

STUDENT SUPPORT AND WELLBEING SPRING TERM NEWSLETTER

Welcome to your 2nd Term Newsletter from Student Support and Wellbeing

HAPPY NEW YEAR TO ALL!

PLEASE SEE BELOW FOR AN UPDATE ON NEWS AND WHAT IS AVAILABLE IN THE COMING TERM.

IF YOU NEED MORE INFORMATION PLEASE CONTACT OUR CANTERBURY RECEPTION TEAM ON 01227 823158 OR EMAILS US AT KENTSSW@KENT.AC.UK.

AND OUR MEDWAY RECEPTION TEAM ON 01634 888474 OR EMAIL MEDWAYSSW@KENT.AC.

THE DEADLINE FOR ILPs IS 7TH MARCH 2025

WHAT IS AN INCLUSIVE LEARNING PLAN (ILP)?

INCLUSIVE LEARNING PLANS (ILPS) SPECIFY REASONABLE ADJUSTMENTS FOR THE PROGRAMME OF STUDY, INCLUDING ASSESSMENTS, AND EXAMS. YOU WILL USUALLY BE ASKED TO PROVIDE MEDICAL EVIDENCE. YOU SHOULD [CONTACT STUDENT SUPPORT AND WELLBEING](#) AS SOON AS POSSIBLE IF YOU THINK YOU MIGHT NEED ADAPTED ARRANGEMENTS FOR EXAMS.

FIND OUT ABOUT HOW ILP SETUP WORKS BELOW, OR HAVE A LOOK AT OUR [SEEKING SUPPORT PAGE](#) TO LEARN ABOUT THE PROCESS OF APPROACHING STUDENT SUPPORT AND WELLBEING FOR THE FIRST TIME.

[MORE INFORMATION ON ILP'S](#)

EXTRA DISABILITY AND ILP DROP INS ADDED

WE'RE RUNNING EXTRA DROP-INS THIS TERM.

IF YOU HAVE ANY QUICK QUESTIONS OR INQUIRIES ABOUT DISABILITY SUPPORT OR YOUR ILP, A DISABILITY ADVISOR WILL BE AVAILABLE FOR DROP-IN SESSIONS . PLEASE CONTACT YOUR CAMPUS RECEPTION TO ASK ABOUT AVAILABLE DATES.



NEW WELLBEING MONTHLY WORKSHOP

WE ARE PLEASE TO ANNOUNCE THE NEW WELL BEING WORKSHOPS THAT WILL BE TAKING PLACE ONCE A MONTH:

MONDAY 17TH FEBRUARY 3-5PM

KEYNES MEETING ROOM L1-1

- THEME : **LIFE IS LIKE A BOX OF CHOCOLATES**

MONDAY 10TH MARCH 3-5PM

KEYNES MEETING ROOM L1-1

- THEME: **NEW BEGINNINGS, ANY TIME OF THE YEAR!**

MONDAY 12TH MAY 3-5PM

KEYNES MEETING ROOM L1-1

- THEME: **OVERCOMING OBSTACLES**

MONDAY 9TH JUNE 3-5PM

KEYNES N1-03

-THEME: **TRANSITIONS; COMMUNICATING EFFECTIVELY IN TIMES OF CHANGE.**

THE FORMAT OF THE WORKSHOPS WILL BE DISCUSSION, EXPERIENTIAL ACTIVITY AND GOAL SETTING



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.



Paws for Consent Crafting Event!

Nexus & Library Atrium
Tuesday 11th February
1pm - 3pm



#ItsNotOk
#ConsentGetIt

SEXUAL & SEXUAL
ABUSE AWARENESS WEEK 2025



PAWS FOR CONSENT CRAFTING EVENT

JOIN THE SPECIALIST WELLBEING TEAM AND COCO THE THERAPY DOG IN THE NEXUS AS WE BRING TOGETHER EXTERNAL SUPPORT SERVICES TO SPEND TIME CRAFTING FOR CONSENT. WE WILL HAVE CANVAS PAINTING, PIN BADGE MAKING, AND BRACELET MAKING! COME ALONG AND CREATE FOR CONSENT!

