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EDINBURGH UNIVERSITY

# TRAMPOLINE CLUB



Welfare Resources Pack 2021/22

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To help you find what you need  
when you need it!



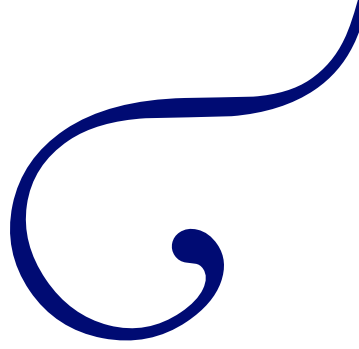
# An Introduction

The University has lots of useful information on its website and we recommend this as the place to start.

We have summarised the resources from the  
University and EUSA

Alongside this we have compiled some extra links and information as well as advice from fellow students that we hope you will find useful.

Any thoughts or opinions of members featured in this pack, are simply things we wished we had known when joining the club or earlier in our university careers and should be taken as such.



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# University Resources

The Students Website - [www.ed.ac.uk/students](http://www.ed.ac.uk/students)

This is the home of all the student specific resources the university has for us and is divided into sections as summarised below

Academic Life

Covers personal tutors, disability support and online resources

Information about the University's Health, Well-being and Disability Service

Health and Wellbeing

Living in Edinburgh

Activities, Accommodation and Resources for International Students

Job portal, application advice and working while studying

Careers and opportunities

Money, Fees and Finance

Information covering tuition fees, financial assistance and bank accounts

As well as an A-Z list of all resources

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# University Resources

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The New Students Website-

<https://www.ed.ac.uk/students/new-students>

This section is dedicated to students who have just joined us - here are just a few of the topics covered



Get Ready for  
University



Welcome Week  
and starting  
Uni



Essential Top 6  
Tasks

# University Resources

## Student Support Services

### The Student Disability Service

The Disability Service is in place to support students with disabilities, learning difference or health conditions that may make your studies more challenging

They can provide a schedule of adjustments which can give you access to things like extra time in exams and tests.

They also provide 1:1 support and provision of assistive technology

You may also be entitled to financial assistance, for further details and more check out their website



[Click here for  
more!](#)

# University Resources

## Student Support Services

### The Student Wellbeing Service

This is split into 3 main sections:

#### 1. Speak to Someone

Here you'll find links to The Advice Place run by EUSA, The Universities Counselling Service and The Chaplaincy. It's worth noting that the Chaplaincy helps people of all faiths or none and offers pastoral support

#### 2. Self Help

This shows apps and websites that are available to us as students such as Silver Cloud and The Feeling Good App

#### 3. Help with Common Student Concerns

From Accommodation to money issues, Insomnia to drug and alcohol abuse. This is a shortcut to some struggles that are 'common to students'

[Click here for  
more!](#)

# University Resources

## Student Support Services

### The Health Services - 4 Main Sections

**Doctors and Pharmacies** - We have a health centre and pharmacy located at George Square Campus. Spaces fill up quickly but you can register with one of the many other practices in Edinburgh. Most will accept students

**Dentists and Opticians** - Registering with an NHS dental practice is more cost efficient than going private. Links from the NHS for dentist and optician locators can be found here and eye tests are free for all people living in Scotland.

**Sexual and Reproductive Health** - This will give you links to the Sexual Health Services in Edinburgh as well as information on how you can claim free condoms.

**Access to Free Sanitary Products** - The Scottish Government created an initiative providing students with free sanitary products. All the information surrounding this is here as well as a map of pickup locations!



## Advice and Support from EUSA

If you don't feel comfortable going to the university for help or can't find what you need our student's association (EUSA) has loads of ways they can help!

**Peer Support & Learning** - Split into the Peer Learning Scheme (PALS) to aid in all things academics or Peer Support to build community these are spread widely across all subjects and schools. Full lists of both can be found here!

**The Advice Place** - This really is the big guns for what EUSA can help you with. They offer free and confidential advice on almost anything. Including reporting complaints and misconduct, harassment, safety and crime and other typical student issues like money and housing. With offices at King's Buildings and Potterrow (these are currently closed due to COVID-19 but they can be contacted by email or phone)

EUSA is also the home of student led societies so you should check them out on their website too!

