**Student Support and Wellbeing**

**January Newsletter**

****

Whether you're returning to one of our campuses or studying at home, welcome back to the new term! Read on for some wellbeing opportunities coming up, and remember you can always [make an appointment](mailto:KentSSW@kent.ac.uk?subject=Appointment%20needed&body=Student%20please%20add%20details%20here!) with your Student Support and Wellbeing Adviser, in person or online, if you'd like to discuss revising your support for this year.

****

# **New year, new**

# **tools to leap**

# **over challenges**

It's 2022, another year on and more uncertainty in the ever-changing but long lasting pandemic. If you’re tired of constantly keeping up with changing rules and re-organising your social and study schedules, you are not alone!

Here's something that might provide practical help:

‘Resilience in an ever-changing world’ workshops are 90-minute informal

collaborative spaces for students at all stages of their studies with an external

facilitator, giving you the opportunity to reflect on your experiences learn practical

techniques to support your wellbeing.

The session aims to inspire and motivate, leaving people feeling more equipped

and more positive about the future.

The next session is on Monday 24th January from 7 – 8.30pm online via

Teams and available to [book online](https://studentsupport.kent.ac.uk/unauth?leap=https:%2F%2Fstudentsupport.kent.ac.uk%2Fleap%2Fevent.html%3Fid%3D457%26service%3DSupport%2BService&currentUserLocale=en_GB) now.

There are other opportunities later in the term to come in person or online as you prefer, check out the [Student Support and Wellbeing Calendar](https://www.kent.ac.uk/student-support/52585/resilience-workshop-2) for further details and to book your place:

• 2nd February from 2pm to 3:30pm hybrid: in room KS4 and via Teams

• 9th February from 2pm to 3:30pm hybrid: in room KS4 and via Teams

• 21st February from 7pm to 8:30pm online only via Teams

• 1st March from 7pm to 8:30pm hybrid: in room KS16 and via Teams

• 20th April from 2pm to 3:30pm hybrid: in room KS15 and via Teams



# **Weekly Groups**

Groups are re-starting this week! Whether you attended or not last term, you are very welcome to join.

Monday: [Wellbeing Cafe](https://www.kent.ac.uk/student-support/53226/wellbeing-cafe-42) (starts back on 31st Jan) - Meet with other students for mental health support, games and creative pursuits - all welcome

Tuesday: [UoKA](https://www.kent.ac.uk/student-support/53174/uoka-university-of-kent-autistics-57) for students who are autistic, or think they might be

Wednesday: [Lunchtime Mindfulness online](https://www.kent.ac.uk/student-support/50596/student-mindfulness-session-5) or [Evening Mindfulness online](https://www.kent.ac.uk/student-support/52970/student-mindfulness-session-21), [Autism](https://www.kent.ac.uk/student-support/53120/autism-modelling-club-51)

[Modelling Club](https://www.kent.ac.uk/student-support/53120/autism-modelling-club-51), [Autism Social Board Games Group](https://www.kent.ac.uk/student-support/53173/autism-social-board-games-group-8)

Thursday: [International Wellbeing Group](https://www.kent.ac.uk/student-support/51404/international-wellbeing-group-35)

All Week: [Just Coffee](https://www.kent.ac.uk/student-support/52883/just-coffee-on-campus-canterbury-49) and [Walking Buddy](https://www.kent.ac.uk/student-support/52909/walking-buddy-canterbury-51) - Canterbury

[Just Coffee](https://www.kent.ac.uk/student-support/52896/just-coffee-on-campus-medway-49) and [Walking Buddy](https://www.kent.ac.uk/student-support/52922/walking-buddy-medway-51) – Medway

# **Cartoon of two people, sitting at table and talking, in blue tones with a green background.More support opportunities in person & online**

NEW Canterbury drop-in for issues related to drugs or alcohol: [Tuesdays 2-5pm - no need to book, come al for professional non-judgemental support from The Forward Trust](https://www.kent.ac.uk/student-support/53213/drop-in-with-forward-trust-advice-and-support-for-difficulties-relating-to-drugs-and-alcohol)

Togetherall Courses that you can access online for free at any time:  
[Managing Panic](https://www.kent.ac.uk/student-support/52875/managing-panic) | [Problem Solving](https://www.kent.ac.uk/student-support/52876/problem-solving) | [Managing Social Anxiety](https://www.kent.ac.uk/student-support/52877/managing-social-anxiety) | [Managing Phobias](https://www.kent.ac.uk/student-support/52878/managing-phobias)

**Looking for ways to connect with others?**

The College and Community Life team have loads of opportunities to meet new people and try new things, from support with your new year's resolutions, to weekly gardening classes on campus, monthly movie nights and cooking workshops with University chefs! Check out this [blogpost on what's on this term](https://www.kent.ac.uk/student-services/405/welcome-back-get-stuck-into-the-new-term-with-college-and-community-life) for more information and booking links.

# Decorative, 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 Monday to Friday evenings from 8pm till 8am, and on 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