

WELFARE HANDBOOK

2020/21

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Please be aware that a number of the phone numbers in this document may be out of use due to COVID-19.

This document was made by last years' VP Education and Welfare to the best of her knowledge - if you spot any mistakes or have any comments, please email vpeducation@su.sgul.ac.uk

WELCOME

Hello and welcome to this year's welfare handbook! Starting university is a huge milestone in life, and it can often seem overwhelming (even without a global pandemic). For school leavers, suddenly being independent, learning how to manage finances and moving to a new city can often be a source of anxiety and stress. For mature students, balancing work, family and not having been in education for many years can present unique challenges that can be hard to navigate. This booklet aims to explain some of the basics and begin to tackle any initial worries. Hopefully this will serve as a guide, and signpost for any issues you might have throughout your university life, as it is filled to the brim with information, including everything from exams and revision, to sexual health and keeping safe in London.

With the current global pandemic, we, as a university and a student's union, are facing never-seen-before challenges. There are so many hurdles to overcome, but no doubt this will change the organisation and atmosphere of St George's for the better. We as students now have to manage learning from home for the most part, which will present its own successes and issues as we settle into the new academic year. You may find that you feel socially isolated or out of place within your cohort as inductions begin. You may struggle to motivate yourself or steer away from distractions as lectures and assessments begin. You may be living with non-students, who don't really understand and can't be empathetic towards your struggles as a student during these difficult times. It is no doubt going to be a groundbreaking year, but know that you can and will do this!

If there is one piece of advice I would want to have stuck in every student's mind, it is to not be afraid to ask for help. St George's has an unbelievable amount of support systems and it is important to note, that no matter what you are going through, there is always someone around to lend an understanding ear or give advice. This booklet only scratches the surface of what is available, but will at least put you on the right path when seeking help during your time at George's.

We at the SU are here to support all students and ensure you have the best experience possible as a part of the St Georges family. 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.*

I hope that you come to love your time at George's as much as I have come to love mine,

Sarah Jones
VP Education and Welfare 2020-21



THE STUDENTS' UNION

EOIN JARDINE
PRESIDENT

WHY GO TO ME?

- INFORMATION ON SU EVENTS
- STARTING A NEW PROJECT OR INITIATIVE
 - THIS CAN BE ANYTHING!
- ANY COMPLAINTS 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

ETHAN OSBORN

(ACTING) VP STUDENT
ACTIVITIES AND EXPERIENCE



WHY GO 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: WORKING FROM HOME (TIMES VARY)

EMAIL: [VPACTIVITIES@SU.SGUL.AC.UK](mailto:vpactivities@su.sgul.ac.uk)

SARAH JONES

VP EDUCATION AND
WELFARE

WHY GO TO ME?

- DIFFICULTIES WITH UNIVERSITY/HOME LIFE.
 - ME AND LON (BELOW) 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!



LON TEIJA

EDUCATION AND WELFARE
SUPPORT OFFICER

CONTACT ME:

LOCATION SU OFFICE, 2ND FLOOR HUNTER WING

HOURS: MON-FRI, 9 - 5

EMAIL: VPEDUCATION@SU.SGUL.AC.UK

TEL: 020 8725 0451

INSTAGRAM: @SGSU_VPEW

MON, WED, FRI; 9 - 5

LTEIJA@SGUL.AC.UK

020 8725 0641

YEAR REPS

IN EVERY YEAR GROUP, ACROSS THE UNIVERSITY, ARE YEAR REPS, WHO PLAY A KEY ROLE IN ENSURING THE STUDENT VOICE IS HEARD. NORMALLY THE FIRST POINT OF CALL FOR COURSE-RELATED ISSUES, THESE REPS ARE AMAZING AT ANSWERING COURSE-SPECIFIC QUESTIONS AND REPRESENTING THEIR COHORT IN STAFF-STUDENT MEETINGS.

FOR FRESHERS, YOU WILL HAVE THE OPPORTUNITY TO VOTE FOR YEAR REPS IN OUR AUTUMN ELECTIONS. RETURNING STUDENTS, CHECK OUT OUR WEBSITE TO SEE WHO IS REPRESENTING YOU THIS YEAR!

