

## Students with Caring Responsibilities

### Who are carers?

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. People with parental / childcare responsibilities are also considered to be carers, you can find out more about support for student parents [here](#).

### What do carers do?

People's caring responsibilities differ significantly and no two carers' experiences are the same. As a carer, you may be providing support with practical household tasks or personal care, paying bills and providing financial support, administering medication, advocating on behalf of the person, or liaising with health and social care services. Carers may need to attend routine hospital or other appointments as well as being called out for urgent matters at any time of day.



Image courtesy of Carers Week <https://www.carersuk.org/>

## Student carers

At the time of the last census, 6.5 million people in the UK provided care for a family member or friend. This figure is rising, with an estimated 6,000 people taking on new caring responsibilities every day. It is estimated that between 4-6% of the UK student population are carers.

In 2013 the NUS undertook research on the experiences of student carers in the UK. The research found that Universities could better support students with caring responsibilities by:

- Making sure all students know what support is available to them
- Supporting students who have financial worries
- Encouraging students to tell staff about their caring responsibilities
- Offering flexibility so that if you miss a lecture or seminar, you can catch up
- Include caring responsibilities as legitimate grounds for an Extenuating Circumstances claim
- Provide Counselling, Health and Mental Health advice
- Work with Student Unions to make sure there are social networks for student carers

## Supporting student carers at UAL

There are around 300 student carers at UAL and a further 400 who are parents. People may develop caring responsibilities gradually over a period of time, or they may arise suddenly as a result of a family member or friend's changing needs. Being a carer may be part of your everyday life, or may increase at different times.

UAL appreciates the challenges student carers face and that it can sometimes be difficult to juggle college work with your caring responsibilities. We hope this guidance will provide you with the information you need to make sure you have a positive and fulfilling experience at UAL. The guidance covers:

- Support on your course
- Extenuating Circumstances
- Money Advice
- Counselling, Health and Mental Health
- UAL Chaplaincy
- Quiet Spaces

## Support on your course

The University encourages students to attend all timetabled sessions, including lectures, seminars, group and individual tutorials, learning support sessions, workshops, inductions and demonstrations. However, speaking to your course leader or personal tutor about your caring responsibilities can help to plan the kind of support and flexibility you may need.

Courses may differ in the kind of flexibility that can be offered, but you may want to discuss the following areas:

- What arrangements can be made if you miss a seminar or tutorial due to your caring responsibilities? Can course materials / lecture notes or catch up tutorials be arranged?
- Can you agree arrangements for when you need to arrive late or leave early?
- Can timetables be provided in advance so that you can plan alternative care arrangements?
- Can changes be made to scheduled personal tutorials or other 1:1 sessions if they clash with appointments or other aspects of your role as a carer?
- Where can you get support and advice about finding work placements that are close to home, or fit in with your caring responsibilities?
- Do other staff members need to be made aware of these arrangements, so that you do not need to inform different people individually?

## Extenuating Circumstances

The University's Extenuating Circumstances guidelines make specific reference to students with caring responsibilities.

You may be able to submit an extenuating circumstances claim if there are circumstances which are unexpected, significantly disruptive and beyond your control, and which may have affected your ability to meet an assessment deadline or the level of your performance at assessment.

For advice about submitting Extenuating Circumstances, please contact your College Administrator or the Students' Union Advice Team on [advice@su.arts.ac.uk](mailto:advice@su.arts.ac.uk).



[Click here](#) or search online for UAL Extenuating Circumstances Policy

## Money advice

The Student Advice Service is here to help you to make sure you're accessing all of the funds available to you and answer any queries you may have. They can tell you about the [Hardship Fund](#) as well as any [scholarships](#) and [bursaries](#) that are available to students at UAL

**Contact the Student Advice Service on:**

**Tel:** +44 (0)20 7514 6250

**Email:** [student.services@arts.ac.uk](mailto:student.services@arts.ac.uk)



[Click here](#) or search online for the Student Advice Service

## Counselling, Health and Mental Health Service

If you find that your caring responsibilities combined with the pressures of studying are affecting your emotional, mental or physical health, you may want to get in touch with the Student Counselling, Health and Mental Health Service.

