



**COTTENHAM
VILLAGE COLLEGE**

Astrea Academy Trust
LEARN, THRIVE, SUCCEED

COTTENHAM VILLAGE COLLEGE

STUDENT SUPPORT

BOOKLET



YOUR
**SAFEGUARDING
TEAM**

Cottenham Email contact details:

Safeguarding contact email:
safeguarding@astreacottenham.org

Bullying contact email:
cvctellus@astreacottenham.org



MR DWANE

Designated
Safeguarding Lead



MRS MCKEAND

Interim Principal and
PREVENT Lead



MR CRISFORD

Senior Vice
Principal



MRS STEVENS

Reset Base
Manager



MRS MILLER

Assistant Head
of Year



MISS PRATT

Alternative Provision
Manager

Students/Parents/Carers/ Community if you have a safeguarding concern, please contact our Safeguarding Team.

Safeguarding information will only be shared with those who need it to ensure the safety and privacy of the children concerned.

Come and talk to us to discuss any worries you may have.

Contacts

Child Exploitation Online Protection (CEOP) is a police service where you can report online abuse.

Visit www.ceop.police.uk/safety-centre/

To report a significant safeguarding concern directly to Cambridgeshire Social Care visit their website at:

www.safeguardingcambspeterborough.org.uk/children-board/

Or call 0345 045 5203.

HANAN MCKEAND

PREVENT LEAD

Prevent is the Government's counterterrorism strategy to stop people becoming terrorists or supporting terrorism, in all forms. Prevent works at the pre-criminal stage by using early intervention to support and protect vulnerable people. If criminal activity is suspected an immediate referral is required.

Please contact our Prevent Lead – Hanan McKeand

SUPPORTING YOUR MENTAL HEALTH

IN CRISIS

Immediately life threatening call **999**

IN BREAKDOWN

In mental health breakdown—contact NHS **111** opt 2

IN NEED

See your GP/talk to school/self-refer to Centre 33

TO TALK

Call Childline to talk about anything anytime - 0800 1111 - 24hrs/7 days a week

HELPLINES AND TALKING

childline

ONLINE, ON THE PHONE, ANYTIME

Childline

Childline is yours – a free, private and confidential service where you can talk about anything. Here for you online, on the phone, anytime



Contact Information

Telephone: 0800 1111 - 24hrs/7 days a week

SAMARITANS

Samaritans

If you need someone to talk to, we listen. We won't judge or tell you what to do.



Contact Information

Telephone: 116 123 - Available 24/7

Hear

85258

Give us a SHOUT

Free and confidential 24/7 text messaging support service for anyone who is struggling to cope.



Contact Information

Text "HEAR" to 85258

NSPCC

NSPCC

You don't have to say who you are. Child abuse is when a child is harmed by an adult or another child – it can be over a period of time but can also be a one-off action.



Contact Information

0808 800 5000 or emailing help@NSPCC.org.uk -
10am–4pm Monday to Friday

**YOU
ARE
NOT
ALONE**

SEE US IN THE PASTORAL OFFICE

MENTAL HEALTH SUPPORT



Centre 33

They operate a range of services from free counselling and support to information on sexual health, housing, budgeting and also a young carers' project.



Contact Information

Telephone: 0333 414 1809

Text/WhatsApp: 07514783745

Monday to Friday 12noon-5pm. Saturdays 10am-1pm



The Mix

Whether you're worried about your mental health, or someone else's, we have everything you need to know about mental health, from anxiety and depression to self-care and counselling.



Contact Information

Free helpline: 0808 808 4994



YOUUnited

Supports children and young people with their emotional wellbeing and mental health.



Contact Information

Telephone: 0300 3000 830

9am-5pm Monday to Friday



The Bridge Church

The Bridge Money Advice Centre is a free-of-charge, friendly, caring and professional debt advice service, based in St Ives



Website:

<https://www.thebridgechurch.co.uk/debt-advice/>



People
Potential
Possibilities

Parenting Courses

national charity supporting people to be valued, connected members of the communities in which they live.



Visit the website



Mind

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness



Contact Information

Telephone: 0300 123 3393



Nessie

Supporting the positive mental health of children and young people. We offer 1-1 and group arts therapies for children and young people



Website

<https://nessieined.com/>



IAPT

The Psychological Wellbeing Service (IAPT) offers treatments across Cambridgeshire and Peterborough.



