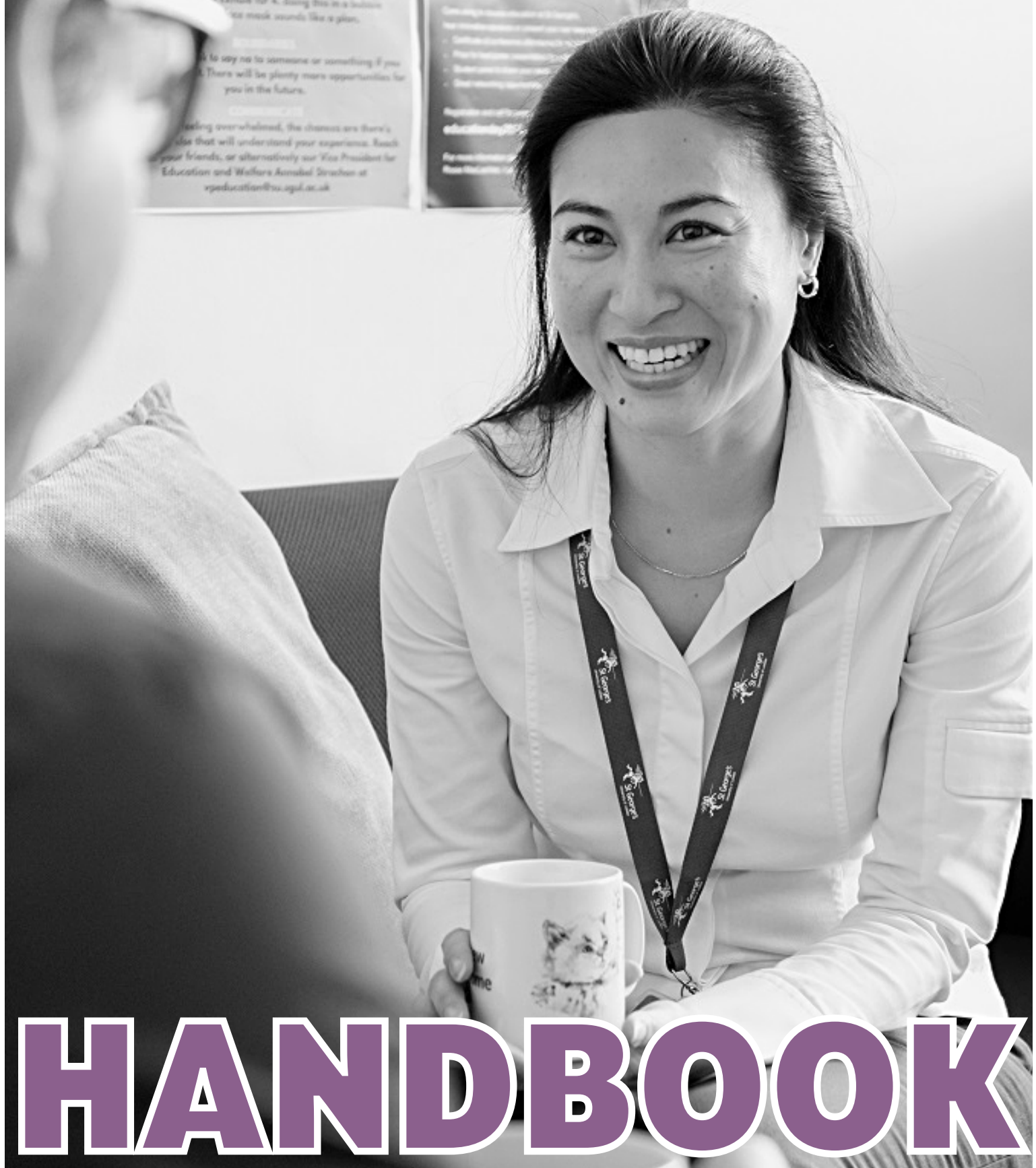


# WELFARE



# HANDBOOK

# CONTENTS

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SECTION	PAGES
• WELCOME	2
• THE SU: WHO ARE WE	3-9
• WELFARE (SOCIETIES AND SERVICES)	10-12
• MYTHBUSTER AND MENTAL HEALTH	13-14
• BULLYING, HARASSMENT & ABUSE	15-16
• SHOUT HELPLINE	17
• TOGETHERALL & ALUMNI	18
• CARING FOR YOUR PHYSICAL HEALTH	19-20
• ALCOHOL, SMOKING & DRUGS	21-22
• SEXUAL HEALTH	23
• PERSONAL SAFETY	24
• TOP TIPS	25
• FRESHERS INFORMATION	26-27
• FINANCE & ACCOMMODATION	28-30
• WORKING AS A STUDENT	31
• LIBRARY, CAREERS & LEARNING	32-33
• EXAMS & 'FIT TO SIT'	34-36
• UNIVERSITY PROCEDURES	37-38
• SOCIAL MEDIA AS A HEALTHCARE STUDENT	39
• UNITU	40-41
• FAITH	42
• INTERNATIONAL STUDENTS	43
• WELFARE SUPPORT GROUPS (SPACE & PRIDE)	44-46
• DRAWING TO A CLOSE	47

# WELCOME!

WELCOME TO THE WELFARE HANDBOOK 2021/22! WE ARE EXCITED TO GET BACK TO BEING THE SU YOU KNOW AND LOVE WITH SO MANY FUN EVENTS AND SUPPORTING STUDENTS IN ALL AREAS OF UNIVERSITY LIFE. YOUR WELFARE IS MORE IMPORTANT THAN EVER AS WE WORK TOWARDS RETURNING TO NORMAL. MAKING SURE NO STUDENT IS LEFT BEHIND IS OUR MAIN GOAL FOR THIS YEAR! THIS BOOKLET IS INTENDED TO HELP YOU GET TO GRIPS WITH THE BASICS, AS WELL AS A PLACE TO FIND INFORMATION ON EVERYTHING FROM STUDY TIPS AND EXAMS, TO WELFARE AND SAFETY INFORMATION INCLUDING OUR COUNSELLING AND DISABILITY SERVICES. IF YOU ARE NOT SURE WHO TO CONTACT, YOU CAN BE PRETTY SURE TO FIND IT IN THIS BOOKLET OR AT LEAST FIND SOMEONE WHO CAN HELP YOU TO.

WITH REDUCED TIME ON SITE THIS YEAR WILL BE DIFFERENT AGAIN TO ANY OTHER YEAR. THE SPLIT TIME BETWEEN ONLINE AND ON SITE WILL PRESENT NEW CHALLENGES AND ISSUES. WHETHER YOU ARE LIVING AT HOME OR COMING TO HALLS IT CAN BE HARD TO ADJUST TO NEW WAYS OF LEARNING, EVEN IN A COMPLETELY NORMAL YEAR MANY STUDENTS FIND IT DIFFICULT AND THAT IS WHAT WE ARE TO HELP WITH. LIVING ALONE FOR THE FIRST TIME PRESENTS CHALLENGES WHICH WE HAVE TRIED TO MAKE EASIER WITH HELPFUL TIPS FROM OUR GEORGE'S COMMUNITY. AS WELL AS OUR MUMS AND DADS SCHEME PUTTING YOU IN CONTACT WITH AN OLDER YEAR TO HELP YOU SETTLE INTO UNI LIFE.

I HOPE YOU FIND THIS BOOKLET USEFUL AND QUITE COMPREHENSIVE. AS YOUR VP EDUCATION AND WELFARE I AM ALWAYS HAPPY TO BE CONTACTED WITH ANY QUESTIONS OR QUERIES. PERSONALLY, HAVING DONE A YEAR OF MY COURSE IN A PANDEMIC, I UNDERSTAND HOW CONFUSING AND FRUSTRATING IT CAN BE - MAKING SURE YOU LOOK AFTER YOURSELVES AND EACH OTHER IS IMPORTANT. I FOUND MY HOUSEMATES AND ST GEORGE'S BOAT CLUB TO BE A GREAT SOURCE OF SUPPORT THAT REALLY HELPED ME MAKE IT THROUGH THE LOCKDOWNS AND CHANGING RESTRICTIONS. I AM SURE YOU TOO WILL FIND GREAT SUPPORT HERE WHETHER THROUGH SOCIETIES, SPORTS CLUBS, FRIENDS OR THROUGH THE SU! WE LIVE ON THE 2ND FLOOR OF HUNTER WING, AND ARE AVAILABLE IN PERSON, VIA EMAIL OR PHONE MONDAY-FRIDAY 9-5. WE WORK FOR YOU - AND NO PROBLEM IS TOO BIG OR TOO SMALL, SO DON'T HESITATE TO GET IN TOUCH IF YOU NEED HELP.

*George Hadjiyiannakis*

VP EDUCATION & WELFARE

(VPEDUCATION@SU.SGUL.AC.UK)



# THE SU: WHO ARE WE?



## PRESIDENT: BECKY

WELCOME TO OUR ST GEORGE'S FAMILY! I AM BECKY, YOUR SU PRESIDENT AND I AM DELIGHTED TO HAVE YOU ALL JOIN US. I REALLY HOPE YOU ENJOY THIS EXCITING AND PIVOTAL TIME IN YOUR LIFE AND ENJOY MAKING NEW FRIENDS AND MEMORIES. THE STUDENT'S UNION IS HERE TO HELP YOU MAKE THE MOST OF YOUR TIME AT ST GEORGE'S, FROM HOSTING LIVELY DISCOS IN OUR BAR, TO PROVIDING WELFARE SUPPORT WHEN YOU NEED A HELPING HAND.

WE HOPE YOU CAN SOON FEEL SETTLED, BY GETTING INVOLVED IN SOCIETIES (AS THERE IS TRULY SOMETHING FOR EVERYONE!), MAKING YOUR NEW ACCOMMODATION FEEL LIKE HOME, AND KEEPING IN CONTACT WITH FAMILY AND FRIENDS. AS YOU EMBARK ON THIS ADVENTURE REMEMBER YOU ARE NOT ALONE, IT IS SO IMPORTANT TO REACH OUT FOR SUPPORT, AND LOOK AFTER OURSELVES AND OTHERS. YOUR FULL-TIME SU OFFICERS WILL BE IN THE STUDENT UNION OFFICE WHEN YOU NEED SOMEONE TO TALK TO, AND I CAN'T WAIT TO MEET AS MANY OF YOU AS POSSIBLE DURING FRESHERS!

## WHY COME TO ME?

- INFORMATION ON SU EVENTS
- STARTING A NEW PROJECT OR INITIATIVE
  - THIS CAN BE ANYTHING!
- CONCERNS ABOUT OTHER STUDENTS OR SOCIETIES.

## CONTACT ME:

LOCATION: SU OFFICE, 2ND FLOOR HUNTER WING (MON-FRI, 9-5)

EMAIL: [PRESIDENT@SU.SGUL.AC.UK](mailto:PRESIDENT@SU.SGUL.AC.UK)

PHONE: 02087252709

INSTAGRAM: @STGEORGESSU / @SGSUPRESIDENT



# THE SU: WHO ARE WE?

## VP STUDENT ACTIVITIES & EXPERIENCE: OGOR



HI! MY NAME'S OGOR AND I'M YOUR NEW VP OF STUDENT ACTIVITIES AND EXPERIENCE 2021/22

I'M A NEWLY GRADUATED BIOMEDICAL SCIENTIST FROM ST. GEORGE'S AND AS A FORMER STUDENT, I HAVE GROWN TO LOVE THE ST. GEORGE'S SENSE OF COMMUNITY. OVER THE LAST YEAR, I WAS THE GENERAL SECRETARY OF THE SU AND NOW AS THE VP OF STUDENT ACTIVITIES AND EXPERIENCE, I WANT TO HELP YOU HAVE THE BEST YEAR POSSIBLE WITH MORE ONSITE CAMPUS EVENTS AND ACTIVITIES TO MAKE YOUR EXPERIENCE FUN AND EXCITING!

I BELIEVE THIS YEAR IS GOING TO BE BETTER THAN EVER BECAUSE WE AIM TO LISTEN TO YOU AND HELP EMPOWER EACH AND EVERY ONE OF YOU THROUGH OUR UNION.

## WHY COME TO ME?

- INFORMATION ON SOCIETIES -MAKING ONE, RUNNING ONE, REVIVING ONE...
- HELP WITH RUNNING A CLUB OR SOCIETY
  - FINANCES, CLAIMS FORMS, INVOICES
  - ADVICE AND GUIDANCE
- STUDENT ENGAGEMENT PROJECTS

## CONTACT ME:

LOCATION: SU OFFICE, 2ND FLOOR HUNTER WING (MON-FRI, 9-5)

EMAIL: [VPACTIVITIES@SU.SGUL.AC.UK](mailto:VPACTIVITIES@SU.SGUL.AC.UK)

PHONE: 0208 725 5078

INSTAGRAM: @STGEORGESSU

# THE SU: WHO ARE WE?

## VP EDUCATION & WELFARE: GEORGE



AS VP EDUCATION AND WELFARE YOU CAN COME TO ME FOR MANY THINGS, EITHER RELATED TO YOUR COURSE OR ANY OTHER ISSUES. I CAN OFTEN HELP GIVE ADVICE ON MANY ISSUES WITH EXAMS, PARTICULARLY 'FIT TO SIT' AND MITIGATING CIRCUMSTANCES.

I AM ALSO HERE TO TALK IF YOU EVER NEED TO OR IF YOU WANT HELP FINDING THE RIGHT PERSON TO TALK TO.

THIS YEAR I AM KEEN ON MAKING SURE ALL OUR STUDENTS FEEL SAFE AS WE RETURN TO SITE AND WILL BE HAPPY TO OFFER SUPPORT ON CONCERNS DUE TO COVID-19.

AS WE ALL WILL BE WORKING THROUGH A HYBRID MODEL OF IN PERSON AND ONLINE YOU CAN REACH ME EITHER BY VISITING MY OFFICE IN THE SU ON THE 2ND FLOOR OF HUNTER WING OR VIA EMAIL AT [VPEDUCATION@SU.SGUL.AC.UK](mailto:VPEDUCATION@SU.SGUL.AC.UK), I AM HAPPY TO MEET IN PERSON OR ON TEAMS. I LOOK FORWARDS TO MEETING MANY OF YOU AT FRESHERS AND THROUGHOUT THE YEAR.

NO CONCERN IS TOO SMALL SO PLEASE DO NOT HESITATE TO CONTACT ME OR ANY OF THE SU TEAM!

