

Rotherham
College

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North Notts
College

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Dearne Valley
College

Student Support Guide

Welcome

We hope this Electronic guide, pulled together by the Student Support Team, provides you insight into all the services in place and accessible to all students, to ensure you stay safe and feel supported whilst studying at college.

Our Colleges are dedicated to making sure our students receive the very best support possible to help them achieve their goals and prepare them for the world of employment or further study.

If you have any further questions or concerns please feel free to contact us directly via email:
safeguarding@rmngroup.ac.uk

.....
Rotherham College
info@rotherham.ac.uk

.....
North Notts College
contact@nnc.ac.uk

.....
Dearne Valley College
learn@dearne-coll.ac.uk

.....
Or for more information on our Colleges, please visit our websites:

.....
Rotherham College
www.rotherham.ac.uk

.....
North Notts College
www.nnc.ac.uk

.....
Dearne Valley College
www.dearne-coll.ac.uk

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Health and Wellbeing

Urgent Support

Samaritans

They are available 24-hours a day. You can talk to them about anything that's troubling you, no matter how difficult.

Call 116 123 for free.

Shout

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

Text "SHOUT" to 85258.

Local Urgent NHS Mental Health Helpline (Local Crisis Teams)

NHS urgent mental health helplines are for people of all ages.

Every Mind Matters

This page that has links to organisations that can help you if you are in urgent crisis Urgent support.

Harmless

Harmless a national organisation that helps to support individuals at risk of self-harm or suicide.

0115 880 0280 or email support@harmless.org.uk

Papyrus Hopeline247

Papyrus Hopeline247 supports young people (Under 35's). If you are a young person at risk of suicide or are worried about a young person at risk of suicide:

.....
UK Helpline
0800 068 41 41 or Text: 07860 039967
.....

Email
pat@papyrus-uk.org (9am - 10pm weekdays, 2pm - 10pm weekends).

Contact our Safeguarding Team

.....
Confidential Email Address
safeguarding@rnngroup.ac.uk
.....

Telephone
01709 722722
.....

Confidential Google Form
bit.ly/3uCLUwn

Safety Planning

Creating a Safety Plan

Safety planning can help to keep you safe if experiencing suicidal urges and feelings.

Samaritans

Samaritans have a useful tool to help you create a safety plan.

StayAlive app

Free suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

What is Safeguarding and Mental Health?

Safeguarding

At the RNN Group, we are committed to safeguarding students. Your Health, safety and wellbeing are our priority.

The term safeguarding denotes measures to protect the health, well-being and human rights of individuals, which allow people- especially children, young people and vulnerable adults to live free from abuse, harm and neglect.

- Prevention of bullying and harassment
- Ensuring Safety and care
- Protection from abuse and neglect
- Promotion of health and development
- Ensuring the best life chances

Mental Health

Mental health is a term that we use to describe our state of emotional wellbeing.

The more we take care of our mental health, the more we can cope with the activities and stress we come across in our daily lives.

Mental health is a complex thing. It's not our fault that it sometimes turns into a problem, and we can't always control this. However, there are lots of things we can do to reduce the negative ways this makes us feel and improve our wellbeing.

This could be reaching out for support from your GP or mental health and wellbeing support services outlined in this guide, or making some small lifestyle or habitual changes or exploring personal development or enrichment to add new hobbies or interests.

Wellbeing Workbook

We have pulled together a wellbeing workbook which includes more information around mental health conditions and useful activities to help manage these.

For more information and contacts please visit the Mental Health Support page on the Student Portal.

Mental Health Support

External Support

Togetherall

Students can access digital wellbeing support and an online peer support community. Register with your college email at by [clicking here](#).

Kooth

Free online mental wellbeing community and support for young people (11-25 year olds), [click here](#) to visit Kooth to join.

Qwell

Free digital mental wellbeing Support for adults in Rotherham.

Talkzone (Notts)

Offering free mental health support and counselling to children and young people, aged 11-25 across Bassetlaw. Call 01909530943, text 07368323945, email info@talkzone.org.uk

Mind

National mental health infoline 0300 123 3393. Localised support for Counselling, peer support, creative therapies and information.

Nottinghamshire Mind: 0800 470 0203 or email: admin@nottinghamshiremind.org.uk

Rotherham and Barnsley Mind: 01226 211188 or email contactus@rbmind.co.uk

Talking Therapies

Information about local NHS therapy services for certain mental health problems. You can self-refer but you must be registered with a GP and aged 18 or older.

Every Mind Matters

Support, tips and resources to help lift your mood or ease anxiety.

Campaign Against Living Miserably (CALM)

Call 0800 58 58 58 or [click here](#) for webchat (5pm till midnight)

Young Minds

provides support for children and young people's mental health, as well as help for parents and carers. 0808 8025544 (9.30 am-4 pm weekdays only)

Internal Support

If you need support for any issues (personal or college related) and if you are unsure of where to go for support, you can contact safeguarding and they will be able to offer support or signpost you to members of staff or information.

Confidential Email Address: safeguarding@rnn.ac.uk, call 01709 722722, Google Form - bit.ly/3uCLUwn

Across the college group there are Wellbeing Mentors, Welfare (attendance and pastoral) Officers and Counsellors who can offer support to learners with mental health issues.

Mentors/Welfare Officers can be accessed by dropping in to the student support area/mentor room on campus or by appointment. Whereas, Counsellors are by appointment only and referral can only be made through contacting Wellbeing mentors, Welfare Officers and/or Safeguarding who will assess for Counselling needs.

General Support for Young People

The Mix

The Mix – offers a wide range of support for anyone under 25. You can self-refer to their counselling service by [clicking here](#).

.....
Helpline
0808 808 4994

.....
Online Chat
Click Here (4pm-11pm Monday to Friday).

Childline

Large range of information and support for children and young people aged 18 or below. For Help for bullying/Body image/Relationships/Families/School, College, work issues.

Telephone: 0800 1111

Bereavement Support

CRUSE

Counselling for bereavement for children and adults via the telephone. Young people can visit the website '[Hope Again](#)'.

Email: helpline@cruse.org.uk
Telephone: 0808 1677

Listening Ear Bereavement Helpline Service

Offers 1 to 1 telephone support as well as practical support dealing with healthcare agencies and funeral companies for the South Yorkshire/Bassetlaw area.

Telephone: 0800 048 5224
Text: 0151 488 6648
Email: helpline@listening-ear.co.uk

Winston's Wish

Winston's Wish is a charity supporting children and young people who experience bereavement.

Eating Disorders Support

Beat Eating Disorders

National eating disorder helpline. (1pm – 9pm during the week, and 5pm–9pm on weekends and bank holidays.)

Telephone: 0808 801 0677
Email: help@beateatingdisorders.org.uk
Webchat: [Click here](#)

FREED Beeches (Notts)

Eating disorder support for adults and adolescents aged 14+

Telephone: 01909 479922
Email: Info@freedbeeches.org.uk

South Yorkshire Eating disorders (SYEDA)

Support services for people with eating disorders and their carers.

Telephone: 0114 272 8822

Physical Health

Physical Health

ChatHealth

ChatHealth is a confidential texting service offering 11-19 year olds confidential advice from our Healthy Family Teams.

Text: 07507 329952

Better Health

Change4life

Change4Life provides help for families to eat well, move more and live longer.

RotherHive

Practical information, support and advice around a range of wellbeing topics.

ABL Health

ABL (A Better Life) offering the Your Health Your Way service supports weight loss for children and families and smoking cessation for Nottinghamshire residents.

Rotherham Healthwave

FREE service that helps the people of Rotherham to stop smoking, get more active, lose weight, and improve their overall health.

Telephone: 01709 718720

Physical activity, Exercise and Sport

Gyms

Students can access free or low-cost gyms and facilities (North Notts College and Dearne Valley College)

Enrichment

Students can access a range of enrichment activities and clubs whilst at college, such as table tennis, football etc.

RNN Sport Academy

We are currently developing a sport academy, where students can receive high-performance coaching and training for selected sports. We have established a golf academy which students can apply for by [clicking here](#) and completing this form.

Join the Movement

Join the movement is a directory of ways to get active.

Couch to 5k

Parkrun

This Girl Can

Local directories of services, clubs and activities

Rotherham Gismo

Notts Help Yourself

Smoking, Drugs and Alcohol Support

NHS Stop Smoking Services

Substance Misuse Support

Change grow live offers advice and support covering alcohol, drugs, health and wellbeing, mental health support and stopping smoking.

Nottinghamshire: 0115 896 0798, notts@cgl.org.uk

South Yorkshire: 01709 917651 or email divert@cgl.org.uk or WhatsApp: 07407 107 890

Rotherham: 0808 1753981 or [click here](#) for online referral.

Frank

Frank offers honest information about drugs.

Telephone: 03001 236600 (24 hours a day)
Text: 82111

Drugfam

Support for families, friends and partners who have been affected by drugs and alcohol.

