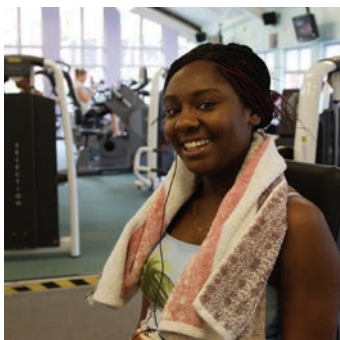
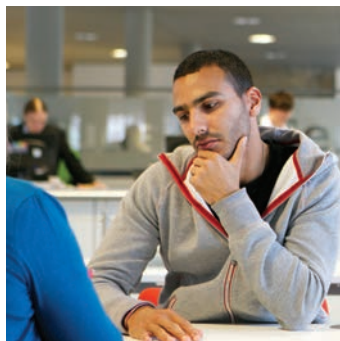
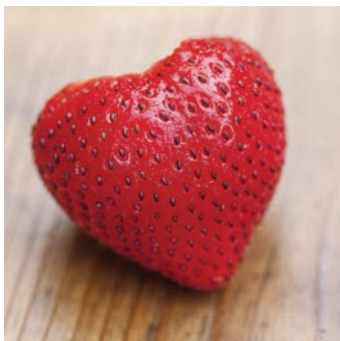


Healthy NTU

Your guide to looking after yourself at university



Contents



Healthy mind 3

Healthy body 5

Healthy finances 15

Healthy relationships 16

Healthy spirit 18

Healthy community 19

Safe and secure 20

Home sweet home 21

Useful information 22

Here to help 23



Your wellbeing matters

Health, happiness and academic success are all linked. It's a fact that if you're feeling well, then you're more likely to perform better as a student. This guide provides information and links on important health and wellbeing topics – and the services and support available to help you make the most of life at Nottingham Trent University.

Visit www.ntu.ac.uk/healthyntu to find out more.

Healthy mind

Starting university can be exciting, but it can also bring emotional challenges. It's natural to feel nervous or overwhelmed during the early days at university, and it can be a while before you feel like you've found your feet. Our main advice is to understand that some emotional change is normal. To manage this change, take care of yourself, give yourself time to adjust and try to get a sense of perspective!

Top tips for emotional wellbeing

- Connect with others, belong and be happy. Finding people you enjoy spending time with is great for the mind.
- Make someone smile, go that extra mile – from volunteering to helping out another student – helping others is good for you too.
- A problem shared is a problem halved – try not to bottle up feelings.
- Put on your kit, go and get fit! Physical activity promotes good sleep and positive emotions.
- Choose good food to improve your mood – a healthy diet can help you feel better.

Range of services

Student Services also has a range of services to support your emotional health, including counselling, mental health and faith support. If you don't feel comfortable discussing your problems you can always find help on our website. It contains helpful advice on various issues that can affect students including settling into university and home sickness.

For more information, visit www.ntu.ac.uk/studentsservices, or if you would prefer to speak to somebody face-to-face then just drop in to one of our student centres on campus.

Sleep well

Lack of sleep can affect your mood and concentration. Being tired can sometimes leave you so frazzled that you are unable to enjoy life properly. To ensure maximum levels of happiness, try to get enough sleep each night (seven and a half hours is recommended for most adults). Establishing a good routine and regularly getting enough sleep at a time your body is used to will set you up for the demands of student life.



Look out for NTU mental health and wellbeing events throughout the year.

Make time for yourself

With so many new opportunities on offer at university, it can be easy to get swept away by your new life – a new environment, new studies, new friends, new experiences are all great, but can be overwhelming at times. If you are finding that life is moving too fast, make the time to 'check in' with yourself – a few moments each day when you put your work down, turn your phone off and limit distractions, to reflect on what you really want from your life at university. Using mindfulness techniques, paying more attention to your own thoughts and feelings, and the world around you can really improve your mental wellbeing.

Stress less

Academic life can sometimes be stressful, so it is important to understand how you can organise yourself as a student, prepare well and keep your cool as you approach exams and other assessments. The Academic Skills programme provided by the Library offers workshops and individual sessions to help you improve your approach to studying.