## CONTACT ME:

LOCATION: SU OFFICE, 2ND FLOOR HUNTER WING

HOURS: MON-FRI, 9-5

EMAIL: [VPEDUCATION@SU.SGUL.AC.UK](mailto:VPEDUCATION@SU.SGUL.AC.UK)

TEL: 020 8725 0451

INSTAGRAM: @SGSU\_VPEW



# THE SU: WHO ARE WE?

## EDUCATION AND WELFARE SUPPORT OFFICER: LON



“ IF YOU FEEL LOST, CONFUSED OR OVERWHELMED, NEED SUPPORT WITH PERSONAL OR EMOTIONAL ISSUES OR WOULD LIKE ADVICE ON UNIVERSITY/STUDENT PROCEDURES (I.E., MITIGATING CIRCUMSTANCES, ACADEMIC APPEALS, DISCIPLINARY AND FITNESS TO STUDY OR PRACTICE), EMAIL ME TO SEE HOW I CAN HELP! ”

## CONTACT ME:

LOCATION: SU OFFICE, 2ND FLOOR HUNTER WING

HOURS: WFH MONDAY & FRIDAY, IN OFFICE WEDNESDAY (9-5)

EMAIL: [LTEIJA@SGUL.AC.UK](mailto:LTEIJA@SGUL.AC.UK)

TEL: 020 8725 0641

## WHY COME TO US? (GEORGE OR LON)

- DIFFICULTIES WITH UNIVERSITY/HOME LIFE.
  - GEORGE AND LON SEE STUDENTS FOR ALL SORTS OF REASONS, NO PROBLEM IS TOO BIG OR TOO SMALL!
- ASSISTANCE WITH UNIVERSITY PROCEDURES
  - ANYTHING FROM APPEALS, TO COMPLAINTS, TO APPLYING FOR MITIGATING CIRCUMSTANCES.
- ANY PROBLEMS WHERE YOU ARE UNSURE WHERE TO GO.
  - IF WE CAN'T HELP, WE SHOULD KNOW WHO CAN!
- GEORGE OR YOUR YEAR REPS CAN ALSO SUPPORT YOU WITH COHORT/COURSE SPECIFIC ISSUES.

# THE SU: WHO ARE WE?

## UNION EXECUTIVE

THE UNION EXECUTIVE IS A GROUP OF STUDENTS WHO ARE ELECTED TO VARIOUS ROLES THAT REPRESENT ALL ASPECTS OF STUDENT LIFE.

THEY ARE GROUPED INTO FOUR 'ZONES':

### UNION EVENTS ZONE

LEAD BY THE UNION PRESIDENT, THIS ZONE HAS HELPS ORGANISE FRESHERS AND VARIOUS EVENTS THROUGHOUT THE YEAR WITH EVENTS, HERITAGE AND CHARITY AND VOLUNTEERING OFFICERS.

### UNION AFFAIRS ZONE

ALSO LEAD BY THE PRESIDENT, THIS ZONE ENSURES THAT THE UNION RUNS SMOOTHLY AND EFFICIENTLY. WITH OUR CHAIR, DEMOCRACY OFFICERS AND STUDENT TRUSTEES.

### STUDENT ACTIVITIES ZONE

LEAD BY OUR VP STUDENT ACTIVITIES AND EXPERIENCE, THIS GROUP OVERSEES SOCIETY ACTIVITIES AND SUPPORTS THEM AS THEY MOVE THROUGH THE YEARS. THIS ZONE HAS SOCIETIES OFFICERS, SPORTS OFFICERS, COMMS OFFICERS AND TECH OFFICERS.

### STUDENT ADVOCACY ZONE

THIS ZONE, LEAD BY THE VP EDUCATION AND WELFARE, HELPS SUPPORT A HUGE VARIETY OF STUDENTS AND HELPS LEAD WELFARE SCHEMES THROUGHOUT THE YEAR. THERE ARE INTERNATIONAL OFFICERS, EQUALITY, DIVERSITY AND INCLUSION OFFICERS, ENVIRONMENT AND ETHICS OFFICERS, AND REPRESENTATION OFFICERS IN THIS ZONE.

**TO CONTACT ANY OFFICERS EITHER EMAIL THEIR ZONE LEAD OR GO TO  
[HTTPS://WWW.SGSU.ORG.UK/ABOUT-SGSU/EXEC/](https://www.sgsu.org.uk/about-sgsu/exec/)**



# THE SU: WHO ARE WE?

## YEAR REPS

EVERY YEAR GROUP IN THE UNIVERSITY HAS THE OPPORTUNITY TO ELECT REPS.

THESE REPS HELP LIAISE WITH THE COURSE TEAM ABOUT KEY ISSUES YOUR COHORT IS FACING AND ALSO OFTEN WORK WITH TEAMS TO CONSTANTLY IMPROVE THE COURSE FOR FUTURE COHORTS

YEAR REPS ARE ELECTED THROUGH US, THE UNION. FOR 1ST YEARS THIS IS DURING OUR AUTUMN ELECTIONS, AND FOR RETURNING YEARS THIS HAPPENS DURING THE SUMMER.

YEAR REPS SIT ON SU SENATE, A REGULAR MEETING TO DISCUSS COHORT-SPECIFIC ISSUES WITH THE SU.

IF YOU ARE INTERESTED IN BECOMING A REP, KEEP AN EYE OUT ON OUR SOCIAL MEDIA AND WEBSITE FOR AUTUMN ELECTIONS IN OCTOBER.

2ND YEAR REPS USUALLY HELP OUR FIRST YEARS BEFORE THEIR OWN REPS ARE ELECTED. WANT TO FIND OUT WHO YOUR REPS ARE?

HEAD TO:

[HTTPS://WWW.SGSU.ORG.UK/ABOUT-SGSU/YEAR-REPS/](https://www.sgsu.org.uk/about-sgsu/year-reps/)

# THE SU: WHAT DO WE DO?

THE STUDENTS' UNION (SU) IS AN ORGANISATION, SEPARATE TO THE CORE UNIVERSITY, THAT AIMS TO SUPPORT STUDENTS, STRENGTHEN THE VOICE OF THE STUDENT BODY AND ENSURE THAT EVERYONE'S EXPERIENCE AT ST GEORGE'S IS THE BEST IT CAN BE.

THIS INVOLVES:

- PROVIDING WELFARE SUPPORT
- HOSTING REGULAR EVENTS
- SUPPORTING SOCIETIES AND CLUBS
- RAISING AND GIVING (CHARITY INVOLVEMENT)
- AND MUCH MORE!

YOU CAN ALWAYS FIND OUT MORE ABOUT WHAT WE ARE UP TO ON OUR WEBSITE OR BY EMAILING OUR TEAM.

SGSU.ORG.UK



# KEY WELFARE SOCIETIES

WE HAVE OVER 100 ACTIVE SOCIETIES HER AT GEORGES, BUT HERE ARE A JUST A FEW KEY ONES IF YOU ARE LOOKING FOR A GROUP TO SUPPORT YOU THROUGHOUT YOUR YEARS HERE.

OUR WHOLE RANGE CAN BE FOUND AT [SGSU.ORG.UK/CLUB-SOC/](http://SGSU.ORG.UK/CLUB-SOC/)  
OR YOU CAN MAKE YOUR OWN!

(EMAIL [VPACTIVITIES@SU.SGUL.AC.UK](mailto:VPACTIVITIES@SU.SGUL.AC.UK) TO ASK ABOUT THIS)



# THE COUNSELLING SERVICE

THE COUNSELLING SERVICE AT THE UNIVERSITY IS FREE OF CHARGE, CONFIDENTIAL AND AVAILABLE TO ALL STUDENTS. THEY ARE THERE TO HELP STUDENT FIND SOLUTIONS TO ALL SORTS OF STRESSES AND THE SERVICE IS COMPLETELY SEPARATE FROM YOUR TEACHING AND ASSESSMENT HERE.

THE COUNSELLING SERVICE IS OFFERING A MIXTURE OF ON-SITE AND REMOTE (PHONE/TEAMS) APPOINTMENTS AND THERE WILL BE ON-SITE OPEN HOURS (DROP-IN SESSIONS) FROM MID-SEPTEMBER AT 12 NOON ON SOME DAYS (PLEASE CHECK OUR WEBPAGE HERE: [HTTPS://WWW.SGUL.AC.UK/FOR-STUDENTS/STUDENT-SUPPORT/HEALTH-AND-WELLBEING/MENTAL-HEALTH/COUNSELLING-SERVICE](https://www.sgul.ac.uk/for-students/student-support/health-and-wellbeing/mental-health/counselling-service))

LOCATION: 2ND FLOOR HUNTER WING (WITH PRET ON YOUR RIGHT, HEAD TO THE END OF THIS CORRIDOR AND THE OFFICES WILL BE ON YOUR LEFT)

EMAIL: [COUNSELLING@SGUL.AC.UK](mailto:COUNSELLING@SGUL.AC.UK)

PHONE: 020 8725 3628 (NOT AVAILABLE UNTIL RETURN TO SITE)

## COUNSELLING MYTHBUSTER

**IF I USE THE COUNSELLING SERVICE, IT WILL GO DOWN ON MY PERSONAL RECORD...**

**FALSE!**

ALL INTERACTIONS WITH THE COUNSELLING SERVICE ARE CONFIDENTIAL.

**SEARCH "SGUL COUNSELLING" FOR MORE INFO**

**I SHOULDN'T BOOK A SESSION WITH THE COUNSELLING SERVICE, AS I WILL BE NOTED DOWN AS 'NOT FIT TO PRACTISE'**

**FALSE!**

STUDENTS IN HEALTHCARE PROFESSIONS ARE RECOGNISED AS PROFESSIONAL & RESPONSIBLE FOR RECOGNISING A PROBLEM AND SEEKING ADVICE AND SUPPORT!

**OTHER PEOPLE HAVE THINGS WORSE. I SHOULDN'T TAKE UP THE COUNSELLORS' TIME...**

**FALSE!**

STUDENTS USE THE COUNSELLING SERVICE FOR MANY DIFFERENT REASONS. NO PROBLEM IS TOO SMALL IF IT IS CAUSING YOU DISTRESS. EARLY CONSULTATION CAN PREVENT A PROBLEM GETTING WORSE OR BECOMING UNMANAGEABLE.



# THE DISABILITIES SERVICE

USING THE DEFINITION FROM THE EQUALITY ACT (2010), A DISABILITY IS A:

- PHYSICAL OR MENTAL IMPAIRMENT
- THIS RESULTS IN SUBSTANTIAL AND 'LONG-TERM' ADVERSE EFFECT ON THE PERSON'S ABILITY TO CARRY OUT NORMAL DAY-TO-DAY ACTIVITIES.

**THIS DISABILITIES TEAM AT SGUL SUPPORTS STUDENTS WHO HAVE LONG-TERM HEALTH CONDITIONS, MENTAL HEALTH CONDITIONS, PHYSICAL OR SENSORY IMPAIRMENTS, AUTISTIC SPECTRUM CONDITIONS AND SPLDS.**

- SCREENING FOR SPECIFIC LEARNING DIFFICULTIES
- REASONABLE ADJUSTMENTS (TO STUDIES AND EXAMS)
- ACCESS TO FUNDING (EG. DSA)

LOCATION: STUDENT LIFE CENTRE, GROUND FLOOR HUNTER WING

EMAIL: [DISABILITY@SGUL.AC.UK](mailto:DISABILITY@SGUL.AC.UK)

PHONE: 020 8725 0143

“

I STRUGGLE A LOT WITH PANIC ATTACKS AND ANXIETY, PARTICULARLY IN PRACTICAL EXAMS, AND I WAS HALFWAY THROUGH MY DEGREE BEFORE I FOUND OUT THAT THE DISABILITY SERVICE COULD HELP ME! THEY WERE ABLE TO ARRANGE FOR ME TO HAVE AN EXTRA REST BREAK IN BETWEEN STATIONS, WHICH WAS HUGELY BENEFICIAL FOR ME & I WENT THROUGH THE EXAM WITHOUT A PANIC ATTACK FOR THE FIRST TIME!

”

# WELFARE MYTHBUSTER

**IF I HAVE A MENTAL HEALTH CONDITION, IT WILL DAMAGE MY CAREER PROSPECTS**

## **FALSE!**

MENTAL HEALTH CONDITIONS ARE COMMON IN THE GENERAL POPULATION AND COMMONLY OCCUR IN HEALTHCARE PROFESSIONALS AND STUDENTS. LEGALLY, EMPLOYERS CAN'T DISCRIMINATE AGAINST YOU IF YOU HAVE A MENTAL HEALTH CONDITION.

**STAFF WILL TREAT ME DIFFERENTLY IF THEY KNOW I HAVE A MENTAL HEALTH CONDITION.**

## **FALSE!**

MOST STAFF WILL NOT KNOW THAT YOU HAVE A MENTAL HEALTH CONDITION. THOSE WHO DO HAVE A DUTY TO SUPPORT YOU.

**SEEKING HELP IS SEEN AS A SIGN OF WEAKNESS**

## **FALSE!**

SEEKING HELP IS THE STRONG THING TO DO. IT IS ALSO THE RIGHT THING TO DO. ST GEORGE'S UNIVERSITY & STUDENTS' UNION HAVE MANY DIFFERENT THINGS IN PLACE TO SUPPORT YOU, AND WE WANT TO SEE YOU SUCCEED!

**I CAN NEVER TAKE TIME OUT OF MY STUDIES**

## **FALSE!**

OUR STUDENTS CAN AND DO TAKE TIME OUT FROM THEIR STUDIES. IF YOU THINK TAKING SOME TIME OUT MAY BE HELPFUL FOR YOU, PLEASE SPEAK TO YOUR PERSONAL TUTOR OR VP EDUCATION & WELFARE.

Source: [GMC, Supporting Medical Students with Mental Health Conditions](#)

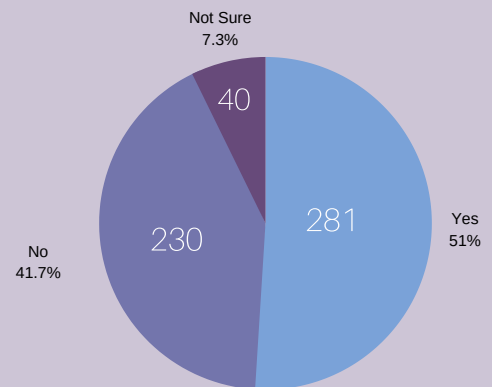
# MENTAL HEALTH

JUST LIKE PHYSICAL HEALTH, WE ALL HAVE MENTAL HEALTH, AND OUR MENTAL WELL-BEING CAN FLUCTUATE DAY-TO-DAY.

AS STUDENT MINDS SAYS: STARTING UNIVERSITY CAN BE A WONDERFUL AND EXCITING EXPERIENCE, BUT IT CAN ALSO BRING ITS OWN UNIQUE CHALLENGES. IT'S NATURAL TO FEEL NERVOUS OR OVERWHELMED DURING THE FIRST FEW WEEKS AT UNIVERSITY, AND IT CAN BE A WHILE BEFORE YOU FEEL LIKE YOU'VE FOUND YOUR FEET.' YOU MIGHT FIND THE RESOURCES ON THE STUDENT MINDS, BLURT & BEAT.

