



## Winter Break 2021: Information for students

Dear Students,

We understand that it's been another challenging year for all of us and we appreciate your cooperation in helping keep our University safe by following COVID guidelines. We sincerely wish you a joyful, safe and restful break ahead of the next semester.

Over the winter break student support services will not be operational, however there will be staff present in the student life building every day, and the building will remain open 24/7 including Bank Holidays. Staff available in the SLB over the holidays will be able to welcome students, act as a point of contact, take referrals for when services re-open and assist with any questions.

Details of the services that will be available again on the 4<sup>th</sup> January can be found at the following; <https://www.ljmu.ac.uk/students/supporting-your-study/support-in-your-faculty> and <https://www.ljmu.ac.uk/discover/student-support>.

To request an extension, please complete the online form found [here](#). Go to the 'Personal Circumstances' option within the left panel and select the 'Extension' option. Please also provide supporting evidence alongside your extension request, which could be in the form of a medical note or correspondence, email from LJMU support services, etc; depending on the nature of your extension request.

***There is a wealth of information contained with the following pages. If you are staying in Liverpool for all or part of the holidays, please have a look so that you are prepared; and if you are not staying in your accommodation or the city, then please review the section on securing your accommodation before you leave.***



## Information for students

- **Personal safety (page 3)**
- **Safety of belongings and property (page 4)**
- **About your accommodation (page 5)**
- **Health and wellbeing (page 6 - 8)**
- **Things to do (page 9)**
- **Faith events and services (page 10 - 12)**
- **Library Services (page 12)**
- **International students (page 13)**
- **Money advice (page 14)**
- **John Moores Students' Union (JMSU) (page 15)**
- **Student Advice and Wellbeing (SAW) (Page 16)**



## Personal safety

The holiday period can be a time to let your hair down and relax, but please make sure that you still look after yourself and those around you. It is important to continue to follow to follow [national advice](#) around COVID. Thinking ahead, looking after each other and making plans to enjoy yourselves and get home safely will help you to enjoy your celebrations that little bit more.

So, when you are getting ready to go out, you already know to remember your keys, mask, money, phone, but keep the following in mind to help you stay safe and have a great time...

- When going to or leaving a party, pub or other venue after dark, try and leave with a group of friends and all travel together, particularly when you are on your way home
- If you need to get a taxi, make sure it is registered. Try where possible to pre-book a taxi home. To share costs and enhance personal safety, travel with your friends or housemates. If you or your friends are travelling along ensure you let each other know you have arrived home safe.
- Keep a careful eye on your belongings - holiday period creates an ideal environment for pickpockets and other opportunist criminals.
- Stick with your friends and look out for each other.
- Stash some cash in case you lose your purse or wallet.
- Don't make yourself vulnerable - drinking soft drinks or water between alcoholic drinks can help.
- Store an ICE (In Case of Emergency) number in your phone as well as writing one out and storing it in your purse or wallet.

### Useful Links

Alcohol awareness information: [www.drinklessenjoymore.co.uk](http://www.drinklessenjoymore.co.uk)

Free, confidential support to people experiencing issues with drugs, alcohol or mental health: [We are With You](#).

SAFEPlace Merseyside is the sexual assault referral centre for Merseyside: [www.safeplacemerseyside.org.uk](http://www.safeplacemerseyside.org.uk)

RASA Merseyside for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. [www.rasamerseyside.org/](http://www.rasamerseyside.org/)

Personal safety and crime prevention advice from Merseyside Police [www.merseyside.police.uk/cp/crime-prevention](http://www.merseyside.police.uk/cp/crime-prevention)

Frank is a website and telephone helpline service offering advice, information and support to anyone concerned about drugs: [www.talktofrank.com](http://www.talktofrank.com)



## Safety of belongings and property

Merseyside Police, in conjunction with LJMU and Liverpool City Council, want you and your belongings to stay safe this Christmas.

- Please make sure that you keep all external windows and doors locked, even when you are in
- Make sure that you have insurance for any new gifts you might receive at Christmas – laptops, mobile phones, iPods etc. are easy pickings for thieves
- Keep expensive kit out of view or keep the curtains shut

If you need to contact the police to report a crime and other concerns that do not require an emergency response call **the 101 non-emergency number**.

For example, if:

- Your car has been stolen
- Your property has been damaged
- You suspect drug use or dealing in your neighbourhood

or to

- Report a minor traffic collision
- Give the police information about crime in your area
- Speak to the police about a general enquiry

For more information on ways to keep you and your property safe this Christmas check out Merseyside Police [crime prevention advice](#)

## University Security Services

University security operate throughout the Winter break period.

