidays call the Emergency Duty Out of Hours Service: ☎ **01226 787 789** for under 18s or ☎ **01226 774 466** for adults.

Please note, if the individual lives outside the Barnsley area, you will need to contact Social Care from the area where they live. But if in doubt, ring the numbers above to seek assistance.

South Yorkshire Police

In an emergency, if you feel unsafe or have concerns that another individual is unsafe, always call ☎ **999**. For non-emergencies call ☎ **101**.

Other support available (available 24/7)

ChildLine contact ☎ **0800 1111**. All calls are free to this number.

At risk of or homeless

Barnsley Council Homeless and Housing Advice Service contact ☎ **(01226) 773 870** or freephone ☎ **0808 196 3530**. For urgent homelessness concerns out of office hours (after 5pm), weekends and bank holidays call the Emergency Duty Out of Hours Service: ☎ **01226 787 789**.

Centrepoint contact ☎ **0808 800 0661**. All calls are free to this number.

Shelter contact ☎ **0808 800 4444**. All calls are free to this number.

Support to help with the cost of living

Visit: More Money in Your Pocket - cost of living support (barnsley.gov.uk)



STAYING SAFE ONLINE

The internet has become a vital part of everyday life, offering many benefits to young people.

It provides opportunities for learning, entertainment, socialising, and gaming. All our lives, especially for young people, are heavily influenced by the digital world. While the internet brings many advantages, it also poses risks, especially for vulnerable young people.

Ensuring online safety for young people is more crucial than ever. As technology continues to advance and our digital presence expands, young people are exposed to an increasing range of online dangers and harmful content.

Online harm is any type of harm that happens on the internet, facilitated through technology including computers, mobile phones, tablets and other internet-enabled devices. It can happen anywhere online including voice chat in games, online chats, comments in live streaming, email, private messages, text messages or social networks. It can include, but not limited to, cybercrime, phishing, cyberbullying, online predators, disinformation, radicalisation and identity theft.

It also includes any online abuse such as sexual, emotional or financial.

There are lots of useful advice and resources available to parents and carers to help keep young people safe online including:

- > Internet Matters ☎ www.internetmatters.org
- > NSPCC ☎ www.nspcc.org.uk
- > Parent Zone ☎ www.parentzone.org.uk



MENTAL HEALTH AND WELLBEING SUPPORT SERVICES

ChilyPep is an early support hub for young people's mental health and emotional wellbeing in Barnsley. Visit ☎ chilypep.org.uk/wp-content/uploads/2024/02/HOME-Booklet.pdf

Compass Be Mental Health Support Team (MHST) provides free, confidential support, help and advice to pupils, students and schools for issues related to mental health and emotional wellbeing in Barnsley, including Children and Young People and Families Bereavement service. For details, visit the Compass website: ☎ www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team

Alternatively, call ☎ **01226 107 377** to request support from Branching Minds or ☎ **01226 644 829** to contact Barnsley CAMHS.

Kooth is an online counselling platform for young people with a host of resources about mental health including a live chat and forums. Visit ☎ www.kooth.com for further information.

CALM (for men) provides free, confidential, anonymous support for males struggling with any emotional or mental wellbeing needs. Contact ☎ **0800 585 858** (5pm to midnight) or visit ☎ www.thecalmzone.net for other means of contact.

Samaritans provide free, confidential support and a listening service whatever the circumstances. Contact ☎ **116 123** (24 hours). All calls are free to this number or email: ✉ jo@samaritans.org

Shout is a free, confidential and 24/7 text messaging service for anyone who is struggling to cope and needs support or to talk. Text ☎ Shout to **85258** (24 hours)