IN ADDITION TO THIS, RESEARCH SHOWS THAT HEALTHCARE STUDENTS EXPERIENCE HIGHER LEVELS OF ANXIETY, DEPRESSION, BURNOUT, AND PERSONAL DISTRESS.

**HAVE YOU SUFFERED FROM OR CONTINUE TO SUFFER FROM ANY MENTAL HEALTH PROBLEM WHILE STUDYING AT ST GEORGE'S?**



**STUDENT-STAFF PARTNERSHIP PROJECT SURVEY (2020)**

*Naturally, there's a focus on achievement, on studying, on meeting deadlines and on handing in coursework and in making new friends but the most important and most valuable things are you, and your health. - BLURT*

# BULLYING, HARASSMENT & ABUSE

GEORGE'S PRIDES ITSELF ON ITS FRIENDLY AND WELCOMING ATMOSPHERE. HOWEVER, THERE MAY BE OCCASIONS WHERE YOU WITNESS OR EXPERIENCE DISCRIMINATION OR HARASSMENT, WHETHER SUBTLE OR OVERT. WE'VE INCLUDED SOME INFORMATION BELOW, WHICH MAY HELP YOU TO FEEL VALIDATED IN YOUR EXPERIENCE, AND MORE COMFORTABLE IN COMING TO DISCUSS IT WITH US OR ANYONE ELSE AT THE UNIVERSITY.

HARASSMENT AS OUTLINED IN THE EQUALITY ACT IS "UNWANTED CONDUCT RELATED TO A RELEVANT PROTECTED CHARACTERISTIC, WHICH HAS THE PURPOSE OR EFFECT OF VIOLATING AN INDIVIDUAL'S DIGNITY OR CREATING AN INTIMIDATING, HOSTILE, DEGRADING, HUMILIATING OR OFFENSIVE ENVIRONMENT FOR THAT INDIVIDUAL".

*Have you experienced harassment?*

SOME EXAMPLES OF HARASSMENT ARE GIVEN BELOW. THESE EXAMPLES ARE NOT INTENDED TO BE EXHAUSTIVE BUT TO ILLUSTRATE THE TYPES OF BEHAVIOURS WHICH MANY WILL FIND UNACCEPTABLE. PLEASE NOTE, THIS ALSO INCLUDES BEHAVIOUR THAT TAKES PLACE ONLINE.

## Racial

- RACIALLY DEROGATORY REMARKS OR JOKES, BANTER, RIDICULE OR TAUNTS
- GRAFFITI OR SLOGANS OR THE DISPLAY OF PICTURES, POSTERS OR WEB-SITES WITH RACIAL OVERTONES, EVEN IF NOT DIRECTED AT A PARTICULAR PERSON
- USING A DISPARAGING OR OFFENSIVE TONE WHEN COMMUNICATING WITH PEOPLE FROM CERTAIN RACIAL GROUPS



## Sexual

- REMARKS OR INNUENDOES WHICH RIDICULE, EMBARRASSING OR INSULTING JOKES OF A DEROGATORY NATURE, LEERING OR WHISTLING
- UNWANTED PHYSICAL CONTACT RANGING FROM UNNECESSARY TOUCHING, PINCHING AND BRUSHING AGAINST ANOTHER'S BODY TO SEXUAL ASSAULT AND RAPE
- UNWELCOME SEXUAL ADVANCES, PROPOSITIONS OR PRESSURE FOR SEXUAL ACTIVITY; SUGGESTIVE REMARKS, INNUENDOES, LEWD COMMENTS OR UNWANTED COMMENTS ABOUT APPEARANCE
- THE DISPLAY OF PORNOGRAPHIC OR SEXUALLY SUGGESTIVE PICTURES, OFFENSIVE EMAILS/TEXT MESSAGES/ VIDEOS





# Disability

- JOKES ABOUT DISABILITY, DISABLED PEOPLE OR PEOPLE WITH HIV/AIDS
- MIMICKING THE EFFECT OF A DISABILITY OR SPEECH IMPAIRMENT
- USE OF OFFENSIVE INAPPROPRIATE TERMS
- EXCLUDING INDIVIDUALS WITH DISABILITIES FROM PROFESSIONAL AND SOCIAL EVENTS BY ACT OF COMMISSION OR OMISSION



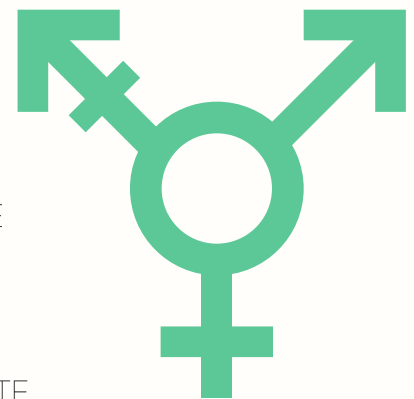
# Sexual Orientation

- HOMOPHOBIC OR BIPHOBIC REMARKS OR JOKES
- THREATS TO DISCLOSE SEXUAL ORIENTATION
- ASKING INTIMATE QUESTIONS ABOUT SEXUAL ACTIVITY
- OUTING SOMEONE AS LESBIAN, GAY OR BISEXUAL WITHOUT THEIR PERMISSION



# Gender Identity

- REFUSING TO ASSOCIATE WITH OR IGNORING SOMEONE BECAUSE THEY ARE TRANS
- REFUSING TO ADDRESS THE PERSON USING THEIR NEW NAME AND GENDER PRONOUN
- FAILURE TO KEEP CONFIDENTIAL INFORMATION ABOUT THAT PERSON'S TRANS STATUS
- REFUSAL TO ALLOW USE OF SANITARY FACILITIES APPROPRIATE TO THE GENDER IN WHICH THE PERSON IS LIVING



# Religion or belief

- OFFENSIVE REMARKS OR JOKES ABOUT RELIGION OR BELIEF
- REFUSAL TO WORK WITH A PERSON BECAUSE OF THEIR RELIGION OR BELIEF (OR LACK OF RELIGION OR BELIEF)
- ATTEMPTS TO PERSUADE AN INDIVIDUAL TO CHANGE THEIR RELIGIOUS OR POLITICAL BELIEFS OR THEIR WAY OF LIVING TO YOUR OWN
- PRAYING OVER AN INDIVIDUAL WITHOUT THEIR CONSENT.



THINK YOU HAVE BEEN AFFECTED? CONSIDERING REPORTING THIS TO THE UNIVERSITY?  
CONFIDENTIAL SUPPORT IS AVAILABLE - EMAIL [VPEDUCATION@SU.SGUL.AC.UK](mailto:VPEDUCATION@SU.SGUL.AC.UK)

**WE DO NOT TAKE YOUR COMPLAINT FORWARDS WITHOUT YOUR EXPRESSED PERMISSION!**

Source: [www.sgul.ac.uk/about/governance/policies/documents/Dignity-at-Work-and-Study-Policy.pdf](http://www.sgul.ac.uk/about/governance/policies/documents/Dignity-at-Work-and-Study-Policy.pdf)



shout

CRISIS TEXT LINE |

Shout is the UK's first free 24/7 crisis text service for anyone in crisis anytime, anywhere.

They offer in the moment help for times when life gets overwhelming and you need immediate support. When texters text Shout to 85258, they are connected to a trained Crisis Volunteer, supported by expert Clinical Supervisors.

The service is confidential and free on the major UK networks, and doesn't show up on phone bills. They can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying and relationship challenges (although if your life is in imminent danger, please call 999).

The service is predominantly used by people under 25 currently, but they support anyone, of any age in the UK.

"Thank you so much for your help. You have honestly saved my life."

### Interested in volunteering?

Sign up to become a Crisis Volunteer providing 24/7 support by text

giveusashout.org

1



### Text

Text SHOUT to 85258 from anywhere in the UK, 24/7.

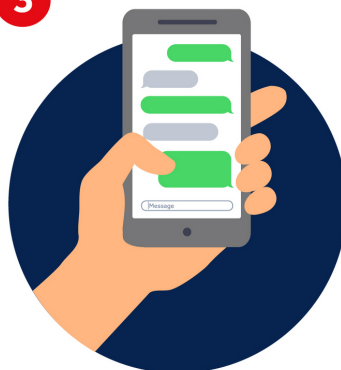
2



### Connect

After 3 automated responses, you'll connect with a trained Crisis Volunteer who receives the text on their computer - this will usually be in around 5 minutes but will take longer during busy times.

3



### Chat

You can text about whatever is a personal crisis to you - this might include issues like addiction, anxiety, assault, bullying, depression, eating disorders, relationship challenges, self-harm, and suicide.

4



### Share

The Crisis Volunteer listens without judgement, invites you to share more, and helps you move from a hot moment to a calm one. You'll text back and forth, sharing only what you feel comfortable.

5



### Action

The goal of the conversation is to help you reach a calm and safe place, ideally with a plan of how to support yourself going forward. As well as listening, resources to help you get more expert support or tools to help you manage might be shared.

6



### Calm

The conversation will only end when the Crisis Volunteer is comfortable that you are in a calm and safe place.



/giveusashoutuk



@giveusashoutinsta



@giveusashout

# TOGETHERALL

---

TOGETHERALL IS AN ONLINE MENTAL HEALTH SUPPORT PLATFORM THAT YOU CAN ACCESS WITH YOUR UNIVERSITY EMAIL.

THROUGH TOGETHERALL YOU CAN CONNECT WITH OTHERS WHO UNDERSTAND HOW YOU ARE FEELING AND WHAT YOU MIGHT BE GOING THROUGH, WITH DEDICATED TOGETHERALL STAFF MONITORING THE SITE 24/7 TO ENSURE THERE IS A SAFE, HEALTHY ENVIRONMENT FOR PEOPLE TO EXPRESS HOW THEY FEEL..

TOGETHERALL ALSO HAS A VAST AMOUNT OF RESOURCES TO HELP YOU LEARN ABOUT YOUR OWN MENTAL HEALTH, HOW TO HELP YOURSELF AND OTHERS THROUGH DIFFICULT TIMES.

\*NOTE\* WHILE TOGETHERALL USES YOUR UNI EMAIL TO ACCESS, NO PERSONAL INFO IS SHARED WITH THE UNIVERSITY.



## THE ALUMNI COMMUNITY

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ST GEORGE'S HAS A REALLY WELL DEVELOPED ALUMNI COMMUNITY, WHO REGULARLY HELP OUT WITH EVENTS AND FUNDING KEY SCHEMES. THE ALUMNI FUND HAS CONTRIBUTED TO TOGTHERRALL, THE PRINTING OF THESE HANDBOOKS AND OUR WONDERFUL EDUCATION AND WELFARE SUPPORT OFFICERS SALARY!

IF YOU HAVE ANY QUESTIONS ABOUT THE ALUMNI COMMUNITY, EMAIL [ALUMNI@SGUL.AC.UK](mailto:ALUMNI@SGUL.AC.UK).

# PHYSICAL HEALTH

MANY MOONS AGO, OUR FRIENDS IN THE REGISTRY CONDUCTED A SURVEY AND FOUND THAT IN THE FIRST TERM 26% OF FIRST YEAR STUDENTS WERE WORRIED ABOUT THEIR HEALTH, WITH APPROXIMATELY HALF SAYING THEY WERE FEELING TIRED, RUN DOWN AND STRESSED OUT.

WITH SO MANY OTHER THINGS TO THINK ABOUT IT IS ALL TOO EASY TO NEGLECT YOUR HEALTH DURING THE FIRST YEAR. SPARING A LITTLE TIME AND TLC FOR YOUR BRAIN AND BODY WILL PAY DIVIDENDS IN THE LONG RUN.

## REGISTER WITH GP AND DENTISTS!

IT IS A GOOD IDEA TO GET ORGANISED AND REGISTER WITH A LOCAL GP & DENTAL PRACTICE AS SOON AS YOU ARRIVE IN TOOTING,. FAR TOO MANY OF US KNOW SOMEONE WHO HAS LEFT IT UNTIL THEY'VE BEEN REALLY ILL & IT'S REALLY NOT FUN TRYING TO DEAL WITH THE PAPERWORK WHILST YOU'RE FEELING SO UNWELL.

TO REGISTER, IT HELPS TO TAKE THE ADDRESS OF YOUR GP/DENTIST AT HOME AND YOUR NHS NUMBER, BUT YOU CAN SIGN UP WITHOUT THESE.

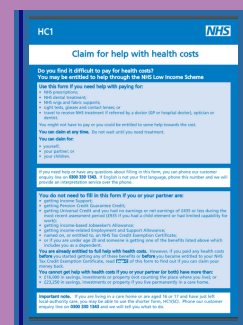
SOME GPS ALSO REQUIRE PROOF OF YOUR ADDRESS FOR YOU TO REGISTER (PLEASE SEE THE 'ACCOMMODATION' PAGE FOR CONTACT DETAILS OF THE STUDENT LIFE CENTRE WHO CAN PROVIDE YOU WITH THIS IF YOU ARE LIVING IN HALLS). HERE ARE A FEW LOCAL GP SURGERIES WHICH YOU MAY WISH TO REGISTER WITH:

1. [GRAFTON HOUSE - UPPER TOOTING SURGERY](#)
2. [EARLSFIELD PRACTISE](#)
3. [TREVELYN HOUSE](#)

## PRESCRIPTION CHARGES

SADLY, AS A FULL-TIME STUDENT YOU DON'T AUTOMATICALLY QUALIFY FOR FREE PRESCRIPTIONS / DENTAL CHECKS / EYE TESTS (& VOUCHERS FOR LENSES) UNLESS YOU ARE UNDER 19. YOU MIGHT WANT TO CHECK IF YOU ARE ELIGIBLE FOR OTHER REASONS [HERE](#).

YOU MAY FIND IT HELPFUL TO LOOK INTO THE [NHS LOW INCOME SCHEME](#) TO HELP WITH YOUR PRESCRIPTION CHARGES & OTHER HEALTH COSTS. YOU CAN PICK UP A HC1 FORM FROM THE SU OFFICE OR [ORDER ONE TO BE POSTED TO YOU](#).





# EXERCISE

HEADING OVER TO THE GYM OR GOING FOR A WALK/RUN IS A GREAT WAY TO LET OFF SOME OF THAT PENT UP STEAM. THERE ARE PLENTY OF LOCAL GYMS AROUND TOOTING AND PLENTY OF BEAUTIFUL PARKS AND OPEN SPACES FOR A BIT MORE FREEDOM!

AS WELL AS LOCAL GYMS, WE HAVE A NUMBER OF SPORTS CLUBS AVAILABLE FOR YOU TO JOIN!

