Safeguarding & Well-Being Newsletter

Autumn 2026



Welcome to all our new students and a warm welcome back to those returning to York College.

As we begin another exciting academic year, we would like to introduce the Safeguarding and Well-being Team and share information about the support available to help students feel safe, happy and supported throughout their college journey.

Student safety, well-being and happiness remain at the heart of everything we do. We understand how important it is for parents and carers to feel reassured that their young person is supported not only academically, but also personally, emotionally and socially. Our team is here to help students overcome challenges, access the right support and thrive during their college journey.

Through this newsletter, we will share updates on our services, key safeguarding information, upcoming events and awareness campaigns.

We will also showcase the work taking place across college to help students stay safe, healthy and informed. Each edition will include highlights from recent activities, useful advice for families, and information about upcoming opportunities and support available both in college and within the local community.

Upcoming Events and Support Sessions Throughout the Year

Throughout the year, students will be able to access a range of drop-in services and awareness activities delivered by both York College staff and external partner organisations. These are advertised throughout college and during PPD sessions.

- **IDAS Drop-in Service** - Support around healthy relationships, domestic abuse, stalking and sexual violence. IDAS will be in college on **1st October 2026** and then **on the first Thursday of every month throughout the academic year.**
- **Young Carers Drop-in** - For students with caring responsibilities at home. Held on the second Tuesday of each month.
- **Menfulness Drop-in** - A supportive space for men to socialise, improve well-being and access support. Held on the second Wednesday of each month.
- **Pride in Mind Drop-in** - Support for LGBTQIA+ students around well-being, identity and inclusion. Held on the second Thursday of each month.
- **Reflect Drop-in** - Confidential support and information around pregnancy choices and sexual health. Held on the last Tuesday of each month.
- **Housing Support Drop-in** - Advice and support around housing options and homelessness prevention. Available once each half-term.
- **Safe and Sound Homes (SASH) Drop-in** - Support for young people experiencing housing difficulties or at risk of homelessness. Available once each half-term.
- **Well-being Open Door** - Daily drop-in sessions providing students with a listening ear, emotional support and signposting to services.

In addition to these regular sessions, we will be welcoming a variety of organisations throughout the year, including:

- York Young Carers
- IDAS
- York CVS delivering sessions on the Five Ways to Well-being
- North Yorkshire Fire & Rescue Service
- RNLI
- British Transport Police
- Neighbourhood Policing Team
- Change Grow Live
- YorSexual Health

These sessions will focus on topics such as mental health and well-being, personal safety, water safety, travelling safely, healthy relationships, online safety, property marking and other important life skills that help young people stay safe and become more independent.

Safeguarding

At York College, we are committed to creating a safe, inclusive and supportive environment where every student feels valued, respected and able to thrive.

Our Safeguarding and Well-being Team is here to support any student who feels worried, vulnerable, unsafe, or concerned about their own well-being or that of someone else.

We understand that young people can face a range of challenges, both inside and outside of college. Whatever the concern, our experienced team is available to listen, offer guidance and ensure students receive the right support at the right time. A Duty Safeguarding Officer is available throughout the college day to respond to immediate concerns, providing timely support whenever it is needed.

We support students with a wide range of issues, including mental health and emotional well-being, family difficulties, healthy relationships, online safety, peer pressure, bullying, domestic abuse, exploitation, substance misuse, housing concerns, financial difficulties and staying safe in the community. We also work closely with external agencies and partner organisations to provide specialist support where needed.

Students can speak to any member of staff if they have a concern, contact the Safeguarding Team directly, complete a safeguarding referral online, or use the QR codes featured throughout this newsletter.



Alongside individual support, we deliver awareness sessions, drop-ins and events throughout the year with a range of partner organisations to help students stay safe, informed, healthy and confident.

Our dedicated Safeguarding and Well-being Team is committed to working alongside students throughout their entire college journey, ensuring they feel safe, supported and empowered to achieve their full potential both in and beyond college.

Need to Report a Concern?

Scan this QR code to submit a safeguarding concern directly to the Safeguarding Team.

Well-being At York College

College life can be exciting, but it can also bring challenges. We understand that good well-being is key to helping students thrive, both academically and personally. That's why we offer a wide range of support tailored to the needs of all students.

Some of the areas we regularly support include:

- Managing feelings of anxiety or low mood
- Building a more positive mindset
- Improving sleep and rest routines
- Navigating relationships and friendships
- Managing stress and feelings of overwhelm
- Developing healthy self-care practices

How We Support Our Students

Dedicated Well-being Advisors

Our Well-being Advisors are available to provide one-to-one support, offering a safe space for students to talk through concerns and explore strategies when they need help most.

Students can access support by:

- Booking an appointment directly
- Dedicated Drop-in Sessions Daily
- Well-being Lunch Clubs
- Attending one of our support sessions
- Completing a referral form (see QR code below). A member of the team will then get in touch.

Well-being Referral

Complete the referral form to make an appointment with a Well-being Adviser

Counselling via York Mind

We are pleased to offer in-house counselling through York Mind. Students can access this service via referral through the Well-being Team and can begin the process by completing the referral form.

If you are a concerned parent or carer, please encourage your young person to scan the QR code below and self-refer. A member of the Well-being Team will respond within 2 working days.





Meet the Safeguarding and Well-being Team!

Our dedicated team brings a wealth of experience and expertise in areas such as education, youth work, policing, social care and mental health support.

We're here every day to listen, help and ensure all students are learning in a safe, respectful and supportive environment.

We want you to know who we are, what we do and how you can reach us. Whether students are facing serious difficulties or just need a quick chat, we're here to help.

Astrid Croasdale - Safeguarding & Well-being Manager



I am proud to be the Deputy Designated Safeguarding Lead at York College and Safeguarding and Well-being manager, supporting our students' safety, welfare, and well-being.

I have been at the college since February 2024. Prior to that I served for 21 years as a Police Officer, specialising in safeguarding, child protection, Prevent, and offender management.

Rebecca Steele – Well-being Team Leader



I'm passionate about supporting people and ensuring everyone has someone to talk to when times are tough. I have over 10 years' experience supporting young people and adults with their mental health, including more than 8 years in Further Education.

I'm a qualified counsellor, a registered member of the BACP, and previously worked as a registered nurse specialising in palliative care. These roles have given me extensive experience supporting people through challenging times and reinforced the importance of compassion, listening and kindness.

I love working at York College and believe that feeling heard, having open conversations and accessing the right support can make a real difference.

Jenny Edwards - Safeguarding Officer



I have worked at York College for 5 years as a Safeguarding Officer in the Safeguarding Team.

Previous to this I worked at the York Drug and Alcohol service in the young people's team. I have worked with young people in various roles for 19 years. I enjoy supporting young people to overcome barriers and achieve their goals.

Carrie Watson - Safeguarding Officer

I completed a Criminology degree in 2023 and have since worked with victims of domestic abuse at IDAS, as a Making Every Adult Matter (MEAM) Support Worker for Changing Lives supporting those at risk of homelessness, criminal activity and substance abuse, and with CYC Youth Justice overseeing reparation and volunteering as a Youth Mentor.



Alex Wasley – Safeguarding Officer

I have over 16 years' experience as a police officer in Australia and have extensive experience in crisis intervention, community safety, and protecting people at risk of harm. My goal is to help ensure the safety of all students and staff at York College.



Yulia Kachurova – Safeguarding and Well-being Officer



With a degree in Psychology, I have spent the past nine years supporting vulnerable people in a range of community settings, including young adults with learning difficulties, people with epilepsy and their families, and older adults experiencing loneliness and isolation.

Last year, I joined York College as a Well-being & Safeguarding Officer, and I have loved the opportunity to support students' well-being while working alongside such a brilliant team!

Jenny Rudling - Well-being Advisor



I have worked in a variety of roles across education, including teaching, pastoral care and student support, and I am also a qualified yoga practitioner. Throughout my career, I have been passionate about helping young people overcome challenges and achieve their potential.

At York College, I currently manage our Mental Health First Aid (MHFA) Volunteers, helping to develop a peer-support network for students. I will also soon be delivering COMBAT sessions, a programme designed to support students experiencing low mood and help them build confidence, resilience and positive coping strategies.

Julie Murgatroyd - Well-being Advisor



I have over 20 years' experience working in education settings specialising in intensive one-to-one support, advice and guidance around Welfare and Well-being issues.

In the summer I completed my counselling training, so am now a qualified counsellor at Post Graduate level.

I am now working towards my master's qualification and will be completing my dissertation this year.