OUR EXECUTIVE ARE A FANTASTIC GROUP OF CONTINUING STUDENTS THAT COVER A WIDE RANGE OF ROLES WITHIN THE SU, FROM EVENTS TO EQUALITY AND DIVERSITY. THEY ARE HELPFUL CONTACTS FOR A WIDE RANGE OF UNIVERSITY ISSUES.

FOR MORE INFORMATION, AND TO FIND OUT WHO IS WHO, HEAD OVER TO [SGSU.ORG.UK/EXEC](https://sgsu.org.uk/exec)

THE EXEC

CLUBS AND SOCIETIES

THE STUDENTS' UNION IS HOST TO OVER 100 ACTIVE CLUBS/SOCIETIES, SO THERE IS PLENTY TO CHOOSE FROM. HERE ARE JUST A FEW WHO MAY BE BENEFICIAL IF YOU ARE LOOKING FOR SUPPORT.

FOR A FULL LIST SEE : SGSU.ORG.UK/CLUB-SOC/
(TRUST ME, THERE'S LOADS!)



FINANCES

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

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.



[CLICK HERE TO SEE
WANDSWORTH COUNCIL TAX
EXEMPTIONS](#)

WORKING WHILST 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

**THE SU SHOP
HAS VERY
FLEXIBLE HOURS**

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

**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!**

**WE ADVERTISE JOB VACANCIES
IN OUR NEWSLETTER WHICH IS
RELEASED EVERY FORTNIGHT
INTO YOUR INBOX!**



FINANCIAL ADVICE

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 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 FOR :

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

LOCATION: STUDENT LIFE CENTRE, GROUND FLOOR HUNTER WING

EMAIL: STUDENTFINANCE@SGUL.AC.UK

PHONE: 02087250962

TOP TIPS FROM THE GEORGE'S FAMILY!

SET A BUDGET!

SET A WEEKLY BUDGET, HAVE SET CATEGORIES FOR DIFFERENT AREAS OF YOUR LIFE.

HAVE 2 ACCOUNTS & 'PAY' YOURSELF YOUR WEEKLY ALLOWANCE INTO THE ONE YOU SPEND FROM!

WEEK-BY-WEEK BUDGETS! REALLY HELPS ME WHEN I'M AVOIDING OR GETTING OUT OF OVERDRAFT

MAKE A SPREADSHEET AND EVALUATE WHERE MONEY IS GOING

GET A MONZO CARD - IS THE BEST FOR BUDGETING

MEAL PLAN / PREP!

MAKING GROUP MEALS WITH HOUSEMATES TO SHARE COSTS

MEAL PLAN SO YOU ONLY BUY WHAT FOOD YOU NEED

BATCH COOK ON A SUNDAY TO SAVE MONEY ON LUNCH DURING THE WEEK

BULK COOKING AND BUDGETING OUT WHAT YOU NEED TO BUY EACH WEEK

TRY TO BRING IN LUNCH (DON'T JUST GO TO PRET 3 TIMES A DAY)

SPREAD OUT YOUR FOOD SHOPS - AND SET DESIGNATED TAKEAWAY DAYS!

THERE ARE MICROWAVES IN THE GAMES ROOM NEXT TO THE SU OFFICE!

SHOP SMART

CHANGE UP YOUR PALATE TO TRY FOODS WHICH ARE ON 'OFFER'

LUNCH ON A BUDGET - THE CANTEEN DOES A GOOD STIR FRY & THE SU SHOP HAS A £2.69 MEAL DEAL!

DON'T GO FOOD SHOPPING ON AN EMPTY STOMACH!

SHOP AT ALDI OR LIDL

BE ACTIVE

I WALK FROM BALHAM TO UNI TO SAVE MONEY. SOUNDS STINGY BUT EVERY LITTLE HELPS

REPAIR/ SELL OLD CLOTHES

PRE-DRINKS (LONDON BARS CAN BE EXPENSIVE!)

CHARITY SHOPS!!!

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, THIS, ALONGSIDE AN UNFORTUNATE CLASH WITH EXAM SEASON, 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
- ✉ 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

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!

ADJUSTING TO REMOTE LEARNING

(St George's Library Blog, 2020).

GET ORGANISED, WITHIN REASON

TRY NOT TO 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. DON'T 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 INTRODUCE 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!

THE LIBRARY

LIBRARY SUPPORT

1) 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!

2) ASSISTANCE WITH LIBRARY PCS & PRINTING FACILITIES

3) 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 CAREERS SERVICE

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

1) SUPPORT WITH CAREER DECISION MAKING

2) PREPARING CVS AND APPLICATIONS FOR JOBS OR FURTHER STUDY

3) PRACTISE INTERVIEW SESSIONS

LOCATION: LIBRARY, 1ST FLOOR HUNTER WING

EMAIL: CAREERS@SGUL.AC.UK

UNITU

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](#)



THE STUDENT
VOICE PLATFORM

USING UNITU EFFECTIVELY

CHECK IF A SIMILAR THREAD IS ALREADY POSTED

Try to avoid duplicating posts!

CLEARLY IDENTIFY YOUR QUESTION / ISSUE / IDEA / PRAISE

- Try to give specific examples
- What year / course are you from?
- Can you summarise this into one or two paragraphs?
- I find the SBAR tool (&A-AID) helpful

TITLE YOUR POST CLEARLY!

Make it easy for others interested to find this post :)

COMMENTS

If you're adding a comment please ensure that it is a useful contribution - by which I mean that it adds something to the discussion. For example an extra piece of information.

PAUSE. REVIEW. POST

Consider the impact your words may have on readers.

UNITU MIGHT NOT ALWAYS BE THE BEST PLACE TO RAISE YOUR CONCERN

If this is a specific & individual query, it's best to contact the member of staff who can help you directly. If you're not sure who, you can email vpeducation@su.sgul.ac.uk

SPEAK UP & ASK FOR HELP

However you're feeling is okay. Please know that Unitu is not the best place for you to express these emotions. If you find anonymous posting helpful, you might want to use Big White Wall. For support you can contact: Beth / Lon, the SGUL Counselling Service / SHOUT Text Service

CHECK IF YOUR QUESTION IS ANSWERED IN PREVIOUS COMMUNICATIONS

Eg. the FAQs page / emails / Canvas

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+](#)

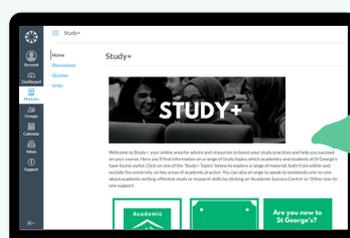
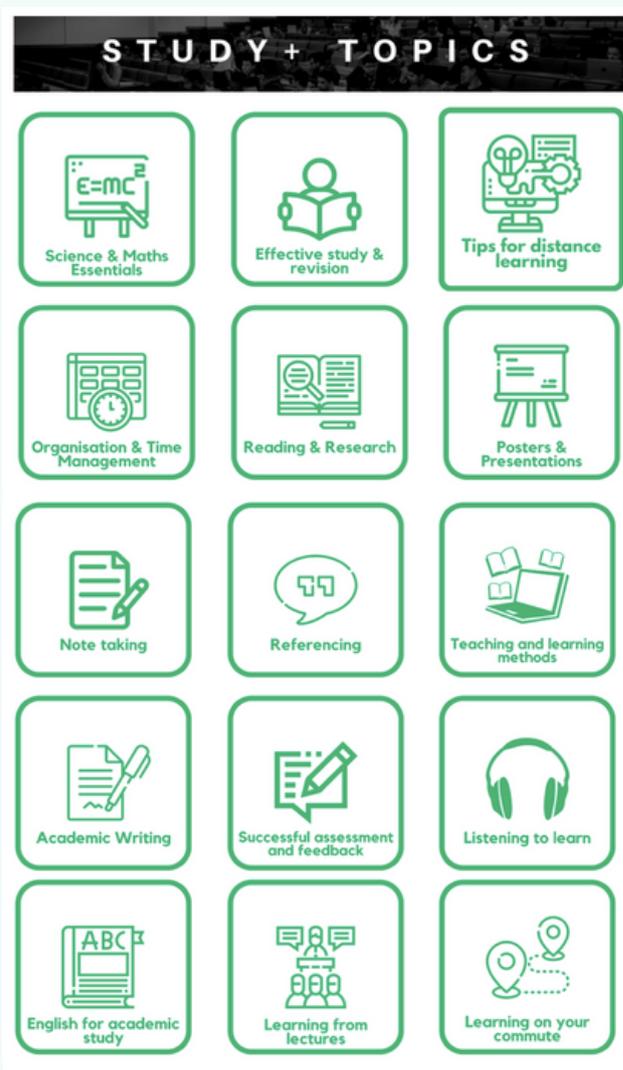
REVISING FOR EXAMS

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, CLICK HERE TO GO DIRECTLY THERE

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 COUNSELLORS, 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.



**CLICK HERE TO GO
DIRECTLY TO THE
EXAMS PAGE**

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

DEATH / ILLNESS OF CLOSE
RELATIVE OR FRIEND

UNFORSEEABLE
CIRCUMSTANCES

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



LON

QUESTIONS & SUPPORT

VPEducation@SU.SGUL.AC.UK
LTEIJA@SGUL.AC.UK



SARAH

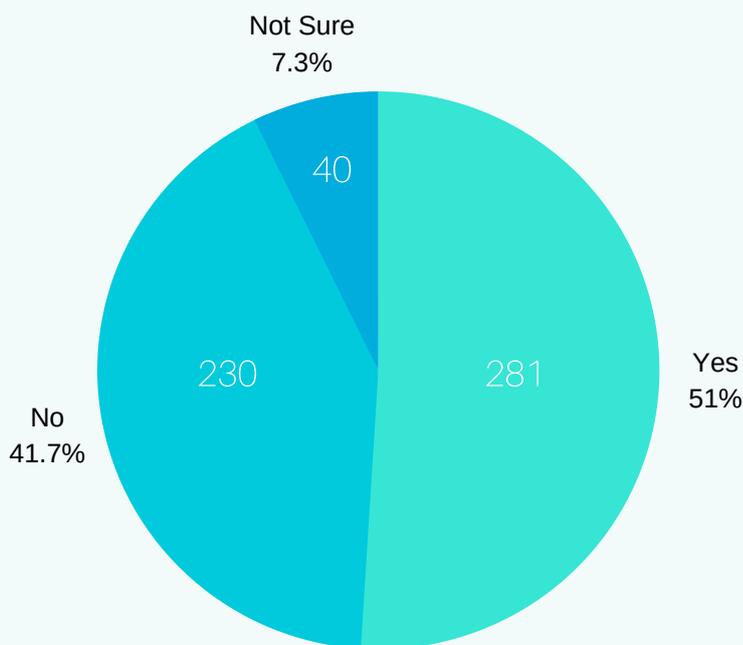
MENTAL HEALTH

JUST LIKE PHYSICAL HEALTH, WE ALL HAVE MENTAL HEALTH, AND OUR MENTAL WELLBEING 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

COMMON MISCONCEPTIONS

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.

TAKING TIME OUT OF YOUR STUDIES & ASKING FOR HELP

ALTHOUGH I WOULD NEVER THINK THIS ABOUT SOMEONE ELSE, THE IDEA OF ME TAKING A YEAR OUT OF STUDYING WAS A SIGN OF FAILURE. IT SHOWED EVERYONE THAT I COULDN'T COPE; I WASN'T STRONG ENOUGH TO KEEP GOING. "EVERYONE ELSE IS MANAGING," I WOULD TELL MYSELF. "IF YOU CAN'T, THAT MEANS YOU'RE NOT KEEPING UP WITH THEM. YOU'RE NOT GOOD ENOUGH. YOU'RE WEAK. YOU SHOULDN'T BE A DOCTOR."

I'M SO THANKFUL TO ALL OF THE NOT SO ENJOYABLE SITUATIONS I WENT THROUGH, WHICH RESULTED IN ME SPEAKING TO THE MEDICAL SCHOOL & GETTING MORE SUPPORT. I'D DEFINITELY DOUBTED THAT THE UNIVERSITY WOULD BE ABLE TO HELP, AND HAD FEARS AROUND BEING TREATED DIFFERENTLY - NOT TO MENTION THE DREADED FITNESS TO PRACTISE PANEL I THOUGHT WOULD SWOOP IN TO CONFIRM MY NEGATIVE CORE BELIEF, THAT I WASN'T GOOD ENOUGH TO BE A DOCTOR.