PLEASE HAVE A LOOK AT THE FRESHER'S HANDBOOK TO FIND THE CONTACT DETAILS & SOCIAL MEDIA FOR OUR DIFFERENT CLUBS, SO THAT YOU CAN KEEP UP WITH WHAT THEY'RE PLANNING TO RUN DURING THE NEXT FEW MONTHS. NOT JUST A CHANCE TO WORK MUSCLES YOU NEVER KNEW YOU HAD, BUT A SOCIAL LIFE AS WELL!

# EATING WELL

YOU DEFINITELY WON'T WANT TO MISS OUT ON THE DELIGHTS OF TOOTING CUISINE. AFTER ALL, TOOTING MARKET BOASTS SOME OF THE WEIRDEST LOOKING VEGETABLES YOU WILL EVER SEE!

WHEN YOU (OCCASIONALLY) DECIDE YOU WOULD RATHER COOK SOMETHING YOURSELF, HERE ARE SOME GREAT, STUDENT FRIENDLY, WEBSITES WHERE YOU CAN FIND RECIPES.

- BBC GOOD FOOD
  - THEY HAVE A 'STUDENT RECIPES' COLLECTION WITH SOME REALLY NICE THINGS IN!
- TESCO REAL FOOD
- STUDENTRECIPES.COM
- THESTUDENTFOODPROJECT.COM

## OCCUPATIONAL HEALTH

OCCUPATIONAL HEALTH ARE THE PEOPLE TO GO TO FOR:

- IMMUNISATIONS
- SUPPORT FOR HEALTH ISSUES YOU MAY ENCOUNTER WHILST STUDYING / UNDERTAKING CLINICAL WORK - EG. NEEDLESTICK INJURY (IF THIS HAPPENS OUT OF HOURS PLEASE GO TO A&E!)
- SUPPORT FOR A MEDICAL (INCLUDING MENTAL HEALTH) PROBLEM WHICH MAY AFFECT YOUR STUDIES.

THEY CAN FACILITATE TREATMENT & COMMUNICATION WITH THE UNIVERSITY (INCLUDING RISK ASSESSMENTS AND SUGGESTED ADAPTATIONS TO YOUR STUDIES). FOR THIS REASON, IT IS NOT A STRICTLY CONFIDENTIAL SERVICE.

LOCATION: OCCUPATIONAL HEALTH 1:  
(FOUND ON PERIMETER ROAD, IN THE BUILDING NEXT TO THE ROB LOWE SPORTS CENTRE, ON THE FIRST FLOOR.)

PHONE: 020 8725 1661

FOR MANY OF YOU, REGISTERING WITH OCCUPATIONAL HEALTH WILL BE AN IMPORTANT PART OF INDUCTION. THEY WILL SORT YOU OUT WITH HEP B JABS AND ANY OTHERS THAT YOU MAY NEED.

KEEP YOUR CERTIFICATES OF IMMUNITY SAFE, AS MANY PLACEMENT SITES WILL REQUIRE THESE PRIOR TO YOU STARTING CLINICAL STUDY THERE -- AND YOU MAY BE CHARGED FOR A REPLACEMENT!

# ALCOHOL

SOCIAL DRINKS WITH FRIENDS IN BARS AND CLUBS CAN BE THE BASIS OF FANTASTIC NIGHTS OUT, BUT WITH ALL GOOD THINGS COME THEIR LIMITATIONS. FOR SOME, DRINKING TO EXCESS LEADS TO DISORIENTATION, LOWERED INHIBITIONS AND INVARIABLY A DREADFUL HANGOVER THE FOLLOWING DAY.

ON THE NIGHT:

- EAT BEFORE YOU DRINK (PASTA OR BREAD BASED!)
- DON'T DRIVE.
- WALK HOME WITH FRIENDS AND NEVER ALONE.
- AVOID BINGE DRINKING.

## DO I HAVE A PROBLEM?

THIS IS A QUESTION ONLY YOU CAN ANSWER. HOWEVER, IF YOU ARE AT ALL WORRIED, THERE ARE WAYS YOU CAN ADDRESS YOUR CONCERNS.

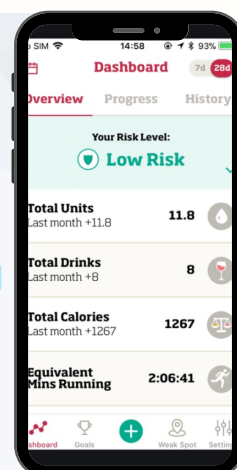
THE COUNSELLORS ARE AVAILABLE TO TALK TO WITHOUT ANY PRESSURE, BUT IF YOU WANT TO LOOK FOR INFORMATION PRIVATELY, YOU CAN CONTACT ALCOHOLICS ANONYMOUS VIA 08009177650 / HELP@AAMAIL.ORG. THE STUDENTS' UNION OFFICERS ARE ALSO HERE FOR YOU AND HAPPY TO HELP AND POINT YOU IN THE RIGHT DIRECTION. HEALTHCARE PROFESSIONALS ARE AT A MUCH GREATER RISK OF SUFFERING FROM ALCOHOL RELATED PROBLEMS, AND HEALTHCARE STUDENTS ARE NO EXCEPTION. THEREFORE WE WOULD ENCOURAGE YOU TO UTILISE THE CONFIDENTIAL SUPPORT AND ADVICE IF NEEDED / WANTED.

## WHAT IF I DON'T WANT TO DRINK?

THERE IS NO PRESSURE TO DRINK ALCOHOL. MOST STUDENTS IF THEY DO DRINK, TRY TO DRINK TO MODERATION, AND REGARDLESS OF ANYONE'S SOCIAL HABITS, EVERYONE SHOULD FIND THEMSELVES ABLE TO PARTICIPATE FULLY IN ALL EVENTS AND ACTIVITIES. IT IS OFTEN ASSUMED THAT MANY OF THE SPORTS CLUBS ARE COMPLETELY ALCOHOL-ORIENTATED, BUT THIS IS NOT THE CASE. THERE ARE A LARGE NUMBER OF NON-DRINKERS IN MANY TEAMS AND SO THIS SHOULD NEVER ACT AS A BARRIER TO GETTING INVOLVED. NO ONE SHOULD PRESSURE YOU INTO DRINKING IF YOU DON'T WANT TO.

## Drinkaware: Track and Calculate Units app

Want to change the way you drink? Get the free app from Drinkaware; track your alcohol consumption and spend over time, calculate units and calories and set goals to help you moderate your drinking!



# SMOKING, DRUGS

WHILE WE DO NOT ENDORSE DRUG USAGE, EXCESSIVE DRINKING OR SMOKING, WE ACKNOWLEDGE THAT UNIVERSITY IS OFTEN SEEN TO BE A TIME FOR EXPERIMENTATION AND NEW EXPERIENCES.

PLEASE BEAR IN MIND THE POTENTIAL CONSEQUENCES OF YOUR ACTIONS REGARDING DRUG USAGE AND GENERAL BEHAVIOR, AND THE FACT THAT THERE MAY WELL BE RISKS TO YOUR HEALTH AND FUTURE PROFESSIONAL REGISTRATION. PLEASE ALSO REMEMBER THAT THERE IS A BOUNTY OF SUPPORT AVAILABLE IF YOU FIND YOURSELF CAUGHT IN ADDICTION OR FEEL YOU ARE BEING PRESSURED INTO TAKING PART IN THESE ACTIVITIES.

## SUPPORT FOR STOPPING SMOKING:

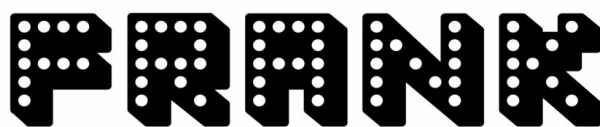
THE NHS HAS EXCELLENT RESOURCES FOR HELPING YOU STOP SMOKING. NOW THERE IS MORE SUPPORT THAN EVER, AND THE HEALTH BENEFITS ARE ENDLESS.

YOU MAY WANT TO START YOUR QUITTING JOURNEY BY:

- CONTACTING YOUR GP
- JOINING A LOCAL 'STOP SMOKING' SERVICE'
- FINDING ONLINE SUPPORT, SUCH AS NHS SMOKE FREE

## SUPPORT FOR DRUG USAGE:

ONCE AGAIN, THE NHS HAS SOME EXCELLENT RESOURCES FOR THOSE CAUGHT IN DRUG ADDICTION, BUT ALSO, TALK TO FRANK HAS SOME GREAT ADVICE FOR BOTH THOSE STRUGGLING WITH ADDICTION AND FRIENDS AND FAMILY THAT MAY BE WORRIED ABOUT DRUG USE.



**0800 77 66 00 talktofrank.com**  
**Friendly, confidential drugs advice**

# SEXUAL HEALTH

EVERYBODY HAS DIFFERENT LEVELS OF EXPERIENCE AND KNOWLEDGE IN ALL ASPECTS OF LIFE, AND SEX IS NO EXCEPTION. SOME PEOPLE COME TO UNIVERSITY HAVING NEVER BEEN EXPOSED TO ANY ENCOUNTERS OF THIS SORT; HOWEVER, OTHERS MAY BE THE OPPOSITE. WHATEVER YOUR BACKGROUND OR EXPERIENCE, THE MOST IMPORTANT THING TO CONSIDER IS TO ALWAYS BE AWARE OF YOUR OWN WELFARE AND NEVER TO FEEL PRESSURED INTO DOING SOMETHING YOU DO NOT WANT TO DO. THE INFORMATION IN THIS SECTION IS INTENDED TO HELP INFORM YOU OF THE VARIOUS WAYS OF PROTECTING YOURSELF.

## FREE CONDOMS

THE STUDENTS' UNION IS PART OF THE C-CARD SCHEME, WHICH PROVIDES A RANGE OF FREE CONDOMS, FEMIDOMS, LUBE, DAMS, INFORMATION AND ADVICE.

PLEASE JUST POP INTO THE SU OFFICE AND ASK TO SPEAK TO THE VP EDUCATION & WELFARE. ALTERNATIVELY, YOU CAN FIND OTHER C-CARD PICK-UP POINTS ONLINE OR [ORDER THEM](#) TO YOUR HOUSE VIA THE GET IT! SCHEME.



## **NOT ALL CONTRACEPTION PREVENTS THE SPREADING OF STIS! BARRIER METHODS SUCH AS CONDOMS DO PROTECT AGAINST STIS**



## FREE STI TESTING

YOU CAN ORDER A FREE STI SELF-TEST KIT AT [SHL.UK](http://SHL.UK). THE KIT COMES IN A DISCREET PACKAGE, AND IF YOU'D LIKE, YOU CAN ORDER IT TO THE SU OFFICE TO COLLECT.

FOR MORE INFORMATION ABOUT SEXUAL HEALTH AND CONTRACEPTION, YOU CAN FIND YOUR NEAREST SEXUAL HEALTH CLINIC THROUGH GOOGLE OR THE NHS SITE.

# PERSONAL SAFETY

## TAKE CARE OF YOURSELF OUT THERE!

IF YOU'RE USED TO A CITY ENVIRONMENT YOU MAY NOT FEEL PARTICULARLY THREATENED BY TOOTING. HOWEVER, MANY OF YOU MAY NOT HAVE LIVED IN AN AREA LIKE THIS BEFORE, AND ALTHOUGH THE CHANCE OF BECOMING A VICTIM OF CRIME IS LOW (ST GEORGE'S IS STATISTICALLY ONE OF THE SAFEST UNIVERSITIES IN LONDON), THERE ARE A NUMBER OF THINGS YOU CAN DO IN ORDER TO REDUCE YOUR RISK AND FEEL SAFER:

- AVOID WALKING HOME ALONE AT NIGHT.
  - THIS IS EVEN MORE IMPORTANT IF YOU'VE BEEN DRINKING, AS ALCOHOL AFFECTS YOUR JUDGEMENT OF PEOPLE AND SITUATIONS. KEEP ON BUSY AND WELL-LIT ROUTES!
- BE ALERT AND AWARE OF WHAT IS HAPPENING AROUND YOU—DON'T HAVE HEADPHONES ON AT HIGH ENOUGH VOLUMES THAT YOU CAN'T HEAR YOUR ENVIRONMENT.
- WALK PURPOSEFULLY. IF YOU LOOK LOST OR FRIGHTENED YOU ARE MORE LIKELY TO BE ATTACKED.
- KEEP YOUR HANDS OUT OF YOUR POCKETS SO YOU AREN'T RESTRICTED
- KEEP TO THE MIDDLE OF THE PAVEMENT AND WALK IN THE DIRECTION OF ON-COMING TRAFFIC.
- NEVER ACCEPT LIFTS FROM STRANGERS, EVEN IF THEY SAY THEY ARE A TAXI OR MINI-CAB - THERE ARE APPS YOU CAN DOWNLOAD TO ENSURE YOU ARE TRAVELLING IN A SAFE, LICENSED VEHICLE.
  - THESE APPS ALSO USUALLY HAVE READILY AVAILABLE SAFETY INFORMATION.
- KEEP JEWELRY OUT OF SIGHT (EVEN IF IT IS INEXPENSIVE!)
- KEEP YOUR WALLET/PURSE IN AN INSIDE POCKET, AND DON'T CARRY LARGE AMOUNTS OF CASH
- HAVE YOUR KEYS READY AS YOU APPROACH YOUR HOUSE OR CAR.
- IF YOU THINK YOU ARE BEING FOLLOWED, STAY CALM AND HEAD TOWARDS PEOPLE AND A WELL-LIT, BUSY AREA AND ASK FOR HELP; PLENTY OF SHOPS IN TOOTING ARE OPEN INTO THE EARLY HOURS, KNOW WHICH YOU CAN USE IN AN EMERGENCY.
- NEVER LEAVE DRINKS UNATTENDED IN PUBS / CLUBS, THIS LEAVES YOU VULNERABLE TO BEING SPIKED.

# TOP TIPS FROM THE GEORGE'S FAMILY



- GET SUPER INVOLVED IN SU SOCIETIES AND ACTIVITIES.
- TRY ANYTHING THAT SOUNDS INTERESTING.
- REDUCE WASTE BY SHOPPING AT BYO IN TOOTING MARKET.
- DO YOUR PRE-READING!
- SIGN UP TO AS MANY SOCIETIES (THAT YOU ARE INTERESTED IN) AS YOU CAN!
- IT CAN FEEL QUITE LONELY WHEN THE HYPE DIES DOWN- KNOW THERE IS SUPPORT AROUND AND YOU AREN'T ALONE!
- DON'T WORRY IF YOU LOSE SOME OF THE FRIENDS YOU MAKE AT THE BEGINNING- THIS IS NORMAL!
- START REVISION/ASSIGNMENTS EARLY, DONT WAIT UNTIL EXAM/DEADLINE WEEK (ITS NOT WORTH ITTTTT)
- IF YOU LIVE IN HALLS, HAVE THE RA'S NUMBER SAVED TO YOUR PHONE, THEY ARE AROUND 24/7 IN CASE YOU NEED HELP OR JUST A CHAT.
- DONT BE AFRAID TO SPARK CONVERSATIONS WITH STAFF MEMBERS AS YOU SEE THEM ABOUT, SOME OF THE CONNECTIONS YOU MAKE AT GEORGES CAN HAVE A GREAT EFFECT ON YOUR CAREER LATER ON.
- MAKE USE OF THE LIBRARY SO YOU CAN FIND BOOKS THAT YOU LIKE BEFORE YOU BUY ANY TEXTBOOKS.



