

# Support and Wellbeing for Student Carers

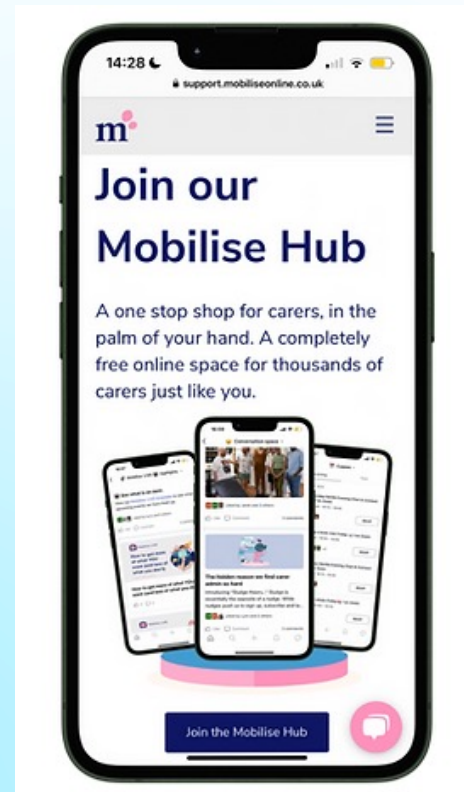


Dr Nichola Kentzer – Chair of the OU's Care and Caring Network

Rob Moore – Amazing Student Hub Live host

# Updates

- ▶ Carers Leave Act
- ▶ Agile Working Act (updates)



# Reminders

Open University

- ▶ Student carer flag
- ▶ Carer's Bursary

Other sources

- ▶ Local carer centre
- ▶ Carers UK



The Student Support Team (SST)

[Help Centre](#)

