**Facebook group for independent students**

Our new Independent Students @ UoM Facebook group gives you a place to connect with other care experienced and estranged students by sharing your experiences and ideas. Your named contacts will also post opportunities and events on the platform. We would really encourage you to join and help create a supportive environment for independent students here at UoM.

[www.facebook.com/groups/independentstudentsuom](http://www.facebook.com/groups/independentstudentsuom)

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**Inclusive Futures workshops**

To support students, Inclusive Futures are providing a series of workshops on confidence, motivation and kindness.

The workshops are scheduled for the following dates:

- **Kindness**
  - Tuesday 02 March - 16:30 - 18:00
  - Wednesday 07 April - 16:30 - 18:00

- **Confidence**
  - Wednesday 03 March - 16:30 - 18:00
  - Friday 09 April - 10:00 - 11:30

- **Motivation**
  - Friday 05 March - 10:00 - 11:30
  - Tuesday 06 April - 16:30 - 18:00

Sign up here: [https://www.inclusivefutures.co.uk/what-s-on](https://www.inclusivefutures.co.uk/what-s-on)

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**Survey for Care Experienced Students**

Cardiff Uni are running a research project exploring care experienced young people’s attitudes towards, and participation in, higher education. If you are interested in taking part in a phone/video interview, please get in touch with BayfieldH@cardiff.ac.uk. All interview participants will receive a £20 Amazon voucher as a thank you for their time.

You can also take part by filling out this survey: [https://www.surveymonkey.co.uk/r/5TYSZBR](https://www.surveymonkey.co.uk/r/5TYSZBR)

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**February's way to wellbeing**

**Wellbeing corner**

Check out these resources...


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**Facebook group update**

The independent student meet-up will take place on **Wednesday 24th February 1pm-2pm**. This is a chance to meet other care experienced and estranged students for a coffee and chat. We'd love to see you there if you can make it!

The event will be held on Zoom and we will send out login details later in the week.

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The 93% club

The 93% Club Manchester is a new social mobility society dedicated to supporting students from state-educated and underrepresented backgrounds at the University of Manchester. Their aim is to create an empowering and inclusive space for these students to share their ideas and experiences. They also provide careers support by putting on skills workshops, graduate employer talks, and networking opportunities. For more information visit their website: www.93percent.club/clubs/manchester

Become Zoom link ups for care experienced students

The charity Become offer weekly Link Up’s for care experienced young people. They give young people in care and care leavers a space to game, chat, make new connections and get support. The link ups take place on Tuesday’s at 5:30pm

For joining details, contact Tasha on 07508179135 or email natasha.beckford@becomecharity.org.uk

LGBTQ+ Youth in Care

LGBTQ+ youth in care is a resource site dedicated to the inclusion of LGBTQ+ young people and care leavers. Find out more about the support they offer here: www.lgbtyouthincare.com

Advice for care leavers during and after Covid-19

DfE and the Care Leaver Covenant have produced a series of factsheets with information about available support during Covid-19: https://indd.adobe.com/view/75e4fb6d-61c2-44f4-98a8-f4c523fa3672

Career opportunity for final years

Ever thought about teaching? Teach First has recently announced a partnership with the Church of England and the Chartered College of Teaching to deliver The Rural Teaching Partnership which will see around 70-100 additional primary trainees in Church of England primary schools across ten dioceses in England from September 2021.

This now means that there will be additional places available to teach primary on the 2021 Training Programme and applications for these have gone live on the Teach First website: www.teachfirst.org.uk/rural-teaching-partnership.

COMING UP NEXT MONTH...

1st March - reducing the stress of perfectionism (Counselling Service)

3rd March - get experience: presentation and group work skills (Careers Service)

22nd March - managing perfectionism (Counselling Service)