# FRESHERS

FRESHERS IS GOING TO BE JAM-PACKED WITH INTERESTING THINGS TO DO, HERE ARE SOME KEY EVENTS IF YOU ARE LOOKING TO FIND COMMUNITIES AND GET TO KNOW THE SUPPORT SYSTEMS AT GEORGES.

## **EARLY FRESHERS:**

- FRESHERS FAYRE- 31ST AUGUST 10-4, 2ND FLOOR HUNTER WING
  - FRESHERS FAYRE IS YOUR CHANCE TO GET TO KNOW ALL OUR SOCIETIES AND CLUBS, COME CHAT TO REPS FROM A HUGE VARIETY OF GROUPS AND SIGN UP TO ANYTHING YOU ARE INTERESTED IN!
- EARLY MUMS AND DADS- 2ND SEPT 7PM, SU BAR
  - KEEP AN EYE OUT IN YOUR EMAILS AND ON OUR SOCIAL MEDIA FOR MORE INFO AND THE SIGN UP'S TO JOIN YOUR GEORGE'S FAMILY!

## **MAIN FRESHERS:**

- FRESHERS FAYRE- 27TH SEPT 10-4, 2ND FLOOR HUNTER WING
  - FRESHERS FAYRE IS YOUR CHANCE TO GET TO KNOW ALL OUR SOCIETIES AND CLUBS, COME CHAT TO REPS FROM A HUGE VARIETY OF GROUPS AND SIGN UP TO ANYTHING YOU ARE INTERESTED IN!
- MUMS AND DADS- 30TH SEPT 7PM, SU BAR
  - KEEP AN EYE OUT IN YOUR EMAILS AND ON OUR SOCIAL MEDIA FOR MORE INFO AND THE SIGN UP'S TO JOIN YOUR GEORGE'S FAMILY!
- PRIDE BRUNCH AND TOUR OF LONDON- 3RD OCTOBER 11AM, SU BAR
  - GET TO KNOW THE GEORGES LGBTQ+ COMMUNITY A LITTLE BETTER WITH SOME FOOD AND A TOUR OF KEY LGBTQ+ SPOTS IN CENTRAL LONDON!
- MULTI-FAITH FORUM- 4TH OCTOBER 5:30, CURVE LECTURE THEATRE
  - LEARN ABOUT THE FAITH COMMUNITIES AT GEORGE'S AND BE A PART OF DISCUSSIONS AROUND BEING RELIGIOUS IN HEALTH CARE ENVIRONMENTS.
- MULTICULTURAL DINNER- 4TH OCTOBER 7PM, 2ND FLOOR HUNTER WING-BOARDROOMS.
  - A CELEBRATION OF ALL THE DIFFERENT CULTURES THAT OUR GEORGE'S FAMILY HAS!

FULL FRESHERS EVENTS TIMETABLE CAN BE FOUND ON OUR WEBSITE!

**SGSU.ORG.UK**

# **LOOKING AFTER YOURSELF DURING FRESHERS**

FOR THE MOST PART, FRESHERS IS ONE OF THE MOST FUN PARTS OF EVERY STUDENTS CALENDAR.

HOWEVER, THIS TIME OF YEAR CAN BE A LITTLE CHAOTIC AND OVERWHELMING FOR SOME, ESPECIALLY IF YOU ARE NEW TO THE AREA AND ARE UNFAMILIAR THINGS LIKE DRINKING AND LARGE EVENTS.

WITH THE LAST FEW YEARS BEING VERY RESTRICTED, JUST BEING OUT WITH PEOPLE MIGHT FEEL STRESSFUL, BUT HERE ARE A FEW KEY FACTS AND NUGGETS OF ADVICE ABOUT FRESHERS THAT MAY HELP EASE YOUR MIND A LITTLE.

## **YOU DONT NEED TO DRINK TO HAVE FUN!**

IF THERE IS ONE THING WE WANT TO BE STUCK IN YOUR MIND, ITS THIS!

ALCOHOL OR NOT IS ENTIRELY YOUR DECISION, THE BAR ALWAYS HAS NON-ALCOHOLIC OPTIONS, AS DO MANY PUBS AND CLUBS THESE DAYS.

IF YOU FEEL PRESSURED, DONT BE AFRAID TO SAY NO AND SET BOUNDARIES, IF YOU ARE MADE TO FEEL UNCOMFORTABLE OR EXCLUDED BECAUSE YOU DON'T WANT TO DRINK, THAT IS NOT OKAY, AND WE ARE HERE TO SUPPORT YOU IF YOU ARE MADE TO FEEL THIS WAY.

## **ALL SU-RUN EVENTS WILL HAVE VOLUNTEERS**

FOR EACH EVENT THAT THE UNION IS RUNNING, WE HAVE A TRUSTY GROUP OF VOLUNTEERS HELPING OUT TO ENSURE YOU ARE HAVING THE BEST EXPERIENCE YOU CAN. IF YOU NEED SOMEONE TO CHAT TO, OR HAVE ANY QUESTIONS, YOU CAN ALWAYS GO TO THEM!

(THEY WILL BE VERY EASILY IDENTIFIABLE, WE GOT THEM SPECIAL T-SHIRTS!)

LARGER EVENTS ALSO HAVE SECURITY PRESENT, SO IF YOU FEEL UNCOMFORTABLE OR UNSAFE AT ANY POINT, THEY ARE THERE TO HELP.

## **TRY TO GET INVOLVED IN AT LEAST A FEW EVENTS**

WE KNOW THAT STARTING UNI IS A REALLY ROUGH ADJUSTMENT FOR SOME, AND THAT MAY MEAN THAT SOME OF YOU WANT TO KEEP TO YOUR COMFORT ZONES.

IF YOU ARE FEELING THIS WAY, WE DO HIGHLY ENCOURAGE YOU TO GET INVOLVED IN A FEW EVENTS, TO GET TO KNOW THE AREA AND HOPEFULLY FIND A GROUP OF PEOPLE YOU REALLY GET ALONG WITH!

AGAIN, ALL OUR EVENTS HAVE SU VOLUNTEERS, SO IF YOU ARE FEELING UNSURE OR WORRIED, YOU CAN ALWAYS CHAT TO THEM OR ASK THEM TO KEEP AN EYE OUT FOR YOU.

WITH MANY NEW STUDENTS HAVING LIMITED SOCIAL EXPERIENCES BECAUSE OF COVID, TRUST US, YOU WONT BE THE ONLY ONE FEELING A LITTLE OUT OF PLACE!

# FINANCE

## STUDENT BANK ACCOUNTS

THERE ARE LOTS OF BANKS WHO WILL BE KEEN TO SIGN YOU UP FOR A STUDENT ACCOUNT, SO TAKE THE CHANCE TO LOOK OVER WHAT EACH OF THEM OFFER. THERE ARE MANY DIFFERENT THINGS TO CONSIDER - TRY NOT TO BE TOO SWAYED BY THE FREEBIES!

WE WOULD SUGGEST YOU LOOK INTO THINGS LIKE INTEREST-FREE OVERDRAFTS AND THE TERMS AND CONDITIONS OF THESE.

## OVERDRAFTS

MANY OF US STUDENTS RELY ON OVERDRAFTS AS AN EXTRA SOURCE OF FUNDING, AND THEY CAN BE ESPECIALLY HANDY FOR PUTTING DOWN DEPOSITS BEFORE YOUR LOAN COMES IN, OR TOWARDS THE END OF TERM WHEN YOUR WALLET IS AS BARE AS THE CUPBOARDS

IT'S IMPORTANT TO REMEMBER THAT THESE AREN'T 'FREE MONEY', AND THEY DO NEED TO BE REPAYED!



IF YOU GO OVER THIS LIMIT:

- YOUR BANK WILL CHARGE YOU PER DAY YOU'RE OVER IT
- THIS CAN AFFECT YOUR CREDIT RATING

MANY BANKS OFFER CAPPED OVERDRAFTS WHICH WON'T LET YOU SPEND OVER YOUR LIMIT ASK ABOUT THIS!

IF YOU FIND YOURSELF TEMPORARILY SHORT OF CASH, YOU MAY FIND IT HELPFUL TO CONTACT YOUR BANK AND ASK FOR A TEMPORARY EXTENSION WITH AN APPROVED CUT-OFF DATE.

YOU MAY BE ABLE TO APPLY FOR AN INCREASED OVERDRAFT LIMIT EACH SUBSEQUENT YEAR, SO THIS IS WORTH ENQUIRING ABOUT WHEN THINKING ABOUT WHICH STUDENT BANK ACCOUNT TO SIGN UP TO!

## COUNCIL TAX

IF YOU ARE A FULL-TIME STUDENT, YOU DO NOT HAVE TO PAY COUNCIL TAX! WHILST LIVING IN HALLS, YOU ARE AUTOMATICALLY EXEMPT, BUT ONCE YOU MOVE INTO RENTED HOUSES YOU WILL NEED TO GET PROOF OF STUDENT STATUS TO SUBMIT TO THE COUNCIL. YOU CAN REQUEST THIS BY EMAILING [STUDENTLIFECENTRE@SGUL.AC.UK](mailto:STUDENTLIFECENTRE@SGUL.AC.UK).

# FINANCIAL SUPPORT

SOMETIMES, THE UNEXPECTED CAN HAPPEN - LEADING TO SUBSTANTIAL COSTS TO YOUR STUDENT BUDGET. WHAT CAN YOU DO IF YOU FIND YOURSELF IN THIS SITUATION?

1. KEEP CALM & DON'T PANIC!
2. TRY TO AVOID BORROWING MONEY OR APPLYING FOR LOANS
3. INFORM YOUR BANK OF YOUR CURRENT SITUATION
4. CONTACT YOUR STUDENT LOAN COMPANY (EG. STUDENT FINANCE ENGLAND), AS YOU MAY BE ELIGIBLE FOR A GRANT OR AN INCREASE IN YOUR LOAN
5. EMAIL [STUDENTFINANCE@SGUL.AC.UK](mailto:STUDENTFINANCE@SGUL.AC.UK) FOR GENERAL FINANCE ADVICE & TO FIND OUT ABOUT APPLYING FOR SOME OF THE GRANTS AND BURSARIES AVAILABLE AT ST GEORGE'S.

## STUDENT FINANCE, HARDSHIP FUNDS AND TUITION

THE STUDENT FINANCE DEPARTMENT IS BRILLIANT FOR GUIDANCE ON:

- APPLICATIONS TO STUDENT FINANCE & NHS BURSARIES
- INFORMATION AND APPLICATIONS FOR ST GEORGE'S BURSARIES, OPPORTUNITY FUND & HARDSHIP FUNDS.
- GENERAL FINANCE ADVICE

LOCATION: STUDENT LIFE CENTRE, GROUND FLOOR HUNTER WING  
EMAIL: [STUDENTFINANCE@SGUL.AC.UK](mailto:STUDENTFINANCE@SGUL.AC.UK)  
PHONE: 02087250962

# ACCOMMODATION

LOOKING FOR ACCOMMODATION CAN BE ONE OF THE MORE STRESSFUL PARTS OF YOUR UNIVERSITY EXPERIENCE.

UNLIKE YOUR FRIENDS AT NON-LONDON UNIVERSITIES, YOU WON'T NEED TO START LOOKING FOR ACCOMMODATION SOON AFTER STARTING, MEANING YOU'VE GOT PLENTY OF TIME TO SETTLE IN, GET TO KNOW THE LOCAL AREA AND THOSE YOU MIGHT CONSIDER WANTING TO LIVE WITH!

MOST PEOPLE TEND TO START LOOKING FOR ACCOMMODATION AROUND 2 MONTHS PRIOR TO WANTING TO MOVE AND OFTEN DUE TO LETTING AGENTS IN TOOTING BEING RESIDENTIAL AGENTS THEY WILL NOT LET YOU SIGN ANYTHING EARLIER THAN THIS! ALONGSIDE AN UNFORTUNATE CLASH WITH EXAM SEASON, THIS CAN FEEL LIKE A VERY LAST MINUTE PANIC. THIS IS OFTEN QUITE A STRESSFUL TIME OF YEAR FOR LONDON STUDENTS, SO DON'T BE AFRAID TO REACH OUT AND ASK FOR ADVICE.

IT'S A GREAT IDEA TO TALK TO SENIOR STUDENTS WHO'VE BEEN THROUGH THE PROCESS OF FINDING ACCOMMODATION. THEY WON'T ONLY GIVE YOU ADVICE ON WHEN AND WHERE TO START LOOKING, BUT THEY MIGHT EVEN BE MOVING OUT OF THEIR PLACE!

## FOR ADVICE AND SUPPORT ON ACCOMMODATION, YOU CAN CONTACT:

- ✉ [ACCOMMODATION@SGUL.AC.UK](mailto:ACCOMMODATION@SGUL.AC.UK)
- ✉ [VPEDUCATION@SU.SGUL.AC.UK](mailto:VPEDUCATION@SU.SGUL.AC.UK)
- ✉ UOL HOUSING SERVICE
- ✉ UOL HOUSING SERVICE - CONTRACT CHECKING BROCHURE

**ONE OF THE BEST RESOURCES FOR FINDING NEW HOUSEMATES, A SPARE ROOM OR HOUSES/FLATS FOR RENT IS THROUGH THE FACEBOOK GROUP - 'SOUTH LONDON UNIVERSITY ACCOMMODATION'. ANYONE CAN POST ADVERTS OR LISTINGS ON HERE, SO PLEASE DO BEAR THIS IN MIND!**

## THE STUDENT LIFE CENTRE

THE STUDENT LIFE CENTRE IS THE PLACE TO GO FOR:

- 1) ID CARDS
- 2) LETTERS - EG. PROOF OF ADDRESS / BEING A STUDENT
- 3) SIGNPOSTING TO ANY OF THE OTHER SERVICES WITHIN THE UNIVERSITY

LOCATION: UNIVERSITY ENTRANCE, GROUND FLOOR  
EMAIL: [STUDENTLIFECENTRE@SGUL.AC.UK](mailto:STUDENTLIFECENTRE@SGUL.AC.UK)  
PHONE: 020 8725 6344

WHEN GOING THROUGH THE PROCESS OF RENTING, THE LANDLORD WILL OFTEN REQUIRE PROOF OF CURRENT ADDRESS & A REFERENCE FROM YOUR LANDLORD, IF YOU'RE MOVING OUT OF HALLS, YOU CAN GET FROM THE STUDENT LIFE CENTRE!