Support for carers

## Get help and advice



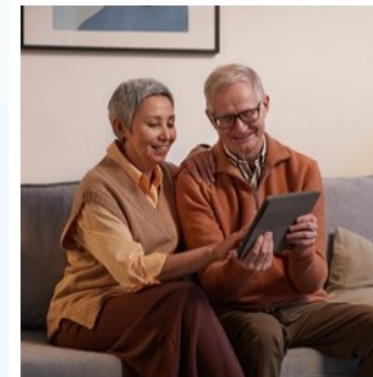
[Carer's Allowance](#) →

[Help with energy costs](#) →

[Help with Council Tax](#) →

[Help and advice](#) →

## Connect with carers



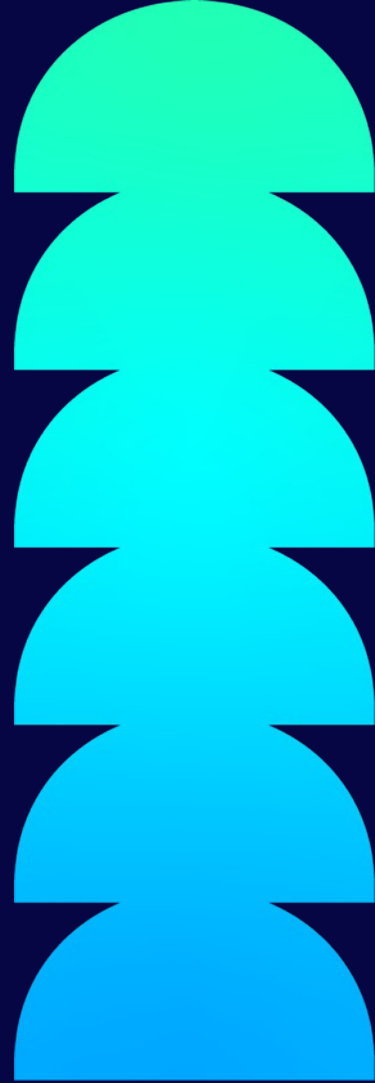
[Care for a Cuppa](#) →

[Carers Connect](#) →

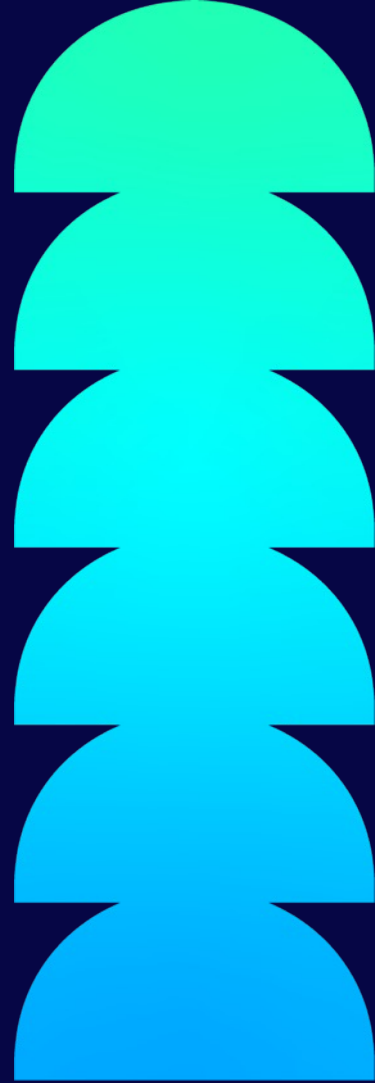
[Share and Learn](#) →

[Online meetups](#) →

**What support do you access  
(to help you to study)  
and  
how does this benefit you?**



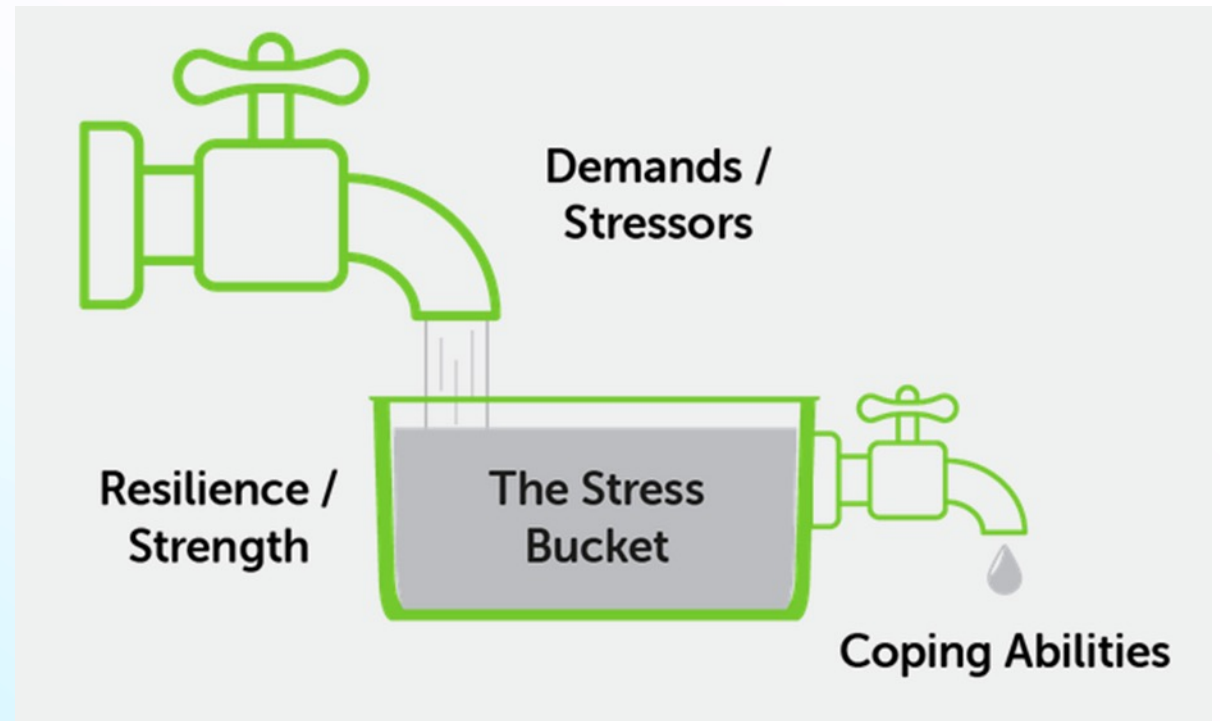
**What additional support  
would be of benefit to your  
studies?**





# Day to day management of self

- 'My bucket is getting full' is better than 'my bucket is overflowing'
- Create a toolkit to support a balance between demands and ability to cope.
- A key part of your toolkit as a student carer is being okay with asking for help (SST/tutor)



**Consider the stressors that might be in a carer's life and what coping strategies might support a balance**

