

The School of English is passionate about promoting health and wellbeing to all of our staff and students. We have a number of teams based in the School who work together to support students:

Professional Services

Available Monday – Friday 9.30–16.00 to give advice relating to academic and pastoral matters

- We can help you to complete Personal Extenuating Circumstances (PEC) forms, interruption requests and absence request forms
- We are a friendly ear when you are feeling stressed, worried or just need someone to talk to
- We can signpost you to other services or people in the School and in the University
- We can help you with the Student Support Plan referral process
- We carry out personal emergency evacuation assessments and develop Personal Emergency Evacuation Plans (PEEP) for students with mobility challenges
- We act as a liaison between the School and Student Services, Student Progress and Student Health and Wellbeing
- We act as a representative on a number of Student Health and Wellbeing focus groups, committees and trials so can always offer you the most up to date information
- We provide assistance to other Schools and Central Services who want advice or a critical friend on issues surrounding Student Health and Wellbeing

Personal Tutor

- Will meet with you at regular intervals throughout your time with us to offer advice and support on all academic and pastoral matters
- Will help you liaise, when appropriate, with the Senior Tutor and Degree Programme Director
- Can signpost you to other services or people in the School and in the University

Senior Tutor

- Is responsible for the overall pastoral care of students in the School
- Can advise you on how to apply for concessions
- Will discuss general pastoral matters as well as any serious ongoing problems which are impacting on your progress

Degree Programme Director (DPD)

- Can offer regulatory advice in regards to changing programmes or interrupting your studies
- Would be the person you would see if you wanted any of the concessions laid out on a DPD Form

Peer Mentor/Postgraduate Buddy

- Help you with the transition to life at University
- Can answer questions that you might not want to ask a member of staff
- Can give help and advice on various aspects of student life

Online Chats and In-Person Drop-In's

The Professional Services Team offer weekly in-person drop in's and online chats. We will normally offer:

- 1-2 hours per week of in-person drop-in sessions
- 3-4 hours per week of online chat opportunities

We will advertise the day and time of the sessions around the building and will also email all students with the information; including instructions of how to access the online chat. Drop-ins will be held in a private room.

Programme of Events

To help support the health and wellbeing of everyone in our School we offer an event each semester to help bring people together and encourage them to focus on their body and mind.

Semester 1

Afternoon Chill-in

You are invited to a relaxing afternoon in the Percy Building on **Wednesday 4th December**. We will have beanbags, blankets and herbal teas available in the long gallery (next to the café) from 1.30pm. We will also be joined by Bessy the dog, the Universities calming canine. A feel good movie will then be shown in Lecture Theatre G.05 from 2.30pm – remember to pick up your free bag of popcorn at the door!

Semester 2

Tai-Chi and Mindfulness

We will be joined by Michael Atkinson (Teaching Fellow, FMS) and Ilona Tate (Tai Chi and Qigong Instructor) for a mindfulness and Thai-Chi afternoon on **Wednesday 29th April**.

2.00-2.30 Tai-Chi on Percy Lawn (weather permitting)

2.30-3.00 Mindfulness Session in Seminar Room G.10,
Percy Building with Michael Atkinson

3.00-3.30 Tai-Chi on Percy Lawn (weather permitting)

3.30-4.00 Mindfulness session in Seminar Room G.10,
Percy Building, with Michael Atkinson

Mindfulness has been proven to: reduce anxiety; improve your feeling of wellbeing; increase feelings of body satisfaction; improve cognitive function and help you focus on tasks. Tai Chi has developed over the centuries into a graceful form of exercise that is used to reduce stress and help with a variety of health conditions.

Further information about these events will be shared nearer the time. If you have questions about accessibility please do contact the School Office.

Professional Services Team

Who we are:

Lesley Lant, School Manager

Sherelle Coulson, Deputy School Manager

Karen Patterson, Learning and Teaching Assistant (UG)

Caroline Ede, Learning and Teaching Assistant (UG)

Scott Burdon, Postgraduate Officer (PG)

Kate Errington, Learning and Teaching Administrator (UG)

Melanie Birch, Events, Marketing and NCLA Administration (PG)

The support, events and advice that we offer from the School is complemented by a range of information points, workshops and activities which are run by Student Health and Wellbeing and the Students Union; please see their websites for further information.

English Society

www.nusu.co.uk/getinvolved/societies/society/englishsociety

The SELLLs Careers Blog

<https://sellcareers.wordpress.com>



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@NCL_English

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School of
English Literature,
Language and
Linguistics

Student Health and Wellbeing

SUPPORT AND PROGRAMME
OF EVENTS