THEY CAN ALSO PROVIDE YOU WITH PROOF OF BEING A STUDENT, WHICH YOU'LL NEED TO SEND OFF TO PREVENT PAYING COUNCIL TAX!

# WORKING WHILE A STUDENT

SOME STUDENTS WORK EVENING OR WEEKEND JOBS TO SUPPORT THEMSELVES WHILST AT UNIVERSITY.

SOME JOBS WHICH ARE POPULAR WITH OUR STUDENTS ARE:

- SGSU
  - SU BAR
    - CONTACT RICH / KENTON (RISON@SGUL.AC.UK / KJACKSON@SGUL.AC.UK)
  - SU SHOP
    - CONTACT MATT (MKAYE@SGUL.AC.UK)
- SGUL
  - STUDENT AMBASSADOR - LOOK OUT FOR THE APPLICATION PROCESS JUST AFTER FRESHERS! IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT AMBASSADOR@SGUL.AC.UK
  - ANATOMY / CLINICAL SKILLS TUTORS
    - THESE ROLES ARE AVAILABLE FOR STUDENTS IN LATER YEARS OF STUDY, AND WILL BE ADVERTISED TO YOU THROUGH YOUR SGUL EMAIL.
- HEALTHCARE ROLES
- GP SECRETARY
- BANK HCA / CARE ASSISTANT IN THE COMMUNITY
- DISPENSER AT A PHARMACY
- TUTORING (INCLUDING OVER SKYPE!)
- SUPERMARKET / CAFE / RESTAURANT SHIFTS
- SUMMER ROLES - EG. SUMMER CAMPS

LOOK INTO TUTORING  
AT A TUITION  
CENTRE. THEY ARE  
USUALLY QUITE  
FLEXIBLE WITH UNI  
HOURS.

YOU CAN FIND TUTORING  
JOBS THROUGH THE APP  
TUTORFUL! GREAT WAY  
TO HELP YOU FIND  
STUDENTS!

THE SU SHOP  
HAS VERY  
FLEXIBLE HOURS

WORKING AS A PART  
TIME DISPENSER IN  
BOOTS?  
PHARMACOLOGY ACED!

WORKING IN THE SU  
BAR IS A GREAT WAY  
TO MEET LOTS OF  
THE GEORGE'S  
COMMUNITY!

WE OFTEN ADVERTISE JOB  
VACANCIES, SO KEEP AN EYE  
ON OUR EMAILS AND SOCIAL  
MEDIA IF YOU ARE LOOKING  
FOR SOMETHING!





# THE LIBRARY

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## LIBRARY SUPPORT

- ACCESS TO A VAST RANGE OF RESOURCES - BOOKS, JOURNALS, LEARNING RESOURCES
  - IF THERE'S A PARTICULAR RESOURCE YOU'D LIKE TO SEE, YOU CAN CONTACT THE STAFF ABOUT IT!
- ASSISTANCE WITH LIBRARY PCS & PRINTING FACILITIES
- EXPERT STAFF TO HELP YOU GET THE BEST FROM THE LIBRARY AND RESOURCES, AS WELL AS HELP ANSWER ANY QUERIES YOU MAY HAVE - EG. WITH REFERENCING

LOCATION: LIBRARY, 1ST FLOOR HUNTER WING  
EMAIL: LIBRARY@SGUL.AC.UK / LIAISON@SGUL.AC.UK  
PHONE: 020 8725 5466  
INSTAGRAM: @SGULLIBRARY

**THE LIBRARY IS  
OPEN 24/7!**



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## THE CAREERS SERVICE

THE CAREERS SERVICE IS AVAILABLE TO ALL STUDENTS WHILST STUDYING AND FOR 2 YEARS AFTER GRADUATING. THEY CAN HELP WITH:

- SUPPORT WITH CAREER DECISION MAKING
- PREPARING CVS AND APPLICATIONS FOR JOBS OR FURTHER STUDY
- PRACTISE INTERVIEW SESSIONS

LOCATION: LIBRARY, 1ST FLOOR HUNTER WING  
EMAIL: CAREERS@SGUL.AC.UK

# BLENDDED LEARNING

## TOP TIPS FOR LEARNING ONLINE AT UNIVERSITY LEVEL

### GET ORGANISED, WITHIN REASON

TRY NOT TOO GET INTO A CYCLE OF THEN DEMORALISED AND DEMOTIVATED WHEN YOU AREN'T AS PRODUCTIVE AS YOU HOPE. BE KIND TO YOURSELF.

### TAKE REGULAR BREAKS

MOST PEOPLE CAN'T FOCUS ON ONE TASK FOR MORE THAN AROUND HALF AN HOUR. DONT EXPECT YOURSELF TO WORK CONSTANTLY FROM 9-5.

### PLAN YOUR DAYS

TRY TO CREATE A ROUTINE SIMILAR TO PRE-LOCKDOWN LIFE.

### FIND A DEDICATED STUDY SPACE

USE THIS SPACE ONLY FOR STUDYING, IT WILL HELP YOU GET INTO A WORKING HEADSPACE.

### AVOID STUDYING THROUGH YOUR PHONE

NOT ONLY DOES THIS INDRODUCE A WORLD OF DISTRACTION, IT IS NOT ASSOCIATED WITH GOOD LEARNING OR HEALTHY POSTURE.

### FIND VARIETY

TRY NOT TO END UP STARING AT A SCREEN ALL THE TIME, CONSIDER MAKING PHYSICAL NOTES OR TALKING THROUGH TOPICS WITH OTHER PEOPLE

**REMEMBER...**  
**WE ARE STILL**  
**HERE FOR YOU!**

# EXAMS, REVISION & RESULTS

## HOW TO WORK IN LECTURES

THIS IS A NEW EXPERIENCE FOR ALMOST EVERYONE WHEN THEY COME TO UNIVERSITY. SOME PEOPLE LIKE TO WRITE EVERYTHING THE LECTURER SAYS, OTHERS DON'T WRITE A THING; SOME CAN'T KEEP THEIR EYES OPEN, LET ALONE THEIR BOOKS!

EVERYONE HAS THEIR OWN LEARNING STYLE, SO TRY A FEW THINGS OUT! WE'D SUGGEST CHECKING OUT 'LEARNING FROM LECTURES' & 'TIPS FOR DISTANT LEARNING' ON STUDY+

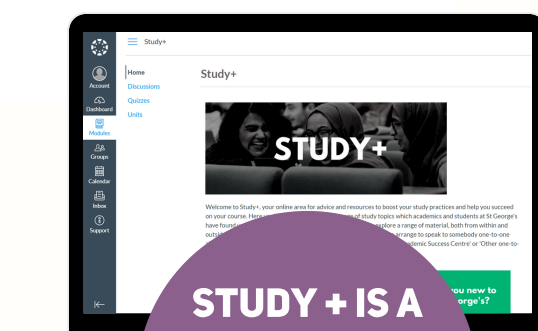
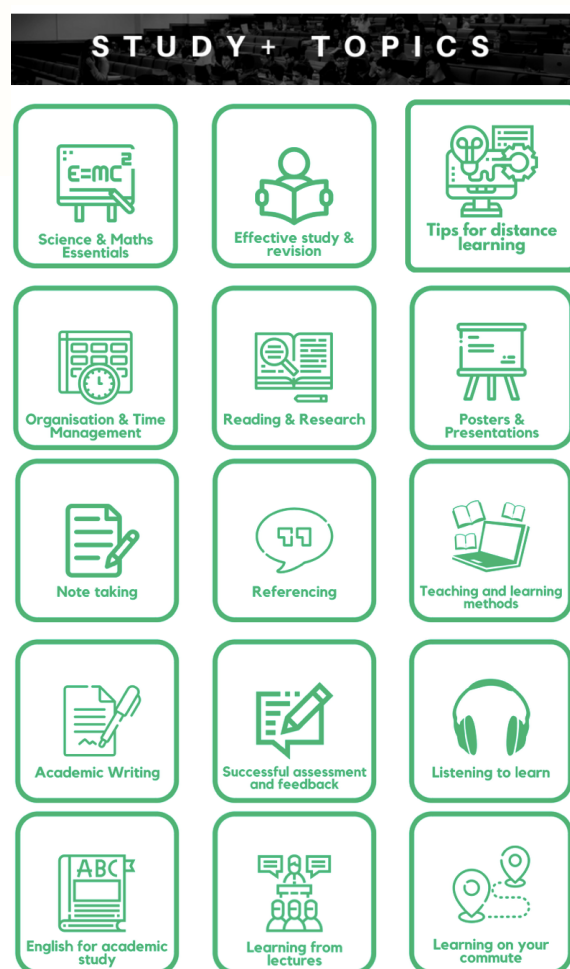
## REVISING FOR EXAMS

IT MIGHT TAKE A WHILE TO FIND WHAT BEST SUITS YOU, AND WHAT WORKED BEFORE YOU CAME TO GEORGE'S MIGHT NOT BE WHAT WORKS NOW- THAT'S OKAY!

THERE ARE LOTS OF GREAT RESOURCES AND PEOPLE WHO CAN HELP YOU! WE'D SUGGEST CHECKING OUT 'EFFECTIVE STUDY & REVISION' AND 'ORGANISATION & TIME MANAGEMENT' ON STUDY+

## WRITING ESSAYS

THIS CAN BE ANOTHER DAUNTING EXPERIENCE WHEN YOU START UNIVERSITY. SOME OF THE RESOURCES WHICH MIGHT HELP ARE THE 'ACADEMIC WRITING' SECTION ON STUDY+, AND CITE THEM RIGHT FOR REFERENCING. YOU CAN ALSO ARRANGE 1:1 APPOINTMENTS THROUGH THE ACADEMIC SUCCESS CENTRE.



**STUDY+ IS A  
MODULE ON  
CANVAS,  
OUR VLE.**

# EXAMS, REVISION & RESULTS

## DIFFICULTIES STUDYING

IF YOU REALISE YOU ARE HAVING DIFFICULTIES WITH YOUR WORKLOAD , PLEASE SEEK HELP SOONER RATHER THAN LATER.

YOU COULD SEEK HELP FROM YOUR PERSONAL TUTOR, OR IF THE PROBLEM IS WITH A SPECIFIC PART OF THE COURSE, YOU CAN SEE THE MEMBER OF STAFF IN CHARGE OF THAT SECTION.

MORE GENERALLY, YOU COULD CONTACT US IN THE STUDENTS' UNION OR ONE OF THE COUNSELORS, ESPECIALLY IF YOU HAVE MORE PERSONAL PROBLEMS WHICH ARE AFFECTING YOUR ABILITY TO STUDY.

WE CAN SIGNPOST YOU THE SUPPORT WE THINK WILL BE MOST BENEFICIAL FOR YOU - FOR EXAMPLE THE DISABILITIES SERVICE OR THE MITIGATING CIRCUMSTANCES PROCESS.

## FAILING ASSESSMENTS

THE SU ARE ALSO HERE TO SUPPORT YOU WHEN THINGS DON'T GO AS PLANNED. WE ARE HERE TO HELP IF YOU FIND THAT YOU NEED HELP WITH AN APPEAL, MITIGATING CIRCUMSTANCES ETC.

WE UNDERSTAND THAT THESE CAN BE DIFFICULT TIMES AND ARE MORE THAN HAPPY TO LISTEN TO, AND HELP YOU WORK THROUGH THESE ISSUES.

### THE EXAMINATIONS OFFICE

YOU MAY BE IN CONTACT WITH THE EXAMS OFFICE FOR:

- 1) MITIGATING CIRCUMSTANCES - FOR EXAMS
- 2) CONFIRMATION OF EXAM LOGISTICS
- 3) EXAM RESULTS (FOR THE INSTITUTE OF MEDICAL AND BIOMEDICAL EDUCATION ONLY)

YOU CAN FIND THE BEST CONTACT FOR YOUR COURSE ON THE EXAMS PAGE ON THE SGUL WEBSITE.

### STUDENT CONDUCT & COMPLAINTS

THESE ARE THE PEOPLE WHO:

- 1) MANAGE STUDENT CASES - EG. APPEALS / COMPLAINTS
- 2) ASSISTANCE IN INTERPRETING REGULATIONS AND PROCEDURES

YOU CAN FIND THE BEST CONTACT FOR YOUR QUERY ON THE FORM / DOCUMENTATION YOU ARE PLANNING TO SUBMIT TO THEM (EG AN APPEAL).

IF YOU ARE STILL UNSURE WHO WOULD BE THE BEST PERSON TO SEND YOUR QUERY TO, PLEASE CONTACT THE OUR VP FOR EDUCATION AND WELFARE WHO WILL BE ABLE TO ADVISE YOU.

# **FIT TO SIT AN EXAM OR ASSESSMENT?**



SGUL HAS A FIT TO SIT POLICY, WHICH MEANS THAT 'A STUDENT WHO COMMENCES AN ASSESSMENT IS DEEMING THEMSELVES PHYSICALLY AND MENTALLY WELL ENOUGH TO ENTER THE ASSESSMENT.'

YOU MIGHT NOT BE FIT TO SIT DUE TO A NUMBER OF MITIGATING CIRCUMSTANCES, SUCH AS...

PERSONAL ILLNESS /  
ACCIDENT

UNFORSEEABLE  
CIRCUMSTANCES

DEATH / ILLNESS OF  
CLOSE RELATIVE OR  
FRIEND

IF THESE HAVE HAD A SIGNIFICANT EFFECT ON YOUR PREPARATION, OR YOU BELIEVE COULD IMPACT YOUR PERFORMANCE, IT MAY BE WORTH CONSIDERING IF YOU ARE FIT TO SIT!

## **NOT SURE? WE CAN HELP**



### **QUESTIONS & SUPPORT**

**VPEDUCATION@SU.SGUL.AC.UK**

**LTEIJA@SGUL.AC.UK**



# UNIVERSITY PROCEDURES

GEORGE'S HAS A VARIETY OF PROCEDURES THAT STUDENTS NEED TO GO THROUGH IF THEY HAVE FAILED EXAMS OR HAVE ISSUES WHILE A STUDENT HERE

CHANCES ARE, YOU WILL COME ACROSS AT LEAST ONE OF THESE IN YOUR TIME AT GEORGES, SO HERE IS A QUICK RUNDOWN OF WHAT CERTAIN PROCEDURES MEAN. NOTE: THE SU'S WELFARE TEAM CAN HELP SUPPORT YOU THROUGH ALL OF THESE, WE CAN EXPLAIN THE PROCEDURE IN FINE DETAIL AND HELP YOU PREPARE ANY STATEMENTS YOU MAY NEED TO SEND OVER.