Visit www.ntu.ac.uk/sos for more information.

Help yourself

There are a variety of resources available to help you understand and improve your emotional wellbeing. NTU's Wellbeing Services website offers an A-Z range of self-help guides with helpful advice on various issues that can affect students, including settling into university and homesickness. The site also includes podcasts from the Mental Health Foundation to help you try out techniques for stress management, positive thinking and mindfulness.

Visit www.ntu.ac.uk/information-advice for more information.

Share your thoughts

If you are worried about how you are feeling, share your concerns by talking to someone you trust and ask for help as soon as you can. Family and friends can be a great support, even at the end of a phone or on Skype. See your GP if you need advice about improving your mental health and contact your tutor or Student Support Services if your studies are affected – or if you think you may need additional academic support.

Student Minds is the UK's mental health charity for students. For useful advice and resources to help you with the transition to university life visit www.studentminds.org.uk/starting-university



City Campus

Student Services Centre, Central Court,
Newton and Arkwright buildings

Clifton Campus

Student Services Centre

Brackenhurst Campus

Student Services Centre, Brackenhurst
Library

Healthy body

Physical wellbeing is really important if you are going to make the most of your time at NTU. Here are a few simple steps you can take to make sure you stay as healthy as possible.

Eat well

Top tips from students include how to make healthy, nutritious food quickly and in budget, while getting to grips with your new kitchen!

1. Try to eat a balanced diet (see the eatwell plate on page 6). It will help you feel well, give you more energy and help you to fight off illnesses like colds.
2. Learn new skills. Some students are experts and some have never cooked for themselves before – learn from each other and have a go.
3. Eat together. Make time to cook, sit down together and enjoy it. Invite another flat over for a *Come Dine with Me* experience! Do a big shop at the beginning of the week, but spend your money wisely. Don't buy lots of fresh things if you're not going to eat them as they'll only go off. Plan your meals at the start of the week.
4. Cook in bulk and freeze it. This will ensure you have a nice meal when you want it but spend less time in the kitchen as it only needs re-heating.



For cooking advice and information on eating healthily visit:

www.nhs.uk/Change4Life and
www.nhs.uk/livewell/healthy-eating

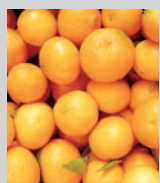
Healthy nutritious meals are available at NTU's Taste outlets. To find out more visit www.ntu.ac.uk/taste

Get your fresh fruit and veg at market prices from Kerry's Fresh fruit and veg stands on campus. For further information visit www.ntu.ac.uk/healthyntu and click on the **Eat well, be active** tab.

For Kerry's Fresh fruit and veg box scheme visit www.kerrysfresh.co.uk

The eatwell plate

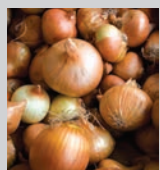
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Orange fleshed items like carrots, pumpkins and squashes, sweet potatoes and oranges are very rich in the antioxidant vitamin beta carotene, which is beneficial for the skin and eyes.



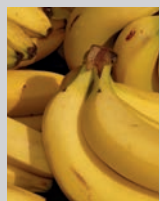
Tomatoes are rich in lycopene which helps keep eyes healthy and protects the skin from UV damage from the sun.



Onions and apples contain a plant nutrient called quercetin which helps to reduce inflammation, for example from allergies and hayfever.



Dark green leafy veg (like spinach, watercress and kale) contain iron – which is vital for blood formation and is particularly important for vegans and women who may be deficient in this mineral.



Bananas are extremely nutritious; rich in potassium, riboflavin, niacin and fibre, and the rapid energy boost means that they're a great snack and can be a great smoothie ingredient.



Red and purple berries are rich in flavonoids which are potent antioxidants that ward off disease.

Fruit and vegetables – five-a-day

Fruit and vegetables are an essential part of everyone's diet. They provide:

- fibre to help digestion and to fill you up
- water (to contribute to your two litres per day target)
- vital vitamins and minerals. These nutrients don't just ward off coughs and colds, they will help improve skin conditions and help your liver to detoxify alcohol and caffeine.

Look out for the market stalls on campus selling fresh fruit and vegetables to make it easy for you to get your five-a-day.

A serving constitutes about a handful. Aim to eat a range of different colours as each colour denotes a different health benefit.

If food is a problem

If you are worried that you or a friend may have an eating disorder, our EDISS-First Steps service offers confidential support and advice to students through their drop-in service. Please contact info@firststepsnotts.co.uk or telephone **01332 367571** for further details.

Be active

It's easy to stay active at NTU. There are a range of different sports and fitness activities for you to get involved in during your studies.

- Fitness suites at City and Clifton give you access to the latest gym equipment on campus.
- Sports clubs offering you the chance to enjoy a range of sports and activities.
- Group fitness classes including yoga, spin, Zumba and many more.
- Facilities available to book for games with friends.
- Play for Fun – Beginner sport programme designed for students who want to play recreational sport for £2 a session or free with an NTU Active Membership.

Our NTU Active Membership gives you access to our fitness suites, classes and facilities. Visit www.ntu.ac.uk/sport to find out more about sport and fitness activities at NTU. You will find a full list of sports clubs, details of the facilities available at each campus and the latest fitness class timetables.



NTU Active Membership

NTU has also teamed up with Southwell Leisure Centre, which is close to the Brackenhurst Campus, to provide fantastic offers for NTU students.

To sign up visit:

Southwell Leisure Centre
Nottingham Road
Southwell
Nottinghamshire
NG25 0LG

Or call **+44 (0)1636 813000**

www.active4today.co.uk



Other opportunities

- **Ucycle scheme**

Cycling helps keep you fit, is kind to the environment and can save you money. Bike hire is just £35 a year or £20 a term with the Ucycle scheme. There is a fully equipped bike shop at City Campus, offering student prices on repairs and parts and you can attend maintenance classes to learn to fix your own bike. You'll find controlled cycle parking, with CCTV, available on all our campuses.

Find out more at **www.ntu.ac.uk/ucycle**

- **Foodshare allotment project**

Foodshare is a project that utilises allotment growing space in the gardens of Peverell Hall, Clifton Campus. Students can grow their own food and attend free Climate Friendly Gardening training. The food grown is split equally between those who have grown it and local charities, supporting people in the community in dire need of fresh, seasonal, free food. For further information contact **environment.team@ntu.ac.uk**

- **Mindfulness walks**

Short, led walks are available on each campus. Mindfulness walks go off the beaten track, give you time to reflect and leave you feeling great. For more information visit **www.ntu.ac.uk/healthyntu** and choose the **Emotional health** tab.

- **Sport access scheme**

If you are new to sport or interested in using the gym, attending classes or trying something new, then this scheme is a great way to get involved. Available to students receiving regular support sessions from Student Support Services. For further information visit **www.ntu.ac.uk/healthyntu** and click on the **Eat well, be active** tab.

Register with a doctor

It is essential that you register with a local doctor while you are at university. There are health centres on, or near, all of our campuses. These offer sexual health screening and advice, free condoms and contraception; asthma checks; general health checks; travel advice and immunisation; alcohol advice; dietary advice and vaccinations.

Urgent Care Centre

Providing NHS treatment and tests for health problems and injuries that are urgent but not life-threatening.

No appointment is needed, just drop in between 7 am – 9 pm all year round.

Seaton House
London Road, NG2 4LA

Tel: **0115 883 8500**

www.nottinghamcitycare.nhs.uk/ and search **walk-in centre**



City Campus

Student Health Centre
Peel Street

Tel: **0115 848 6481**

www.radfordmedicalpractice.co.uk

Clifton Campus

Student Health Centre
Student Services Centre

Tel: **0115 848 3100**

www.sunrisemedicalpractice.co.uk

Brackenhurst Campus

Southwell Medical Centre
The Ropewalk, Southwell, NG25 0EW

Tel: **01636 813561**

www.southwellmedicalcentre.co.uk

Meningitis – know the symptoms

Meningitis and septicaemia are serious diseases that can affect anyone, of any age, at any time. They can kill within hours and leave those who survive with life-changing after-effects. First year university students are at particular risk because of living together in shared houses and flats or halls of residence. In many cases, young people come together from all over the world to live in one place and can be exposed to bacteria and viruses their bodies have not met before. This is why so many new students get 'freshers' flu'.

