

Student Support

Student Support

Students who are staying in Bolton over the seasonal break should feel supported and have access to what they need over this period. This guide has been designed to support you and offer advice and guidance in the time leading up to the holiday period when the university campus is closed.

Student Mental Health and Wellbeing Support

The Life Lounge online mental health and wellbeing page has a variety of useful information, advice and resources <https://libguides.bolton.ac.uk/c.php?g=679811&p=4845764>

UMII

Umii is a social platform for University of Bolton students to talk to peers. Download Umii onto your smart phone now, it is an app that is exclusive to the University of Bolton student population, it will allow you to match with other students who have similar interests to you. This could be really useful over the seasonal break and can be used to keep in touch with other students further away.

How to Download: Head to the Apple App Store or Google Play Store, search for **UMII** and then create an account using your **@bolton.ac.uk** email address.

Together All

Together All, this is a free and confidential mental health and wellbeing support platform that students can access through [Togetherall](#); an online community available 24 hours a day, 365 days a year.

SHOUT – Free Confidential Text Service

SHOUT is a free crisis text service. Text SHOUT to 85258 and you will be contacted by a specially trained volunteer who will give you support through text. SHOUT is a particularly good service if you are in a living situation where talking is difficult for privacy reasons, or when you find it too hard to say the words out loud. They are accessible 24/7 and will be support you through your time of crisis.

Text Shout to 85258 - (it is confidential and free for all UK major networks)

Or you can contact the [Samaritans](#) who are available 24 hours a day, 7 days a week by phoning 116 123



Student Support

What are Bolton SU doing for students over the Festive Period

Bolton SU will be hosting a number of activities over the Festive Period starting on Monday 14th December right through to New Years Eve. All of the information can be found on Bolton SU's website where you can either book onto an activity or see the activity live. On the website navigate to the 'Whats On Event list'.

Visit www.boltonsu.com or visit [Bolton SU on Facebook](#) for more information.

International Student Support

If you are an international student and require support over the Seasonal Break you can contact the International Student Champions via email: M.Vyas@bolton.ac.uk or S.Yasmeen@bolton.ac.uk

Date	Event	Link
Monday 14 December 2020	Bolton SU's Christmas Spotify Playlist	SU Website
Tuesday 15 December 2020	5 Christmas DIY Gifts	SU Website
Wednesday 16 December 2020	Things to do to feel more festive this year	SU Website
Thursday 17 December 2020	10 Christmas Films that you need to watch	SU Website
Friday 18 December 2020	5 ideas to host a virtual party with your friends and family	SU Website
Saturday 19 December 2020	Important contact Numbers over Christmas	SU Website
Sunday 20 December 2020	Quick and Simple Christmas Baking Recipes	SU Website
Monday 21 December 2020	Pet Parade	SU Website
Tuesday 22 December 2020	Christmas & Mental Health	SU Website
Tuesday 22 December 2020	Games Night - 18:00 - 19:00	Click Here
Wednesday 23 December 2020	How to use Teleparty - Instructions	SU Website
Thursday 24 December 2020	Teleparty (Netflix Party): The Holiday - 15:00 - 17:00	SU Website
Friday 25 December 2020	Christmas Message Video	SU Website
Saturday 26 December 2020	Disney Party: Soul - 15:00 - 17:00	SU Website
Monday 28 December 2020	Quiz Night - 18:00 - 19:00	Click Here
Wednesday 30 December 2020	Snack, Chat and Chill - 18:00 - 19:00	Click Here
Thursday 31 December 2020	Games Afternoon - 14:00 - 16:00	SU Website

Academic Support over the Festive Period

If you wish to attend one of these Academic Support sessions you can click on the relevant link below, there are separate sessions for Undergraduate and Postgraduate students.

Date	Event	Undergraduate	Postgraduate
Tuesday 23 December 2020	Academic Help - Zoom Session 1 (12:00 - 15:00) Research, Referencing & Assignment Structure	Click Here	Click Here
Tuesday 29 December 2020	Academic Help - Zoom Session 2 (12:00 - 15:00) Research, Referencing & Assignment Structure	Click Here	Click Here
Saturday 2nd January 2021	Academic Help - Zoom Session 3 (12:00 - 15:00) Research, Referencing & Assignment Structure	Click Here	Click Here



Staying in your Student Accommodation over the Festive Period?

To ensure that students have everything they need over the seasonal break we are putting in place support for students.

Financial Support and Food Boxes

The University recognises that not all students will be going home for Christmas, for some students their term time address is their home. To support students who are staying in Bolton over the Seasonal Break, 18th December 2020 to 4th January 2021 the University is offering a free Essentials Food Box.

To be apply for this offer you must:

- Be living in student rented accommodation including Orlando Village, The Pack Horse, The Bank or another private rented student accommodation which is not your parental home
- You must confirm you are staying in your student rented accommodation for the full period of the Christmas closure.
- The University will check contact details and student record to confirm you are in student rented accommodation. If the University is unable to verify you are in rented student accommodation you will be required to provide a copy of your tenancy agreement or letter on letter headed paper from your landlord confirming you are renting a student property.

To apply you must email StudentAdvisors@bolton.ac.uk before 10am on Monday 14th December 2020 with the required information (Name, Contact Number, confirmation that you will be staying in your Student Accommodation for the Seasonal Period, and confirmation of your delivery address).

The essential food boxes are ordered directly from a supermarket and the contents of these will vary depending on demand and supply. Once we have confirmed and approved your application university staff will book the delivery of your essentials food box, the delivery of which will be made by the supermarket or their appointed courier from which the box is ordered. You will not be able to specify the delivery date, deliveries could be made any day between 15th December 2020 and 4th January 2021. We will endeavour to let you know when the scheduled delivery date is before the 18th December 2020.



Financial Support for Students during the Festive Period

Financial Support

The University will close on 18th December 2020 for the festive period, if you are struggling with your finances you are encouraged to contact the Student Funding Team or Student Advisors based within Student Centre who will be able to go through support that may be available for you.

UOBSSF@bolton.ac.uk | 01204 903484
StudentAdvisors@bolton.ac.uk | 01204 903733

Keep an eye out for an email from the University about returning to campus in January 2021 in relation to COVID-19 Testing.

Laptop Loan / IT Equipment

A **short-term laptop loan service** to students will come into operation from 3rd December 2020.

The Library has about **150 general laptops** available for short-term loan and a small number of gaming laptops, all on a first come, first serve basis.
ONLY referrals from Academic Staff will be considered.

Laptops are to be **returned by Monday 1 February**. Failure to return the laptop could result in the student receiving a fine and potentially an invoice.

If you need to loan a laptop you must first speak with your Personal Tutor/Programme Leader who can make a recommendation to the Library.

Students can apply to loan a laptop for the semester by contacting the Student Advisors in the Student Centre or emailing StudentAdvisors@bolton.ac.uk. There is an application form and certain criteria that will be considered.

Library

The Library will be closed over the seasonal break, however you can access a range of useful resources online. [Visit the Library Pages on the University of Bolton Website.](#)

Everyone at the University of Bolton hopes that you have a restful and relaxing break and we look forward to welcoming you back to campus in January 2021.





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- @StudentAdvisors@bolton.ac.uk
- www.bolton.ac.uk
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- /UniversityofBolton
- @BoltonUni
- @BoltonUni
- /UniversityofBolton

TEF Silver



University of Bolton
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