

Reside & **THRIVE**

ResLife

Whether you need a bit of advice, practical tips on living alone or want to know what's going on in the community, Reside & Thrive is here to empower you to live independently and give you the tools to have the University experience you want.

If you have declared a disability, are neurodivergent, have a mental health challenge or other long-term condition you'll get access to support in the ways that work best for you.

I have a disability, neurodivergence, mental health challenge or long-term condition, what support can I expect?

- Access to our Reside & Thrive newsletter
- A listening ear and point of contact for questions and concerns
- Advice, guidance and signposting from ResLife Support Co-ordinators
- Ad hoc support based on your personal needs

I need some specific advice, what support can I expect?

- Access to our Reside & Thrive newsletter
- A listening ear and point of contact for questions and concerns
- Individual correspondence from ResLife Support Co-ordinators
- An initial meeting and an exit meeting with a ResLife Support Co-ordinator
- Advice, guidance and signposting from ResLife Support Co-ordinators

I need more help, what support can I expect?

- Access to our Reside & Thrive newsletter
- A listening ear and point of contact for questions and concerns
- Individual correspondence from ResLife Support Co-ordinators
- Face-to-face, support meetings with a ResLife Support Co-ordinator
- Support creating an action plan to live independently
- Advice, guidance and signposting from ResLife Support Co-ordinators



Hannah Ward
ResLife Support Co-ordinator
(Disability and Behaviour)



Karley Peacock
ResLife Support Co-ordinator
(Education and Welfare)