



## ***Materials for a Student Audience***

### **Strathclyde Student Carers**

Strathclyde University is committed to supporting students who are carers.



#### **HOW?**

We have listened to your views through conducting interviews with student carers, attending organised carer events and evaluating research undertaken by organisations such as Carers Trust.



#### **RECOGNITION**

If you provide unpaid care to a friend or family member who cannot manage without this help due to illness, disability, a mental health problem or addiction then you are a Carer. It is important to know that there is help available at Strathclyde University and from local Carers' Organisations.



#### **SUPPORT**

Juggling commitments and managing priorities are essential to success. Strathclyde can offer support and guidance in timetabling your work/life balance whilst getting the most out of your university experience.

Through working with our students and societies we are enhancing creative solutions on how best to deliver student support.

Advice and Support  
Services for Student  
Carers

**[The Advice Centre](#)**

t: 0141 548 4273

e: [infoandadvice@strath.ac.uk](mailto:infoandadvice@strath.ac.uk)

- general over-the-counter information
- specialized drop-in sessions
- one-to-one appointment with an adviser

Help with financial, welfare, academic, immigration and personal issues.

**[Widening Access Team](#)**

t: 0141 548 3799

e: [wideningaccess@strath.ac.uk](mailto:wideningaccess@strath.ac.uk)

The Team works with schools, colleges and university staff to increase opportunities at the University of Strathclyde for people from the widest possible range of backgrounds. This work is undertaken directly with applicants and students: to raise aspirations; to provide information, advice and guidance; to prepare prospective students for university-level study; to ensure success and retention on course; and to assist in developing skills that increase employability.

Financial Support

**[Dedicated Student Financial Support Team](#)**

t: 0141 548 2753

e: [financial-support@strath.ac.uk](mailto:financial-support@strath.ac.uk)

- student loans
- bursaries
- scholarships
- any financial matter

Wellbeing Support

**[Student Health Service](#)**

t: 0141 548 3916

e: [studenthealth@strath.ac.uk](mailto:studenthealth@strath.ac.uk)

Promotes positive health and wellbeing and can tell you about lots of ways to look after your health.

Provides support and advice on a range of health related issues.

**[Student Counselling](#)**

t: 0141 548 3510

e: [student-counselling@strath.ac.uk](mailto:student-counselling@strath.ac.uk)

A confidential service which offers one to one counselling sessions, workshops and self-help resources. Helps you to make the changes and decisions that are right for you.

Societies, Peer Support  
and Mentoring

**[The Advice Hub](#)**

t: 0141 567 5040

e: [ussa.advice@strath.ac.uk](mailto:ussa.advice@strath.ac.uk)

This service is available to all students at Strathclyde. It's run independently by the Students' Association.

***Carers Trust***

t: 0300 123 2008

e: [scotland@carers.org](mailto:scotland@carers.org)

Are a Charitable Society who aspire to recognise, support and improve the lives of carers. They have recently launched their 'Going Higher' Campaign and this is encouraging universities to identify, support and report on student carers throughout their degree journey.

***Carers UK***

t: 0808 808 7777

e: [advice@carersuk.org](mailto:advice@carersuk.org)

Are a National Organisation who strive to improve services for carers. They offer advice, campaign for positive changes and actively connect carers to provide peer support.