

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 the NHS, wellbeing advice and assessments and regulations.

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Hi

We hope you're keeping safe and well in these uncertain times.

In this short edition, we'll let you know about assessments and regulations, Library and IT Services and top-tips for looking after your wellbeing during isolation.

Assessments and regulations

We know that this is an uncertain and anxious time, and that you may have questions about the changes to assessments and the impact on your academic performance on your course.

On **Wednesday 22 April**, we will publish a set of alternative regulations which will help to explain how we're ensuring that you will not be academically disadvantaged by Covid19.

This has been our firm commitment to you and is the reason we introduced our no detriment policy. We hope that the information we provide will answer any remaining questions you may have, including what we're doing to ensure that you will not be negatively impacted (no detriment policy), and how your work to date will be taken into account and any grades or classifications will be calculated.

Whilst the marks for your upcoming assessments will not negatively impact your overall performance this year, we want to encourage you to continue to do your best to achieve the credit needed to progress or graduate – take the time to put your learning into action and improve your marks.

If you have any questions or you would like more information, please get in touch with a Student Support Adviser.

[Student Support Advisers](#)

Supporting the NHS with our facilities

We are pleased to announce that Exhibition and Conference Centre on Frenchay Campus is being converted into intensive care facilities for up to 300 patients.

This temporary facility has the potential to save many lives and play a vitally important role in limiting the impact of coronavirus in the South West. It will be used well into the summer and will be returned to us, ready for the next academic year.

[Find out more](#)

Looking after your wellbeing

We understand that this situation may be worrying - it's normal to feel anxious or scared. If you would like to speak to someone or you need advice, we have a range of support options available on our [wellbeing support options webpage](#).

Protect your mental health while staying home

Taking care of your mind is vital for positive mental health, and it's never been so important to learn and practice new techniques to keep you healthy during isolation.

Take a look at [NHS One You](#) for tips and advice on how to keep on top of your mental wellbeing, and access coping techniques during this difficult time.

Keep moving during isolation

We're in lockdown, but that doesn't mean you can't keep active. We know that exercise plays an important part in good mental health, and [The Centre for Sport](#) have a number of recommendations to keep you moving!

- Join in on virtual wellbeing walks every Thursday with UWE Bristol Sport! Visit [UWE Bristol Sport](#) on Instagram to find out how to take part.
- Love Yoga, or always wanted to give it a try? Take part in [free Yoga classes online](#).
- Need at-home workout tips? Access [free workouts online](#).

Are your neighbours coming together during lockdown?

We want to know your views on how you and your neighbours are coming together as a community during the current lockdown!

'Apart but not Alone' is a project by the University's [Centre for Public Health and Wellbeing](#), and aims to collect data to get a clearer picture of community activity. The data collected will help show the centre where volunteers and services are needed, helping those in need get help.

So, if you are involved in neighbour support in any way, we want to hear from you! You can follow the project on [Twitter: @ApartAlone](#).

[Complete the survey to tell us how you are helping](#)

IT Services are still available

If you need IT support, you can still get in touch with the team [online and over the phone](#). Make sure you have your student ID number handy, and your UWE computer details.

[IT Services](#)

The library has you covered!

Wellbeing reading list

Glenside library has created an online Wellbeing Collection to help support you during isolation!

The reading list contains e-books and online resources covering a wide range of topics relating to health and wellbeing. Why not take a look at the [online collection](#) now?

Additional access to digital resources

A number of publishers and content providers are making digital content more widely available during COVID-19 to support library users. Take a look at what's available [online](#).

One-to-one study skills support

The Library Service is now offering bookable one-to-one support!

Appointments last around 30-45 minutes and are based around staff availability. When booking your appointment, let us know what problem you're having, what strategies you've already tried and what your timescale is.

Book your appointment via [InfoHub](#).

You've still got time to apply to become a PAL Leader!

Develop the 'soft skills' employers look for through planning, organising, time management and liaising with students and staff as part of PAL (Peer Assisted Learning)!

The application deadline has been extended until **Sunday 3 May**, so what are you waiting for?

[Find out more and apply](#)



[News](#)

[What's on](#)

HOW HAS COVID-19 AFFECTED YOUR UWE BRISTOL EXPERIENCE?

We know that the last few weeks have been a lot to adjust to for the UWE Bristol Student community, and as a Presidents' Team, we are here to make sure that you are being supported!

We want you to speak up and have your say on what your student experience has been like during this period. We have put a basic survey together to get your views, so that we can support UWE Bristol and ensure that the changes that are being made have the student voice in mind.

[Complete the survey](#)

**PRECIOUS
ONYENEKWU TATAH**
President



JOEY ANTE
VP Community
and Welfare



VOTE IN THE NEW ROUND OF STUDENT IDEAS

The submissions are in, and you have the chance to vote in the new round of Student Ideas. You have until **Friday 1 May** to vote on a range of areas that affect the UWE Bristol student community.

From boycotting certain brands in our shops to calls for campus to make bus stop roofs bee friendly, there is sure to be something that will impact you!

Do you think you could help improve the UWE Bristol student experience? Then submit your own ideas! If it get enough votes, it will go to the Student Council who will review it and pass it onto the Trustee Board. If the idea is passed at all levels, we will then start working to make it a reality.

[Find out more and vote](#)

VOLUNTEER AND SUPPORT YOUR COMMUNITY!

Are you looking to get involved in the effort to help those in your local community that are either self-isolating, considered vulnerable or need some support? Well, there are plenty of opportunities to help!

Volunteering is a great way to not only support charities and services that are in high demand, but will also help you to stay mentally and physically active.

From becoming an online mentor for the [Prince's Trust](#) to joining [Age UK's telephone befriending scheme](#), there is a range of ways that you can volunteer from the comfort of your own home. So get Googling, have a look at the options and help make a difference.

[How can I help safely?](#)

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

infopoint@uwe.ac.uk

+44 (0)117 32 85678

[More contact options](#)



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As a student you'll receive emails from the Student Communications Team. We promise not to overwhelm you and we'll only send you things that are relevant. You'll get a regular newsletter and some targeted communications. If you unsubscribe you'll miss important emails. [Contact us](#) if you have any questions.

Dynamic content

International students

The Global Café is still here!

You can still meet and chat with old friends and new, every Thursday from 14:30.

Each week we'll be discussing a new topic, so why not get involved? Just remember to check that your microphone is working before logging on.

If you're having trouble logging on, give us a call on **+44 (0) 7973 679835**.

Join the conversation via Blackboard

Ace students

Join the Fashion Revolution!

We are living in a climate emergency and the fashion sector is one of the most polluting and wasteful industries. Take part in Fashion Revolution Week from **Monday 20 - Friday 24 April** to campaign for systemic change in the fashion industry.

Now's the time to revive your wardrobe and learn some basic mending techniques to make **#LovedClothesLast**. So, what are you waiting for? Follow us on Instagram **@stitch_uwe** to receive top tips and how-to videos in mending your clothes this Fashion Revolution Week.

[Find out more](#)