Dec 2024 Care Experienced Newsletter

£1000 Bursary

SUQCESS FUND

There is a new Bursary for you!

Funded by the Department of Economy (DfE)

Complete this <u>MS Form</u> by next Wednesday 11th December.

2 X £500 instalments

a private donor to provide valuable support for students with experience of care. This assistance can include vouchers for books, help with groceries, support in accessing placements, and more.

Applications are open year-round and can be found here

Festive Celebrations



Our Care Experienced December Social!

Date: 19th December

2 Course Meal & Drink in Ryan's Bar first
Afterwards we've booked tickets to 'Home
Alone' in Queen's film Theatre
Costs are covered, let's celebrate together!
Sign up here

WPU are hosting a <u>Christmas Catch-up</u> with our WPU colleagues and students from other projects TODAY.

Thursday, 5 December from 14:30 - 16:30

Foyer of the Student's Union, One Elmwood.

Pop in or stay for the duration, looking forward to seeing you there.





Want a chat?

Student Well-being
host drop-in sessions, Mon-Fri
from 11am - 3pm on the first
floor of One Elmwood. Click <u>here</u> for more info

Community Shout Out



VOYPIC offer independent advocacy up to 30 Years Old.

"Our professionally qualified advocates providing advice and support in a wide range of areas, including living independently, managing finances, housing support, continuing with education/training, building community networks, and more"

Advocacy to 30 - VOYPIC

Upcoming Events

SU Self Care Hour - Rescue

Cavalier Dogs

SU Bingo - Christmas Special

SU Quiz - Christmas Special
SU Creative Hour - Festive



Support Contact Information

Reminder that the University will be closed from Friday 20th December 2024 - Wednesday 1st January 2025 inclusive.

If you need support during this time, you can contact the following:

Mental Health & Emotional Wellbeing

- Your GP or local Accident & Emergency (<u>Emergency Department</u>). The GP out of hours number for the University area is 02<mark>8 9079 6220.

 Out of Hours for other areas can be found here</mark>.
 - Inspire Student Helpline 0808 800 0016 (24 hours a day, 7 days per week)
 - · Lifeline: 0808 808 8000 or the Samaritans: 116 123

Physical Health

- Your GP or local Out of Hours GP. The GP out of hours number for the University area is 028 9079 6220. Out of Hours for other areas can be found here.
 - Local Accident & Emergency (Emergency Departments)

Community and Campus Safety

If you have been subject to a Criminal Incident (including hate crime, sexual assault, domestic violence etc.). Please report via the following options:

- 999 (in an emergency), or 101 (non-emergency)
- 24 hour Domestic and Sexual Abuse Helpline on 0808 802 1414
- You can report anonymously or with details using our <u>Report & Support</u> website. If you leave your details, we will follow-up with you on our return.

If you are concerned about your safety on campus please call the Security 24-hour number on 028 9097 5099.

Accommodation, Food & Essential Items Support

- Queen's Accommodation: <u>accommodation@qub.ac.uk</u> or Elms BT1: 028 9097 6040; Elms BT2: 028 9097 6441; or Elms BT9: 028 9097 4525
 - · Advice NI Community Helpline: call 0808 802 0020 (Mon-Fri 9am-5pm)



WIDENING PARTICIPATION UNIT