Protect yourself

Have you had your Men ACWY vaccine before coming to NTU?

If the answer is NO, you need to get it now.

Register with a GP and if you are 25 or under ask for your Men ACWY vaccine.

Even if you have had the vaccine make sure you know the signs and symptoms of meningitis and septicaemia. Is it flu, a hangover – or meningitis? Meningitis is rare, but it can be serious. The symptoms of meningitis and septicaemia are not always easy to recognise but they can develop very rapidly, sometimes within a matter of hours.

Look out for each other

If a friend is unwell, check up on them regularly and act without any delay. Symptoms can occur in any order or not at all. Symptoms include sickness, fever, cold hands and feet, muscle pain, headaches, confusion, irritability, a rash that doesn't fade under pressure and a dislike of bright lights.

If you suspect meningitis, get medical help immediately. Trust your instincts. Do not wait for a rash.

Contact NHS 111 immediately for advice or 999 if it's an emergency.



Sickle cell anaemia and thalassaemia


These are serious lifelong inherited blood disorders that can affect anyone but are most common in people with family backgrounds from Africa, the Caribbean, parts of the Mediterranean, the Middle East and Asia. Nottingham Sickle Cell and Thalassaemia Service works with Nottingham University Hospitals to provide help, support and advice.

Sickle cell and thalassaemia – tips for keeping well

- Register with a GP and contact the sickle cell service as soon as possible.
- Keep warm. In winter the cold weather can trigger pain. Ensure you wear a thick coat or jacket when outdoors and check there is adequate heating in your accommodation.
- Keep hydrated at all times. Alcohol can cause dehydration so if you are drinking have plenty of normal fluids as well. Don't forget to keep hydrated during exam time.
- Be organised to help reduce stress levels.
- Think pain management. Do you have adequate pain relief medication with you?
- Remember to have your flu vaccination. This is available from September each year.











Contact the **Sickle Cell and Thalassaemia Service** for more information.

Tel: **0115 883 8424**



Meningitis Now
Tel: 0808 8010 388
www.meningitisnow.org

Meningitis symptoms

 Fever, cold hands and feet	 Vomiting
 Drowsy, difficult to wake	 Confusion and irritability
 Severe muscle pain	 Pale, blotchy skin. Spots/rash
 Severe headache	 Stiff neck
 Dislike bright lights	 Convulsions/seizures



Alcohol

We want our students to be well-informed, healthy and safe when it comes to alcohol. It is recommended that males and females drink no more than 14 units per week. One unit of alcohol is equivalent to one small glass of wine, half an alcopop or half a pint of beer. It takes your liver one hour to process each unit.

Tips for safe drinking:

- Pace your alcoholic drinks and have a soft drink or water in between.
- Eat before you drink.
- Know your limits – decide how much you are going to drink before you go out and stick to it.
- Keep an eye out for your friends.

Follow the advice of NTSU which includes using a recommended taxi firm:

www.trentstudents.org/health

Visit **www.nhs.uk/livewell/alcohol** for more information.

If you are worried about your drinking, contact:

Your GP – Medical Practitioners in our Health Centres provide a confidential advice and support service.

Last Orders is a service offering practical and confidential advice to people living in Nottingham city who want to reduce the amount of alcohol they drink.

Tel: **0800 066 5362**

Visit **www.nottinghamrecoverynetwork.com** for more information.

Drink spiking

Some basic precautions can reduce the risk:

- Don't leave your drink unattended.
- Be aware of how much alcohol you are drinking.
- Never accept a drink from someone you don't know or trust.
- Cover the tops of bottles with your thumb.
- Look out for your friends and stay together.

If you think you have been spiked, seek help straight away and get medical assistance. Drink spiking is a serious crime; report it to the police as soon as possible.

Drugs

It is important to have reliable information about drugs, their short and long term effects and legal implications. The best advice is not to take drugs.

