November network

Our next independent student network will take place on Wednesday 25th November 2pm-3pm. This is a chance to meet other care experienced and estranged students in an informal environment, and will help us to build a supportive community amongst the group. This month’s network will focus on the Six Ways to Wellbeing and we will be discussing how we can incorporate the six ways into each day. Please see below for the Zoom details:
Zoom ID: 914 7053 9985
Password: 880884

Wellbeing corner

Check out these resources...
Six ways to wellbeing activities:
bit.ly/UoMactivitymenu
Kindness journal:
bit.ly/rakjournalUoM
Monthly wellbeing planner:
bit.ly/monthlycalendarUoM

Access to recreation grant

Applications for the Access to Recreation grant are open until 9am 30th November. The grant is from the Students’ Union who want to reduce the barriers around engaging in the social aspects of University life. Students can claim up to £100, and the money can help you to make the most of your university experience!
Follow this site to see if you’re eligible:

Work experience bursary

Are you considering work experience, but are worried about potential costs?

Well, Monday 2 November marked the opening of the Work Experience Bursary Scheme. This is a fantastic scheme that the careers service are very proud to offer you.

You can apply for a bursary to cover your travel, accommodation and, or dependent care costs. This could be just what you need, to give your CV the edge and show your commitment to gaining professional work experience prior to you entering the jobs market.

If this is something that you are interested in, please visit our website for more information:
https://www.careers.manchester.ac.uk/findjobs/bursaries/

UpReach

This week is your final chance to join upReach’s programme of employability support and skills development. Joining gives you access to personalised 1-to-1 guidance, employer events, exclusive work experience & internship opportunities with partner employers and tailored application support! Whether you have a clear career interest or you are unsure about where to start, upReach is here to support you during your time at university and beyond. The application registration deadline is Monday 23rd of November at 5pm - upreach.org.uk/apply-now/
The Manchester Christmas Dinner is an annual project founded in 2013 by the University's Chancellor Lemn Sissay. Each year care leavers are invited to the dinner which is hosted on Christmas Day at the University. Due to the restrictions enforced by Covid 19, this year the Manchester Christmas Dinner will be a little different. Instead, the organisers are planning to bring Christmas to those who would have attended, by delivering presents and surprises! If you are a care leaver and you would like to be involved, you can email mcr@thechristmasdinner.org.uk.

Estranged Students Solidarity Week is Monday 23rd - Friday 27th November, and is a week long campaign to raise awareness about family estrangement and the barriers that estranged students can sometimes face in Higher Education.

We are planning a series of communications across the week in order to raise awareness, using the hashtag #WithEstrangedStudents. We hope that this will help staff at the University have a better understanding of estrangement and that more estranged students will come forward as a result, so that they can get any extra support that they may need.

PWC: Diversity and Inclusion Week Events
Thursday 19th November 2pm - 5pm - Gender Equality
Friday 20th November 2pm - 5pm - Disability Confidence
Sign up - https://www.pwc.co.uk/careers/student-careers/undergraduate-graduate-careers/diversity-inclusion-week.html

Spotlight on : University support services

- Disability Advisory and Support Service (DASS) - DASS offer support to any student that has a condition which has a significant, adverse and long-term effect on their ability to carry out normal day-to-day activities. Their support aims to minimise any impact that this may have on University studies.

- Counselling and Mental Health service - as well as confidential one-to-one appointments, the Counselling and Mental Health service also run a range of group workshops that cover different topics and suggest a wide range of resources that can help to manage mental health. Head to their website to access this support.

- Student Union Advice Centre - the SU advice centre offers students independent advice on a range of issues. They can help with housing, finance and academic issues as well as many others. The SU are separate from the University and their advice is free, impartial and confidential.

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COMING UP NEXT MONTH...
1st December 11am-12pm - Managing anxiety (Counselling Service)
1st December 12pm-1pm - Careers Confidence (Careers Service)
4th December 1pm-1.45pm - Mindfulness skills (Counselling Service)
15th December 1pm-4.30pm - Placement drop-in session (Careers Service)
17th December 12pm-1pm - Challenging unhelpful thinking habits (Counselling Service)
18th December 9.30am-10.30am - Managing acute and ongoing stress (Counselling Service)