Contact Information

Telephone: 0300 300 0055
9am-4pm Monday to Friday

YOUNGMINDS

Young Minds

UK leading charity fighting for children and young people's mental health. However you're feeling right now, things can get better. And we're here to help.



Contact Information

Tel: 020 7089 5050



Self Harm - Alumina

This website introduces Alumina, our online support groups for 10-17 year olds struggling with self-harm.



Website

www.selfharm.co.uk



Papyrus

Dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing



Contact Information

24/7 Telephone: 0800 068 4141
24/7 Text: 07860 039 967

FOOD AND DRUG RELATED SUPPORT



Beat Eating Disorders

Provides support for those with eating difficulties.



Contact Information

Telephone: 0808 8010677



Casus

Local advice on spotting signs of drug use in young people and the support available.



Website

www.healthyschoolscp.org.uk/



Talk to Frank

Practical advice for parents and carers on how to talk to your child about drugs.



Contact Information

Telephone: 0300 123 6600 or Text: 82111

Text a question and FRANK will text you back.



Talk Ed

Support and information for anyone at risk of, or affected by eating disorders in the UK.



Contact Information

www.talk-ed.org.uk



PEDS - Eating Disorders

If you're concerned about a friend or family member you feel might have an eating disorder. Contact via phone or fill out our confidential referral form.



Contact Information

Telephone: 01733 391 537



CAMHS

NHS service that access and treat young people with emotional, behavioural or mental health difficulties.



Contact Information

Telephone: 01480 445281

9am – 5pm Monday to Friday

Call 111 for help on symptoms
111 Option 2 - in immediate crisis – 24hr/7 days a week



Give your child the support they deserve

When children and young people struggle with their mental health and emotional wellbeing, it can affect every part of their lives – from school and friendships to confidence at home. Getting timely, professional support can make all the difference.

That's why CHUMS, with over 28 years of trusted experience in children's mental health, is now offering CHUMS Direct services for families who want immediate access to high-quality therapeutic support.

Bespoke online offer

- Our Direct service gives you flexibility, choice, and peace of mind, with support available online.
- Families can book an assessment, and individual sessions, or choose our specialist groups and workshops.

Our online services include:



Individual assessments and 1:1 therapy for children, young people, and families.



Evidence-based group programmes with measurable outcomes.



Practical workshops offering long-term tools to build resilience and manage common emotional challenges.

Why choose CHUMS Direct Emotional Wellbeing Services?

Trusted expertise

28 years delivering mental health support across the UK.

Qualified Accredited Practitioners

highly trained and experienced staff.

Flexible access

online sessions to suit your family's needs.

Proven outcomes

evidence-based interventions with lasting impact.

Confidential & supportive

a safe space for children and families.

How it works

1 Book your place

Visit our website to view CHUMS Direct live offers, these are updated regularly.

2 Get matched

Book onto a workshop or book your assessment for individual support or group work.

3 Start support

Agree intervention plan and start your support.

Invest in your child's wellbeing today

Every child deserves the chance to feel heard, supported, and resilient. With CHUMS Direct service, you can be confident you are accessing expert care when it's most needed.



📞 01525 863924

✉️ info@chums.uk.com

🌐 www.chums-direct.uk

This is a paid for service and is not part of the CHUMS core offer. Please see the CHUMS main website (www.chums.uk.com) or your LOCAL AUTHORITIES "local offer" for other local services. CHUMS Direct does not provide emergency support.

BEREAVEMENT AND COUNSELLING



Kooth

The Kooth team are here to provide free, safe and anonymous online support and counselling. (Up to 18)



Website

<https://explore.kooth.com>



Cruse

We help people through one of the most painful times in life – with bereavement support, information and campaigning.



Contact Information

Telephone: 0808 808 1677



Sands

UK's leading pregnancy and baby loss charity in the UK. We are determined to save every life we can, and we will make sure the right care and support is there for every bereaved family, whenever and wherever they need it.



Contact Information

Telephone: 080 164 3332



Giving hope to grieving children

Winston's Wish (WW)

Supporting bereaved children, young people and their families.



Website

www.winstonswish.org



CogWheel Counselling

A Cambridge-based charity that provides affordable professional counselling to the community.



Contact Information

Telephone: 01223 464385
10am-4pm weekdays



Stars (Ormiston Families)

Children's bereavement support service for young people and support for their families.



Contact Information

Telephone: 01223 292276

ABUSE AND VIOLENCE SUPPORT

Respect

Respect - Men's Advice Line

Support helpline for male victims of domestic abuse.



