

**Please note:** This is a copy of the newsletter sent to students. The formatting is a little different, due to content being copied over to Word/Adobe. These aren't in the final newsletter; this is a guide for your information.

Dynamic content (content specific to Faculty/campus/level etc.) features at the end of this document but for students it's integrated into the body of the newsletter.

Supporting your health and wellbeing

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## Looking after your health and wellbeing

We're sure that your time with us will be positive, productive and stress-free. But, there may be times when you feel you could do with some help.

The good news is that we have all sorts of specialist advisers on hand to help you stay healthy and happy during your studies - from wellbeing practitioners to money experts.

Don't worry - you don't have to remember who to go to for what. All you need to do is contact our [Information Point](#) team and they'll put you in touch with the right person.

## Helping you settle in

If you feel a bit homesick don't worry - lots of students feel the same, even if they're not showing it! Talking to someone can really help, whether it's family, friends or someone new that you've met.

We're also here to help make things better - no matter what the problem.

Contact an Information Point

## Register with a local doctor

If you're struck down with a bad case of Freshers' Flu, you'll be glad you registered with a doctor!

Our [University Health Centre](#) on Frenchay Campus is open to all students, no matter where you're studying.

If you'd prefer you can register at a local doctor's surgery. Find one near you through the [NHS website](#).

Register with our Health Centre

## Save money on health costs

Did you know you could get free or reduced cost NHS prescriptions, dental care, eye tests, glasses and contact lenses?

All you need to do is complete a HC1 form and provide evidence of your funding - the NHS will then check if you're eligible.

We'll give you a HC1 form as part of your welcome pack, which you'll receive at your registration session.

Find out more about NHS treatment

## What to do if you need urgent medical care

**111** is the [NHS non-emergency phone number](#). It's open 24/7. You should call it if you urgently need medical help, but it's not an emergency. They'll tell you what to do next.

If it's not urgent, contact your doctor's surgery, visit a pharmacist or go to an NHS walk-in centre.

## What to do in an emergency

If there's an emergency on campus call **0117 32 89999** (available 24/7, every day of the year). Put this number in your phone.

We'll send staff to help and we'll call the emergency services for you so that they can find you quickly.

If you're off campus, call 999.



## Disabilities and long term medical conditions

If you didn't disclose a disability, specific learning difficulty (e.g. dyslexia) or long-term medical condition when you applied, contact our Disability Service now.

There's lots we can do to support you, including reasonable adjustments for your assessments.

We can also arrange a free screening if you think you might have a specific learning difficulty but it hasn't been diagnosed.

What support is available?



## Wellbeing and mental health support

Our Wellbeing team are here to listen to you and help you through difficult times. It's all confidential.

Register online and they'll get in touch to arrange a consultation at your campus. Or come to a daily drop-in session on Frenchay Campus for support and advice.

If you're not on Frenchay Campus, you can arrange a telephone drop-in by calling the team on **0117 32 86268**.

How can the Wellbeing Service help?

## Don't let money worries get you down

This might be the first time you're looking after your own finances, and it can be difficult to know where to start! Asking for help early can stop money problems from getting worse.

We have specialist Money Advisers who can help you set a budget or answer questions about your funding. We may also be able to offer you funds or short-term loans if you need it.

Just contact an [Information Point](#) and they'll put you in touch.

How we can help you manage your money

## Have you had your Men ACWY vaccination?

The [Men ACWY vaccination](#) protects you against four different causes of meningitis and septicaemia, which can be very serious.

It's really important that you get vaccinated, as you'll be mixing with lots of new people who may unknowingly carry meningococcal bacteria.

The vaccination is available to all first-time university students up to 25 years of age, including international students.

Our [University Health Centre](#) can vaccinate you once you've registered with them.

Why is it important to get vaccinated?

## Faith and spirituality

Whether you're looking for space for prayer and private reflection or advice on spiritual or ethical concerns, we'll help you explore and practise faith and spirituality.

Opportunities to explore faith and spirituality

## You're part of our community

You're joining our incredible university community. We treat everyone with respect and give everyone the opportunity to be their best.

We don't tolerate language or behaviour that leaves others feeling embarrassed, unsafe, bullied or discriminated against. If you see or experience something unacceptable, report it to an [Information Point](#) or any member of staff.

If you feel unsafe, call **0117 32 86404** and our Security team will come to you immediately. They're on campus 24/7, 365 days a year.



News

What's on

## WE'RE HERE TO SUPPORT YOU



Hi, I'm Siân, your VP Community and Welfare. I champion student welfare issues, such as mental health, sexual health and housing. I also work to celebrate the community and diversity we have here at UWE Bristol.

The Students' Union also cares for your wellbeing through our Advice Centre, which gives friendly, non-judgemental and confidential advice. You can come and see them about anything including housing and academic issues, financial queries and employment problems.

[Find out more about our Advice Centre](#)

### Quick links

- » [myUWE](#)
- » [Academic advice](#)
- » [Study support](#)

### Contact us

[Information Points](#)

Email: [infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk)

» Term dates

Tel: +44 (0)117 32 85678

[More contact options](#)

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