

# WELCOME TO SHEFFIELD HALLAM

## SUPPORT FOR ESTRANGED STUDENTS

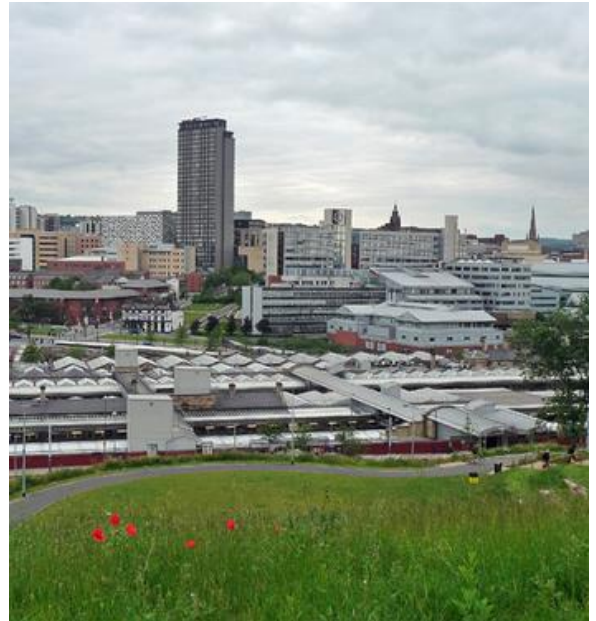


Healthy Hallam, Healthy Future

### 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



### HELP WITH YOUR FINANCES

You'll receive:

- support from our [Student Success Scholarship](#) (if eligible)
- support with student funding issues from [Student Funding](#).
- Please note, you will need to evidence estrangement through Student Finance to be eligible for funding support. If you need advice please contact us.



## 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](#).

### **Careers Connect**

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**

### **Stand Alone**

[Stand Alone](#) offer innovative advice and support services for all people experiencing estrangement.

They also have a [specific page](#) for estranged students with lots of useful support, information and guides to read.

### **Student Finance England**

You need to complete an [estrangement form](#) to confirm that you're irreconcilably estranged from your parent(s).

To be considered estranged from your parents, you won't have had any written or verbal contact and this is unlikely to change. Usually, this is for a period on at least twelve months, but they will consider all cases.

If you need any support, please don't hesitate to get in touch with your named contacts.

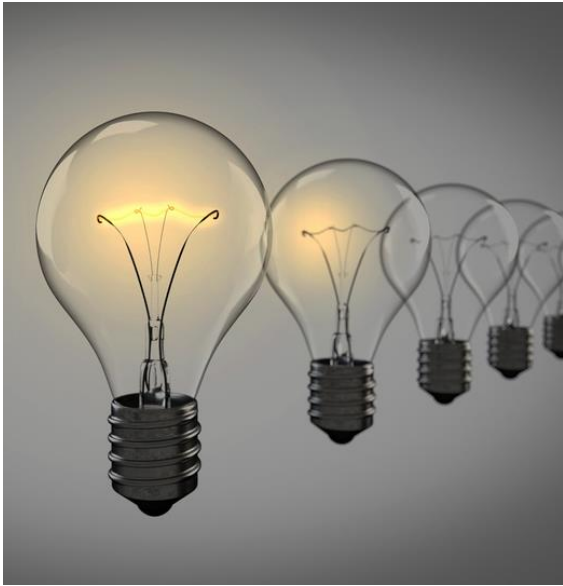
# TOP TIPS

- Find out how to apply for funding as an independent student. The organisation Stand Alone have written a guide to applying for independent status from Student Finance England and Wales. You can find it [here](#).
- If you are having problems applying or accessing your funding don't hesitate to get in touch with your named contacts for support.
- Read some top tips about budgeting and managing your money [here](#).
- Join a [club or society](#). It's one of the best ways to meet people and have fun.



- 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 estranged from your family and aren't sure who to turn to for support. We can help you through until you are feeling more confident and settled. Just get in touch with your named contacts for more information or ask Hallam Help to signpost you to the [Student Wellbeing Service](#).
- Stay connected with other students - we have a Facebook group for estranged students. Just search for 'SHU students Studying Without Family Support' in Facebook groups or use the link [here](#).





- 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.

## 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.
- Join the SHU GoGlobal Facebook group to find out about social activities and meet students from different countries - <https://www.facebook.com/GoGlobalatSHU/>



# 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.



# CONTACTS...

## **Hallam Help:**

0114 225 2222

[hallamhelp@shu.ac.uk](mailto:hallamhelp@shu.ac.uk)

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



## **Student Wellbeing:**

0114 225 2136

[student.wellbeing@shu.ac.uk](mailto:student.wellbeing@shu.ac.uk)

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



## **Careers Connect:**

0114 225 3752

[careers@shu.ac.uk](mailto:careers@shu.ac.uk)

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

## **Students Union Advice Centre:**

0114 225 4148

[https://www.hallamstudentsunion.com/advice\\_help/](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>