Contact Information

Telephone:
0808 8010327

women's aid

until women & children are safe

Women's Aid

National charity supporting women and children with domestic abuse.



Email

helpline@womensaid.org.uk



National Centre for Domestic Violence

Offering emergency court injunction service to survivors of domestic abuse.



Contact Information

Telephone: 0800 970 2070
Text: NCDV to 60777



moving on from childhood sexual abuse

CHOICES

Confidential trauma-informed counselling service for women and men who have experienced sexual abuse in childhood.



Contact Information

Telephone: 01223 358149 Mon-Wed 9.30am-5.30pm.
Thurs 9.30am – 3.30pm



protecting children, supporting families

Ivison Trust

Advice and information about Child Sexual Exploitation – spotting the signs, how 'grooming' works and what to do if you are worried.



Website

www.ivisontrust.org.uk



The Elms

Sexual assault referral centre offering free, confidential and compassionate support to people of all ages that have experienced sexual assault including rape in their lifetime.



Contact Information

Tel: 0330 223 0099 - 24 hours a day



Muslim Women's Helpline

The helpline is a national specialist faith and culturally sensitive service that is confidential and non-judgmental, which offers information, support, guidance and referrals.



Contact Information

Telephone: 0800 999 5786

FAMILY SUPPORT

Relate

Relate
Help and information about family life. Free web chat advice.



Website
<https://www.relate.org.uk>



H.A.Y.
Cambridgeshire &
Peterborough

H.A.Y - How are you Cambridge and Peterborough ?

A family of websites unites local resources for enhancing wellbeing. Join the Moody Monday community group to share and discuss family experiences openly.



Website:
<https://haycambspboro.co.uk>
Moody Monday Community Group

pinpoint
for parents by parents

Pinpoint
Helping Cambridgeshire's parents and carers who have children with additional / special educational needs, and / or disabilities.



Website:
<https://www.pinpoint-cambs.org.uk>



Cambridgeshire
County Council

Parenting Courses
Parents/carers can access parenting courses direct with CCC – without an EHA



Visit the website



Family Action
Volunteer befrienders supporting mothers with social, emotional and practical help.



Contact Information
Telephone: 0808 802 6666 (18+)

SEND SUPPORT



National Autistic Society

We're here to help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning or training companies



Website

<https://www.autism.org.uk>



British Dyslexia Association

Helpline is a national service for people with dyslexia and dyscalculia and those who support them. It offers free and confidential information, support and signposting.



Contact Information

Call 0333 405 4567 - Tues 10am to 1pm, Weds 1pm to 3pm, Thurs 1pm to 5pm

Website - <https://www.bdadyslexia.org.uk/services/helpline>



SENDIASS

Impartial advice and information about Special Educational Needs. Help for parents, children and young people to navigate through the Special Educational Needs process



Contact Information

0300 365 1020 or email SENDIASS@cambridgeshire.gov.uk. Or fill out their online referral form - [online referral form](#).

LGBTQ+ SUPPORT



The Kite Trust

Supports the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire.



Contact Information

Telephone: 01223 369508



Stonewall

Stonewall

We stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere.



Website

<https://www.stonewall.org.uk>

ONLINE SAFETY



UK Safer Internet Centre

Tips, advice, guides and other resources to help keep children safe online, including parenting controls offered by home internet providers and safety tools on social networks and other online services.



[Visit the website](#)



Internet Matters

Provides age-specific online safety checklists, guides on how to set controls on a range of devices, and a host of practical tips to help children get the most out of their digital world.



[Visit the website](#)



Childnet

The toolkit helps parents and carers of children of all ages initiate discussions about online life, establish boundaries for online behavior and technology use, and find additional help and support.



[Visit the website](#)



CEOP

Are you worried about online sexual abuse or the way someone has been communicating with you online?



[Visit the website](#)

ANXIETY AND PANIC ATTACKS

Anxiety is an unpleasant feeling that everyone experiences sometimes. You might describe it as feeling very nervous or “wound up”. General anxiety symptoms can last for extended periods of time – it could go on for a couple of weeks or longer. It’s more than just being nervous.

There are several signs of a panic attack. You may notice that you experience several of these or that you only experience some. These signs happen quickly and can be very frightening or alarming but they won’t cause you physical harm.

Most panic attacks last between 5 and 30 minutes.