If you are on campus and encounter any security issues then contact the Security Emergency line: 0151 231 2222

The phone line is staffed 24/7 and patrolling security staff are available to provide a response.



## About your accommodation

**If you currently live in a private house or flat and you are going home over the Christmas period, please note the following advice:**

- Let your landlord know the approximate dates you are leaving and planning to return
- Turn radiators low (if possible) and turn off electric wall heaters – you will be charged for fuel used over Christmas period if bills are not included in your rent
- Turn off the hot water tank
- If you have a card or prepayment meter make sure you have enough credit to keep your freezer running
- Remove all rubbish from the kitchen and all bin bags from the property
- Remove any food that may go off from the fridge/freezer and perhaps take the opportunity to defrost it
- Turn off all taps properly
- Keep radiators clear by removing any clothing put out to dry
- Ensure any air bricks are kept clear for ventilation purposes
- Close all internal doors and close and lock all windows and exit doors
- Leave a light on using a timer switch if possible
- Keep expensive items out of view and in a secure place or perhaps ask a trusted friend to look after them

**If you currently live in a hall, please note the following:**

- If you are going home then turn off all lights and unplug electrical appliances - except the fridge/freezer – and close and lock all internal doors
- If you are staying over the holidays there will be staff available across the entire Christmas period but the reception may be closed for an extended period.
- Make sure that you know the emergency contact number in case of any problems when the reception is closed

**If you are staying in Liverpool then please show consideration to your fellow residents if you are planning any festive parties.**



## Health and wellbeing

Please continue to follow [national advice](#) around COVID-19.

If you have any other health queries:

- [www.nhs.uk](http://www.nhs.uk) – the largest health website in the country for information about hundreds of health issues, and details of GPs, pharmacies and dentists in your area. You can also contact the NHS on 111. NHS 111 is available 24 hours a day, 365 days a year for any medical help which is needed fast, but is not a 999 emergency. Calls are free from landlines and mobile phones.
- If you are registered with [Brownlow Health](#) but return to your home address you can still access their eConsult and electronic prescription service.
- [Healthwatch Liverpool](#) has an information line is available for further queries - call 0300 77 77 007 or email [enquiries@healthwatchliverpool.co.uk](mailto:enquiries@healthwatchliverpool.co.uk)
- [Live Your Life Well](#) contains a range of information to support your wellbeing including eating well, alcohol awareness, support to give up smoking and being physically active.
- [The Live Well Directory](#) is a directory of local care and support services for the Liverpool City Region (LCR).
- [Wellbeing Liverpool](#) is a directory of activities that can help enhance your health and wellbeing.

## Mental wellbeing

### Need someone to talk to?

Holiday periods can seem very long if you are on your own or dealing with issues. There are a wide number of telephone services available over the holidays including:

[CALM](#) 0800 58 58 58 (open 5.00p.m – midnight everyday including holidays)  
[www.thecalmzone.net](http://www.thecalmzone.net)

[Hub of Hope](#) If you need mental health support wherever you are in the U.K visit Hub of Hope or download the app: [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

[James' Place](#) A non-clinical centre for men experiencing suicidal crisis in Liverpool  
Phone: 0151 303 5757  
E-mail: [info@jamesplace.org.uk](mailto:info@jamesplace.org.uk)  
TEXT: JP to 85258 for their 24/7 helpline



**Mind Out** LGBTQ Mental Health Service offering online advocacy and mental health support services.

### **Papyrus**

Support for people feeling suicidal, available open 9am–12am (midnight) every day of the year

Telephone: 0800 068 41 41

Text: 07786 209697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Samaritans**: If you are having a difficult time or if you are worried about someone else you can talk to someone, phonelines are open 24 hours a day, 365 days a year

National telephone: 116 123 (this number is free to call)

Local telephone: 0151 708 8888 (local call charges apply)

Email [jo@samaritans.org](mailto:jo@samaritans.org)

You can also visit the Liverpool branch of Samaritans on 25 Clarence Street, Liverpool L3 5TN

Call to check opening hours or visit the website:

[www.samaritans.org/branches/samaritans-liverpool-and-merseyside](http://www.samaritans.org/branches/samaritans-liverpool-and-merseyside)

**SANeline** is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 4.30pm to 10.30pm on 0300 304 7000.

**SHOUT** is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope

### **Need urgent help?**

If you are concerned that you (or someone else) cannot stay safe and are at risk, then you need to go to Accident and Emergency or present yourself to present yourself to your local mental health crisis service. See [guidance](#) from the NHS when to call an ambulance.

If you need urgent support, and there is no immediate danger to yourself or others, and you feel you can keep yourself safe until an appointment, you can contact your GP and ask for an emergency GP appointment

If you are still in Liverpool contact the virtual crisis hub number [0151 296 7200](tel:01512967200) or Aintree University Hospital, telephone [0151 525 5980](tel:01515255980) where staff will be available to advise you.

For more support on help available out of hours if you are in a mental health crisis visit [www.merseycare.nhs.uk/contact-us/do-you-need-help-urgently/](http://www.merseycare.nhs.uk/contact-us/do-you-need-help-urgently/)

Find out more information on [student mental health support](#).



## Online support at LJMU:

Our Student Wellbeing Team offers a range of [selfhelp information](#), tools and workshops to help you manage your wellbeing and deal with issues

As an LJMU student you can also access a range of [free online support tools](#) that will help you manage your wellbeing:

- **SilverCloud:** Access programmes at anytime to help you deal with anxiety, depression, and stress
- **togetherall:** A safe community to support your mental health, 24/7
- **[Blackbullion](#):** Improve your money management and feel less stressed about money





## Things to do if you are staying in Liverpool

### Info about what's on across Liverpool City Region

The following websites contain up to date information about what's on in Liverpool City Region during the holidays:

- [Visit Liverpool](#) Events and activities going on in and around Liverpool that feature Covid safe venues.
- [The Guide Liverpool](#) Blogs, features, reviews and listings for what's on across Liverpool
- [Uncover LPL](#) features all Liverpool & Merseyside arts and culture including online events
- [independent-liverpool.co.uk](#) A guide to local, independent food and drink venues in Liverpool
- [Wellbeing Liverpool](#) is a directory of activities that can help enhance your health and wellbeing.
- [www.lcvs.org.uk](#) Has a calendar of events run by voluntary and charity organisations if you want to get involved.

### What is on offer on LJMU and JMSU

- **JMSU** will host various activities over the holiday period, check them out and book your place here: [jmsu.co.uk/events](https://jmsu.co.uk/events)
- The Student Life Building will remain open 24/7 over the Christmas period with access to computers in The Learning Commons on Floor 1.
- The LJMU Chaplaincy Service is running a range of faith events and services



## Faith events and services

The LJMU Chaplaincy team have chaplains from multiple faiths who are here to offer you a helping hand if needed. All the chaplains are friendly, approachable and willing to talk about anything from exploring faith and spirituality to pastoral care. You can find further info on how to contact them [here](#).

### Muslim Chaplaincy

Muslim Chaplain: Sheik Zane Addo

Tel: [07768898056](tel:07768898056) Email: [Z.M.Abdo@ljmu.ac.uk](mailto:Z.M.Abdo@ljmu.ac.uk)

The Abdullah Quilliam Mosque may be available for Friday prayers over the winter break, please check their site for details as they are updated [abdullahquilliam.org](http://abdullahquilliam.org)

For info on student-led events follow LJMU Islamic Society: [ISOC](#)

### Jewish Chaplaincy

Jewish Chaplain: Rabbi Natan Fagelman

Email: [rabbinatan@mychaplaincy.co.uk](mailto:rabbinatan@mychaplaincy.co.uk)

Tel: [07541368656](tel:07541368656)

Information on services available in Liverpool can be found here: [allertonshul.org.uk](http://allertonshul.org.uk)

### Anglican Chaplaincy

If we can be of any help to you or if you'd like to meet up please do call or text the Anglican Chaplain Hannah Padfield on 07453367202 or email [hannah.padfield@liverpool.anglican.org](mailto:hannah.padfield@liverpool.anglican.org).

### St James in the City Church, Upper Parliament Street

We meet every Sunday at 10:30am and 4pm, at St James in the City church on Upper Parliament Street. There are also various connect groups and other groups that meet throughout the week.

