

Please note: This is a copy of the newsletter sent to students. The formatting is a little different to the email version, due to the content being converted into a PDF. 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

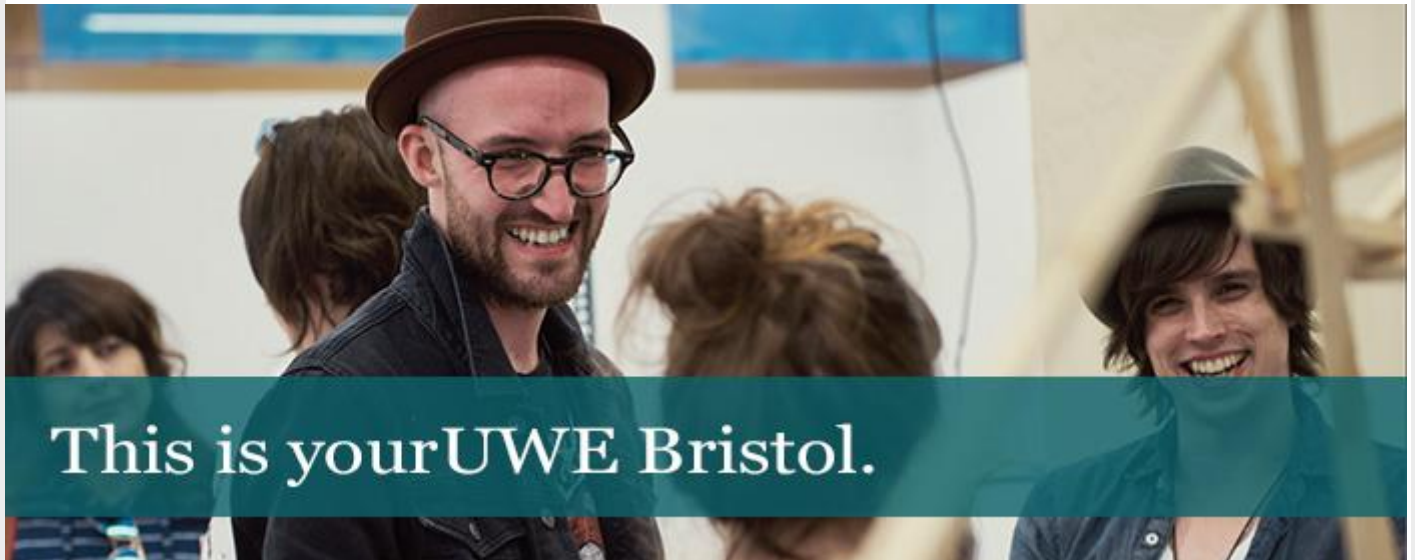
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myUWE

Support

Infopoints



This is yourUWE Bristol.

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're all on hand to help you stay healthy and happy during your studies - from our 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 - most students feel the same, even if they're not showing it! It's completely normal, and the good news is there are plenty of ways to combat it.

Register with the University Health Centre

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 study. We make it really easy for you to book appointments that fit around your studies - you can even do it online.

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 an HC1 form and provide evidence of your funding - the NHS will then check if you're eligible. You can pick up a form from any Information Point or The Students' Union.

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.

Wellbeing and mental health support

Coming to university can feel overwhelming, but we're all here for you - in person, on the phone, even online.

If you're finding things difficult, come along to one of our daily wellbeing drop-ins between 14:00 - 16:00 on Frenchay Campus - you don't need an appointment.

If you can't get to Frenchay, give us a call on 0117 32 86268 to arrange a telephone 'drop-in'. Or you can [chat anonymously online](#) with a counsellor (available at evenings and weekends).

We also offer counselling and mental health support appointments - just register with the Wellbeing Service online and we'll be in touch to arrange an appointment at your campus.

[Find support that suits you](#)

Let us know if you have a disability or medical condition

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

We understand that sharing details about your disability or health condition can be difficult - but please be assured that our service is confidential. Talking to us now means that we can put support in place for you right at the start of your studies, setting you up for success.

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

[Contact our Disability Service](#)

Support for care leavers, estranged students and carers

We understand that going to university is harder if you have little or no family support, so UWE Cares is here to help. We're committed to helping you succeed by providing you with extra support to access the many opportunities and specialist services across the university.

We offer a designated point of contact for queries, a named Careers Coach, weekly drop-ins, a student mentor to help you settle in and social events throughout the year. You may also receive a bursary and access to 365-day accommodation.

If you have any questions or think you might be eligible for support, please contact us on uwecares@uwe.ac.uk.

Find out more about UWE Cares



The banner features a dark purple background on the left with the text 'blackbullion' in white, followed by 'FREE lessons to help you become MONEY smart' in large white letters. Below this is the text 'Register at blackbullion.com' in orange. On the right, a yellow background contains three icons: a money bag with '£££', a circular arrow, and a star. Each icon is accompanied by a short text description of a benefit.

blackbullion

FREE
lessons to help you become
MONEY
smart

Register at blackbullion.com

-  Become a pro at budgeting
-  Master the cycle of debt and use it to your advantage
-  Achieve superstar saving status in 3 weeks

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 and check that you're receiving all the funding you're entitled to. We may also be able to offer you funds or a short-term loan if you need it.

We've also teamed up with [Blackbullion](#) - a learning platform created to help you get to grips with all things money related. It's filled with videos, graphics and quizzes, all designed to empower you to make more informed financial decisions. Register with your UWE Bristol email address now to access all of the content for free.

Register with Blackbullion and start learning now

Have you had your vaccinations?

The [MenACWY 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 [MMR vaccine](#) protects you against measles, mumps and rubella. Measles cases are on the rise in the Bristol area, particularly in people aged 18 - 25. If you haven't had two doses of the MMR vaccine in the past, please arrange to have these as soon as you can.

If you haven't already had these vaccinations, 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.

WE'RE HERE TO SUPPORT YOU

AUGUSTA CHIDINMA NNAJIOFOR

VP Community
and Welfare



Hi, I'm Augusta, your VP Community and Welfare. I'll be representing your voice on all welfare and community related issues, including mental health, sexual health and housing.

Here at UWE Bristol, we're proud of our diverse community and want to make sure that we're inclusive and engaging for every single one of you.

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 the team about anything including housing and academic issues, financial queries and employment problems. You'll find them downstairs at The Students' Union at Frenchay Campus, open Monday to Friday 10:00 – 16:00.

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

Quick links

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

Contact us

Information Points

Email: infopoint@uwe.ac.uk

Tel: +44 (0)117 32 85678

» Term dates

[More contact options](#)

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