Telephone: 0300 888 3853 (9am - 9pm daily)

Gambling Support

Gamcare

0808 8020 1330 (24/7 helpline)

Gamblers Anonymous

0330 0940322
info@gamblersanonymous.org.uk

Sexual Health and Relationships

Period Products

Period products are available in the women's toilets across the colleges. Ask the site Wellbeing Mentor for further details or if you require your own supply. Alternatively email safeguarding@rnngroup.ac.uk

Condoms

Free condoms are available from the Wellbeing Mentors and Welfare Officers across the colleges. For North Notts College a CCard service sign up is needed.

Sexual Health Services

For contraception, emergency contraception, pregnancy testing, STI checks, HIV care, general sexual health advice and support, psychosexual support and family planning support.

Find your local support here:

NHS Services

TriHealth Bassetlaw

Sexual health clinic and testing for Retford and Bassetlaw. Call 01909 571571 or book online by clicking here.

Yorkshire MESMAC

Sexual health clinic and testing for Rotherham. Call 01709 242202 or book online by clicking here.

Shore

Shore is a platform for teenagers around sexual behavior. They have a large topic library and advice pages, as well as an anonymous email service.

Email: email.shorespace.org.uk

Brook

Provides wellbeing and sexual health information and support for young people.

Love Respect

Love Respect offers advice around spotting unhealthy relationship behaviours and what to do about it.

Abuse Support

Rape Crisis

Sexual assault/Rape support. 08085 002222, live chat: [247sexualabusesupport.org.uk](https://www.247sexualabusesupport.org.uk)

The Havens

Rape/sexual assault specialist support. 02032 996900,

Refuge

Refuge for women and children against domestic abuse. 0808 2000 247,

Womens Aid

For women and children against domestic abuse.

Mankind

For male victims of domestic abuse. 01823 334244

VS Victim Support

For support after a crime. 08081 689111

Diversity and Inclusion

National Bullying Helpline

Offers information and advice for anyone dealing with bullying.

Helpline: 0300 323 0169 Telephone: 0845 225 5787 (9am to 5pm Monday to Friday)

Strut Safe

Is a free phonenumber you can call when walking home alone, where volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.

Telephone: 0333 335 0026 (Friday-Sunday, 7pm - 3am)

LGBTQ+ Foundation

Advice, support and information for the LGBTQ+ Community

Telephone: 0345 3 30 30 30

Being gay is OK

Provides advice and information for LGBTQ+ people under 25.

Mermaids

Mermaids provides family and individual support for gender diverse and transgender children and young people.

Telephone: 0808 801 0400 (Helpline open Monday to Friday, 9am to 9pm)

Galop

LGBT+ Young people support against violence and abuse.

Telephone: 0800 999 5428

TellMAMA

Support for victims of anti-Muslim hate. Telephone: 0800 456 1226

Hate Crime

Find out more about different types of hate crime and report it.

Email: enquiries@report-it.org.uk

Victim Support

Support for anyone affected by crime, including offence and court information.

Telephone: 0808 1689 111

LGBTQIA+ Society

At all colleges we have a student society that meet weekly to bring together LGBTQIA+ students. To find out when they meet, check out your student enrichment activity board or speak to your local Personal Development Coordinator (Purple uniform).

Reflection Rooms

The Reflection Room is a place for spiritual refreshment and to assist the prayers of members of major religious traditions and situated in locations close to washing facilities.

It is also a place for reflection and meditation for those of all or no faith. The Reflection Room can be booked in advance or accessed on a drop-in basis if available by collecting the key from reception desks at each campus.

Learning Support

What is Additional Learning support (ALS)?

Action that is taken to provide support for learning that is over and above that which is usually provided.

ALS is provided to help learners access their education and make progress. The need for ALS arises from a Special Educational Need or Disability (SEND).

Examples Include:

- Specific Learning Difficulties such as Dyslexia and Dyscalculia
- ADHD/ADD
- Autism Spectrum Conditions
- Physical Disabilities and Medical Conditions
- Visual or Hearing Impairments
- Mental Health Condition

SEND Assessments

Will consider the needs of learner in class and around college. We will look at any diagnoses and support that the learner has had previously and make recommendations to support them to make progress. SEND assessments benefit from input from parents/carers, tutors, previous school and other agencies who support the learner.

Support Recommendations

Are informed by a graduated response (differing levels of support) and may include:

- Reasonable adjustments by curriculum staff
- Time out cards
- Coloured Overlays
- Assistive Technology such as Read and Write Software
- Exam access arrangements
- In/out of class provided by a Learning Support Assistant

Exam Access Arrangements

Access arrangements are exam adjustments made for individual candidates, based on evidence of need and usual way of working. They exist to ensure all candidates have the same opportunity to be successful in their exams, and include reasonable adjustments for those candidates with a disability or learning difficulty.

Examples of Access Arrangements:

- Extra time
- Prompt
- Scribe
- Reader or computer reader
- Use of assistive technology
- Supervised rest breaks
- Modified Large print or braille exam papers
- Separate room

To get an access arrangement:

Your tutors will need to submit an application to the ALS team evidencing your need and your usual way of working. If you feel you need access arrangements, speak to your tutor well in advance of any up and coming exams.

An assessment of needs by a SEND Assessor will need to be completed and you may be asked to provide medical or diagnostic evidence. You will still need to go through this process if you had exam access arrangements at school.

To make a referral for an assessment email:

Rotherham Campus: als@rotherham.ac.uk
North Notts Campus: als@nnc.ac.uk
Dearne Valley Campus: als@dearne-coll.ac.uk

Learning Support Assistants

Follow support plans to facilitate learners accessing their course. Provide support with repeating/breaking down instructions and tasks, checking understanding, supporting with reading and writing, and supporting learners to maintain focus on their learning. LSAs may also provide out of class support to learners in order to build their confidence and independence. LSAs will support learners working towards EHCP outcomes.

Other support that can be provided to support learning:

- Support from the Health and Wellbeing Team
- English and Maths catch-up coach sessions
- Course Rep
- Library Services (Study Skills)
- Careers Advice

Library Services

The Library services offer a wide range of resources and support to enrich your college experience, skills and knowledge.

Some resources and support include:

- Academic resources; books, textbooks, journals, manuals etc...
- E-resources; E-books, E-journals, E-magazines, podcasts
- Computers, Laptop loans and print services
- Quiet and group study spaces
- Study skills support (research, assignment planning, academic writing, revision and referencing)

More resources and support can be found on the library website by [clicking here](#).

Financial Support

Free Breakfast

All students can get free tea and toast every morning at college (8am-10am)

Student Bursary Support

You can apply for bursary support, which offers a contribution towards the costs of you studying at college. Support includes meals, equipment, travel, childcare and hardship support. Call 01709 722877 or email bursary@rnngroup.ac.uk [Applications can be found here](#).

Student Bus Service

[North Notts Bus Service](#)

[Rotherahm Bus Service](#)

Speak to your Wellbeing Mentor for further support, such as Bus passes, Meal vouchers and Food bank referrals.

Turn2us

Information for young people and adults on benefits, grants and other financial support you can access.

Totum

Student discount once enrolled at college, all learners are able to purchase a TOTUM card online, which offers discounts when shopping, eating out, cinema and more. Applications are made online only with a suitable photograph.

Housing Support

If you are having housing or rent issues you should contact your local housing authority for support. This may include a referral to a local Foyer for accommodation.

Shelter

Shelter provides housing advice and has a helpline for emergencies.
Telephone: 0808 800 4444,

Depaul

Emergency supported accommodation for young people.

Roundabout

Supports young people who are either homeless or at risk of homelessness, providing advice and advocacy on housing options. Helpline): 0800 1935222 / 0114 2536789

The Lighthouse Project

Provides adults support and housing for the homeless (none-emergencies).
Email: info@lighthousehomes.co.uk

British Red Cross

Refugee/asylum seekers housing support.
Telephone: 0114 2427385

Personal Development

Personal Development

Personal Development is a key part of your course at College. It gives you the opportunity to develop as an individual, enhance your professional skills, and gain insight. It will also support you alongside your chosen curriculum study programme.

We deliver a range of personal development opportunities, within curriculum or through the personal development team as we want our learners to leave College with a range of skills, qualities, knowledge and behaviours they will need to flourish in society.

These opportunities could include guest speakers or workshops which will highlight and develop knowledge on topics such as financial knowledge, mental health and staying safe. It can also include visits along with clubs and activities. We offer a range of activities and clubs across sites including different sports activities, gaming clubs such as Dungeons and Dragons and Student Union.

We have created a personal development calendar with Monthly themes and weekly focuses which frame the personal development agenda throughout the year.

For more information speak to the Personal Development Coordinators (Purple uniform) or email Studentactivities@rnngroup.ac.uk

Enrichment

Enrichment is a part of personal development which includes regular activities, clubs, sports and societies. Enrichment activities provide you with the opportunity to try new things, develop new skills and meet a variety of new people from your campus.

