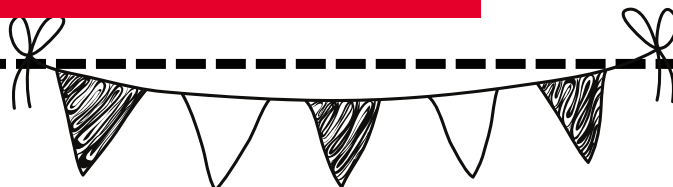


CARE EXPERIENCED STUDENTS NEWSLETTER



Named contacts

A reminder that the named contacts for care experienced students are:

Julie-Ann Hamilton -

j.a.hamilton@qub.ac.uk

Sinead O'Kane: s.okane@qub.ac.uk

You can also find us on the third floor of One Elmwood during these times:

Monday 11am - 12pm

Friday 2.30pm - 3.30pm

(Please email & let us know you are coming)

Email us if you require a support meeting outside of these times

Keep Safe

The University wishes to remind you that you can download the Personal Pocket Safety Guide [here](#). The pocket guide has some helpful hints on how to keep safe as well as steps on how to respond if you are a victim of any attack or theft. There are also some handy phone numbers you should save to your phone

WELCOME TO THE CARE EXPERIENCED NEWSLETTER

We hope to issue this newsletter every 1-2 months with updates on specific and general support and opportunities for our Care Experienced community.

Care Experienced Bursary

We are hoping to process and pay the next installment of the Care Experienced Bursary on 31st March 2023.

In order to do so, we need the following information before

12PM MONDAY 20TH MARCH 2023

- If you already received the first installment, please let us know of any change of bank details. If your details are the same then you do not need to do anything else.
- If you have not received the bursary before but wish to apply, you can find out more information and apply [here](#).

If you need a support meeting to discuss your application, drop us an email.

Final Call



This is your last chance to get a £10 Amazon or Tesco voucher by completing the [Care Day survey](#). Survey closes 5pm Friday 3rd March 2023.

UPCOMING EVENTS

- SU Advice Drop-In Clinic - SU Advice is now offering 15 minute drop in sessions to students on Wednesday and Fridays 11.30am - 2pm. No appointment is necessary.
- Look After Your Mate Training - Get tips on how to support a friend, /signpost and look after your own mental health. 7th, 8th, 15th, 23rd, 29th March, 1pm - 3pm, Anne Maguire Room (One Elmwood), it's free but book your space - find out more [here](#).
- **The Pantry: Free Refill Station - Ground Floor, One Elmwood 28th Feb, 1st, 2nd, 6th March 12pm - 2pm - to help with cost-of-living crisis there is a free refill station including products such as cereals, pasta, spices, household items. Bring your own reuseable containers/bags - find out more dates and information [here](#)**

SUQCESS

SUQCESS (Supporting Queen's Care Experienced Students) has been kindly funded by a private donor to provide support for care experienced students to help with their studies. This support may come in the form of vouchers for books, support with groceries, support with accessing a placement, etc. Applications are open all year round and can be found at: go.qub.ac.uk/qubcares

Mature Student Events

The definition of a mature student used by Queen's is someone who is 21 years or older when starting an undergraduate degree for the first time. Is this you? Then think about attending an upcoming well-being session covering topics such as: resilience, getting a good night's sleep, understanding anxiety, avoiding burn-out, self-care and self-compassion. Places are limited so we encourage you to sign up soon!

Find out more and sign up [here](#)
or using this QR code:



Student Grant Opportunity

The Leathersellers' Company offer Undergraduate Student Grants to support UG students who are care leavers. The maximum grant is £5,000 per year for no more than four years. You need to be studying a full-time UG course, be in financial need and be a care leaver (their definition: someone who has been subject of a care order at some point between the ages of 0-18 years old). Submission deadline is Friday 24th March 2023, and you can find out more and apply [here](#)

Well-being

Remember that well-being host drop-in sessions Mon-Fri from 11am - 3pm on the first floor of One Elmwood. You can also call: 07387 546 123

Find out more about support for care experienced students at Queen's here:

