

Dear student,

We are all continuing to feel the profound impact of the Covid-19 pandemic on every aspect of our lives. Your health and wellbeing remain our top priority. Both the Students' Union and the University continue to work very hard to ensure the right support is in place for you, and we want to make sure that everyone is aware of, and able to access, the support available.

If you have any questions about your health or wellbeing and how we can support you, please [contact us](#).

Events and activities

Getting involved in new activities, whether virtually or physically, can be a great way of meeting new people, broadening your horizons and supporting your wellbeing. The Students' Union and the University have been working together to deliver a diverse schedule of events and activities, building on student feedback, many of which have a wellbeing focus. There is an exciting range of events including fitness, crafting, music, photography, fashion, debate, academic lectures and more. Many of you have already joined us for our January events and the feedback has been fantastic. Please [visit the Students' Union website](#) to find out more and join us.

The Students' Union is continuing to run other events and campaigns that give you the opportunity to connect with fellow students and celebrate the wide range of communities that make up Queen Mary, details of which can be found on [gmsu.org](#). And don't forget the [more than 150 clubs and societies](#) offering a huge range of activities and events.

The Chaplaincy runs a [mindfulness programme](#) which is available for students of all faiths or none. Mindfulness can help people developing strategies for coping with stress and this programme has been enormously successful so far. For more information, please [visit our Chaplaincy webpages](#).

Financial help

We are acutely aware of the financial impact of the pandemic on our students. You may be feeling this impact in different ways – for example, you may have lost your job or can't find work due to the pandemic, you may be struggling with paying for accommodation in two places due to the government restrictions, or you may need a laptop or better internet to fully access your online learning but just can't afford it.

The University has significantly increased this year's Financial Assistance Fund in response to the pandemic and we have been delighted to receive many donations to the Fund from our alumni. We have also received additional funding from the Office for Students for a dedicated Covid-19 Fund. Both the [Financial Assistance Fund](#) and the [dedicated Covid-19 Fund](#) are open to all Queen Mary students fully enrolled on a degree programme in 2020/21 – undergraduate and postgraduate, UK, EU and international. If you are an international student, please be assured that receiving this support will have no impact on your student visa.

Welfare support

The University has a range of support services to help you if you are struggling either personally or academically. You will have an advisor within your School/Institute who is there to help you with academic matters or anything affecting your studies. Most Schools/Institutes also have a Student Support Officer who can provide further support – see the [full list on MyQMUL](#).

The [Advice and Counselling Service](#) provides a range of specialist, professional and confidential services to support students with financial, welfare, emotional and wellbeing issues. If you would like to access this service, or even if you just have a question, please [get in touch](#).

Our Disability and Dyslexia Service offers support to students with disabilities, including those with specific learning differences such as dyslexia and mental health diagnoses. Please [visit our website](#) or contact us at dds@qmul.ac.uk to find out more.

We can also help you access online support services. [Togetherall](#) (formerly Big White Wall) is an online community where members can support each other and which provides a range of self-assessment and recommended resources as well as creative tools. To access Togetherall, just sign up with your University email address. [Student Space](#) is run by the charity Student Minds and offers dedicated support services, information and tools to help you through the challenges of the Covid-19 pandemic.

Please take a look at the Students' Union campaigns [Be Kind to Your Mind](#) and [Study Well](#), the newly-launched partnership with the app [Umii](#) that enables students to meet each other virtually based on mutual interests, and the peer support scheme [PROJECT:TALK](#) that will be launching soon.

Medical services

It is very important that you are registered with a GP service close to where you live, particularly given that it is through your GP that you will receive, some time in the coming months, the invitation to your Covid-19 vaccination. Any student living within the inner London area can register with our [Student Health Service](#), based on our Mile End campus. Alternatively, you can register with a GP practice closer to where you live. Use the [NHS website](#) to find your local GP service.

Keeping yourself and others safe

It is vitally important that we all continue to behave in Covid-secure ways, both on and off campus. When on campus, please do continue to follow our [Covid Code](#). This includes ensuring you wear a face covering at all times in our libraries and unsupervised study spaces, when walking around in buildings, toilets and in lifts, and in all other cases where two metre social distancing cannot be maintained. If you have any concerns, please contact our [coronavirus helpline](#) or our [campus security team](#). If you develop Covid-19 symptoms, follow the [NHS guidance](#) and please make sure you inform us by emailing studenthealth@qmul.ac.uk. If we know, we can support you.

Please do make sure you make the most of all the support available to you from the University and the Students' Union. In you have any questions, please follow the links in this email or contact us via the [Student Enquiry Centre](#).

Best wishes,

Shamima, Jack, Stephanie and Sarah

Professor Stephanie Marshall
Vice-Principal (Education)

Jack Jukes
Students' Union Vice President Welfare

Sarah Cows
Director of Student and Academic Services

Shamima Akter
Students' Union President, on behalf of the Students' Union Executive Officer team

Queen Mary University of London

Queen Mary Students' Union

