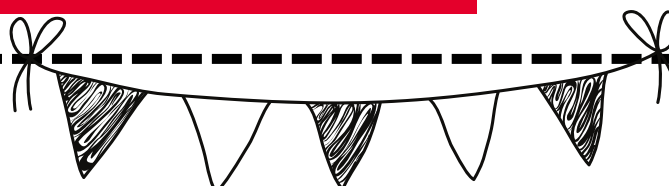


CARE EXPERIENCED STUDENTS NEWSLETTER



Named contacts

A reminder that the named contacts for care experienced students are:

Julie-Ann Hamilton -
j.a.hamilton@qub.ac.uk
and

Sinead O'Kane: s.okane@qub.ac.uk

You can also find us on the third floor of One Elmwood during these times:

Monday 11am - 12pm

Friday 2.30pm - 3.30pm

(Please email and let us know you are coming)

Email us if you require a support meeting outside of these times

VIDEO

We are refreshing our website and would love to have YOUR voice central to it. If you have ideas on how the care experienced website could be improved

(go.qub.ac.uk/qubcares), or fancy being involved in a video about the support at QUB (you'll receive a gift voucher for your time), please drop us an email!

WELCOME TO THE CARE EXPERIENCED NEWSLETTER

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

UPCOMING EVENTS

- 5th, 6th, 12th, 13th, Dec 2022 - 10am - 3pm - Free Sexual Health Clinic - One Elmwood
- 6th Dec 2022 - 5pm - University Chaplains' Christmas Carol Service - The Great Hall
- **7th Dec 2022 - 2pm - 4pm - WPU Winter Event (see below) - One Elmwood**
- 13th Dec 2022 - 4.30pm - 6.30pm - Postgrad Holiday Reception - The Wee Bar SU



WINTER EVENT

Join us and the Widening Participation Unit (WPU) for a Winter/Christmas celebration event. This event will take place on Wednesday 7th December 2022 from 2pm - 4pm in One Elmwood. Feel free to pop by for some festive treats, a small gift, and a chat with the WPU team. We would love to see you all there!

Opportunities

- Free Language Courses at QUB: Just search for QUB - Global Opportunities - Free Language Courses. There are 50 spaces for free language courses, applications close at 12 noon on Friday 14th January.

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, printing credits, 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

Student Survey

We encourage all students to complete the Digital Experience Student Survey that has been sent out

Listening works

Listening Works provides care leavers aged 18-30 with someone to speak to through text, phone call or web chat every day from 6pm - midnight.

What support can I access?

Here is a list of supports you can access in Queen's:

- Academic support - Learning Development Service: qub.ac.uk/lids
- Disability: qub.ac.uk/disability
- Wellbeing: qub.ac.uk/wellbeing
- Careers: qub.ac.uk/careers
- Accommodation: qub.ac.uk/accommodation
- Finance: qub.ac.uk/finance
- General support, advice and guidance - Students' Union: qubsu.org
- International Students: qub.ac.uk/sites/iss
- New students: qub.ac.uk/new-students



Cost of Living

We know the cost of living crisis is hitting everyone. The Students' Union has paired up with Blackbullion to provide an online financial education tool specifically designed for students. You can sign up for FREE using your QUB email address and have access to the wide range of resources and support for students.

Well-being

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

Find out more about support for care experienced students at Queen's here:

