

Student Wellbeing

Newsletter December 2017

Merry Christmas

Welcome to the Christmas edition of our student newsletter. This edition focuses on what's on offer in the lead up to Christmas and also opening hours over the Christmas holidays

The University (inc. the Student Guidance Centre) will close at 12noon on Thursday 21st December and will reopen at 9am on Wednesday 3rd January 2018.

The Library, Students' Union and Queen's Sport will have different opening hours, please check their websites for specific holiday opening hours.



The Student Counselling Service is available 365 days of the year. To book an appointment please call the 24hr Freephone number: 0808 800 0016

Student Disability & Wellbeing Drop In Service:

The Drop in service operates during term time, and therefore will finish on Friday 15th December and will resume on Monday 8th January. Drop in times are Monday – Friday 12:30pm - 1:30pm during term time (20min slot allocated on first come first served basis). Call to the Information Desk, Level 1 of the Student Guidance Centre and ask for the Drop In service.

One to one wellbeing appointments will be available up until Thursday 21st December, and will resume on Wednesday 3rd January. To book a one to one appointment please email: studentwellbeing@qub.ac.uk

Useful Contacts...

QUB Nightline is a listening and information service for students at Queen's. All of our volunteers are students. We're happy to talk to students about whatever they like, whether it is something positive or negative that a student may be experiencing, just want a chat or looking for information. We operate under 5 key principles- confidentiality, anonymity, non-judgemental, non-directing and non-advisory.

QUB Nightline is part of the national charity the Nightline Association, which operates at over 40 different universities around the UK.

We operate every Tuesday and Friday evening from 8pm to 2am. Students can contact us either over the phone or my instant messenger.

We are here to listen.

Tel. 02890 975453

Instant messenger:

qub.nightline.ac.uk/webim

Emergency

The Student Wellbeing Service offer emergency wellbeing support during University Opening Hours (e.g. Monday - Friday 9am - 5pm). Please contact us on by calling: 02890 972893 or email studentwellbeing@qub.ac.uk

For out of hours emergency:

Counselling support delivered in partnership with Inspire Wellbeing (formerly Carecall) on 0808 800 0016 (24 hour, free from mobile and landline)

Lifeline - 24 hour helpline, 0808 808 8000 (free from mobile or landline)

The Samaritans - also available 24 hours. They can be contacted on 116 123 (national line) or 02890664422 (Belfast).

Your own GP or local A&E hospital service. The GP out of hours number for the University area is 028 90796220.

W: www.qub.ac.uk/sgc/wellbeing
E: studentwellbeing@qub.ac.uk

T: 028 90 972893
F: [facebook.com/studentwellbeingatqueens](https://www.facebook.com/studentwellbeingatqueens)

Student Wellbeing Service – Upcoming Events

For many of us, Christmas can be a difficult period. This time of the year may remind you of a bereavement, or you may not have close friends or family with you to celebrate.

The Wellbeing Service are holding a group session for students who are worried about Christmas on Tuesday 19th December from 12noon - 2pm. This is a safe space for students to come and chat with Wellbeing Staff, chat to other students and even make practical plans for the Christmas holidays. If you are interested please email studentwellbeing@qub.ac.uk, you can also chose to tell us in advance if there is something specific you would like to get out of the session – if not that's fine, just come along. Refreshments will be provided! Below some practical tips to manage your wellbeing over the Christmas period

GIVE

Many places are desperate for volunteers at Christmas time. Volunteering is a great way to socialise and improve self esteem

BE ACTIVE

Aim to get out daily, especially in morning time (wait for day light) for a 20-30min walk, to get some fresh air and set you up for the day

CONNECT

Social Support and friendships are good for physical and mental health. If you can't meet with friends and family, try phone call or Skype call. Even online communities

KEEP LEARNING

Use the holiday period to catch up with University work, or start preparing for Semester 2. You could always learn a new skill or do an online course if you feel up to it!

TAKE NOTICE

If socialising isn't your thing at Christmas – its fine! Why not take a trip to wonderful sights in Northern Ireland, or practice meditation, mindfulness or read a great book!

Try elefriends.org.uk for online community support



Other Events.....

If you're staying in Belfast for the Christmas Period, here are a few events that you could attend:

Christmas Lunches: Common Grounds (University Avenue: <http://commongrounds.co.uk/>) are offering FREE CHRISTMAS LUNCH on Christmas Day – between 12noon -2pm. Bengal Brasserie on the Ormeau Road are also offering FREE CHRISTMAS DINNER between 12noon – 8pm - you need to book your place by calling them 028 90647516 before 20th December.

Elms Village: Thursday 21st December Christmas Party @ 6pm, Wednesday 27th December, Christmas Movie Night @6pm, Saturday 30th December Christmas Karaoke @6pm – contact Elms Village for further information – if you are a student and don't live in Elms you are still welcome to attend!

Queen's Film Theatre It's A Wonderful Life ; 8th-23rd Dec. Muppet Christmas Carol; 15th-23rd Dec. Polar Express; 16th + 17th Dec. Elf; 18th-23rd Dec. And more, which you can find on their website: www.queensfilmtheatre.com

Mind Your Mood: Over the holiday period, the MYM account will be monitored intermittently. In January 2018, Me4Mental support groups will be launched. If you are interested in taking part please email: mindyourmood@qub.ac.uk. The support group is likely to meet from Monday 22nd January at 11am.

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