[MORE INFORMATION HERE](#)

WALKING BUDDY / JUST COFFEE INITIATIVE

STUCK IN YOUR ROOM AND NEED TO GET OUT, BUT NOBODY IS AROUND TO GO FOR A WALK WITH? WE CAN PUT YOU IN TOUCH WITH A WALKING BUDDY. OR, IN NEED OF A COFFEE BREAK AND FANCY MEETING SOMEONE NEW? WE CAN PUT YOU IN TOUCH WITH SOMEONE WHO WANTS TO MEET UP.

BOOKING DETAILS:
PLEASE COMPLETE THE [ONLINE FORM](#) TO BE MATCHED WITH A WALKING BUDDY.



BLIND IN BUSINESS

BLIND BUSINESS SUPPORT BLIND AND VISUALLY IMPAIRED STUDENTS AND GRADUATES INTO WORK. WE HAVE ARRANGED A TIME FOR THEM TO OFFER 1-2-1 APPOINTMENTS FOR CURRENT STUDENTS.
VIRTUAL ONE-TO-ONE APPOINTMENTS
WEDNESDAY 12TH FEBRUARY | 12PM - 4PM

WHAT THEY OFFER:

- EXPERT GUIDANCE: TAILORED CAREER ADVICE.
- JOB SEARCH HELP: CV WRITING, APPLICATIONS, AND INTERVIEW TIPS.
- NETWORKING: CONNECT WITH PROFESSIONALS AND EMPLOYERS.

YOU CAN BOOK YOUR SPOT [HERE](#)

FOR MORE INFORMATION, CONTACT JOE@BLINDINBUSINESS.ORG.UK OR CALL
020 7382 4604

BLIND IN BUSINESS

Managing Low Mood and Anxiety Group

MANAGING LOW MOOD AND ANXIETY GROUP WILL BE AN IN-PERSON GROUP RUNNING WITH UP TO 10 ATTENDEES, EACH SESSION LASTING 1.5 HOURS. THE GROUP WILL RUN ACROSS 6 WEEKS ON TUESDAYS, STARTING 25TH FEBRUARY AND RUNNING UNTIL 1ST APRIL. EACH SESSION WILL BE FROM 2:30-4PM.

THIS GROUP IS IDEAL FOR STUDENTS LOOKING TO DEVELOP SOME CBT-BASED STRATEGIES TO MANAGE THEIR MENTAL HEALTH SYMPTOMS AND WILL COVER TOPICS SUCH AS: REDUCING STRESS AND PANIC MANAGING WORRIES AND SELF-CRITICISM OVERCOMING THE VICIOUS CYCLE OF DEPRESSION.

FOR ANY QUESTIONS AND TO REGISTER INTEREST IN ATTENDING AND RECEIVE FURTHER DETAILS, PLEASE DON'T HESITATE TO REACH OUT TO YEMI AND I VIA: YEMI

Y.BANK-ANTHONY-204@KENT.AC.UK AND MICHAEL BLACKBURN
M.D.BLACKBURN@KENT.AC.UK

SAVE THE DATE !
UNIVERSITY MENTAL
HEALTH DAY MARCH 13TH
2025
- EVENTS UPDATE COMING SOON

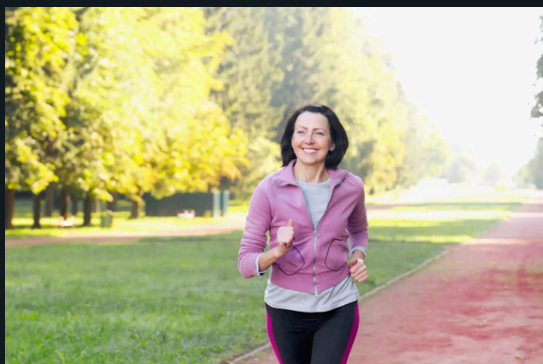


Open Court Disability Tennis Programme

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.



OTHER SPORTS INITIATIVES

MENOPAUSE FITNESS COURSE -

FITNESS SUITE SUPPORT AND EXERCISE REFERRAL SCHEME

WOMEN AND NON-BINARY FITNESS SUITE TIME - TUESDAYS MORNINGS AND THURSDAY AFTERNOONS

WOMEN'S SOCIAL FOOTBALL -
FRIDAYS AT 12PM

ADHD RUNNING CLUB -
NEW DAY & TIME - WEDNESDAYS AT 12-12.45PM

ACTIVE8 PROGRAMME -
STARTING ON FEBRUARY 3RD 2025

