

Sheffield
Hallam
University

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Welcome

CREATIVE
SPARK
BECOMING CONCRETE
Exhibition
6-23 June 2012

Welcome to Sheffield Hallam

Support for carers

If you provide unpaid support to a friend or family member who cannot cope without your support, you are a carer.

Our Offer

Named Contact

You will get a named contact who will:

- support you with issues or concerns. You can meet with them one-to-one, or contact them over the phone or through email
- refer you to additional support from the Library Distance Learner Support Service
- help you access all our support services
- send monthly newsletters year round detailing opportunities and events

Help with your finances

You'll receive:

- support from our Student Success Scholarship (if eligible)
- priority access to our money skills support through one-to-one appointments or in a workshop
- support with student funding issues

Contact details:

0114 225 2679

inclusivesupport@shu.ac.uk

go.shu.ac.uk/Studentsupportblog

We have a Facebook group for students with caring

responsibilities. <https://>

www.facebook.com/groups/

SHUcarers/

Additional and Support

Student Wellbeing

Student Wellbeing offers guidance and support on a range of personal issues and topics, through self-help and online resources and group or specialist sessions.

0114 225 2136

student.wellbeing@shu.ac.uk

blogs.shu.ac.uk/lsss/wellbeing-about

Careers and Employability

Offer support with choosing the right career, looking for jobs – both graduate and part-time, applying for jobs and support when you graduate. They run a Career Mentoring Scheme which pairs student mentees with professionals who mentor and help them to make decisions about their career.

0114 225 3752

careers@shu.ac.uk

www.shu.ac.uk/current-students/careers-and-employability

blogs.shu.ac.uk/employability/

Accommodation

If you need information, help or advice about finding somewhere to live or with your current accommodation visit SHU Accommodation Services at 38–40 Howard Street (opposite the main entrance at City Campus).

0114 225 5555

accommodation@shu.ac.uk

www.shu.ac.uk/study-here/accommodation

Faculty Support

Hallam Help is your first point of contact for all course-related enquiries, including:

timetabling • module choice • absence reporting • assignment hand-ins • contacting tutors • support if you are experiencing difficulties which are affecting your studies.

Log in to Blackboard via My Hallam for a link to contact your faculty.

Skills Centre

The Skills Centre offers workshops, small group forums and drop ins for all students to help you to develop your academic skills throughout your studies. One to one tutorials for students with learning difficulties like dyslexia are also available.

Topics include: Literature reviews • Assignment planning • Critical writing

• Presentation skills

You can locate them in the library.

blogs.shu.ac.uk/skillscentre

Students Union Advice Centre

The Students' Union Advice Centre at the HUBs offers free, independent and confidential advice on • funding • academic problems • benefits • debts • housing.

0114 225 4148

www.hallamstudentsunion.com/advice_help/

Useful resources

Sheffield City Council

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

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

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

Carers in Sheffield offer advice, information, support groups and a free newsletter for carers four times a year.

0114 272 8362

<https://sheffieldcarers.org.uk/>

Sheffield Young Carers

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

Case study + top tips

Mia Durk



‘My advice: there is always help out there if you need it and you should be proud of yourself.’

Mia is a second year Psychology student at Sheffield Hallam who cares for her mum

For the past two years I have been my mum’s main carer since she was diagnosed with an incurable form of cancer. Initially her treatment involved extensive chemotherapy that involved isolation in hospital with suddenly me being in charge of the house: from cleaning to food shopping. I don’t think it fully dawned on me that I was a ‘carer’ until I came to University and was offered help and support because of my home situation.

My mom lives back home, which is an hour away on the train from Sheffield, and although I try to go back as much as I can, I can’t be there all the time. I often get worried when sat in lectures and my mind is somewhere else. Making sure my mum is emotionally okay is such a huge priority to me and I find a lot of my peers can’t relate or understand. I’m lucky my family and I are all extremely close and we all look after each other.

Keep doing what you love. Being a student and a carer can be hectic, but remember to take a little time out to keep doing the things you love. University societies are a fantastic way to meet new people and get involved in an activity. Check out hallamstudentsunion.com to see a list of societies.

I currently study Psychology at Hallam and want to become a clinical psychologist or counsellor for children. The best thing about coming to University has been the independence of being away from home, which at first can be daunting but you should embrace every opportunity. I was eager to go to a University away from my city back home, and even as a carer it’s still possible.

At Sheffield Hallam, Student Support have been really helpful and as a carer you may get a bursary to help you. The named contacts for carers have been very supportive and are always there to listen if you need to seek help.

My advice to anyone coming to University with caring responsibilities is that you should never feel like you’re alone; there is always help out there if you need it and you should be proud of yourself.

Get to know other useful organisations like your local carers’ service. They are a great source of information and advice and hold carers’ events such as coffee mornings and massage days which can help you meet other carers and relax. For more top tips visit our blog:

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