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## Some Useful Contacts

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### VP Welfare 21/22

EUSA lead on all issues related to student welfare  
Aisha Janki Akinola - [vpwelfare@eusa.ed.ac.uk](mailto:vpwelfare@eusa.ed.ac.uk)

### EUSA Liberation Officers 21/22

Created by the student union to ensure the voices  
of certain groups of students are heard

**BME officer:** Samantha Likonde -  
[bme@eusa.ed.ac.uk](mailto:bme@eusa.ed.ac.uk)

**LGBT+ officer:** George Ross -  
[lgbt@eusa.ed.ac.uk](mailto:lgbt@eusa.ed.ac.uk)

**Trans and Non-binary officer:** Jaime Prada -  
[lgbt@eusa.ed.ac.uk](mailto:lgbt@eusa.ed.ac.uk)

**Women's officer:** Mukai Chigumba -  
[women@eusa.ed.ac.uk](mailto:women@eusa.ed.ac.uk)

**Disabled Students' officer:** Mia Nicole Davies -  
[disabledstudents@eusa.ed.ac.uk](mailto:disabledstudents@eusa.ed.ac.uk)

### Sport Union contacts 21/22

**Wellbeing Officer:** Sophie Dawson -  
[eusu.wellbeing@ed.ac.uk](mailto:eusu.wellbeing@ed.ac.uk)

**VP Inclusion:** Fraser Tait -  
[eusu.vicepresident@ed.ac.uk](mailto:eusu.vicepresident@ed.ac.uk)

**Inclusivity Officer:** Oscar Ukwizagira -  
[eusu.inclusion@ed.ac.uk](mailto:eusu.inclusion@ed.ac.uk)

# External Resources

Alongside everything the university and EUSA can offer, there's lots of other places you can get health and wellbeing support - here are a few to get you started.

# External Resources

Please remember that the University Counselling Service and your GP are great places to start if you're struggling with your mental health



The Mental Health Foundation provides an A-Z and statistics on mental health problems as well as tips for looking after your mental health



The SAMH website offers a lot of information on mental health problems, how to help yourself, and how to support others

The Edinburgh Crisis Centre provides support for those facing a mental health crisis who live in Edinburgh and have used mental health services.



Health In Mind provides wellbeing information and resources, as well as various services across Edinburgh including peer support and counselling.



Conscious offers support specifically for the Edinburgh student community, with peer support groups and signposts to further resources.



# External Resources

## Eating disorders

Again - your GP and the Counselling Service can help too!



Both of these charities offer support for those struggling but also advice on how to support someone you know.



iThrive provides mental health and wellbeing information in Edinburgh, including self-help, support information, and events



As a student you get free access to Togetherall, an online community for mental health support



For further information, including self-help guides and access to CBT-based and NHS resources, see the Mental Health and Wellbeing Resources document on the EUTC website (Members' Hub > Resources > Resource Packs)

## Mental Health Resources cont.

### Helping Someone in a Crisis

If you are concerned for the person's well being and feel they're at immediate risk here's 3 steps you should take:

(Information based on guidance from SU welfare training )

- 1.Explain that you can't keep confidentiality (that you feel you have share your concerns with other people)
- 2.Call 999
- 3.OR if 999 isn't appropriate you can ring the University Security line (this is on the back of your student ID). They will forward you to a student services manager

### This person isn't at immediate risk

Reach out to the person. Ask them if there's anything bothering them that they want to talk about. You can also share your concerns with a member of committee, especially the Welfare Officer, and we will do our best to support them.

## Mental Health Resources cont.

### Mental Health Assessment Service

This is a service run by nurses based primarily at The Royal Edinburgh Hospital. Available 24/7 - Normally they allow for walk in assessment, but due to COVID you need to phone in advance on **0131 286 8137**

#### Who is this service for?

- People experiencing a mental health crisis
- People who need an emergency mental health assessment
- People who have been referred by a GP or other healthcare professional.

# External Resources

## Some Other Health Charities





# External Resources

## LGBT+ Resources



## Helplines you can phone

**Alcoholics anonymous** - 0800 917 7650 (24-hour helpline)

**Anxiety UK** - 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

**BEAT** - 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

**Breathing Space** - 0800 83 85 87 (Monday to Thursday 6pm to 2am; 24h over the weekend, Friday 6pm to Monday 6am)

Breathing Space also offers webchat (Monday to Friday 6pm to 2am; Saturday and Sunday 4pm to 12am)

**Calm** - 0800 58 58 58 - 5pm to midnight

**Cocaine anonymous** - 0800 612 0225 (daily, 10am to 10pm)

**Cruse bereavement care** - 0808 808 1677 (Monday to Friday, 9am to 5pm)

**FRANK** - 0300 1236600 (24-hour helpline)

**Gambling anonymous** - 0330 094 0322 (24-hour)

## Helplines you can phone cont.

**Narcotics anonymous** - 0300 999 1212 (daily, 10am to midnight)

**National Gambling Helpline** - 0808 8020 133 (daily, 8am to midnight)

**Nightline** - 0131 557 4444

**OCD UK** - 0333 212 7890 (Monday to Friday, 9am to 5pm)

**Papyrus** - 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

**Rape Crisis Scotland** - 08088 01 03 02 (daily 6pm-midnight)

**Refuge (domestic violence advice)** - 0808 2000 247 (24-hour helpline)

**Samaritans** - 116 123 (free 24-hour helpline)

**Victim Support (Rape)** - 0808 168 9111 (24-hour helpline)

This section contains information about general uni topics and issues which we think are useful to talk about.

