# A pathway in the woodlands surrounded by bluebells. Student Support and Wellbeing October Newsletter

***Welcome or Welcome Back!***

As a student registered with Student Support and Wellbeing, you will receive a monthly newsletter giving you important information about any deadlines to be aware of to get the support you need. Please take a moment to read through to the end.  
  
Have you booked an appointment to see your Student Support and Wellbeing Adviser yet to discuss your support for the academic year?   
If your course is based in Canterbury, you can make an appointment by:

* Email: KentSSW@kent.ac.uk
* Phone: 01227 823158
* In person: Come and see us in Keynes Reception H block

If your course is based in Medway, you can make an appointment by:

* Email: [MedwaySSW@kent.ac.uk](mailto:MedwaySSW@kent.ac.uk)
* Phone: 01634 888474
* In person: Come and see us in the Gillingham Building

# Blue banner: "World Mental Health Day 2021"Your mental health matters

10th October is **World Mental Health Day** - take a moment to reflect on what you can do to stay well and connected to yourself and others as you progress in the term, and **follow @UniKentSSW** on social media for tips and resources on #WMHD21.

# Spectrum Life logo. 24/ 7 Support from Spectrum Life

If you are experiencing a mental health crisis, or need emergency crisis support outside of Student Support and Wellbeing working hours, our external partners [Spectrum Life](https://uok.spectrum.life/login?org=ud3Z2brH) can offer you online, text and telephone support from qualified counsellors and mental health professionals.

**Spectrum Life** will work with you in getting initial support and help during your crisis and the University Student Support and Wellbeing teams will contact you on the next working day.

* Spectrum Life is available on weekdays evenings from 8pm till 8am Monday to Friday, weekends and Bank Holidays.
* Telephone: 0800 0318227 or Text ‘Hi’ to: 00353 87 369 0010
* Search for the Spectrum Life app from your app store and follow the log in instructions

# Cartoon of three people sitting and talking in blue tones with a green background.Weekly Groups

**Monday:** [Wellbeing Cafe](https://www.kent.ac.uk/student-support/50824/wellbeing-cafe-34)

**Tuesday:**[UoKA](https://www.kent.ac.uk/student-support/51826/uoka-university-of-kent-auti" \t "_blank)

**Wednesday:** [Mindfulness](https://www.kent.ac.uk/student-support/50596/student-mindfulness-session-5), [Autism Modelling Club](https://www.kent.ac.uk/student-support/51806/autism-modelling-club-43)

**Thursday:** [International Wellbeing Group](https://www.kent.ac.uk/student-support/50638/international-wellbeing-group-25)

**All Week:**[Just Coffee](https://www.kent.ac.uk/student-support/50615/just-coffee-on-campus-canterbury-37) and [Walking Buddy](https://www.kent.ac.uk/student-support/50662/walking-buddy-canterbury-39) - Canterbury

[Just Coffee](https://www.kent.ac.uk/student-support/50628/just-coffee-on-campus-medway-39) and [Walking Buddy](https://www.kent.ac.uk/student-support/50663/walking-buddy-medway-39) – Medway

# Cartoon with a brain with surrounding calculations in blue tones with a green background.Dyslexic? Or think you might be?

4th - 10th October is **Dyslexia Awareness Week** and the [British Dyslexia Association has some resources about the Invisible Dyslexia theme](https://www.bdadyslexia.org.uk/support-us/awareness-events/dyslexia-awareness-week/dyslexia-week-2021) which you might be interested in. #lnvisibleDyslexia #MyDyslexiaStory.  
  
**What help can I get for Specific Learning Difficulties (SpLDs) at Kent?**

* Support from your SpLD Adviser throughout your course
* An [Inclusive Learning Plan (ILP)](https://www.kent.ac.uk/guides/student-support-ilp-visual-guide) to set out reasonable adjustments to courses and assessments
* Access to assistive software on campus (Access to specialist software is not limited to campus use.)
* Study Skills support
* Support applying for [Disabled Students’ Allowance](https://www.gov.uk/disabled-students-allowances-dsas/eligibility)

Take a look at the visual guide on [How to get Specific Learning Difficulty Support](https://www.kent.ac.uk/guides/student-support-specific-learning-difficulty-visual-guide).

# A cartoon of a person sitting at a desk with a laptop on it in blue tones with a green background. Top up your Wellbeing Toolkit: Upcoming Workshops

You can book your place to attend any of these online workshops by clicking the links below:   
  
Wednesday 6th October 2pm-4pm: [How to Work on Your Self-Esteem](https://www.kent.ac.uk/student-support/51577/how-to-work-on-your-self-esteem-4)

Wednesday 13th October 2pm-4pm: [Finding Friends and Coping with Loneliness at University](https://www.kent.ac.uk/student-support/51583/finding-friends-and-coping-with-loneliness-at-university-4)

Tuesday 19th October 2pm-3:30pm: [Understanding Your Bereavement - Remembering and Honouring](https://www.kent.ac.uk/student-support/51590/understanding-your-bereavement-remembering-and-honouring-1)

Wednesday 20th October 2pm-4pm: [Stress Management](https://www.kent.ac.uk/student-support/51397/stress-management-workshop-5)

Wednesday 27th October 2pm-4pm: [How to Work on Your Self-Esteem](https://www.kent.ac.uk/student-support/51578/how-to-work-on-your-self-esteem-5)

Watch this short video on the [Student Support and Wellbeing service](https://www.youtube.com/watch?v=Z5LRsx9wQ2I)**.**