

DISCOVER YOUR FUTURE SELF



Covid-19 Support and Safeguarding

www.blc.ac.uk
0800 074 0099



Support during closure

 The Student Support Team will continue to provide you with support during the college closure. This will be provided by phone/email/text and will cover the following:

- Safeguarding concerns - please report any concerns you have regarding your own, or someone else's wellbeing the Student Support Team
- Emotional and mental health concerns
- General queries/concerns
- Bursary and financial queries
- Transport queries

Key contacts

- Emma Kilbane – Student Support Officer, Buxton Campus

- support@blc.ac.uk
- Phone - 01332 592621
- 9.30am-3.30pm

- Katie Lawson – Student Mentor, Leek Campus

- support@blc.ac.uk
- Phone – 01298 330330
- 9.30-am – 3.30pm



For more information visit www.blc.ac.uk or call 0800 074 0099
Connect with Buxton & Leek College on     



Key External Contacts

Childline

- 0800 1111 Support for children and young people in the UK, including a free 24-hour helpline, [childline.org.uk](https://www.childline.org.uk)

Samaritans

- [116 123](https://www.116123.org)
- [samaritans.org](https://www.samaritans.org)
- 24-hour emotional support for anyone who needs to talk.

NHS Go

- [nhs.go.uk](https://www.nhs.uk) NHS app with confidential health advice and support for 16-25 year olds.

[Young Minds](https://www.youngminds.org.uk) - young minds website

Covid-19 Look after yourself

- ✚ Follow the advice on hand washing and social distancing.
- ✚ Connect with people using social media - especially video calls.
- ✚ Put more pictures of your favourite people in your house if you are missing them.
- ✚ Decide on your routine and stick to it. Print it out or write it down and have it on your wall. Make sure your academic study time is in your plan!
- ✚ Get as much sunshine and fresh air as you can. If you are isolating and can't go outside open a window.
- ✚ Exercise as much as you can - there are lots of exercise videos on YouTube if you can't get out.
- ✚ Seek help if you are feeling anxious.
- ✚ Make sure you are getting information from reliable news sources, for example BBC news.
- ✚ Be wary of fake news stories on Social Media
- ✚ Click here for advice from the BBC [BBC advice](#)

Student Wellbeing Service



- Wellbeing appointments will continue to be available via phone or email.
- If you have appointments booked you will be contacted by the SWS team.
- Contact details for Student Wellbeing:
 - swsbuxton@derby.ac.uk

Student Money and Rights

- ❖ Worried about money?
- ❖ Our dedicated email helpline is still open: studentmoneyadviceblc@derby.ac.uk, we will be on hand to answer any queries you may have regarding Funding that is available to you through the College/ Government. We work closely with external support agencies and may refer you to them if you need specialist support
- ❖ Our Financial Support Fund (Bursary) is still open, if you would like to submit a new application/re-assessment or you have a general enquiry regarding your application please contact financialsupportfund@blc.ac.uk

What to do if your parents are 'key workers'

- ✚ If your parents have been told by their employer that they are key workers and you would like to attend college you **MUST** pre-book your place.
- ✚ Contact your Progress Coach or email support@blc.ac.uk to book your place.