Enrichment activities can change from term to term and are individual to each college so keep an eye on the enrichment board in College to see what is available.

You can also visit the Student portal for more information about Personal Development events and your local enrichment timetable.

studentportal.rnngroup.ac.uk/student-support/enrichment

STUDENT VOICE

Student Voice

The voice of our learners is important to us. We use a variety of methods to collect student views throughout the year and feedback is regularly shared with managers and the Student Union, who take any action required.

Drop us a line or call to discuss something that is going well or needs addressing:

Rotherham College

info@rotherham.ac.uk
01709 362111

North Notts College

contact@nnc.ac.uk
01909 504500

Dearne Valley College

learn@dearne-coll.ac.uk
01709 513355

If you are concerned about something please raise this with the appropriate tutor. If this does not resolve your concern, then we have a complaints procedure that you can follow. Forms are available at Student Services on all campuses or via college websites.

Student Union

Student Union gives students a voice, so that all learners have an equal say in decisions that affect their college life, represent their interests and views and promote and protect their welfare.

Each college has a Student Union committee. To find out who your local student committee members are, visit the Student Union page on the portal. We have a number of positions that we recruit to including Activities and Welfare Officer, Women's Officer and Minorities Officer. The Student Union will meet regularly to get involved in different activities across College and help ensure that all students voices are heard.

studentportal.rnngroup.ac.uk/student-support/student-union

Governors

In addition to the Student Union Committee, there are 2 elected student governors that represent the student body at the council of governors for RNN Group. They will meet with the Governors each half term to feedback student voice and ensure this is heard at the highest levels.

Course Representatives

Course Representatives play a key role in making sure the student voice is listened to and acted on. They're an important link between students, the Students' Union and Tutors, and can make a positive change to your course and learning. Course Representatives are elected by each course and meet with Curriculum Managers regularly to feedback any thoughts.

Careers Service and Work Placements

Careers Service

The careers service offers impartial and individual careers information, advice and guidance about your short and long term career plans.

The team offers 1to1 appointments (in person and virtual depending on your preference) to discuss potential options and pathways to support your career goals.

Contact or visit your local careers lounge or come along to any of the drop-in activities, events or workshops throughout the year.

NNC - careerslounge@nnc.ac.uk

DVC - careerslounge@dearne-coll.ac.uk

RC - careerslounge@rotherham.ac.uk

Work Placements

Work Placements

Getting practical work experience can help to develop your skills and knowledge of the subject you are studying and it introduces you to the world of work, providing you with the real-life experience of what it is like to work in your chosen industry or career.

Gaining work experience will support your progression opportunities whether this be employment or further studies.

For more information contact your work placement coordinators on workexperience@rnngroup.ac.uk

International Placement Schemes (Turing/ Erasmus)

The college has schemes in place to provide opportunities to work abroad for level 3 students studying Computing, Business, Public Services Childcare or Health and Social Care. Some countries eligible for travel to include Italy, Cyprus, Belgium, and France.

Disclosure and Barring Service (DBS) Certification

Some courses will require you to have a DBS certificate so that you can participate in work placements. This may include Health and Social Care courses and Childcare courses.

For all students wishing to go on a placement, if a DBS is required the cost for the DBS certificate will be funded by College.

Please contact workexperience@rnngroup.ac.uk to arrange a DBS appointment. For this appointment you will be required to bring in several forms of identification which you will be advised about, prior to the appointment.

Contact Us

ROTHERHAM COLLEGE

01709 362111
info@rotherham.ac.uk
www.rotherham.ac.uk

Town Centre Campus

Eastwood Lane
Rotherham
S65 1EG

Construction Centre

Rawmarsh Road
Rotherham
S60 1RU

NORTH NOTTS COLLEGE

01909 504500
contact@nnc.ac.uk
www.nnc.ac.uk

Worksop Campus

Carlton Road
Worksop
S81 7HP

Retford Campus

Old Hall Drive
Retford
DN22 7EA

DEARNE VALLEY COLLEGE

01709 513355
learn@dearne-coll.ac.uk
www.dearne-coll.ac.uk

Manvers Campus

Manvers Park
Rotherham
S63 7EW



**Rotherham College
North Notts College
Dearne Valley College
and
University Centre Rotherham**

Part of
RNN GROUP



Rotherham College

Website: rotherham.ac.uk
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University Centre Rotherham

Website: ucr.rotherham.ac.uk
Email: ucr@rotherham.ac.uk
Phone: 01709 722806