July

Independent Student Meet-up
The independent student meet-up will take place on Wednesday 28th July, 10.30am-11.30am.

Our meet-ups will be continuing throughout summer and we’d love to see you there if you can make it! Feel free to drop-in at any point during the hour.

Email studentsupport@manchester.ac.uk for the zoom link.

Share your experiences
You may have seen an email last week about an opportunity to share your experiences of the support you have received as a care experienced or estranged student at UoM.

If you have already taken the survey, thank you! If you haven’t done the survey yet, we would encourage you to take a few minutes to complete the survey and share your experiences with us by Friday 30th July. As a thank you, we will be sending you a £10.00 voucher for taking part. Please note that vouchers will be sent out after the closing date of the survey.

We really want to make sure that we’re offering the right support to Independent students at the University, and hearing your feedback will allow us to make positive changes going forward. You can use the links below to head to the survey:

Care experienced student survey: www.qualtrics.manchester.ac.uk/jfe/form/SV_e3ykAQndhsjmXhY

Estranged student survey: www.qualtrics.manchester.ac.uk/jfe/form/SV_5u9UnWpfFNEPkpw

Thank you!

Wellbeing corner
Check out these...

Accepting change and uncertainty: bit.ly/UoMuncertainty

Learn and Discover: bit.ly/UoMlearnanddiscover

Reassessment support
Having reassessments over the summer months can feel stressful and isolating. If you have reassessments coming up, it’s important to remember that you can still access support over the summer months from your academic school. If you are unsure where to go, your School Support Office should be able to signpost you to assessment support.

The Counselling Service are also running a workshop on Monday 16th August between 1pm and 4pm - ‘Approaching reassessment with calm and focus’. If you feel those pre-assessment nerves creeping in, this workshop is for you. You can sign up via their website.
You don’t have to have reassessments in order to be able to access support over the summer months. If you find yourself struggling and need support over the summer break, the University is here to support you during this time, and there are lots of different ways that you can access support. Hannah and Ailsa are available throughout summer if there was anything on your mind or you just wanted a chat. Alongside this you can access the following services:

**The Counselling and Mental Health Service:**
Open Monday–Friday, 9–4 throughout the year. If you need to talk to someone, please complete [this online questionnaire](#). You can then call the appointment line on 0161 275 2864 between 10.30am–1.30pm (Monday–Friday), stating the colour suggested on completing the questionnaire and you will be booked-in for the next day. For urgent support out of working hours please [click here](#).

**Report & Support:**
Students can report issues of harassment, microaggression, discrimination or hate via our [Report & Support service](#) 24/7. An Advice and Response adviser will contact you to make an appointment on campus, 9 – 4.30 across the week, or remotely if preferred.

**Togetherness:**
a 24/7, safe online community that helps support its members with self-guided courses and resources, and gives you access to resources and peer-to-peer advice throughout the summer.

**Health Assured 24/7 Helpline:**
our 24/7 mental health support phone line and app means there is always someone available to offer support.

**Greater Manchester Mental Health 24/7 Helpline:**
ring freephone 0800 953 0285 for round the clock mental health support.

**Shout:**
text SHOUT to 85258 to access mental health support from a trained volunteer.

**The Samaritans:**
freephone 116 123 or 0161 236 8000 charged at local rate. Available 24 hours a day, seven days a week, to talk confidentially about any problem, however big or small.

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**Care Leavers' Association survey**

Carrie Harrop from the Care Leavers' Association is carrying out research to analyse the accessibility of local offers of local authorities in England for young people leaving the care system and the impact this has on the outcomes of care leavers.

If you would be interested in contributing to this, you can complete an anonymous online survey, which should take no longer than 30 minutes to complete. By participating in this research, you will be adding to the limited research base that includes care leavers by care leavers.

You can use this link to access the survey: [https://lboro.onlinesurveys.ac.uk/assessing-the-accessibility-of-local-offers-for-care-leave](https://lboro.onlinesurveys.ac.uk/assessing-the-accessibility-of-local-offers-for-care-leave)

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**COMING UP...**

- **27th July:** BECOME weekly link up
- **27th July:** ACEPHE shut up and write
- **12th August:** RECLAIM monthly care experienced meet-up
- **25th August:** Calm your brain (Counselling Service)

Email studentsupport@manchester.ac.uk if you require any links for events.