

Support and Wellbeing for Student Carers

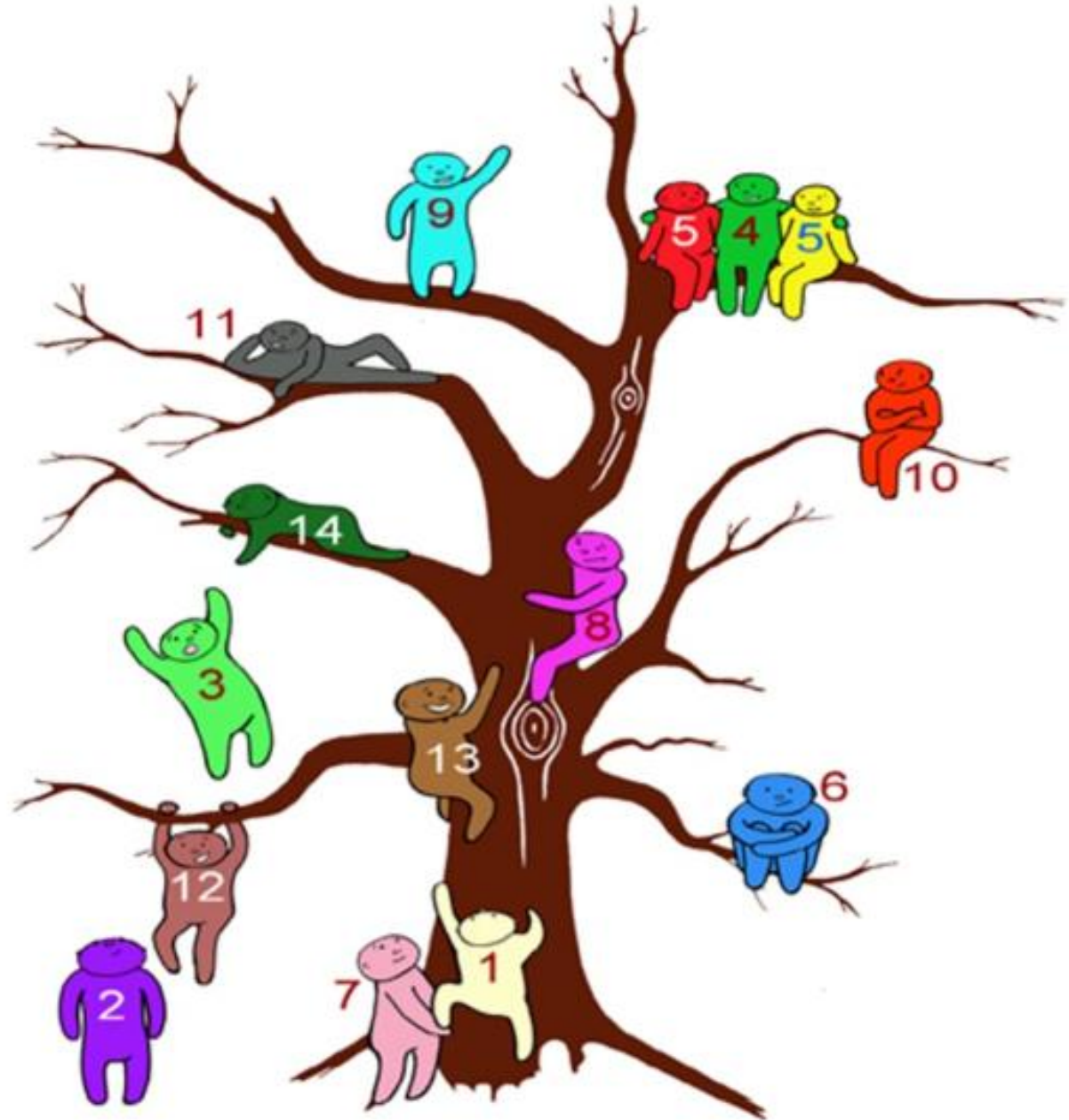


9-15 June 2025



Nichola Kentzer – OU Student Carer Champion
Carolyn Johnstone – OU Student Carer Champion
Rob Moore – Amazing Student Hub Live host

How are you doing?