## **APPEALS:**

THE APPEALS PROCEDURE IS USED IF YOU WISH TO CHALLENGE AN ASSESSMENT RESULT OR A DECISION MADE WITHIN THE UNIVERSITY. THIS CAN BE USED FOR A VARIETY OF THINGS BUT IS MAINLY USED WHEN STUDENTS HAVE FAILED EXAMS BECAUSE OF CIRCUMSTANCES OUT OF THEIR CONTROL.

## **MITIGATING CIRCUMSTANCES:**

THIS IS A MORE COURSE-SPECIFIC PROCEDURE, IF YOU HAVE ANY CIRCUMSTANCES OUT OF YOUR CONTROL THAT MAY AFFECT YOUR PERFORMANCE IN AN ASSESSMENT, YOU CAN APPLY TO DEFER OR HAVE ADDITIONAL SUPPORT. SEE THE 'FIT TO FIT' PAGE FOR MORE INFO.

## **DISCRETIONARY 3RD ATTEMPTS:**

EACH ASSESSMENT YOU HAVE, YOU HAVE A FIRST AND SECOND ATTEMPT. IF YOU FAIL YOUR SECOND ATTEMPT YOU CAN OFTEN APPLY FOR A 3RD. FOR THIS YOU WILL EITHER GET AN AUTOMATIC FAST TRACK OR WILL NEED TO APPLY FOR CONSIDERATION BY PANEL.

## **ASSESSMENT IRREGULARITIES:**

PUT BLUNTLY, THIS PROCEDURE IS ACTIVATED BY COURSE TEAMS IF THEY SUSPECT THAT THERE HAS BEEN PLAGIARISM OR FOUL-PLAY IN AN ASSESSMENT, AKA CHEATING. THIS RUNS SIMILARLY TO THE DISCIPLINARY PROCEDURE.



# UNIVERSITY PROCEDURES

## **FITNESS TO STUDY OR PRACTICE:**

IF YOUR TEAM HAVE CONCERNS ABOUT YOUR HEALTH, PROFESSIONALISM OR CLINICAL ABILITIES, THIS PROCEDURE MAY BE ACTIVATED TO EVALUATE IF IT IS APPROPRIATE OR SAFE FOR YOU TO BE STUDYING OR ON PLACEMENT.

## **DISCIPLINARY PROCEDURE:**

MUCH LIKE THE PROCEDURE FOR ASSESSMENT IRREGULARITIES, IF THERE IS AN INCIDENT OF POOR BEHAVIOUR THIS PROCEDURE WILL BE ACTIVATED BY THE CONCERNED PARTY.

## **COMPLAINTS AND CONCERNS:**

IF YOU HAVE ANY CONCERNS OR COMPLAINTS ABOUT YOUR COURSE/A STAFF MEMBER/ ANOTHER STUDENT, YOU CAN GO THROUGH THIS PROCESS.

## **APPLICATION FOR EXTENSION OF MAXIMUM PERIOD OF STUDY:**

EACH COURSE HAS A MAXIMUM NUMBER OF YEARS TO COMPLETE, FOR BSC'S ITS 5 YEARS MAX AND FOR MBBS ITS 7. IF YOU NEED TO TAKE YEARS OUT OR RESIT YEARS AND FIND YOU ARE GOING TO HIT THIS MAXIMUM NUMBER, YOU CAN APPLY FOR AN EXTENSION.

FOR MORE INFORMATION ON ANY OF THESE PROCEDURES PLEASE GO TO:

[WWW.SGUL.AC.UK/FOR-STUDENTS/YOUR-ACADEMIC-LIFE/STUDENT-CONDUCT-AND-COMPLIANCE/STUDENT-PROCEDURES](http://WWW.SGUL.AC.UK/FOR-STUDENTS/YOUR-ACADEMIC-LIFE/STUDENT-CONDUCT-AND-COMPLIANCE/STUDENT-PROCEDURES)

**JUST REMEMBER- GOING THROUGH THESE PROCESSES MAY BE SCARY BUT WE ARE HERE TO SUPPORT YOU. CONTACT [VPEDUCATION@SU.SGUL.AC.UK](mailto:VPEDUCATION@SU.SGUL.AC.UK) AND/OR [LTEIJA@SGUL.AC.UK](mailto:LTEIJA@SGUL.AC.UK) FOR SUPPORT AND MORE INFO.**

# USING SOCIAL MEDIA AS A HEALTHCARE STUDENT

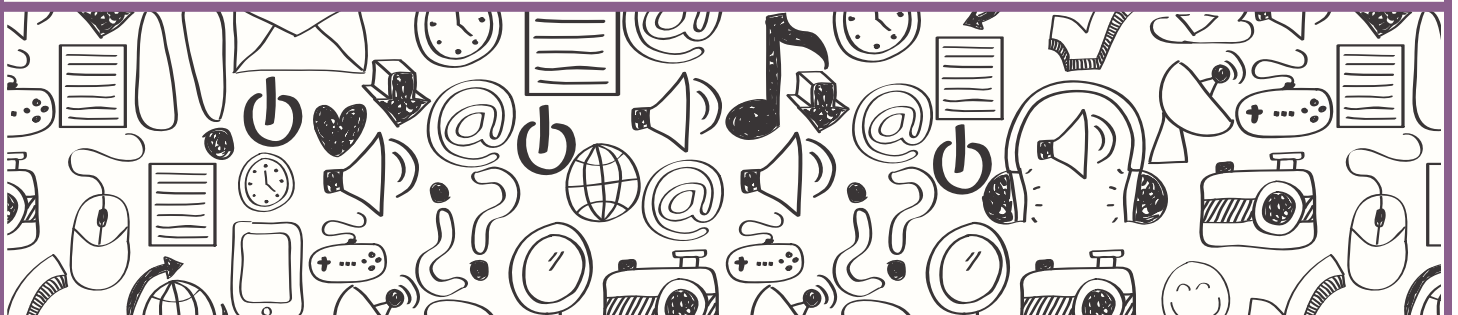
THE WORLD OF SOCIAL MEDIA CAN BE DIFFICULT TO NAVIGATE AS A HEALTHCARE STUDENT. BALANCING SHARING YOUR THOUGHTS AND OPINIONS WITH BEING PROFESSIONAL AND AVOIDING TROUBLE CAN BE DIFFICULT.

HERE ARE SOME TOP TIPS FROM OUR TEAM TO CONSIDER:

- AVOID PUTTING YOUR UNI/TRUST IN YOUR BIO OR CONTENT
  - COMPANIES ARE REALLY DEFENSIVE ABOUT WHAT IS SAID UNDER THEIR NAME (UNDERSTANDABLY) SO KEEP IT SIMPLE, AVOID NAMING THE PLACE AND AVOID THE DRAMA.
- DON'T POST ANYTHING YOU WOULDN'T WANT YOUR LECTURERS, PATIENTS OR GOVERNING BODIES TO SEE.
  - WE ALL KNOW HOW EASY IT IS TO FIND ACCOUNTS THESE DAYS, DON'T LET SOMEONES QUICK LOOK TURN INTO A DISCIPLINARY PROCEDURE.
- THINK BEFORE YOU POST!
  - AN OBVIOUS ONE, BUT WITH AN ADDED TWIST WHEN YOU ARE IN HEALTHCARE. DON'T LET ANYTHING YOU POST BE THE REASON SOMEONE DOESN'T REACH OUT FOR HELP. PEOPLE ARE EASILY DISCOURAGED AND WHAT YOU SAY MAY MEAN PEOPLE LOSE TRUST IN YOUR PROFESSION OR HEALTHCARE AS A WHOLE.

THIS CAN FEEL LIKE A LOT OF PRESSURE, BUT DON'T LET IT DISCOURAGE YOU FROM USING SOCIAL MEDIA, IT IS SUCH AN IMPORTANT FORM OF COMMUNICATION AND OFTEN IS A GREAT PLACE TO LEARN.

IF YOU ARE EVER IN DOUBT OF WHAT YOU ARE ABOUT TO POST, HIT PAUSE-  
THINK ON IT AND ASK OTHERS AROUND YOU IF IT IS APPROPRIATE.





## What is Unitu?

Unitu is your student voice platform that enables you to be heard and see how staff are making changes based on your feedback.

You can provide feedback about your course and raise any issues you might be experiencing. Your student reps will review and moderate the posts and if they feel there is an issue to be addressed by staff, they will then escalate it to the public area of the feedback board for the appropriate staff to act upon.

You can collectively discuss the feedback with staff and visibility track how it has been acted upon in real time.

Source: SGUL Unitu [guidelines](#)

# When to use...



## Module-Based (Eg. due dates)



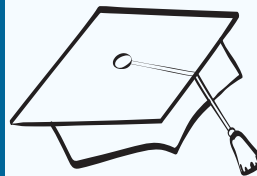
**Speak to  
course-mates,  
year reps  
and/or staff  
members**

## Programme level



**Post to  
department  
board  
(Allied Health,  
UG Science,  
Postgrad,  
Medicine)**

## University wide or SU



**Post to  
university  
board**

## Estates and Facilities

### Email

**estates@sgul.ac.uk  
ITAV@sgul.ac.uk**

# Using Unitu effectively

**⚠ Check if something similar  
has already been posted**

🕒 15 Aug 👍 18 🗨 2 💬 8

**⚠ Make your post title  
really clear**

📅 3 days 👍 13 🗨 1 💬 3

**⚠ Pause. Review. Post.**  
*Consider your tone and the  
impact your words may have on  
staff and fellow students.*

📅 11 days 👍 20 🗨 2 💬 5

**❓ Double check that  
Unitu is the most appropriate  
place to be sharing to.**

See above

🕒 15 Aug 👍 25 🗨 3 💬 5

**❓ Try to give examples  
where you can, to help staff  
understand your question  
or concern.**

🕒 14 Aug 👍 1 🗨 0 💬 0

**❓ Ensure that any comments  
you leave are useful/relevant.**

🕒 15 Aug 👍 4 🗨 0 💬 1

**💡 No sure if Unitu is the  
best place? Don't post, Ask.**

*Ask your course team or email  
vpeducation@su.sgul.ac.uk if you  
are ever unsure.*

🕒 15 Aug 👍 0 🗨 0 💬 0

**💡 Speak up if you want  
or need help.**

*Know that whatever you are feeling is ok and  
valid.  
Unitu usually isn't the best place to express  
things when you are emotional, know there are  
lots of alternative places to reach out for support  
(Many are named earlier in this booklet!).*

📅 30 days 👍 27 🗨 0 💬 9

**IF YOU HAVE ANY QUESTIONS ABOUT UNITU, PLEASE EMAIL  
JSADDING@SGUL.AC.UK (SGUL STUDENT ENGAGEMENT OFFICER)**

# FAITH @ SGUL

AT GEORGE'S THERE ARE A RANGE OF GROUPS AND SOCIETIES WHICH REPRESENT DIFFERENT RELIGIONS AND CULTURES..THESE ARE A GOOD WAY OF GETTING TO KNOW PEOPLE WITH SIMILAR IDEAS TO YOU AND CAN BE A SOURCE OF INSPIRATION, ENCOURAGEMENT AND SUPPORT AS WELL AS BEING GREAT FUN.. CHECK THEM OUT IN THE FRESHER'S HANDBOOK!

SOME STUDENTS SUFFER A CRISIS OF FAITH WHEN THEY LEAVE HOME FOR THE FIRST TIME AND THIS CAN BE PARTICULARLY UNSETTLING. AT THIS TIME WHAT YOU BELIEVE IS SUDDENLY NO LONGER GUIDED, GOVERNED OR SUPPORTED BY YOUR PARENTS AND IN GENERAL THIS IS A TIME FOR ESTABLISHING YOURSELF AS AN INDEPENDENT ADULT AND FINDING YOUR OWN IDENTITY. IF THIS HAPPENS TO YOU THEN FIND SOMEBODY TO TALK OVER YOUR THOUGHTS AND FEELINGS WITH. THERE MAY BE NO EASY ANSWER, BUT AT THE END OF THE DAY IT IS UP TO YOU TO DECIDE WHAT YOU BELIEVE AND HOW YOU WANT TO LIVE YOUR LIFE.

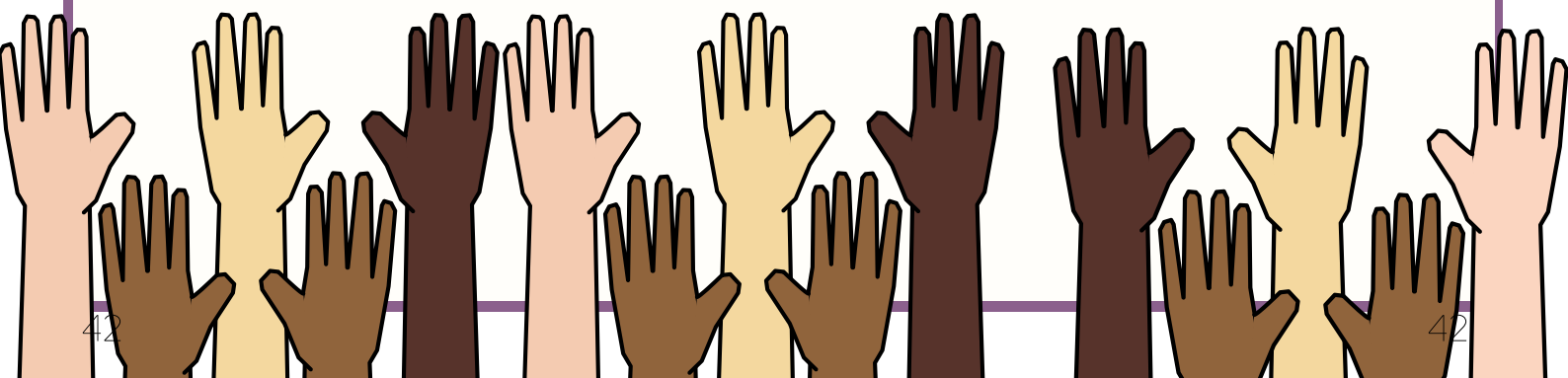
AT ST GEORGES WE ALSO HAVE A RELIGIOUS OBSERVANCE POLICY. THIS POLICY ALLOWS STUDENTS THE OPPORTUNITY TO APPLY FOR A REASONABLE ACCOMMODATION TO BE MADE FOR REASONS OF RELIGION OR BELIEF. FOR EXAMPLE BEING PERMITTED TO LEAVE LECTURES/TEACHING TO GO AND PRAY OR TO ATTEND A RELIGIOUS FESTIVAL OR OTHER RELIGIOUS PRACTISES.

## MULTI-FAITH ROOM

WE ARE SO LUCKY TO HAVE ACCESS TO A MULTI-FAITH ROOM, ON THE FIRST FLOOR OF JENNER WING (JUST PAST ROOM J1.1). THIS IS A GREAT SPACE FOR PRAYER AND QUIET CONTEMPLATION.

## INTERFAITH FORUM

THERE IS ALSO AN INTERFAITH FORUM THAT MEETS THROUGHOUT THE YEAR, WITH REPRESENTATIVES FROM MANY DIFFERENCE RELIGIOUS SOCIETYS, AS ONE COMMUNITY.



# INTERNATIONAL STUDENTS

AS AN INTERNATIONAL STUDENT YOU CAN FACE SOME DIFFICULTIES. YOU HAVE ARRIVED TO STUDY IN A COUNTRY WHICH MAY BE CULTURALLY VERY DIFFERENT FROM WHAT YOU ARE USED TO. BEING A LONG WAY FROM YOUR HOME AND FAMILY CAN LEAD TO FEELINGS OF ISOLATION AND LONELINESS. HOWEVER, COMING TO LONDON TO STUDY FROM ABROAD IS BOTH A BRAVE AND EXCITING THING TO DO AND WILL HOPEFULLY PROVE WORTH ALL THE EFFORT! IF YOU DO RUN INTO DIFFICULTIES, WE RECOMMEND YOU TRACK DOWN OTHER OVERSEAS STUDENTS TO TALK TO.

ST GEORGE'S STUDENTS UNION HAVE THEIR OWN INTERNATIONAL OFFICERS TO BE YOUR REPRESENTATIVES! THEY ARE HERE TO SUPPORT AND HELP YOU INTEGRATE INTO THE STUDENT POPULATION. THEY CAN HELP DIRECT YOU TO ANYTHING THAT THE STUDENT UNION OFFERS AS WELL AS BEING A REPRESENTATIVE FOR YOU TO SPEAK UP ABOUT YOUR COURSE, OR SOMEONE SIMPLY TO MEET TO CHAT WITH! THE SU HAS A LOT TO OFFER, AND THE BEST WAY TO FEEL AT HOME IS TO MAKE A NEW FAMILY AROUND YOU! ST GEORGE'S PRIDES ITSELF IN ITS FAMILY FEEL SO WHY NOT JOIN A SPORTS CLUB, SOCIETY, OR COMMUNITY PROJECT! SENIOR STUDENTS ARE NOT ONLY A GREAT SOURCE OF FRIENDSHIP BUT ALSO FANTASTIC FOR YOUR ACADEMICS!

WE ALSO HAVE AN INTERNATIONAL STUDENT SOCIETY AT ST. GEORGE'S, SO IT MIGHT BE A GOOD IDEA TO TALK TO ONE OF THE MEMBERS OR ATTEND ONE OF THEIR MEETINGS. THE ISS IS A GOOD WAY TO MEET NEW PEOPLE AND GET INVOLVED. SO DO GO ALONG TO THE EVENTS AND EXPERIENCE STUDENT LIFE FROM AN INTERNATIONAL PERSPECTIVE!

FOR ANY OF YOUR CONCERNS SPECIFIC TO BEING AN INTERNATIONAL STUDENT, YOU CAN CONTACT ELISABETH WITTER AT EWITTER@SGUL.AC.UK

IN ADDITION, IN CENTRAL LONDON THERE IS THE INTERNATIONAL STUDENTS HOUSE (ISH), A RESIDENTIAL, SOCIAL AND CULTURAL CENTRE FOR INTERNATIONAL AND BRITISH STUDENTS. ISH STATES: 'WE BELIEVE EVERY YOUNG PERSON SHOULD HAVE THE OPPORTUNITY TO SUCCEED WHATEVER THEIR BACKGROUND. TOGETHER WITH OUR UNIVERSITY PARTNERS AND SUPPORTERS, WE PROVIDE: SCHOLARSHIP OPPORTUNITIES, A SAFE HOME & A SOCIAL PROGRAMME TO ENABLE STUDENTS TO SUCCEED WHILE GIVING THEM A PLACE TO BELONG'.



# STUDENT PARENTS & CARERS

FROM OUR EXPERIENCE OF STUDENT PARENTS (AND YES, THERE ARE A FAIR FEW AT SGUL), IT IS PERFECTLY POSSIBLE TO BE BOTH A STUDENT AND A PARENT, ALTHOUGH IT MAY SOMETIMES FEEL LIKE YOU COULD DO WITH AN EXTRA DAY IN THE WEEK!

## WHAT SHOULD I DO ABOUT CHILDCARE?

KNOW YOUR OPTIONS AS SOON AS POSSIBLE. TAILOR IT FOR YOUR PERSONAL TIMETABLE. EXISTING STUDENTS AND STAFF WILL BE ABLE TO GIVE YOU AN IDEA ABOUT THE COURSE WORKLOAD TO HELP YOU DECIDE WHAT IS BEST FOR YOUR FAMILY. UNFORTUNATELY, THERE IS NO CHILDCARE ON SITE, BUT THERE ARE PRIVATE NURSERIES NEARBY. TO FIND OUT ABOUT TYPES, COSTS AND AVAILABILITY OF CHILDCARE IN WANDSWORTH, CONTACT [THRIVE WANDSWORTH](mailto:THRIVE.WANDSWORTH@SGUL.AC.UK): 0208 871 7899.

## STUDENT PARENTS AND CARERS EMPOWERED (SPACE):

SPACE ARE A GROUP OF STUDENTS DEDICATED TO SUPPORTING ALL STUDENT PARENTS AND CARERS THROUGHOUT THEIR STUDIES AT ST GEORGE'S. THEY ARE RUN BY STUDENT VOLUNTEERS WHO FULLY UNDERSTAND THE FABULOUS AND NOT-SO-FABULOUS ASPECTS OF CARING FOR A FAMILY WHILST AT UNIVERSITY. THEY'RE HERE TO HELP EACH OTHER MAKE THE MOST OF OUR TIME AT ST GEORGE'S WHILST ALSO CARING FOR OUR FAMILIES. THEY AIM TO OFFER A SUPPORT NETWORK OF STUDENTS JUGGLING SIMILAR RESPONSIBILITIES AND ARE HERE TO LISTEN, SHARE ADVICE AND PROVIDE ADVOCACY FOR STUDENT PARENTS AND CARERS. THEY'RE ALSO HERE TO PROVIDE SOCIALISING OPPORTUNITIES! AS WELL AS REGULAR MEET-UPS IN TOOTING, THEY ALSO HOST A COUPLE OF FAMILY-FRIENDLY EVENTS EACH YEAR. ALL STUDENTS AT ST GEORGE'S ARE WELCOME TO JOIN; WHETHER YOU'RE A PARENT, EXPECTING A BABY, OR THINKING OF HAVING CHILDREN DURING YOUR COURSE. THEY ALSO WELCOME ANYONE BALANCING OTHER CARER RESPONSIBILITIES WITH THEIR STUDIES. VIEW THEIR WEBSITE ([SGSU.ORG.UK](http://SGSU.ORG.UK)) OR CONTACT THEM VIA: [SPACE@SU.SGUL.AC.UK](mailto:SPACE@SU.SGUL.AC.UK)

## BREASTFEEDING ON SITE:

THE WELFARE ROOM IS LOCATED ON THE 2ND FLOOR OF HUNTER WING, NEXT TO THE COUNSELLING OFFICES, WHICH CAN BE USED FOR BREASTFEEDING/PUMPING. POP INTO THE SU OFFICE TO SPEAK TO THE VP EDUCATION & WELFARE TO REQUEST ACCESS TO BE ADDED TO YOUR SGUL ID CARD!

# STUDENT PARENTS & CARERS

## FINANCIAL SUPPORT

STUDENTS STUDYING FULL-TIME HIGHER-EDUCATION COURSE MAY BE ENTITLED TO ADDITIONAL FINANCIAL HELP FROM THEIR FUNDING BODY. IF YOU ARE RECEIVING STUDENT

LOANS AND GRANTS, OR FINANCIAL SUPPORT FROM NHS STUDENT BURSARIES, YOU ARE

ADVISED TO MAKE ENQUIRIES ABOUT THE FOLLOWING SUPPLEMENTARY GRANTS:

- PARENTS' LEARNING ALLOWANCE – AN ADDITIONAL NON-REPAYABLE GRANT PAID DIRECTLY TO STUDENTS TO HELP WITH COURSE COSTS SUCH AS BOOKS, MATERIALS AND TRAVEL.
- CHILDCARE GRANT – IF YOU USE AN OFSTED REGISTERED CHILDCARE PROVIDER, YOU MAY BE ABLE TO APPLY FOR NON-REPAYABLE ASSISTANCE TOWARDS YOUR CHILDCARE COSTS.

YOU CAN FIND MORE DETAILS ON THE [DIRECTGOV WEBSITE](https://www.direct.gov.uk) & THE [SU WEBSITE](https://www.su.org.uk) (SGSU.ORG.UK).

## MATERNITY / PATERNITY / ADOPTION POLICY

SGUL HAS ITS OWN STUDENT MATERNITY/PATERNITY/ADOPTION POLICY. THE UNIVERSITY FULLY SUPPORTS STUDENTS IN THESE SITUATIONS AND ARE LEGALLY-OBLIGED TO SUPPORT YOU IN SUCH MATTERS.

THE POLICY DESCRIBES THAT STUDENTS CAN BRING CHILDREN ON-SITE, AND CHILDREN ARE PERMITTED IN THE SU BAR AND LICENSED AREA FROM ANYTIME BEFORE 5PM MONDAY TO FRIDAY. FROM 5PM ONWARDS AND WHENEVER ALCOHOL IS BEING SERVED, CHILDREN ARE PROHIBITED FROM THE BAR AND LICENSED AREA. IF YOU ARE CONCERNED ABOUT BEING A STUDENT PARENT OR JUST WANT SOME INFORMATION REGARDING THE SERVICES WE PROVIDE HERE AT ST GEORGES, PLEASE DO NOT HESITATE TO POP UP INTO THE SU OFFICE AND

SPEAK TO GEORGE HADJIYIANNAKIS —VP EDUCATION & WELFARE. AS A STUDENT UNION WE ARE

FULLY SUPPORTIVE OF OUR STUDENT PARENTS AND OUR DOOR IS ALWAYS OPEN TO WHATEVER QUERIES YOU MAY HAVE. IF WE ARE UNABLE TO PROVIDE YOU WITH AN ANSWER STRAIGHT AWAY, WE'LL CERTAINLY BE ABLE TO POINT YOU IN THE DIRECTION OF SOMEONE WHO CAN!



# BEING PROUD AT GEORGES

## (LGBTQ+ SUPPORT)

GEORGE'S HAS A REALLY ACTIVE LGBTQ+ COMMUNITY, WITH A VARIETY OF EVENTS AND GROUPS FUNNING THROUGHOUT THE YEAR.

THE PRIDE SOCIETY HEADS THIS, BUT IF YOU EVER NEED SUPPORT WITH REPORTING AN INCIDENT OR CONCERN THE SU WELFARE TEAM IS HERE FOR YOU AS WELL.



HI - WE ARE THE SGSU PRIDE LGBTQ+ SOCIETY! AS A WELFARE SUPPORT GROUP WE ARE HERE TO SUPPORT ALL OF OUR LGBTQ+ STUDENTS, BUT WE ARE ALWAYS HAPPY TO HELP ANYONE. THROUGHOUT THE YEAR WE RUN FUN SOCIAL EVENTS AND TALKS ABOUT MANY IMPORTANT TOPICS. WE ALSO TRY TO CONNECT OUR COMMUNITY IN A SAFE SPACE THROUGH OUR GROUP CHAT AND FACEBOOK GROUP WHICH YOU CAN JOIN BY FINDING THE INFORMATION ON OUR INSTAGRAM @SGSULGBT OR BY EMAILING US AT [LGBT@SU.SGUL.AC.UK](mailto:LGBT@SU.SGUL.AC.UK)! ALL OF OUR COMMITTEE ARE MORE THAN HAPPY TO TALK IF YOU EVER NEED SOMEONE TO TALK TO, THOUGH WE DO HAVE A DEDICATED WELFARE OFFICER, YOU CAN ALSO GET HELP AND ADVICE FROM THE VP EDUCATION AND WELFARE IN THE SU. MORE THAN ANYTHING WE ARE HERE TO MAKE YOU FEEL SAFE AND SUPPORTED SO COME SEE US AT FRESHERS FAYRE OR ANY OF OUR EVENTS!



# DRAWING TO A CLOSE

CONGRATULATIONS FOR MAKING IT THROUGH THIS BOOKLET!

IT'S A LOT TO TAKE IN SO DO NOT WORRY IF YOU DON'T REMEMBER ANY OF IT, THIS BOOKLET IS FOR YOU TO KEEP TO REFER TO WHENEVER YOU NEED IT. REMEMBER NO PROBLEM IS TOO SMALL SO PLEASE CONTACT US WHENEVER YOU NEED TO.

THIS PUBLICATION HAS BEEN ADAPTED OVER MANY YEARS AND BROUGHT UP TO DATE. IF, HOWEVER, YOU DISCOVER THAT A TELEPHONE NUMBER OR WEBSITE HAS CHANGED PLEASE LET ME KNOW (VPEDUCATION@SU.SGUL.AC.UK).

THE CONTENT HERE IS NOT EXHAUSTIVE AND HAS BEEN WRITTEN BY STUDENTS USING INFORMATION FROM A VARIETY OF SOURCES - IT SHOULD ALWAYS BE CHECKED AGAINST CURRENT INFO AND DOES NOT NECESSARILY REPRESENT TRUTH OR FACT GOING FORWARD. ALL VIEWS EXPRESSED ARE THOSE OF THE AUTHORS.

IF YOU HAVE ANY COMMENTS/STORIES YOU WOULD LIKE TO SHARE HAVING READ THIS HANDBOOK THEN PLEASE DO CONTACT ME AT THE EMAIL ADDRESS ABOVE.

I HOPE THAT THIS HANDBOOK HAS BEEN AN INTERESTING READ AND THAT YOUR TIME AT ST. GEORGE'S WILL BE FUN AND UNTROUBLED, BUT UNEXPECTED EVENTS CAN AND DO OCCUR - I CANNOT REITERATE ENOUGH THAT THERE SHOULD BE NO HESITATION IN CONTACTING A MEMBER OF THE STUDENT'S UNION (YOUR VP ED & WELFARE IS A GOOD START) OR A TRUSTED MEMBER OF STAFF.

I WISH YOU ALL THE BEST AND HOPE YOU FIND GEORGE'S TO BE THE WARM, WELCOMING FAMILY I HAVE FOUND IT TO BE. IF YOU DON'T THEN PLEASE DON'T HESITATE TO CONTACT US SO WE CAN TRY TO HELP MAKE YOUR EXPERIENCE HERE AS BEST AS IT CAN BE. TOGETHER WE CAN MAKE GEORGE'S TRULY THE FINEST IN THE LAND!

THANK YOU.

GEORGE HADJIYIANNAKIS  
VICE PRESIDENT (EDUCATION AND WELFARE)

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