Wednesday 22<sup>nd</sup> December 7:30am: Prayer breakfast

Saturday 25<sup>th</sup> December 10:30am: Christmas Day service

Monday 3<sup>rd</sup> January 7pm: Student Connect

For further details go to [www.stj.org.uk](http://www.stj.org.uk) or follow on [Facebook](#)

### St Barnabas, Penny Lane

Friday 24<sup>th</sup> December 4pm: Christmas Eve Celebration

Friday 24<sup>th</sup> Decemembr 11pm: Christmas Eve Late Night Communion

Saturday 25<sup>th</sup> Decemembr 10am: Christmas Morning Celebration

For further details go to [www.pennylanechurch.org](http://www.pennylanechurch.org) or follow on [Instagram](#).



### **Catholic Chaplaincy**

Many of the local Catholic churches in Liverpool will be arranging Christmas services, however, there will be special arrangements for ticketing so it's best to contact them or consult their website in advance. You can find links on [www.liverpoolcatholic.org.uk](http://www.liverpoolcatholic.org.uk).

Fr Neil (Catholic Chaplain) is available for most of the vacation. If you would like to contact him for advice or just for a chat do call 0151 709 3858 or email [unichap@rcaol.org.uk](mailto:unichap@rcaol.org.uk).

### **Methodist Chaplaincy**

Students are welcome to join our youth and student group called Drivers which focuses on friendship, Bible study and open discussion. Meetings take place every Wednesday evening 7:30-9pm. Email [lauraburton.chaplain@liverpoolmethodist.org.uk](mailto:lauraburton.chaplain@liverpoolmethodist.org.uk) to find out more.

**The LJMU Chaplaincy Team wish you a blessed Christmas time.**



## Library Services

Library Opening Hours during the Christmas Break:

Avril Roberts Library and Alham Roberts Library will be closed from Friday 24th December – Monday 3<sup>rd</sup> January inclusively.

The Learning Commons in the Student Life Building will remain open 24/7 during this period.

Libraries will resume normal opening hours from Tuesday 4 January 2021

Full opening hours details are available here: [www.ljmu.ac.uk/microsites/library/about-ljmu-libraries/visiting-the-library](http://www.ljmu.ac.uk/microsites/library/about-ljmu-libraries/visiting-the-library)

## Skills@LJMU

The library's skills development programme and one-to-one academic and maths support will continue throughout most of the winter break. Students can access online drop-in sessions, book one-to-one appointments with skills tutors, or make use of the Feedforward assignment review service.

Please note there will be no tutor availability between Friday 24<sup>th</sup> December and Monday 3<sup>rd</sup> January.

For more details or to book an appointment see: <https://www.ljmu.ac.uk/microsites/library/skills-ljmu>

This is also a great time to sign up and explore the self-study resources on the Skills@LJMU Canvas courses. Just click on the links below to get started:

Skills@LJMU: [canvas.ljmu.ac.uk/enroll/HGX4J3](https://canvas.ljmu.ac.uk/enroll/HGX4J3)

Academic Skills: [canvas.ljmu.ac.uk/enroll/37LMFB](https://canvas.ljmu.ac.uk/enroll/37LMFB)

Maths and Statistics: [canvas.ljmu.ac.uk/enroll/W4LMJ4](https://canvas.ljmu.ac.uk/enroll/W4LMJ4)



## International students

HOST UK links international students at UK universities with friendly approved hosts who offer a programme that will match students with a host family. Hosts and students will then meet for a day, for a weekend or over Christmas. The International Advice Team along with HOSTUK will be offering a number of events in December, to enable students to meet, chat and get involved. If you would like further information please visit [www.hostuk.org](http://www.hostuk.org) or contact International Student Advisors, Student Advice and Wellbeing: [internationaladvice@ljmu.ac.uk](mailto:internationaladvice@ljmu.ac.uk) or call 0151 231 3673.

Our international student ambassador, Roy, will be in the Global Lounge in the SLB between 2-4pm on 24<sup>th</sup> December and between the 27<sup>th</sup> and 31<sup>st</sup> of December.

Our Chaplaincy support also offer support during this time. For further info please visit: [ljmu.ac.uk/students/settling-in/spirituality](http://ljmu.ac.uk/students/settling-in/spirituality)

Skills@LJMU will continue to offer English language and academic skills support to international students throughout the winter break. Students can access one-to-one support in our drop-ins or appointments. This is also a great time to sign up to Rosetta Stone which has lots of English language resources and live tutoring opportunities. For more information see [www.ljmu.ac.uk/microsites/library/skills-ljmu](http://www.ljmu.ac.uk/microsites/library/skills-ljmu)



## Money advice

Many of us spend too much money over the holiday and as a consequence debt services see spikes in their calls after the festive period. In an ideal world the best advice would be don't spend more than you can afford, but if you do find yourself in financial difficulties don't panic as help is always available.

