

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](#)



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.

It's really important for us to hear your voice and understand your point of view so we know how best to support you. Why not complete our Health and Wellbeing survey and tell us how you feel? It's anonymous and takes around five minutes to complete.

[Take our survey now](#)

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.

[How to tackle homesickness](#)

Register with the University Health Centre

If you're stuck 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 and you can book 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 and even online.

We are here to support your counselling, mental health and personal development needs - get in touch to find out how we can help.

[Find support that suits you](#)

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](#).

[Find out more about UWE Cares](#)

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, you can 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](#)

Join us for two weeks of Feel Good events

The Feel Good programme is based on four behaviours aimed to improve wellbeing - relaxation, healthy eating, keeping active and trying new things.

We've teamed up with The Student's Union to provide you with two weeks of healthy events, designed to boost your mood and improve your wellbeing!

Why not take a look at what we have planned for the next couple of weeks?

[Feel Good events](#)



The banner is split into two main color sections: a dark purple left side and a yellow right side. On the purple side, the text reads: 'blackbullion' with a small star icon, 'FREE' in large white letters, 'lessons to help you become' in smaller white text, 'MONEY' in large white letters, 'smart' in smaller white text, and 'Register at blackbullion.com' in orange text. On the yellow side, there are three icons with corresponding text: a money bag icon with '£££' next to it, with the text 'Become a pro at budgeting'; a circular arrow icon with the text 'Master the cycle of debt and use it to your advantage'; and a star icon with the text '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 setting in or 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 the content for free.

[Register with Blackbullion and start learning now](#)

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](#)

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 the 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?](#)

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.

Five secrets to success at UWE Bristol

Are you looking for the secret to success at UWE Bristol? It's actually pretty simple, and it's within you.

Across five modules, using films and podcasts, we've brought together insight from our lecturers and support services that will help you develop the five skills you need to be in control of your wellbeing.

[Find out what you can do to succeed](#)



[News](#)

[What's on](#)

WE'RE HERE TO SUPPORT YOU

Hi, I'm Ubong Joseph Ante, your [VP Community and Welfare](#). I will be representing your voice on all welfare and community related issues, including mental health, sexual health and housing.

Here at UWE Bristol, we are proud of our diverse community and we want to make sure that we are 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. They're based downstairs at The Students' Union at Frenchay Campus and are open **Monday-Friday, 10:00-16:00**.

[More about the Advice Centre](#)

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

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

Tel: +44 (0)117 32 85678

[More contact options](#)



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