Psychoactive substances

Just because a drug is legal to possess it doesn't mean it's safe. So-called "legal highs" (psychoactive substances) are substances which seek to mimic the effects of drugs such as cocaine and ecstasy, but are not currently controlled as class A, B, or C drugs.

Psychoactive substances can be highly addictive and have many associated risks, including negative consequences on your mental health.

Since May 2016, it is illegal to supply legal highs for human consumption. This includes selling them or giving them away for free (even to friends) when they are going to be taken for their psychoactive effects.

Remember:

- With any drugs, you never know what you are getting and some can be incredibly harmful.
- Sharing drugs with your friends means you are putting them at risk and in danger.
- The changes in the law mean you could face legal consequences for giving or selling any drugs to anyone.
- Behaviour that breaches the Student Code of Behaviour can result in very serious consequences, including expulsion from the University.

Alcohol and drugs

The risks associated with taking drugs are increased if used with alcohol or other drugs.

- Taking similar types of drugs can increase their negative effects and be dangerous.
- As stimulants and alcohol put pressure on the heart, this can increase the risk of heart failure.
- The risk of overdose is greater. The drugs might interact in completely unexpected ways.

Drugs and mental health

Some drugs can have a profound effect if you have a mental health condition. They can cause symptoms including anxiety, panic, confusion, paranoia, and even cause psychosis. This can affect your ability to study, your relationships with others and may lead you to put your own safety and health and your future at NTU at risk.



Watch out for your friends

Watch out for your mates – if you're worried about a friend and the impact of their drug use, don't keep it to yourself. Talk to them, or someone you trust so that they can receive appropriate help.

Early intervention in drug-related problems can help to save lives.

Be aware of harm reduction advice. To find out more visit www.talktofrank.com

In an emergency situation – if someone is unconscious or having difficulty breathing:

- Immediately phone for an ambulance
- Place them into the recovery position
- Stay with them until the ambulance arrives

Local drug services can provide advice and support.

Chill Out provides a free and confidential service for non-injecting drug users aged 18 and over. The service provides relevant information about drugs with the aim of eliminating, or minimising, the risks associated with drug use. For more information and to access impartial and confidential support visit www.nottinghamrecoverynetwork.com

One to one confidential and impartial help, support and advice is available on campus. Contact Neil Brooks via neil.brooks@FrameworkHA.org or **07920 454 921**.

It makes sense to get the facts straight.

For friendly and confidential advice, talk to **FRANK** on **0300 123 6600** at any time of the day or night.

www.talktofrank.com



Be smoke free

NTU has a no smoking policy to create a healthier environment in which to work and study. This includes all University buildings and residential accommodation.

New Leaf – Nottingham's free NHS stop smoking service, offers advice, support and clinics across the city. Contact them on 0800 561 2121 or text NEW to 80800.

www.newleafstopsmoking.co.uk

For Brackenhurst students please use:
www.smokefreelifenottinghamshire.co.uk

Healthy finances

Money worries can be stressful. Learning to manage your money can be quite challenging especially if you've never had to do it before. If you're finding it hard to cope with your financial responsibilities as a student then there is plenty of support available to help you.

Our Financial Support Service can offer practical advice on looking after your money. They can also check that you are getting all the help that you are entitled to.

If you run into difficulties, we recommend that you seek guidance about possible financial implications before making any major decisions about your course or your future at the University.

You can find out more at www.ntu.ac.uk/studentsservices (follow the **Fees and Student Finance** link). The Money Management pages have a useful budget planner to help you make ends meet.

Email financial.support@ntu.ac.uk for more information.

Working while you study

Many students choose to get some extra money by working part-time during their studies, or working during vacations.

Getting a part-time job isn't just a good way to boost your income, it can also boost your confidence and give you experience which is invaluable when you are applying for jobs. You can boost your employability by visiting www.ntu.ac.uk/employability.

The Students in Classrooms scheme also offers over 500 paid opportunities for work in local schools, to help pupils achieve more. Visit www.ntu.ac.uk/studentsinclassrooms for more information.



Healthy relationships

Healthy relationships are based on the principle of mutual respect and are important for your wellbeing at a personal and community level.

Respect at NTU – Give it. Get it. Expect It.

