

Student Carers

Manchester Students' Union is doing more than ever before to support students who are carers through our Off-Campus Students Project. The project encompasses student carers as well as: living at home students, mature students, & student parents. Through working with students & societies we're developing lots of great plans, projects & events to help build communities & student support.



LIFE AS A STUDENT CARER

If you're a student carer we understand that you will have different commitments & time management priorities. We're here to offer you support & guidance in timetabling your work/life balance with gaining a brilliant university experience. The University of Manchester & Manchester itself are both great communities to be a part of & we're here to help you feel included in that!

ADVICE & SUPPORT SERVICES FOR STUDENT CARERS

If you need any immediate direct support, or just someone to chat to, you can contact Miriam Amies the Students' Union Off-Campus Student Project Coordinator: miriam.amies@manchester.ac.uk

The Students' Union Advice Service is a free, confidential service where students can get information & advice on personal & academic issues. It is run by professional advisors who are independent of the University, & is located on the ground floor of the Students' Union building.

The Atrium is a multifunctional space on the first floor of University Place. Expert advice is available here on a range of issues including careers advice.

Many University of Manchester schools also have Student Support Officers or Coordinators; they can especially help with course related queries. You should be able to find out yours through your school administrator.

FINANCIAL SUPPORT

Being a student carer can mean that you are able to receive some specialist funding. Student Finance offers an Adult Dependents' Grant. Find out more through the Gov.uk website. www.gov.uk/adult-dependants-grant

The Manchester Bursary is available to students who are registered on an undergraduate degree course at the University of Manchester; excluding NHS-funded programmes. To receive the bursary you must have a residual household income of less than £35,000. The bursaries offered are worth up to £3,000.

Manchester Hardship Fund is available for current students who face difficulty meeting their essential living expenses. You can apply to the fund online through your MyManchester account. Applications are assessed by the University's Student Financial Support Team.

Students' Union Emergency Loans are available of up to £100 which is administrated by the Advice Service. You can access a loan by contacting an advisor & setting up a standing order to repay us on the date you agree upon.

WELLBEING SUPPORT

University life can be stressful & looking after your wellbeing is incredibly important.

The University offer group workshops & one-on-one sessions from the Library, Counselling Service & Wellbeing Rooms which vary from mindfulness & relaxation techniques to mood management.

Your Wellbeing Officer at the Students' Union is always available to chat & directly works to support your wellbeing. All our Exec Team officers are based on the ground floor in the Students' Union.

SOCIETIES, PEER SUPPORT & MENTORING

At the University of Manchester there are lots of ways to meet fellow student carers as well as your course-mates and students with similar interests.

The Students' Union now has an active Student Parents & Carers Group for students with caring responsibilities. You can join their Facebook to stay up to date on events.

www.facebook.com/groups/UoMParentsCarers/

You can also join a range of other societies, fundraising & local volunteering projects through the Students' Union. Over 400 societies can be found on the Students' Union website.

www.manchesterstudentsunion.com/studentactivities

Manchester has an outstanding range of peer support programmes. Most academic schools will either have a Peer Mentoring Scheme (organises socials, activities & workshops) or a PASS programme (Peer Assisted Study Sessions). You can find your scheme at their website. www.peersupport.manchester.ac.uk/how-do-i-get-involved/what-support-is-available-for-me/



EXTERNAL SUPPORT

At the University of Manchester Students' Union we're developing further support with Manchester Carers Centre, a partner organisation for the Carers Trust. They will be able to provide 1-2-1 sessions as well as advice about accessing financial support & respite services.

Your Students' Union is also working more with national organisations, Carers UK & Carers Trust, to support the Going Higher campaign encouraging universities to support student carers. To find out more about the campaign visit their website here. www.carers.org/goinghigher

Carers UK also have many helpful tools & resources from a personal advice line (0808 808 7777) to an online service direct advice service called Upfront. Their website also includes information about carers allowance & practical support. www.carersuk.org

USEFUL CONTACTS

Off-Campus Students Project Coordinator

e: miriam.amies@manchester.ac.uk

t: 0161 275 2940

Students' Union Advice Service

e: advice.su@manchester.ac.uk

t: 0161 275 2952

Atrium

e: atriumadvice@manchester.ac.uk

t: 0161 275 3033/3781

Counselling Services

e: counselling.service@manchester.ac.uk

t: 0161 275 2864

Peer Support Services

e: peersupport@manchester.ac.uk

t: 0161 275 5776

Manchester Carers Centre

e: admin@manchestercarers.org.uk

t: 0161 272 7270

