

# Support for Student Carers at GCU

GCU was among the first universities in Scotland to achieve the Going Higher for Student Carers Recognition Award. The Going Higher Award was developed by Carers Trust to help universities to identify and support student carers. Student carers are a hidden group who are frequently juggling a high level of care with their studies, which leaves them with little time to themselves. This can mean they struggle to engage in paid employment, social opportunities or rest and relaxation, which are all important for keeping well throughout university.

Research commissioned by Carers Trust into the experiences of student carers found that:



**39%**

rated their physical health as either 'just ok' or 'poor'



**45%**

reported having mental health problems



**16%**

were concerned that they might have to drop out of university



**56%**

were experiencing difficulties because of their caring role



**75%**

of respondents informed university staff of their caring role



**45%**

said there was no-one at university who recognised them as a carer and helped them



# Are you a Carer?

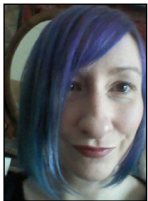
A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Here at GCU we recognise the impact caring can have on all aspects of a student's life, including their health and wellbeing, their finances and their ability to engage in their studies and wider university life.

Our Student Wellbeing Adviser can support you throughout your time at university, helping you to find a way of balancing your caring responsibilities with your studies.

## Supports might include:

- Helping you seek flexibility on your course by setting up a Student Carer Plan
- Emotional and practical support from the wellbeing service
- Signposting to other supports within the university such as the funding team
- Linking with carer supports within the Students' Association and wider community



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## Our website and contact information:

[www.gcu.ac.uk/student/studentlife/healthandwellbeing/studentwellbeing/stucarer](http://www.gcu.ac.uk/student/studentlife/healthandwellbeing/studentwellbeing/stucarer)

- Facebook [www.facebook.com/gcustudentwellbeing](https://www.facebook.com/gcustudentwellbeing)
- Twitter [twitter.com/gcuwellbeing](https://twitter.com/gcuwellbeing)

## External support:

We have strong links with Carers Trust Scotland who advise us on how best to support you and help us to continually improve our service. If you are unsure of whether you are a carer, you can contact Carers Trust Scotland for advice.

[www.carers.org/country/carers-trust-scotland](http://www.carers.org/country/carers-trust-scotland)

☎ 0300 772 7701

✉ [scotland@carers.org](mailto:scotland@carers.org)



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Going Higher  
in Scotland  
Recognition Award  
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