We encourage all members of the NTU community to be aware of their behaviour and interaction with others – and of the impact this may have. Discriminatory and negative behaviour is not tolerated and may also be unlawful. This includes sexism, misogyny, transphobia, homophobia, sexual assault and sexual violence, and the use of social media to demean and humiliate. Behaviour that breaches the Student Code of Behaviour can result in very serious consequences, including expulsion from the University.

Visit www.respectnotfear.co.uk for more information about healthy relationships and keeping safe.

To report a crime or a concern to the police call 101, or in an emergency call 999.

Sexual health

Your sexual health should be a positive aspect of student life, and your relationships should enable you to fulfil your social and emotional potential.



Safer sex

Using condoms is the only way to protect yourself against sexually transmitted infections and unintended pregnancy. If you are under 25 you can get free condoms through the C-Card scheme, available from NTU health centres and other on campus facilities.

For further information visit www.ntu.ac.uk/sexualhealth and www.nottinghamshiresexualhealth.co.uk

Chlamydia is the most common STI in the under 25s, and as with other STI's, there may be no obvious symptoms. Screening and treatment for this and other infections is simple and free from NTU health centres.

For more information visit www.nhs.uk/Livewell/Sexualhealthtopics or www.nottinghamshiresexualhealth.co.uk

Consent is everything

Sexual consent is a voluntary agreement to engage in sexual activity, having the freedom and capacity to make the choice. To be able to give your consent you should be sure that it is your decision and not one you have been pressured to make.

It's not enough to just assume someone wants sex – consent must be sought as well as freely given. The law in Britain says that both people need to give their consent before sex or any physical closeness.

If you are thinking about having sex with someone who may be under the influence of alcohol or drugs, stop and think: are they in a position to give their consent? For more information visit www.ntu.ac.uk/respect

We want to know

If you experience a sexual incident, Student Support Services are here to listen, help you to think through your options and support you.

www.ntu.ac.uk/respect



Getting help – sexual assault and domestic abuse services in Nottingham

If you are concerned that you may have been the victim of a sexual assault or violence in a relationship, there are a number of services that can help you:

- **The Topaz Centre, Nottingham Sexual Assault Referral Centre** – supports people who have been raped or sexually assaulted. Provides a crisis response, supports access to medical care and can provide a safe place to gather any forensic evidence.

Email: support@topazcentre.org.uk
Tel: **0845 600 1588** (24 hour line)

Monday to Friday 9 am – 5 pm:

Tel: **0115 844 5024**

- **Nottinghamshire Sexual Violence Support Services** – supports people aged 13 and over of any sexuality.

Support includes:

- counselling
- group support
- support for families
- helpline

www.nottssvss.org.uk

- **Women's Aid** – support for women in Nottinghamshire experiencing abuse.

Domestic abuse helpline: **0808 800 0340**

www.wais.org.uk

- **Equation** – a charity that promotes equal, healthy relationships free from domestic abuse. The Equation website includes key information about local domestic abuse services.

Call the 24 hour helpline on **0808 800 0340** and **0341** text phone with Language Line.

www.equation.org.uk

Healthy spirit

Your time at University may be a time when you start to ask “who am I?”, to think about what you believe in, what is important to you, and what you stand for and against.

You may already have a strong sense of your spiritual or faith identity, or you may not have really thought about these issues before, but find yourself prompted to do so by your studies, those you meet, or events that occur.

These questions are at the heart of faith and spiritual values. We recognise the importance of spiritual support for students and the importance of spiritual values and / or religious practice in many students' lives.

If you are a practising member of a faith community and want to meet other students who share your faith, look out for the faith societies through the Students' Union: www.trentstudents.org

There are opportunities for Christian, Jewish, Muslim and Hindu prayer meetings, meditations and services on, or close to, the University campuses.

If you want to explore the big questions in life, or any spiritual or religious matters, get in touch with our multi-faith team of chaplains and faith advisers. Visit www.ntu.ac.uk/faith to find out more about their programme of activities.

You can also visit our Wellbeing Centre on the Clifton Campus, where you will find a warm welcome and opportunities to get involved.