Counselling is an opportunity to talk confidentially to a trained professional outside one's day-to-day life. Talking can be helpful for finding ways to address difficulties and issues that are impacting on your studies, well-being, and general functioning. Some of the areas in which counselling can be helpful are: stress, course related problems, relationship issues, low mood, anxiety, loss, bereavement, loneliness and homesickness.

## UAL Chaplaincy

The UAL Chaplains offer pastoral and spiritual care to students and staff. If you would like to have a private talk with one of UAL's Chaplains, or to be put in touch with one of UAL's other faith advisors, please contact William Whitcombe [w.whitcombe@arts.ac.uk](mailto:w.whitcombe@arts.ac.uk) or Mark Dean [m.w.dean@arts.ac.uk](mailto:m.w.dean@arts.ac.uk).



[Click here](#) or search online for UAL Counselling, Health and Chaplaincy

## Quiet Spaces

Taking some time out in the day to clear your mind or get some rest can make a big difference. Each University site has a space for students and staff to rest, use for health reasons (such as expressing milk or taking medication) as well as undertaking prayer or personal reflection.



[Click here](#) or search online for UAL Quiet Spaces

## Support and Advice Agencies for Carers



Carers UK is a charity set up to help the millions of people who care for family or friends; providing information and advice about caring alongside practical and emotional support for carers. Carers UK's Advice line: 0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)



Carers Week is a UK-wide annual awareness campaign which takes place in June. Its aim is to improve the lives of carers and people they care for. The Carers Week website contains a wealth of information about the experiences of carers, as well as where to get further advice and guidance.  
<https://www.carersuk.org/news-and-campaigns/campaigns/carers-week>



**Carers Trust** is a major new charity working for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. To find your nearest [Network Partner](#) or visit [www.carers.org](http://www.carers.org).



Many people need both emotional and practical support to help with caring for someone with cancer. We have trained specialists who provide this support in the community, including social workers, counsellors, and children and family workers. To find out about the support available in your area, call our Support Line free on 0808 808 00 00.



If you are caring for someone living with a terminal illness who has been told that they may not get better – Marie Curie Cancer Care can help you. Whether you want to find out about our services for carers and families or take a look at our short film guides, this website can help you find the information you need.  
<http://www.mariecurie.org.uk/>



The MS Society has several publications specifically for the families and carers of people with MS, including a carers handbook, caring for someone with advanced MS, and a guide for young carers. Families and carers can call our confidential freephone MS Society helpline on 0808 800 8000, from 9am – 7pm, Monday to Friday.



Parkinson's UK work to find a cure and improve life for everyone affected by Parkinson's. Thousands of wives, husbands, children, friends and family all over the UK support people with Parkinson's and we are here for everyone affected by the condition. Call our helpline on 0808 800 0303 for more information or visit our [website](#).



The Stroke Association works with carers and stroke survivors to support them in making everyday living that bit easier. Whether it's someone to talk to, information on stroke and its impact or the support available in your local area. We're here for you. Call us: Helpline: 0303 3033 100 or visit our [website](#) For more information, please see our [free factsheet Stroke: a carer's guide](#).



Rethink Mental Illness was established by carers and our aim is to give them, and those they care for, a voice in every aspect of mental health provision. We have developed a range of services to meet the complex needs of carers for people with severe mental illness, and are ideally placed to work in partnership with commissioners to deliver. [Find more information about our Carer Support services](#).



Alzheimer's Society is a [membership organisation](#), which works to improve the quality of life of people affected by [dementia](#) in England, Wales and Northern Ireland. Their [website](#) has information about many aspects of caring for a person with dementia. A useful starting point may be our factsheet, [supporting a person with dementia](#)