ASKING FOR HELP HASN'T ALL BEEN SUNS AND ROSES; THERE'S CERTAINLY BEEN DIFFICULTIES FROM IT TOO. BEING MORE OPEN ABOUT MY MENTAL HEALTH MEANT MORE PEOPLE SHARING THEIR OPINIONS ON MY RECOVERY & WHETHER MEDICINE WAS RIGHT FOR ME. THE RIGHT PEOPLE TO SUPPORT YOU ARE OUT THERE. I KNOW HOW HARD IT IS TO ASK FOR HELP; TO ADMIT TO SOMEONE ELSE THAT YOU'RE STRUGGLING TO COPE. I ALSO KNOW HOW MUCH HARDER IT IS TO TRY AGAIN, AFTER YOU'VE REACHED OUT & NOT RECEIVED THE RESPONSE YOU WERE HOPING FOR. BUT PLEASE DO. PLEASE KEEP TRYING UNTIL YOU FIND THOSE PEOPLE, AND GET THAT SUPPORT THAT FEELS RIGHT FOR YOU.

FOR ME, THIS SUPPORT INCLUDED REASONABLE ADJUSTMENTS TO ASSESSMENTS, A REFERRAL TO OCCUPATIONAL HEALTH & A NEW PERSONAL TUTOR. THESE ALSO LEAD TO BEING DIAGNOSED, CHANGING ANTIDEPRESSANTS (TWICE), REFERRAL TO A COMMUNITY PSYCH TEAM, ACCESSING PSYCHOTHERAPY & DECIDING TO TAKE A YEAR OUT OF MEDICINE - DOING SOMETHING I'D DREAMED OF DOING SINCE FIRST YEAR! THE PAST YEAR HAS BEEN INCREDIBLE, AND I'M SO GRATEFUL TO ALL THE PEOPLE AROUND ME WHO HELPED IT HAPPEN! I FEEL EXCITED TO RETURN TO MEDICINE & KNOW THAT THIS YEAR HAS HELPED TO SHAPE ME INTO SOMEONE WHO WILL BE AN EVEN BETTER DOCTOR.

- BETH, VP EDUCATION & WELFARE (2019-2020)



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.

You may also be interested in supporting those using the service as a Crisis Volunteer.

To find out more about Shout visit giveusashout.org

 @GiveUsAShoutInsta  @GiveUsAShout



To find out more about Shout visit giveusashout.org

Instagram: @GiveUsAShoutInsta Twitter: @GiveUsAShout

CRISIS TEXT LINE |

"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

1



Text

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

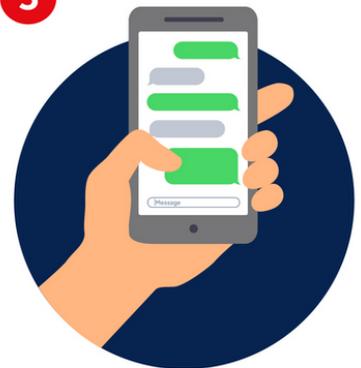
2



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.

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 CURRENTLY WORKING REMOTELY AND THE BEST WAY TO CONTACT THEM IS VIA EMAIL. THEY WILL ASK YOU TO FILL IN A SHORT REGISTRATION FROM BEFORE BOOKING AN APPOINTMENT. KEEP AN EYE ON THE WEBSITE AS ONCE THEY ARE BACK ON SITE THIS MAY CHANGE (LINK BELOW).

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

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

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

FALSE!

ALL INTERACTIONS WITH THE COUNSELLING SERVICE ARE CONFIDENTIAL.

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

[CLICK HERE FOR MORE INFO ON THE COUNSELLING SERVICE AT SGUL](#)

DISABILITY 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

PHONE: 020 8725 0143

THE DISABILITIES SERVICE IS ALSO INTRODUCING A SUPPORT GROUP FOR STUDENTS, GET IN CONTACT FOR MORE INFO!