For more information visit www.ntu.ac.uk/faith



Healthy community

Getting involved in activities and societies or in community projects is a great way to try something different and meet new people.

There are over 70 clubs and societies for you to get involved in at NTU. With everything from sports and activities to drama and real ale there is bound to be something for everyone. Joining a club or society can help you to meet new people, discover new skills and give you the chance to relax and enjoy doing something you love, with people who feel the same.

www.trentstudents.org



There are very clear expectations around how all members of its community treat others, and how they themselves can expect to be treated by others. This is detailed in the NTU Dignity and Respect Policy, together with routes to address related issues.

Occasionally students may encounter relationship difficulties and conflict. To support students in dealing with these issues, NTU offers a confidential Dignity and Respect Service and a Mediation Service. For more details visit www.ntu.ac.uk/equality

NTU offers a confidential Dignity and Respect Advisory Service. To make an appointment telephone **0115 848 6176** or email equality@ntu.ac.uk

Information and Advice Service

The Information and Advice Service provides an independent, free and confidential advice, information and representation service. We can offer impartial advice without the risk of a conflict of interest. For more information visit www.trentstudents.org/ias

Dignity and respect

The University is a diverse place, greatly enhanced by the different backgrounds, views and experiences people bring to our community.

During your time here you will be working and living alongside many new people which can be enriching.

NTU is committed to ensuring an inclusive learning environment characterised by dignity and respect.

Start volunteering

Volunteering can make a real difference, and not just to the people you are helping. People who give up their time to volunteer also gain from the experience. You could meet new people, boost your self-confidence and be left with a feeling that you have achieved something worthwhile. There are lots of exciting volunteering opportunities available to all NTU students, whether you are looking to volunteer in a local project, a schools project, sports volunteering or through an international opportunity.

The Students in Classrooms scheme offers over 500 opportunities for work in local schools, to help pupils achieve more.

Visit www.ntu.ac.uk/volunteering or www.trentstudents.org/volunteering-dev to find out more.

Safe and secure

There are many ways that you can reduce the chances of being a victim of crime.

Stay safe

Staying safe is important. If you're out and about, taking some basic precautions can help you stay out of trouble.

- Don't walk home alone – you could be an easy target for crime.
- Stay on main roads – there are more likely to be other people around and the lighting tends to be better.
- Use a reputable taxi company to make sure you get home without a problem. For taxi advice and contacts visit www.trentstudents.org/health

Be secure

Students are quite often the victims of crime – their homes can be seen as easy targets by burglars who know that there is usually a range of expensive items inside.

Being burgled or becoming the victim of other types of crime can have a negative effect on how you feel.

Taking a few simple steps can stop you being an easy target and help you feel more secure.

- A third of burglars get in through a window. Lock doors and windows at night and when you're not in.
- Burglaries are often opportunist crimes. Storing valuables out of sight will make a thief less likely to try.
- Leave a light on when you are out so that the place looks occupied.

Immobilise is a free online service where you can record your possessions making them easier to recover if they are stolen. Go to www.immobilise.com and register your stuff.

For crime prevention advice and links visit www.police.uk/crime-prevention-advice

Staying safe online and identity theft

It is vital that you stay safe when using the Internet. Never give out personal information when you are online, regardless of who you are (or think you are) talking to.

For general advice about being safe when online, go to www.getsafeonline.org

Identity theft and scams can affect anyone and usually come in the form of a telephone call, an email or by post. For advice on how to protect your identity and prevent criminals from committing fraud in your name, please visit: www.actionfraud.police.uk



Home sweet home

Where you live and who you live with can have a great impact on how you feel. If you are living in halls, a bit of give and take is needed because what you do can impact on the people living around you.

If you are having problems with your accommodation or flatmates it is better to do something about it sooner rather than later. Dealing with problems with flatmates can be difficult. Simply talking about your concerns can help clear the air and make you feel better.

The Students' Union can provide independent advice to help you to resolve a problem and make living with others a more pleasant experience. Visit www.trentstudents.org/ias for more information.

