



CARE EXPERIENCED STUDENTS NEWSLETTER



Named contact

A reminder that the named contact for care experienced students is:

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WELCOME TO THE CARE EXPERIENCED NEWSLETTER

We hope to issue this newsletter every 1-2 months with updates on specific and general support and opportunities for our Care Experienced community.

Keep Warm - Free Meals!

The Keep Warm Campaign aims to provide 5000+ hot lunches on certain dates on the ground floor of On Elmwood. These dates are: 21st, 22nd and 23rd of November 2023 and 5th, 6th and 7th December 2023. All days are 12pm - 2pm and aim to provide soup, bread and fruit. There will also be presence from support services if you need some advice.



Festive Get Together and Gift

The Widening Participation Unit are hosting a festive get together for those from a widening participation background. It will be held on Thursday 7th December 2023 from 3.30pm - 4.30pm in the Great Hall (main Lanyon building). I would love to see some of you there for some festive treats and I'll have a gift for you all. It might be a great chance to meet other students from a care experienced background also. Call in and look out for me.

UPCOMING EVENTS

- 29.11.2023 - [Canadian, Australian & US Study Exchange Information Session](#) - 1pm - 2pm - The Cube, One Elmwood
- 30.11.23 - [Discover your Purpose](#) - 11am - 1pm - The Cube, One Elmwood
- 30.11.23 - [USA Summer Camps](#) - 5pm - 6pm - Online
- 06.12.23 - [Working with Customers and Clients](#) - 12.30pm - 1.30pm - Online
- 18.12.23 - [Social Work Fair](#) - 9am - 3pm - PFC Foyer
- 18.01.24 - [Managing Your Time and Working Under Pressure](#) - 12.30pm - 1.30pm - Online
- 24.01.24 - [Problem Solving and Making Decisions](#) - 12.30pm - 1.30pm - Online



You can sign up [here](#) for volunteering opportunities - a great way to meet new people and develop skills and confidence!

SUQCESS

SUQCESS (Supporting Queen's Care Experienced Students) has been kindly funded by a private donor to provide support for care experienced students to help with their studies. This support may come in the form of vouchers for books, support with groceries, support with accessing a placement, etc. Applications are open all year round and can be found at: go.qub.ac.uk/qubcares

Remember that [well-being](#) host drop-in sessions Mon-Fri from 11am - 3pm on the first floor of One Elmwood. You can also call: 07387 546 123

If you would prefer to opt out of receiving the Care Experienced newsletter, please complete [this short form](#)

University Closure Days

Reminder that the University will be closed from Friday 22nd December 2023 - Tuesday 2nd January 2024 inclusive.

If you need support during this time, you can contact the following:

Mental Health & Emotional Wellbeing

- Your GP or local Accident & Emergency ([Emergency Department](#)). The GP out of hours number for the University area is 028 9079 6220. [Out of Hours for other areas can be found here.](#)
- Inspire Student Helpline 0808 800 0016 (24 hours a day, 7 days per week)
 - Lifeline: 0808 808 8000 or the Samaritans: 116 123

Physical Health

- Your GP or local Out of Hours GP. The GP out of hours number for the University area is 028 9079 6220. [Out of Hours for other areas can be found here.](#)
- Local Accident & Emergency ([Emergency Departments](#))

Community and Campus Safety.

If you have been subject to a Criminal Incident (including hate crime, sexual assault, domestic violence etc.). Please report via the following options:

- 999 (in an emergency), or 101 (non-emergency)
- 24 hour Domestic and Sexual Abuse Helpline on 0808 802 1414
- You can report anonymously or with details using our [Report & Support](#) website. If you leave your details, we will follow-up with you on our return.

If you are concerned about your safety on campus please call the Security 24-hour number on 028 9097 5099.

Accommodation, Food & Essential Items Support

Queen's Accommodation: accommodation@qub.ac.uk or Elms BT1: 028 9097 6040; Elms BT2: 028 9097 6441; or Elms BT9: 028 9097 4525

- [Advice NI Community Helpline](#): call 0808 802 0020 (Mon-Fri 9am-5pm)