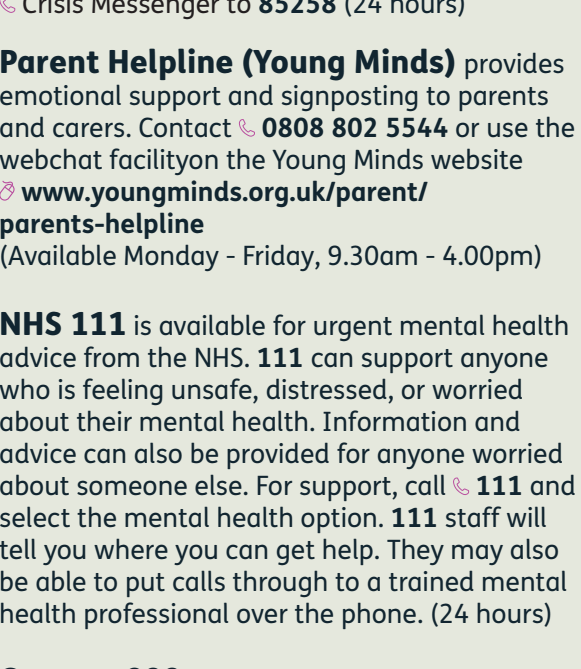
Papyrus UK is for young people struggling to cope with life and provides information about support and safety planning. Contact ☎ **0800 068 4141** (24 hours), text ☎ **88247** or ✉ pat@papyrus-uk.org

Young Minds provide help and support to understand how an individual is feeling, find ways to feel better or support someone who is struggling. To contact Young Minds, text ☎ Crisis Messenger to **85258** (24 hours)

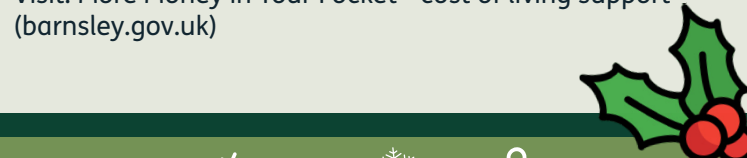
Parent Helpline (Young Minds) provides emotional support and signposting to parents and carers. Contact ☎ **0808 802 5544** or use the webchat facility on the Young Minds website ☎ www.youngminds.org.uk/parent-parents-youngline (Available Monday - Friday, 9.30am - 4.00pm)

NHS 111 is available for urgent mental health advice from the NHS. **111** can support anyone who is feeling unsafe, distressed, or worried about their mental health. Information and advice can also be provided for anyone worried about someone else. For support, call ☎ **111** and select the mental health option. **111** staff will tell you where you can get help. They may also be able to put calls through to a trained mental health professional over the phone. (24 hours)

Contact 999 for emergency mental health support where there is a potential risk to life.



LOOK AT WHAT WE HAVE BEEN GETTING UP TO!



HOMELESSNESS RUCKSACK PROJECT

The College donated 22 rucksacks full of donations for St Mary's Church who support the homeless in Barnsley. The estimated value of goods donated was £3,000. A mixture of both curriculum staff/students and support departments contributed.

ANTI-RACISM WORKSHOPS

Our students have recently featured on Greatest Hits Radio station as they spoke about the Anti-Racism workshops our students have been involved in. This was in response to the protests over the summer period and allowed students a safe space in which to discuss these.

BLACK HISTORY MONTH

There have been several successful activities throughout this month sharing resources and presentations for tutorial teams to deliver and partake in. We also organised a charity event in the Old Mill Lane campus which supported 'Show Racism The Red Card'. Barnsley Football Club was involved and the event was attended by some of their academy players.

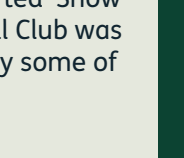
WELLBEING NETWORK

Our Health and Wellbeing Centre are offering two new services for you students: COMPASS Bereavement Support and Child and Adolescent Mental Health Service (CAMHS). This ensures that the barriers to therapeutic support are broken down for our students.

If your young person needs safeguarding from either of these services, please email ✉ safeguarding@barnsley.ac.uk

SLEIGH SAFE EVENT

Tuesday 10 December
10.00am - 1.00pm
Atrium, Old Mill Lane campus



This event aims to provide students with resources and knowledge of services to help keep them safe over the Christmas holidays

A range of support services will be attending the event, including Spectrum Sexual Health, Barnsley Talking Therapies, PAPYRUS UK, Healthwatch Barnsley, COMPASS Safeguarding.

All attendees will receive a free goody bag with items that will help keep them safe over the festive season, including spikeys and sanitiser. There'll also be music performances, a grotto, access to free hygiene products and food from our pantry.

There's also 20 Christmas dinners up for grabs from Zest café, so please encourage your young person to attend.

WORLD MENTAL HEALTH DAY

The team ran a #HELLOYELLOW event for World Mental Health Day where students were encouraged to wear yellow and raise awareness of the struggles that young people face in accessing mental health support.