Meet Our York Mind Counsellors

At York College we are lucky enough to offer in-house counselling provided by York Mind.

Hannah Biver



I have been working at the college for over a year now. I qualified as a counsellor and psychotherapist from York St John University in 2015 and I am a registered member of the British Association of Counsellors and Psychotherapists. I have been working for 10 years in private practice in the UK and France, as well as providing therapeutic support for charities in North and West Yorkshire. My area of interest is in understanding and providing healing from complex trauma.

It has been a privilege working with the students here at York College and learning from their courage, resilience and each of their unique gifts.

Zoe Hardy



I have spent the last 6 years studying and practicing as a Person-centred counsellor, with a 1st class honours degree in Therapeutic Counselling. I have worked with variety of organisations such as York College Well-being Team, LOOK charity and York Mind young people's service, as well as having a private practice. I've been lucky to be able to support a wide range of people from the age of 11yrs, old right through to adulthood, who were struggling with different issues and emotions. I have also recently completed my MHFA training.

Last year, I returned to York College as a Mind Counsellor which I have loved! I have felt truly privileged to be able to support students' well-being, as I am passionate and committed to this role.

Students will be referred to this service via the Well-being Team. Students can complete the referral form as the first step.

What's Happening This Academic Year?

As part of our commitment to creating a safe, inclusive and supportive college community, the Safeguarding and Well-being Team has a busy year ahead, with a range of awareness campaigns, well-being initiatives and student support programmes planned throughout the academic year.

We will be marking and promoting a number of key awareness events, including:

- Sexual Health & Healthy Relationships Week – October
- Hate Crime & Stalking Awareness Week – October
- Awareness stands in the Student Union Lounge (Level 2), featuring support and information from British Transport Police, Generate and Call It Out
- International Stress Awareness Week – November
- York College Annual Well-being Week – February
- Young Carers Action Day

And much more throughout the year!

Ongoing Student Support Drop-Ins

Alongside our awareness events and workshops, students can access a range of regular drop-in services throughout the year, providing advice, guidance and support on a variety of well-being and personal issues.

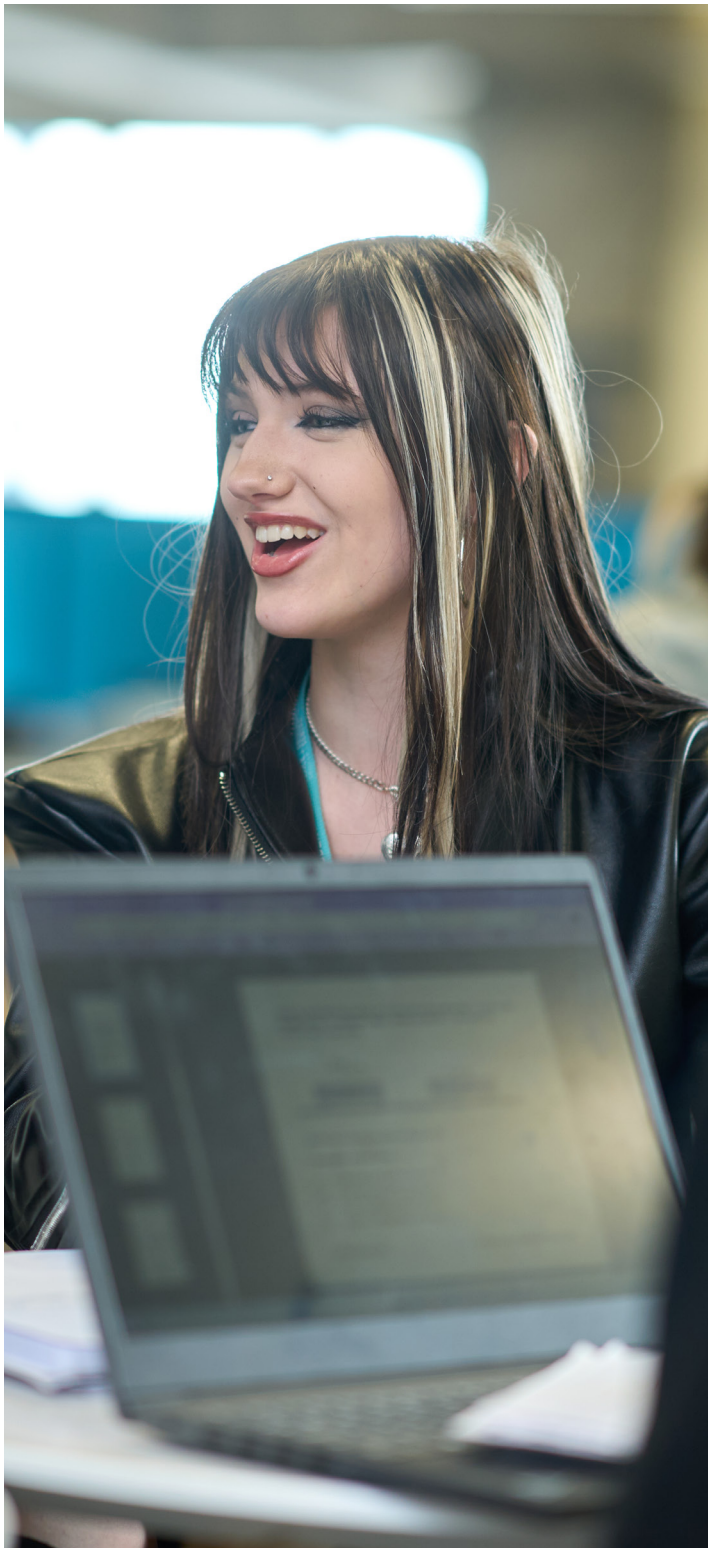
Current drop-in services include:

- Reflect Well-being Drop-Ins
- Young Carers Support
- IDAS Domestic Abuse Support
- City of York Council Housing Support & SASH
- Pride in Mind
- YorChoice Mental Health Support

We are also pleased to welcome additional services this year:

- CGL Drug and Alcohol Support
- NECA Gambling Harms Service

These sessions provide students with opportunities to access specialist support, ask questions, receive advice and connect with local services in a confidential and informal setting.



Supporting Students and Tackling Period Poverty

We are delighted to share that York College has been awarded over £8,500 from the Department for Education to provide free period products as part of the national effort to tackle period poverty.

This year's range includes a wider selection of sustainable products, helping to reduce environmental impact while giving students the opportunity to try different products free of charge.

Products will be available throughout the year from a variety of locations across college, ensuring easy access for all students.

To raise awareness of this support, we will also be hosting a promotional event before the Christmas break, giving students the opportunity to stock up on essential items and learn more about the resources available.

Introducing Confident Futures

Launching this October, Confident Futures is a new one-to-one personal development programme designed to help students build confidence, resilience and emotional well-being.

This intensive four-week programme combines practical activities with personalised support to help students identify their strengths, set meaningful goals and develop strategies to manage anxiety and overcome challenges. Through guided reflection and tailored development planning, students will be empowered to make positive steps towards their future and achieve their full potential.

We look forward to supporting even more students to thrive both personally and academically throughout the year.

Upcoming Personal and Professional Development (PPD) Sessions

Students will also benefit from a wide range of Personal and Professional Development sessions delivered by both college staff and specialist external organisations, including:

- 5 Pillars of Well-being Workshops delivered by the Good Mental Health Project
- Consent Workshops delivered by IDAS
- Sexual Health Awareness Talks delivered by YorSexual Health
- Online Safety Sessions delivered by NY Cyber Prevent and YGAM
- Stalking Awareness Sessions delivered by the Alice Ruggles Trust (Lecture Theatre)

These sessions provide students with valuable knowledge, practical skills and access to specialist advice, helping them stay safe, healthy and informed both in and out of college.

We look forward to another year of supporting our students' well-being, personal development and success.



How to Contact Us

Email: safeguarding@yorkcollege.ac.uk or wellbeing@yorkcollege.ac.uk

Visit: www.yorkcollege.ac.uk/student-life/student-support

Students can also speak to their tutor or any trusted member of staff if they are unsure where to turn. We will ensure they are connected with the right support.

We understand that college life is about much more than academic success. Our Safeguarding and Well-being Team is here to help students navigate personal challenges, access support, and make the most of their time at college.

If you have any concerns or questions, please do not hesitate to get in touch. We are always happy to help.

Thank you for your continued support. We look forward to working together to ensure every student has a safe, positive and successful year ahead.

With best wishes,

The Safeguarding & Well-being Team