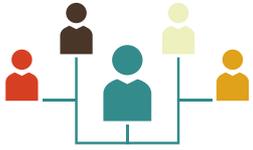


Independent student newsletter

We're still here
over summer if
you need us!

Issue 20



Independent Student Meet-up

Join us next week at our monthly meetup in the Milk and Honey café. We have booked out a table in Milk and Honey café on Wednesday 29th June 1:30pm-2:30pm. If you're in Manchester over summer, then pop along and say hello over some coffee and cake!

Milk and Honey café, St Peter's House, Oxford Road (opposite Brewdog)

www.accessable.co.uk/venues/st-peter-s-house-church-and-chaplaincy

This

is us

This is us - Community

Here you can chat with others, share helpful info, arrange meet-ups, organise games-night, find existing local groups near you, run day-trips/holidays, have serious conversations, give peer-support, pose questions, etc - whatever you'd like! Because this space is made by and for care experienced and estranged students you are more than welcome to extend the invite to other students you know.

It's free, national and open to all ages & years of study.

www.thisisusatuni.mn.co/

This is us - Podcast

The latest Thisisus podcast episode is with Aura, an estranged student at the University of Bristol. Aura talks about her desire to improve the social system; the episode discusses the importance of education and community.

In these podcasts Paige Mackenzie chats to care leavers and estranged students as they journey through university and beyond, guided by 3 songs that they associate with significant times in their lives. Produced with the Unite Foundation.

www.thisisusatuni.org/podcast/

Wellbeing corner

Check out these...

Be Healthy:

bit.ly/UoMbehealthy

Wellbeing Calendar:

bit.ly/UoMwellbeingcalendar

June's way to
wellbeing is...

be healthy



Congratulations to our final years!

As we reach the end of the academic year, we want to say to all of our final year independent students how proud you should be of yourselves. You've completed your degree in the most difficult of circumstances in the face of a global pandemic. We'd love to know what your plans are next so drop us an email to let us know, and remember we're here to answer any queries or concerns.

Support after graduating from the Careers Service

Did you know you can still access the Careers Service for two years after graduating? This is an invaluable resource if you'd like some help with applications, CVs and interview skills.

More information can be found here:

<https://www.careers.manchester.ac.uk/graduates/>

Events and days out over the summer

We're just ironing out the details of our summer events with St Peter's House but please keep your eyes peeled for an email from us with the details. At the moment, events will include a BBQ, crafting and a day trip. You'll have first dibs at all of the events and we would love to see you there!



COMING UP...

7th July: Mindfulness
(Counselling Service)
Various dates in July:
LGBTQ+ self defence
classes (Students'
Union)

