

# STUDENT SUPPORT AND WELLBEING AUTUMN NEWSLETTER

## Welcome to your new Termly Newsletter from Student Support and Wellbeing

An interactive way to keep up to date with all the support and events that we can offer in one place.

You will receive an update every term on what is available and how to attend, but if you ever need more information please contact our Canterbury Reception Team on 01227 823158 or emails us at [kentssw@kent.ac.uk](mailto:kentssw@kent.ac.uk).

And our Medway Reception Team on 01634 888474 or email [MedwaySSW@kent.ac.uk](mailto:MedwaySSW@kent.ac.uk)



## New Website for Additional Support and Clubs

Student Support and Wellbeing are passionate about providing support to students throughout their time at university. Whether this is to make friends with like-minded students, or get more information on specific subjects, we hope you find something that interests you.

Please see this link for more information on groups such as: Social Running for ADHD, Sow Grow and Eat! Autism Model Making Club, Board Games Social Club, University of Kent Autistics Social Group, ADHD Peer Support Group, and Counselling Team Mindfulness Colouring - with Nexus

[Additional Support and Clubs](#)

## Sow Grow and Eat!

Come along to this informal, small group session and learn about the garden and sustainable food systems. Have a go at growing food with our biodiversity specialists, then cook the produce you've grown with guidance from our expert chef, Ben. These sessions are targeted towards Neurodiverse students. If you would like to book onto a session please use the below link.

<https://studentsupport.kent.ac.uk/leap/event.html?id=928&service=Support%20Service>



University of  
**Kent**



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## Social Running for ADHD

This relaxed and sociable session requires no experience, just a pair of trainers. Meet your friendly run leader and all other runners in the Sports Centre reception. This group is for students either diagnosed with, or waiting for an assessment for ADHD. You will be guided on a 30-40min run across campus. All abilities welcome. If you're looking to break world records, then this isn't the place for you. It is if you are looking to get some fresh air, have a chat and break a little sweat.

Please see the [Additional Support and Clubs page](#) for more information.



## Drug & Alcohol Drop In Service

- Free information and support about drugs (inc alcohol) and sexual health
- Free condoms
- Free Naloxone kits and training
- Confidential chat around any concerns around your or someone else's drug taking
- Focus Groups
- Chats!

**Date:** Every Thursday  
**Time:** 13:30-15:30  
**Venue:** Keynes Meeting Room: NI-03



**withyou**  
in Kent

[wearewithyou.org.uk](http://wearewithyou.org.uk)

## With You Kent Drop In Drug & Alcohol Service

We aim to create a friendly informal and safe space for:

Free information and support about drugs (including alcohol) and sexual health.

Free condoms via Get It Kent and free Take Home Naloxone kits and training. Confidential chat around any concerns around your or someone else's drug taking, signposting to our drug counselling or other services.

Discussion around drug policy, harm reduction & Safer partying.

And information about Focus Groups & volunteering with With You Kent.

This service is run externally and is confidential.

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## Open Court Disability Tennis Programme – Thursdays at 10am and 11am throughout October in the Tennis Centre

Kent Sport is proud to be running an inclusive Tennis programme which provides disability specific sessions for tennis including adaptations for learning disability, wheelchair, visual and hearing impairments and will also expand into other long-term health conditions such as mental health and dementia.

These sessions are free for Kent Sport Premium Plus and Plus members, or priced at just £2.50 per session for Pay to Play members.

Please [visit the ALL Active website](#) to view the programme and book these sessions.

## Women and Non-Binary Fitness Suite Time – Tuesdays mornings and Thursday afternoons

Kent Sport is proud to support our female and non-binary community with dedicated Fitness Suite access on Tuesday mornings between 10am to 12pm and Thursday afternoons/evenings between 5pm and 7pm. These sessions are available to all members who identify as women or non-binary.

The Fitness Team are available during these sessions to assist new users in equipment familiarisation and their 'This Girl Can Lift' Programme has sessions at 10.30am on Tuesdays and 5pm and 6pm on Thursdays. The 'This Girl Can Lift' sessions are part of the ALL Active Timetable and are free for Premium Plus and Plus members, or £2.50 per session for Pay to Play members.

