

WELCOME TO SHEFFIELD HALLAM

SUPPORT FOR CARERS

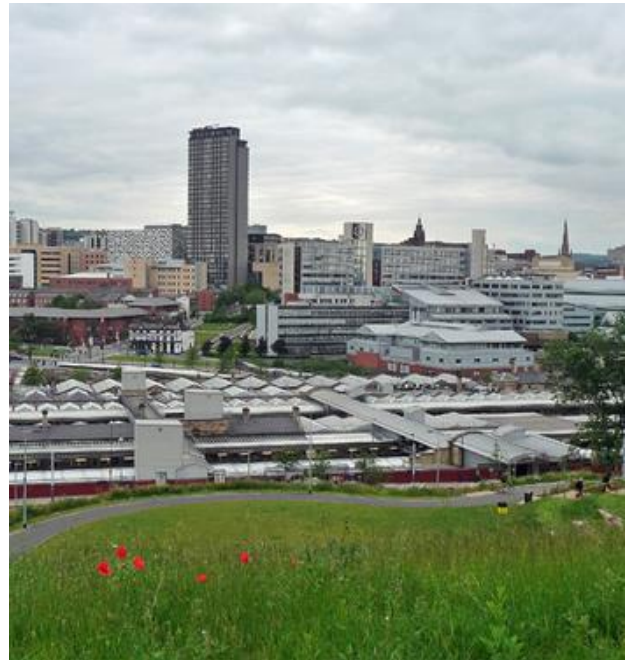


Healthy Hallam, Healthy Future

NAMED CONTACT SUPPORT

Support available from your named contacts:

- Contact us to ask any questions about university life or support. We are available to speak to you in an appointment or by phone/email
- Help to access all our support services
- Monthly newsletters year round detailing opportunities and events
- Referrals for additional support from the Library Distance Learner Support Service
- Support to access a Carer's support plan to help you manage your teaching and assessment



HELP WITH YOUR FINANCES

You'll receive:

- support from our [Student Success Scholarship](#) (if eligible)
- support with student funding issues from [Student Funding](#).

Contact us:

Named contacts: Kate Wilkinson,
Emily Marsh and Robin Kerr

Email us at:

inclusivesupport@shu.ac.uk

Call us on: 0114 225 2679

Read more about the support available on our webpage [here](#).

ADDITIONAL SUPPORT



Course support

[Hallam Help](#) is your first point of contact for all enquiries - they will either answer your query or signpost you in the right direction. You can check the knowledge base on My Hallam or drop Hallam Help a call or email.

Accommodation

If you need information, advice or help with finding somewhere to live or with your current accommodation you can contact the [Accommodation Team](#).



Student well being

Offer guidance and support on a range of personal issues and topics, through self-help and online resources as well as group or specialist 1:1 sessions. Find out more [here](#).

Students' Union Advice Centre

Offers free, independent and confidential advice on:
Funding: Academic problems:
Benefits: Debts: Housing. Find out more [here](#).





The Skills Centre

Offers workshops, small group forums and drop ins for students to help develop academic skills throughout your studies. 1:1 tutorials for students with disabilities are also available.

Topics include: Literature reviews: Assignment planning: Critical writing: Presentation skills. Find out more [here](#).

CareersConnect

Offer support with choosing the right career, looking for jobs - both graduate and part-time, applying for jobs and support when you graduate. They also run a career mentoring scheme which pairs student mentees with professionals who mentor and help them to make decisions about their career. Find out more [here](#) and [here](#).

USEFUL RESOURCES

Sheffield City Council

A full range of carers support and services is provided by Sheffield Council, including practical support and employment support.

<https://www.sheffield.gov.uk/home/social-care/carers-support>

Carers Trust

Carers Trust Network Partners provide a range of support services for carers across the UK.

info@carers.org / www.carers.org

Sheffield Carers Centre

Sheffield Young Carers is an independent charity that has existed in Sheffield since 1997. They are dedicated to supporting young carers across the city.

0114 258 4595

www.sheffieldyoungcarers.org.uk / information@sheffieldyoungcarers.org.uk

TOP TIPS

- Keep a note of key contacts at University. You may never need to call on them, but it's good to know just in case! There is a list of useful contacts in this booklet.
- Get familiar with the city and campus - we know this year is going to be different, but it can help create a sense of belonging when you are more familiar with your surroundings. If you ever get stuck and aren't sure where a room or building is, just head to Hallam Help.
- Stay connected with other students - we have a Facebook group for student carers. Just search for 'SHU carers' in Facebook groups.
- Read some top tips about budgeting and managing your money [here](#).



- If you start to start to feel lonely or isolated, speak to someone. Lots of students struggle to settle into University life, you're not alone! But we understand that it may be more complicated if you're a student carer. We can help you through until you are feeling more confident and settled. Just get in touch with Kate, Emily or Robin for more information or ask Hallam Help to signpost you to the Student Wellbeing Service.
- Start thinking about your career early. Take advantage of the specialist [Careers and Employability team](#). Get in touch with your named contacts for more information.
- If you are looking for flexible work alongside your studies our Careers team can also help you search for part-time jobs both on and off campus. You could even become a Student Ambassador, supporting other students. For more info, contact the service as above.

COVID-19 ADVICE AND INFORMATION

My Hallam is kept up to date with the latest advice and information , including; Our Commitments; Safety measures; Campus facilities; Teaching and learning; Accommodation; and Student Support. Make sure you check in with this regularly to ensure you stay in the know <https://www.shu.ac.uk/keeping-safe-on-campus>

Good to know...

Accommodation

Whether you are living in halls managed by Sheffield Hallam, private student accommodation or shared student houses the guidance is the same:

- Discuss any concerns with your hall manager or landlord
- Contact the Hallam Help team to speak to a Student or Residential Support Adviser.

If you have any questions or concerns or you are struggling to access the support advertised, please just get in touch.



CONTACTS...

Hallam Help:

0114 225 2222

hallamhelp@shu.ac.uk

<https://www.shu.ac.uk/myhallam/help-and-support>



Student Wellbeing:

0114 225 2136

student.wellbeing@shu.ac.uk

<https://www.shu.ac.uk/wellbeing>



Careers Connect:

0114 225 3752

careers@shu.ac.uk

<https://www.shu.ac.uk/careers>

Students Union Advice Centre:

0114 225 4148

https://www.hallamstudentsunion.com/advice_help/

Skills centre:

<https://blogs.shu.ac.uk/skillscentre/>

Accommodation:

0114 225 5555

<https://www.shu.ac.uk/study-here/accommodation>

