



Wellbeing and Inclusivity

What we will look at:

- SU Advice Centre
- Look after your mate & how we can support you in your role
- Looking after your own wellbeing

Your SU Advice Team



Charlotte Cowdell

ASSISTANT ADVICE CENTRE MANAGER



Emily Jones

ADVICE CENTRE ADVISOR

ULSU Advice Centre

Why do we have an Advice Centre?

- Importance of being Independent
- Representing our members' academic interests
- Support on an Individual level
- Impartial advice and representation

How can we help?

- Academic
- Finance
- Accommodation
- Welfare



Advice, support, guidance,
representation, referrals & signposting

What service do we offer members?

Advice

Professional, impartial and independent of the University

Representation

To help prepare for and attend formal meetings

Signposting and referral

To other support services

Support

Ongoing casework and regular follow-ups

Feedback

To develop the service for our members

How can we support you in your role?

- Point of contact – here to help!
- Signposting & direct referrals to us
- Signposting & direct referrals to you

When do we refer students to you?

- We encourage students to engage!
 - Lifestyle/Personal Interest
 - Engagement with peers and community
 - SU Opportunities

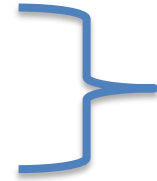
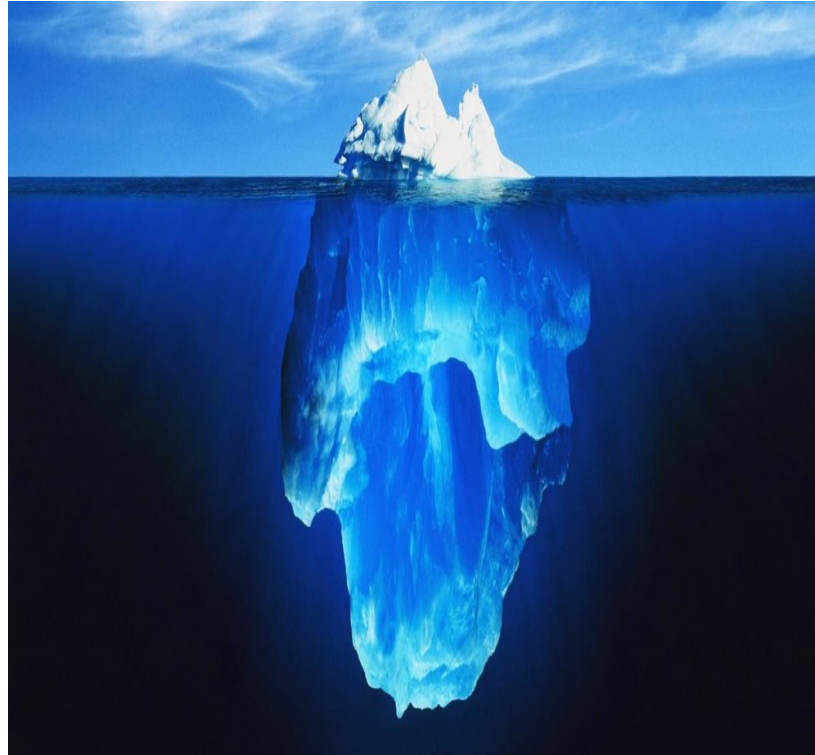
When to refer to our service

- Academic – Course issues, Complaints, Representation
- Finance – Financial Hardship, Other Funding Options
- Housing – Contract rights, Breaking contract, Housemate Issues
- Welfare – Relationships (mediations), **Duty of Care**

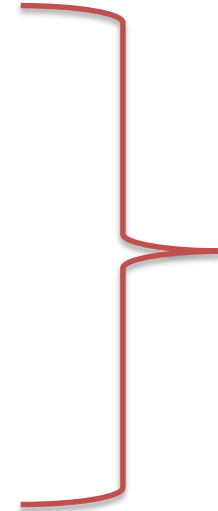
Look after your mate

- During your role, you may be concerned about a student
- How to respond if a student approaches you
- When to refer/signpost to SU Advice

Tip of the iceberg



“I’m too stressed to
come to training”



Because...

Personal difficulties

Academic issues

Worried about finances

Duty of care

- ULSU Safeguarding Policy
- Concerns about a member's safety
- Speak about any concerns with Advice Centre Staff

Looking after your own wellbeing

- Understanding & maintaining boundaries
- Passing on concerns to ULSU Staff
- Accessing support – all the support we have covered is available to you too!



- Weekday drop-in, 12-2pm
- Opposite the library
- Call, e-mail, or pop in 09:30am-4:30pm to book appointment



- Contact us:
- advice@lincolnsu.com
- 01522 837 000
- 12-2pm drop-in
- Book appointments online

Thank you for listening!

Any questions?