The University have invested in an online financial education platform called [Blackbullion](#) that students can use to develop your money management skills.

Alternatively you may wish to contact one or all of these organisations below before your debts get out of hand.

[National Debtline](#) / 0800138 1111

[Stepchange](#)

[Citizens Advice](#)

If you would like to talk to us about your finances in the New Year, then please contact the LJMU Money Advice Team:

[moneyadvice@ljmu.ac.uk](mailto:moneyadvice@ljmu.ac.uk) / 0151 231 3153/3154

[www.ljmu.ac.uk/discover/your-student-experience/managing-your-money](http://www.ljmu.ac.uk/discover/your-student-experience/managing-your-money)



## John Moores Students' Union (JMSU)

JMSU will be closed from *Wednesday 22nd December 2021 to Wednesday 5th January 2022*, however we're on hand to support you throughout this time.

You can contact us in various ways:

- Live chat through our website: [www.jmsu.co.uk](http://www.jmsu.co.uk) (click on the message logo on the bottom right side of the screen).
- Email us at [studentsunion@ljmu.ac.uk](mailto:studentsunion@ljmu.ac.uk)
- Contact us through social media – all handles @johnmooreessu (Twitter, Instagram and Facebook).

*We will host various activities over the holiday period, check them out and book your place here: [jmsu.co.uk/events](http://jmsu.co.uk/events).*

### Get Involved

How can you make 2022 better than 2021? Do you want to learn a new skill? Maybe become more active or meet new people? Are you looking for some experience to add to your CV or supplement your studies, maybe you just want to help others? Then why not set a New Year's Resolution for 2022.

JMSU have a wide range of opportunities to get involved in from volunteering to joining a student group. Click [here](#) to find your New Year Resolution.

### Welcome Back

We know that this year hasn't been like any other, but we've got lots of plans to welcome you back to LJMU in January 2022, including a virtual Welcome Back Fair, on-campus activities (as and when safe to do so) and much more. Keep an eye out on the JMSU website for more information.

### Digital Rep Tool

Digital Rep is the primary way your Course Rep will collect feedback on course related issues. It is a message board style tool where you can post praise, concerns, and ideas about your course. You can like, dislike and comment on posts. Course Reps will read your posts and collate your feedback. To use the tool or watch a video to find out more information click [here](#). YOUR VOICE MATTERS.

### Advice Service

We're here to provide free, impartial advice and support on university issues to all students at LJMU. Whether it is a single misunderstanding or a long-running dispute, we're here to ensure that you know what your options are, and the decisions taken by LJMU are fair. To book an appointment or find out more information click [here](#).

For all news and updates, follow your Students' Union on [Facebook](#), [Twitter](#) and [Instagram](#). You can also join the conversation on [JMSU Hangout!](#)



## Student Advice and Wellbeing

Student Advice and Wellbeing [SAW] including international advice, will close on end of business on Thursday 24 December and will reopen at 9am on Tuesday, 4 January 2022.

For enquiries and advice email [studentwellbeing@ljmu.ac.uk](mailto:studentwellbeing@ljmu.ac.uk) or call 0151 231 3664 and staff will respond to you from Tuesday, 4 January.

Further information about the services available from the Student Advice and Wellbeing team is available at: [www.ljmu.ac.uk/discover/student-support](http://www.ljmu.ac.uk/discover/student-support) and you can follow us on socials: [@ljmusaw](https://www.instagram.com/ljmusaw) on [Instagram](https://www.instagram.com),

### SAW Services Support Programme

Throughout the year our services will also be running a range of workshops, projects and activities that are designed to improve your wellbeing and enable you to have a better student experience.

Vist [saw.ljmu.ac.uk](http://saw.ljmu.ac.uk) to see what workshops, groups and support activities are available in semester 2.

### Online Support:

Our Student Wellbeing Team offers a range of [selfhelp information](#), tools and workshops to help you manage your wellbeing and deal with issues

As an LJMU student you can also access a range of [free online support tools](#) that will help you manage your wellbeing:

- **SilverCloud:** Access programmes at anytime to help you deal with anxiety, depression, and stress
- **togetherall:** A safe community to support your mental health, 24/7
- **Blackbullion:** Improve your money management and feel less stressed about money

Wishing you all a happy and peaceful winter break and look forward to welcoming you back in 2022.