Please [visit the ALL Active website](#) to view the programme and book these sessions.



## Neurodiverse Circuits Class – Tuesdays at 1.15pm

Neurodiverse Circuits is designed to cater to individuals with diverse neurological conditions, such as autism, ADHD, dyslexia, and other neurodivergent traits. This class is structured to provide an inclusive, supportive, and adaptable environment that meets the unique needs of all participants, focusing on both physical fitness and overall well-being. Visit the [group exercise classes webpage](#) to learn more about their various timetables and book online.

If you would rather play some sport, then Kent Sport are also supporting our Neurodiverse students and staff with an Open Sports Hall Booking at 12pm to 1pm on Tuesday lunchtimes where you are invited to join a small group to play basketball or badminton in the sports hall and engage with your fellow students in some light sports activity that is good for the mind and the body.

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## Althea Group

Our aim is to provide you with a supportive environment to explore unhealthy relationships, where you can meet others, who might have experienced or are experiencing something like you. It can be helpful to hear other people's experiences, and have a space to share yours, if you want to. We hope that the group will enable you to feel empowered and confident as well as helping you with information about onwards support. The group will run weekly for six weeks. The sessions are in person, and we would like you to be able to attend as many of the sessions as possible, so you can get the most out of it. If you want to sign up, you need to:

- Identify as female\*
- have been the person who has had or is experiencing difficulties, within an intimate relationship.
- be a current registered University of Kent student.  
\*any person who identifies as female.

Contact Details (name and email). You can self-referral using our [online form](#). Please note you will need to have an assessment prior to joining the group. If you have any questions, please contact [kentssw@kent.ac.uk](mailto:kentssw@kent.ac.uk) and one of the Specialist Wellbeing Team will be able to help.



## REPORT + SUPPORT

[REPORT + SUPPORT](#) is our online platform where you can report an incident and get follow-up support.

- Worried about repercussions from the perpetrator of the incident? Reporting an incident and getting support from a Specialist Wellbeing Adviser doesn't automatically mean that the perpetrator and/or the police will be contacted, although you can get help with next steps if you wish to escalate the issue.
- Seen/heard about something that happened to someone else? You can use the anonymous reporting tool to report something that happened to someone else - this will help make the University a safer place for other students.



FOR MORE INFORMATION ON HOW TO REPORT AND GET SUPPORT ← SCAN ME

### REPORT + SUPPORT

[reportandsupport.kent.ac.uk](http://reportandsupport.kent.ac.uk)

**REPORT + SUPPORT** is our confidential online service where you can report and get advice about sexual misconduct, physical and verbal abuse, harassment, bullying, discrimination or hate incidents.

Need help right now?  
**CAMPUS SECURITY**  
01227 823333  
**EMERGENCY SERVICES**  
999

## Where else you can get support

### Chaplaincy

Our [Chaplaincy](#) provides spiritual support and facilities for students and staff of all faiths and none. The Chaplains lead worship and run social and educational events. The Chaplaincy Team is multi-faith, serving various Christian traditions as well as the Muslim, Jewish and Buddhist communities. The Chaplains can provide information and advice about all aspects of the religious traditions they represent. They are also available to offer appropriate support to any student - whatever the circumstances.

### Student Engagement

Here to listen and provide guidance and initial support, anytime you have personal circumstances impacting your studies.

In addition to general support for personal circumstances and help to settle into University life, they can also provide information, guidance and support for the specific topics below:

Engagement Support

- [Extenuating circumstances](#)
- [Support to Study](#)
- [Intermitting from your studies](#)
- [Withdrawing from your studies](#)
- [Attendance and Engagement intervention](#)

Student Welfare & Community Life

- [Emergency Hardship funding](#)
- [Access to Learning funding](#)
- [Staying safe on and off campus](#)
- [Household disputes](#)

For more details on Welfare and Community Life, please also see the [SW&CL webpage](#).