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 HUGE BENEFICIAL FOR ME & I WENT THROUGH THE EXAM WITHOUT A PANIC ATTACK FOR THE FIRST TIME!

YOUR 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'S AND DENTISTS!

IT IS A GOOD IDEA TO GET ORGANISED AND REGISTER WITH A LOCAL GP & DENTAL PRACTISE 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](#)

CLICK TO GO DIRECTLY TO THE GP PAGES!

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!

WE ASKED YOUR FELLOW GEORGE'S STUDENTS TO LET US KNOW THEIR FAVOURITE 'STUDENT FRIENDLY' RECIPES, AND HERE'S WHAT THEY CAME UP WITH:



SWEETCORN FRITTERS



ONE PAN BAKED SALMON AND VEGETABLES



BBQ CHICKEN FAJITAS



CREAMY CHICKEN & GREEN BEAN PESTO PASTA



RED LENTIL DAHL & TANDOORI CHICKPEAS



CLICK FOR THE LINKS!

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.

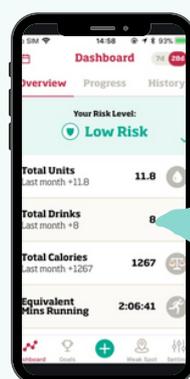
WHAT IF I DON'T WANT TO DRINK?

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!



CLICK TO CHECK IT OUT!

SMOKING AND 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 BARE IN MIND THE POTENTIAL CONSEQUENCES OF YOUR ACTIONS REGARDING DRUG USAGE AND GENERAL BEHAVIOUR, 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' ([WANDSWORTH-CLICK HERE](#))
- 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.



FRANK

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 [HERE](#) 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 [HERE](#). 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 [HERE](#).



YOUR 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:

1. NEVER WALK 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!

2. BE ALERT AND AWARE OF WHAT IS HAPPENING AROUND YOU—DON'T WEAR HEADPHONES.

3. WALK PURPOSEFULLY. IF YOU LOOK LOST OR FRIGHTENED YOU ARE MORE LIKELY TO BE ATTACKED

4. BUY SOME GLOVES AND KEEP YOUR HANDS OUT OF YOUR POCKETS SO YOU ARE FREE TO DEFEND YOURSELF!

5. KEEP TO THE MIDDLE OF THE PAVEMENT AND WALK TOWARDS ON-COMING TRAFFIC.

6. 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.

7. KEEP JEWELRY OUT OF SIGHT (EVEN IF IT IS INEXPENSIVE!)

8. DON'T WALK AROUND TALKING ON YOUR MOBILE PHONE (ESPECIALLY AT NIGHT!). IT WILL DRAW ATTENTION TO YOU, DISTRACT YOU, AND IS EASY TO STEAL.

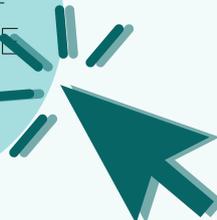
9. KEEP YOUR WALLET/PURSE IN AN INSIDE POCKET, AND DON'T CARRY LARGE AMOUNTS OF CASH

10. HAVE YOUR KEYS READY AS YOU APPROACH YOUR HOUSE OR CAR.

11. 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.

12. NEVER LEAVE DRINKS UNATTENDED IN PUBS / CLUBS, THIS LEAVES YOU VULNERABLE TO BEING SPIKED.

CLICK FOR
MORE ADVICE
ON BEING SAFE
IN LONDON



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

**me
too.**



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

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

RELIGION

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.