Such as...

Personal tutors

Getting Academic Support

Living Rent Edinburgh

FASIC + Physiotherapy

## Personal Tutors (PT)

Your personal tutor is the person to go to if you need help. They can point you in the right direction for academic help and support you if you're struggling. They are here to help you!

## But my PT isn't really a good fit...

That's okay! Students can request to change PTs at anytime. Even if it's for something as simple as you feel more comfortable talking to someone who's the same sex as you. You just have to email you senior tutor (this can be found on Euclid under programme)

## Further Academic Support

Alongside your PT, your school will have either student support officers or a student support team. They normally have drop ins or you can book an appointment to speak to them. Details can be found on your schools website

They'll offer great advice for if your struggling or sometimes they'll give you reassurance that you're actually doing just fine.

## Academic Societies and PALS

Most subjects will have academic societies, these not only run social events but also study events too. A full list of societies can be found on the EUSA website

PALS or peer-assisted learning is also available for a variety of subjects - check out the section on EUSA resources for more info.

## Living Rent Edinburgh

As a student it's likely that you'll end up renting a flat/house from the private sector.

Unfortunately landlords and letting agents can try and take advantage of students.

Living Rent Edinburgh are an organisation who are actively involved in tenants rights. They can often offer advice if you think you're being treated unfairly

## FASIC + Physiotherapy

FASIC is the universities sports and exercise clinic, offering sports medicine, physiotherapy, sports massage and podiatry based out of Pleasance.

FASIC isn't free but students do get a discount and it is usually cheaper than other private clinics.

You can get in touch with them by phone or email, or pop into their office at the gym.

## Some useful advice from your fellow tramps!

First year is hard for everyone and going through a rough patch is normal, but keep coming to training, keep putting yourself out there. It'll be so worth it once you come out the other side

Don't be afraid if you don't find your 'people' straight away. They're out there, you just might have to look a little harder for them!

The club is a safe space to talk about all your concerns, not just trampoline related. The committee are people you can reach out to!



# Words of Wisdom

Don't be afraid to ask for help if you need it! Signing up for the counselling service is so quick and easy, they have lots of resources available. Also talk to your GP the NHS has lots of mental health support available

Joining trampolining will be the best decision you make because the people are so friendly and welcoming and truly become a second family!

# COVID-19

COVID-19 has and continues to impact everyone's mental health over the past year. Here are some ideas for maintaining good mental health at this time:

[The University is offering check-in calls through spring and summer 2021 - click here for more information!](#)

If you are learning and working remotely, make sure you keep a daily routine and structure. A daily routine and consistent sleeping pattern is important for mental health.

Take advantage of restrictions lifting – go out to eat or drink, go shopping, go to the gym or pool, and visit new places.

Be active – exercise is essential to mental wellbeing. Go outdoors at least once a day, as connecting to nature has proven mental health benefits.

Maintain connections with friends and family – meet up with friends according to restrictions and keep connecting digitally with those you can't see in person.

## Readjusting after COVID

As good as it is to (hopefully) return to normal life, this can also be overwhelming and might be a big

Here are some tips for those who might find the change difficult:

1. Be aware of how your mental health might have changed in the last year and how this might affect your ability to participate in things.
2. Go at your own pace – after more than a year in lockdown, what might have been normal amount of activity pre-COVID could seem busy and stressful now. Do what you can, and don't worry if others readjust quicker than you.
3. Keep a daily routine - having a set routine can help you cope with big changes.
4. It might take time to adjust to large events or groups of people again. If the idea of doing something makes you anxious, try smaller alternatives first and scale up gradually.
5. Be positive – this is a transitional time and you will readjust gradually. Be patient with yourself!

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## And Finally...

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Thank you for checking out our resource guide! We hope it helped you find what you need

If you couldn't find what you need or want to reach out to someone, you can use our welfare email address -  
[trampoline.wellbeing@ed.ac.uk](mailto:trampoline.wellbeing@ed.ac.uk)

This address is only monitored by the Community and Welfare Officer, so you can share any concerns privately.

Alternatively you can reach out to any committee member - we are all here to help!

Big Love