If you live in University accommodation, we have Residence Assistants who are on hand to help. Residence Assistants are more experienced students, who are in halls to offer friendly advice and support, or to give you information about the other services the University can provide. They work closely with the Residence Management Team, and the Warden Service, to ensure your accommodation experience is a positive and enjoyable time.

In addition, the wardens have disciplinary powers under the Student Code of Behaviour, to address nuisance behaviour that may affect you. Please give your Residence Assistant or the residence staff as much information as possible about any specific incidents, and they will pass this on to the warden to take action.

If you are unhappy with where you are living, contact Student Accommodation Services who can offer advice on how you can resolve the problem. Email accommodation@ntu.ac.uk or visit them at the Student Services Centre.



Useful information

Accommodation

Tel: 0115 848 2894

Email: accommodation@ntu.ac.uk

www.ntu.ac.uk/accommodation

Employability Team

Tel: 0115 848 8638

Email: employability@ntu.ac.uk

www.ntu.ac.uk/employability

Health information for students

www.nhs.uk/livewell/studenthealth

City Campus health centre

Radford Medical Practice

Tel: 0115 848 6481

www.radfordmedicalpractice.co.uk

Clifton Campus health centre

Sunrise Medical Practice

Tel: 0115 848 3100

www.sunrisemedicalpractice.co.uk

Southwell Medical Centre (near Brackenhurst)

Tel: 01636 813561

www.southwellmedicalcentre.co.uk

Music

Tel: 0115 848 8174

Email: music@ntu.ac.uk

www.ntu.ac.uk/music

NTU Sport

Lee Westwood Sports Centre
(Clifton Campus)

Tel: 0115 848 3219

City Sports Centre (based in SU building)

Tel: 0115 848 4066

www.ntu.ac.uk/sport

Students' Union

Tel: 0115 848 6200

www.trentstudents.org

NTSU information and advice service

Tel: 0115 848 6260

Email: sac@su.ntu.ac.uk

www.trentstudents.org/ias

NTU Taste outlets

www.ntu.ac.uk/taste

Volunteering

Email: volunteering@ntu.ac.uk

www.ntu.ac.uk/volunteering

Security (including lost property)

City Campus

Tel: 0115 848 2468

Clifton Campus

Tel: 0115 848 6600

Brackenhurst Campus

Tel: 0115 848 5262

Here to help

You can get advice on a range of issues and problems from Student Support Services. Our teams are available at all our campuses, so you can get the help you need when you need it.

Visit **www.ntu.ac.uk/studentsservices** or email us at **student.support@ntu.ac.uk**

You can also find us in the following locations:

City Campus – Student Services Centre, Central Court, Newton and Arkwright buildings

Clifton Campus – Student Services Centre

Brackenhurst Campus – Student Centre, Bramley building

You can also contact us using the details below:

Care leavers and foyer residents

Email: transition.support@ntu.ac.uk

Disability support
(including support for students with Asperger's syndrome)

Tel: 0115 848 2085

Email: disability.support@ntu.ac.uk

Dyslexia support

Tel: 0115 848 4120

Email: dyslexia.support@ntu.ac.uk

Financial support

Tel: 0115 848 2494

Email: financial.support@ntu.ac.uk

Faith support

Tel: 0115 848 3279

Email: faith@ntu.ac.uk

Health and wellbeing support

Support, help and advice on all mental health and wellbeing issues.

www.ntu.ac.uk/wellbeing

International student support

Tel: 0115 848 2631

Email: int.support@ntu.ac.uk

Mature student support

Email: mature.support@ntu.ac.uk

General enquiries

Email: student.support@ntu.ac.uk



Contact us

enquiries@ntu.ac.uk
+44 (0)115 941 8418

Find us

Nottingham Trent University
50 Shakespeare Street
Nottingham
NG1 4FQ

www.ntu.ac.uk



This information can be made available in alternative formats.

Please note that whilst the University has taken all reasonable steps to ensure the accuracy of the content within this leaflet at the time of printing, the University reserves the right to remove, vary or amend the content of the leaflet at any time. For avoidance of doubt, the information provided within the content of this leaflet is for guidance purposes.

© Nottingham Trent University and may not be reproduced or transmitted in any form in whole or in part without the prior written consent of Nottingham Trent University.