

Student Wellbeing Team

Information for Parents and Carers of New Students

We recognise that the transition of moving into new surroundings and leaving friend groups from home can for somewhat isolating and unsettling for some students. Here at GCU, our aim is to ensure that we establish a community where everyone feels welcome and where students can settle into their studies and wider university life as smoothly as possible. We also recognise that this can be an anxious time for Parents and Carers—which is why we have produced this leaflet to help inform you of the network of support and activities which are on offer to help encourage new students to get involved with the GCU community. We hope you find this information helpful and if you have any comments or suggestions on how we can improve the leaflet in the future please do let us know by contacting: Student Wellbeing, at studentwellbeing@gcu.ac.uk

Activities

Student Life

There's more to GCU than what happens inside the classroom. Encourage your students to get involved in campus culture and connect with others!

In addition to a wide range of activities that are on offer during induction and Fresher's Week, including our very own App (You can find this here: guidebook.com/guide/158694) our Student Events Team host a range of activities throughout the session designed to enhance the student experience. These include monthly day trips around Scotland as well events on campus.

For more information: www.gcu.ac.uk/student/studentlife/events

The Arc (Our on campus gym)

The Arc has a wide range of cardiovascular, Resistance and free weight equipment plus a range of exercise classes for all fitness abilities such as Pilates, Body Pump, Spin and Yoga. Those staying at Caledonian Court can get discounted rates! See our website for more information: www.gcu.ac.uk/arc

The Students' Association

GCU Students' Association has 65+ affiliated societies, 32+ affiliated sports clubs, a student led Radio Station called Radio Caley and a student-led Magazine called The EDIT. Students can get involved with these activities, in liberation or representation groups, the Student Leaders Programme and much more! www.gcustudents.co.uk



Support Available at GCU for your Student

Wellbeing Service

If you experience any concerns about someone whilst they are studying at GCU it is important that you encourage them to seek support as soon as they feel able to do so. The Student Wellbeing Service is free to access and completely confidential for all GCU students. Students can complete a first appointment form, call us on **0141 273 1393** or drop in to make an appointment (we are located in the George Moore Building, Room M136). Please note the Student Wellbeing Service is not an emergency service. If you have concerns about your loved one please advise them to contact their GP.

Unfortunately, we are unable to discuss individual students with family members but can provide general advice/guidance. Please email: **studentwellbeing@gcu.ac.uk** if you have any queries.

Also part of the Wellbeing Service, the Disability Team provides advice, information and services to disabled students: **www.gcu.ac.uk/student/studentlife/healthandwellbeing/studentwellbeing**

Students' Association Advice Centre

The Advice Centre provides a free, non-judgemental and confidential service to all GCU students. They are independent from the University, and can be accessed via drop ins between 9am-5pm, Monday to Friday, by phone at **0141 273 1650** (Please leave a message if this is outside of 9am-5pm Monday to Friday or if the line is busy), or via email at **advice@GCUstudents.co.uk** and an adviser will respond as soon as possible.

Nightline

Nightline is a confidential and anonymous telephone, text and online listening and information service run by trained students for the students of Glasgow Caledonian and Strathclyde Universities. Students can call Nightline on **0141 55 22 555**, text on **07982 107 920**, or talk online at: **www.scnightline.com**

Personal Tutors

In the first few weeks students are allocated a personal tutor who is a member of Academic Staff. This gives your student a named contact in the University to talk to if they have a problem, and help students reflect on progress and develop personal, academic and professional skills.

Emergency Contact

When your student registered they're asked to provide emergency contact details. These will only be used in exceptional circumstances by the University, and this decision will be taken by two managers and will be based on the agreement that communication with an emergency contact is necessary in order to protect the student. The most common causes of this necessary communication are where a student has been reported missing and is believed to be at risk, where a student is unresponsive and has been hospitalized or where a student is mentally incapacitated and at extreme risk.

Other Areas of Support

Student Support Booklet:
www.gcustudents.co.uk/advice-centre/student-support-booklet

Website: **www.gcu.ac.uk/student/studentlife/studentsupport**

Student Wellbeing Team

First floor, George Moore Building, Room M136

✉ studentwellbeing@gcu.ac.uk

☎ 0141 273 1393

www.gcu.ac.uk/studentwellbeing