Rapid Heartbeat



Trembling



Dizziness



Sweating



Breathlessness



Hypertension

SIGNS AND SYMPTOMS

Feelings you might have:

- On edge
- Nervous
- Panic
- Stressed
- Scared
- Overwhelmed
- Irritable/lack of patience
- Uptight

Anxiety Symptoms

- Do you spend large periods of the day worrying?
- Do you feel nervous, apprehensive or on edge?
- Do you often experience unpleasant physical sensations like “butterflies” in your stomach, tense muscles, dizziness or breathlessness?
- Do you find it hard to relax and “switch off”?

How your body might feel:-

- Breathing faster or feeling breathless
- Stomach churning
- Chest tight or painful
- Heart racing/heart palpitations – meaning heartbeats that become noticeable
- Sweating
- Tense/sore muscles
- Dizzy/faint
- Trembling or tingling sensations
- Difficulty concentrating

COPING SKILLS

Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

Challenging Irrational Thoughts

Anxiety can be magnified by irrational thoughts. For example, the thoughts that "something bad will happen" or "I will make a mistake" might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

Put thoughts on trial:

Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (verifiable facts only), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

Use Socratic questioning:

Question the thoughts that contribute to your anxiety. Ask yourself:

- "Is my thought based on facts or feelings?"
- "How would my best friend see this situation?"
- "How likely is it that my fear will come true?"
- "What's most likely to happen?"
- "If my fear comes true, will it still matter in a week? A month? A year?"

5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see?
Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel?
Notice the sensations of clothing, sunlight, and your chair. Examine an object's weight, texture, and physical qualities.



What are 3 things you can hear?
Notice the sounds your mind often ignores, like a ticking clock, distant traffic, or trees rustling in the wind.



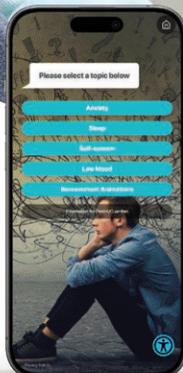
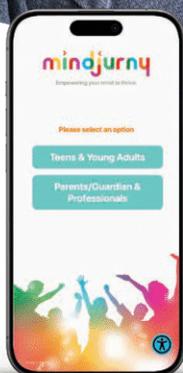
What are 2 things you can smell?
Notice the scents around you, such as air fresheners or fresh grass, and seek out fragrant items like flowers or unlit candles.



What is 1 thing you can taste?
Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavours.

mindjurny

Empowering Young Minds for a Brighter Future!



Created by



Mindjurny is an evidence-based, safe and easy to use smartphone emotional wellbeing support tool. Features include, **essential resources** and pre-recorded **video workshops** tailored for young people and parents or carers, providing valuable **guidance and support**.



mindjurny.com





Empowering Young Minds for a Brighter Future!

KEY FEATURES

- **Flexible Access:** Available 24/7, whenever needed
- **Pace:** There is no rush with Mindjurny, you take one step at a time using tools whenever they are needed
- **Expert Insights:** Combining educational insights with clinical expertise. Mindjurny equips children, parents, young people and school staff with strategies and tools to promote positive mental health and emotional wellbeing
- **Resources:** Provides guidance, including signposting, literature, apps, and websites for extra support and what to do next
- **Cost Effective:** Simple subscription plans for schools

GET IN TOUCH

If you would like to find out more about how Mindjurny can support your school in addressing the mental health and emotional wellbeing needs of your pupils, please visit our website or contact us using the details below.

Phone: 01525 863944 **Email:** mindjurny@chums.uk.com

Mindjurny Main Office: Wrest Park Enterprise Centre
Wrest Park, Silsoe, Bedfordshire, MK45 4HS.



[mindjurny.com](https://www.mindjurny.com)



PHONE APPS



DistrACT App

The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.



Calm Halm

Free app that helps you resist the urge to self-harm by choosing activities from categories such as comfort, distract, express, release.



Headspace

Meditation app designed to be a personal guide for health and happiness, aiming to provide lifelong mental health support to everyone.



Mindshift

A free app designed to help teens and young adults cope with anxiety.



Teens

Feeling Good Teens

Short audio tracks to alleviate worry, enhance sleep, and build self-esteem, resilience, and motivation.



Stop, Breathe, Think

Check in with how you are feeling and try short activities tuned to your emotions.



moodgym

MoodGym

Online cognitive behavioural therapy programme for depression and anxiety.



LEAN ON PEOPLE AROUND YOU

SEE US IN THE PASTORAL OFFICE



You are not alone!

Cottenham Email contact details:

Safeguarding contact email:
safeguarding@astreacottenham.org

Bullying contact email:
cvctellus@astreacottenham.org