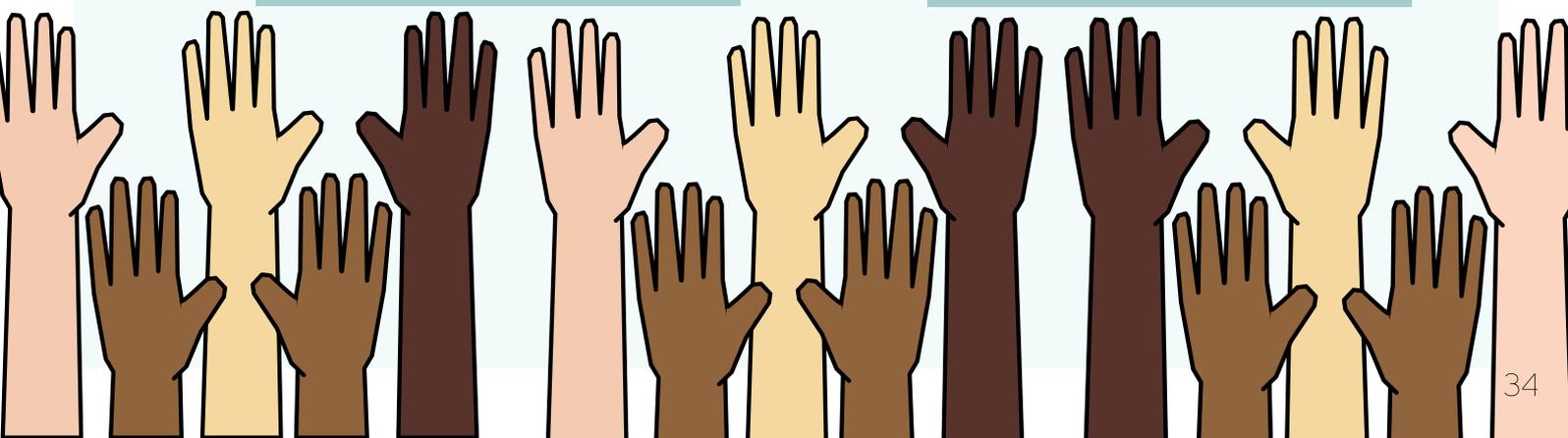
AT ST GEORGES WE ALSO HAVE A RELIGIOUS OBSERVANCE POLICY. THIS POLICY ALLOWS STUDENTS THE OPPORTUNITY TO APPLY FOR A REASONABLE ACCOMMODATION TO BE MADE FOR REASONS OF RELIGION OR BELIEF. FOR EXAMPLE BEING PERMITTED TO LEAVE LECTURES/TEACHING TO GO AND PRAY OR TO ATTEND A RELIGIOUS FESTIVAL OR OTHER 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 DIFFERENT 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: 0208 871 7899](tel:02088717899).

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 PAGE](#) OR CONTACT THEM VIA: 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](#) & THE [SU WEBSITE](#).

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 SARAH JONES —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!



DRAWING TO A CLOSE

WELL DONE IF YOU'VE REACHED THE END OF THIS BOOKLET! IT'S A LARGE AMOUNT OF INFORMATION TO TAKE IN AND NO ONE IS EXPECTING YOU TO REMEMBER IT ALL, JUST KEEP HOLD OF IT SOMEWHERE SO THAT YOU CAN REFER TO IT WHENEVER YOU FEEL THE NEED.

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, AS IT HAS BEEN WRITTEN BY STUDENTS USING INFORMATION FROM A VARIETY OF SOURCES, IT SHOULD ALWAYS BE CHECKED AGAINST CURRENT INFORMATION AND IT DOES NOT NECESSARILY REPRESENT TRUTH/FACT GOING FORWARD. ALL VIEWS EXPRESSED ARE THOSE OF THE AUTHORS.

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

I HOPE THAT THIS HANDBOOK WILL HAVE BEEN AN INTERESTING READ AND THAT NONE OF YOU WILL NEED TO USE IT DURING YOUR TIME AT ST GEORGE'S, BUT UNEXPECTED EVENTS CAN AND DO OCCUR, SO 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 REALLY WISH YOU ALL THE BEST AND HOPE YOU ENJOY YOUR FIRST YEAR (AND THE REST...) AT ST. GEORGE'S. WE REALLY ARE THE [FINEST IN THE LAND](#) SO ENJOY BEING A PART OF SUCH A FANTASTIC INSTITUTION!

THANK YOU.

SARAH JONES
VICE PRESIDENT (EDUCATION AND WELFARE)

EMAIL: VPEDUCATION@SU.SGUL.AC.UK





**THANK YOU TO ALL OF THE STAFF & STUDENTS
WHO CONTRIBUTED TO THE INFORMATION
INSIDE OF THIS HANDBOOK!**