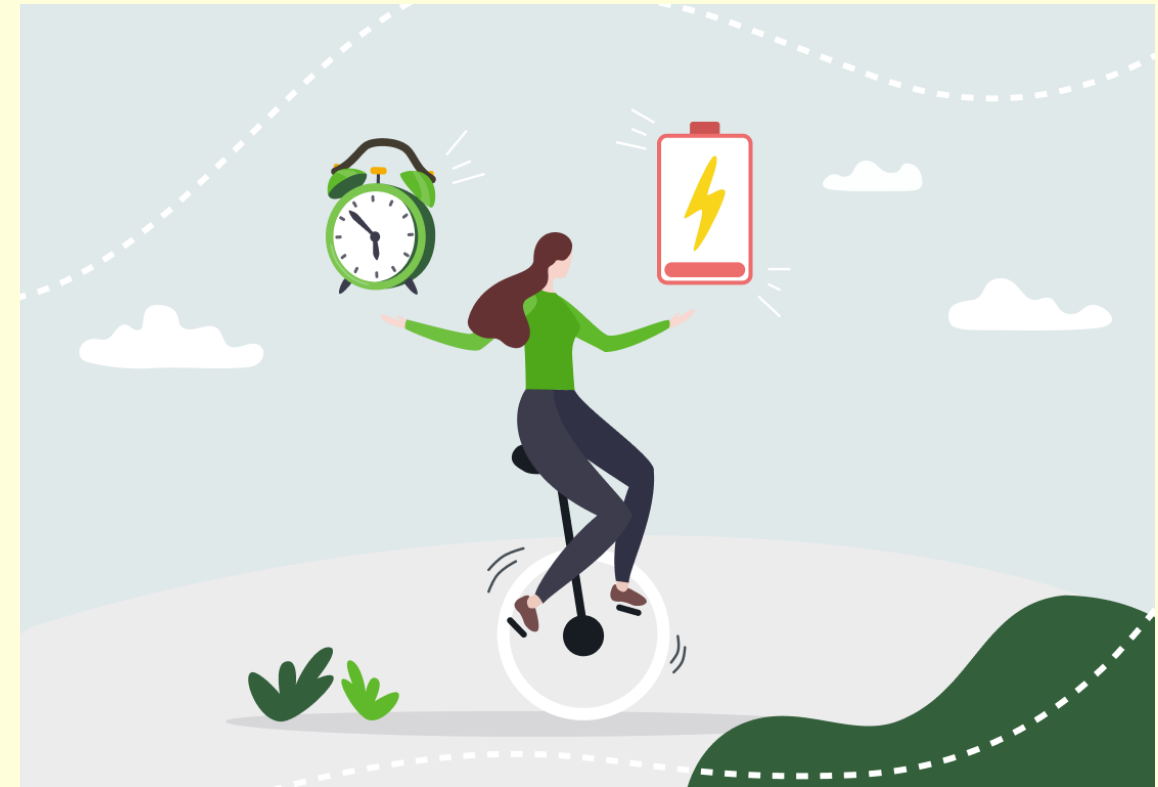


Taking a break

Caring for someone can be relentless and exhausting so breaks are vital for your own wellbeing and quality of life.

After a break, many people feel recharged and rejuvenated and with a more positive outlook, it is easier to cope with challenging circumstances.

The person, or those, you care for could also benefit from enjoying new experiences, a change of scene and routine, and meeting other people.



If you were in charge...

What would optimum student carer support look like at the OU ?



Open University

- ▶ Student carer flag
- ▶ Carer's Bursary
- ▶ Special circumstances

The Student Support
Team (SST)

Support for carers

Help Centre

Other sources

- ▶ Local carer centre
- ▶ Carers UK

NATURE AND MENTAL HEALTH: THE BENEFITS



Reduce stress levels

Enjoy the calm of nature, helping to lower your blood pressure and reduce production of stress hormones.



Open up creatively

Nature is an endless resource of inspiration. Head outside for a world of opportunities to be creative.



Be more present

Use the outdoors to practice mindfulness, helping you be more relaxed and less anxious.



Improve your mood

Establish a connection with nature to help build positive long-term outcomes for your wellbeing.



Better your physical health

Walking, running, cycling – it all helps release positive hormones that improve our physical and mental health.



