

DO YOU LOOK AFTER SOMEONE?

If you support a relative or friend with any of the following then you could be a student carer:



The Student Wellbeing Centre can offer you support, as caring for someone in this way, even at a distance can put additional pressure on you whilst you study. A learning support plan can be created for you that would make staff aware that these sorts of responsibilities can have an impact on your academic studies.

Your wellbeing could also be affected, so we have a dedicated Wellbeing Advisor who will be able to co-ordinate support for you that can include accessing internal and external services. They will act as a point of contact throughout the duration of your studies.

Should you require some extra support, counselling is available to all students. This involves a talking and listening process that helps you to focus on and understand the concerns that are troubling you.



The Student Support Centre is a one stop shop for students to gain access to our services and locate other academic and professional support across the University. For practical support, the Advice Service is located in the Student Support Centre and is a confidential service offering specialist advice to all students enrolled at the University. We offer comprehensive advice on all areas of student funding including welfare benefits, housing, employment and much more. For example we can help if you are experiencing difficulties with your Local authority or Social Services. Everyone is different, the right option for one person may not be the same for you. All the advice we give is based on each client's individual circumstances.

Please contact us on advice@lincoln.ac.uk for more information.



Carers FIRST
FIRST Choice for Carers

We have partnered with Carers First to deliver Carers Cafes once a month on campus, where you can meet with a carer support co-ordinator to discuss your needs and support through university.

Carers First work in partnership with Lincolnshire County Council and provide support for all carers in the area. They understand the impact caring will have on you, specifically, as a student. They can offer advice and guidance supporting you with regular contact, eligibility for alternative benefits and financial support, practical training, and setting up an emergency plan should something happen to you.

Please come to the Student Wellbeing Centre to find out more.



Useful Contacts

Student
Wellbeing
Centre

Tel: 01522 886400

Email: studentwellbeing@lincoln.ac.uk

Web: <https://studentservices.lincoln.ac.uk/student-wellbeing-home/>



Tel: 01522 887495

Email: advice@lincoln.ac.uk

Web: <https://adviceservice.lincoln.ac.uk/>



Tel: 0300 303 1555

Email: lincsadmin@carersfirst.org.uk

Web: www.carersfirst.org.uk