

STUDENT SUPPORT AT CAFRE

 **cafre**
College of Agriculture,
Food & Rural Enterprise



 **DAERA**
Department of Agriculture,
Environment and Rural Affairs
www.daera-ni.gov.uk

Accommodation and Residential Support Team

We have staff available 24 hours a day at each campus to support students in accommodation. To contact them telephone:

Enniskillen Campus

Tel: 028 6634 4832

Greenmount Campus

Tel: 028 9442 6650

Loughry Campus

Tel: 028 8676 8139



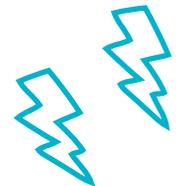
Support for students with disabilities

Support is available (for Higher Education students) through the Disabled Students' Allowance and provision of Reasonable Adjustments. We encourage early disclosure of any disability to CAFRE staff to ensure that you get timely support. Contact Alison Young, our Student Support Officer, for further information.

Counselling Service

As a CAFRE student you have access to a free 24/7 independent confidential service for telephone or face-to-face counselling on or off campus.

For further details on this free service please visit:
www.inspirewellbeing.org



Tips to help you settle into CAFRE life



Social pressure - it's fine to say NO!

Having a good social life doesn't mean you have to go out every night. Socialise by cooking with friends, watching movies or joining a sports club.

Set a budget

Loans and grants are paid each semester so it can seem like you have a lot of money, but don't forget to budget for accommodation, food and transport.

Expect ups and downs

Whether it's your first time away from home, or you are settling into new accommodation, change can be stressful. Remember others around you will be feeling the same, so connect and share a problem.



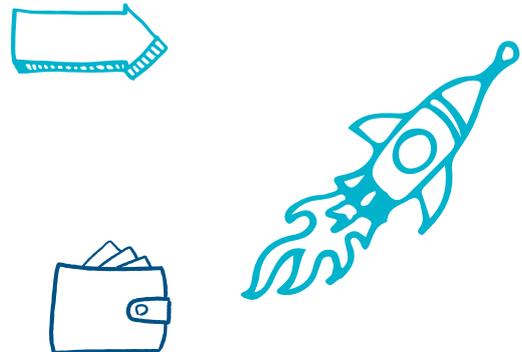


Making new friends

College brings you together with like-minded people who share your interests. Be brave and say hello to someone who could become a great friend to you.

Study hard but enjoy life

Life at college is very different from school, giving new freedom but you need to be organised! Consider your priorities and divide your study time with social and free time.



Pace yourself

You will undoubtedly have times during the year that you are busier with assignments and exams. Be prepared and know the key dates. Build in 'me time' to help manage your stress levels.



Keep your personal information personal!

Don't leave yourself open to identity theft, be mindful of your personal details. Also remember your digital profile stays with you for life and is subject to the law.



Care for your mind, body and soul

Balance is important. Eating healthy and taking regular exercise will help you get the most out of yourself. If you're moving away from home register with a doctor and dentist in the area.



Don't bottle it up, share your concerns

If you have problems or worries, take time and talk to someone. Having someone to listen and understand is a great help to ease your concerns.



Top tips for managing money

It's easy to feel flush when your money comes through. Remember accommodation, food and transport still need paid for before you can think about the money in your pocket.

Try splitting your money into savings and spending accounts to know how much you really have.

It all adds up! Plan a budget to see you through the semester.



- Look into travel discounts - multi-trip travel passes and student travel discount cards

- Be brand savvy - consider switching to shop's own brand labels products

- Look out for deals, offers and discounts and make your meals 

- Consider part-time employment to fit around your study 

- Seek guidance on funding and budgeting from the Student Support Officer

- Open a student account with a 0% overdraft

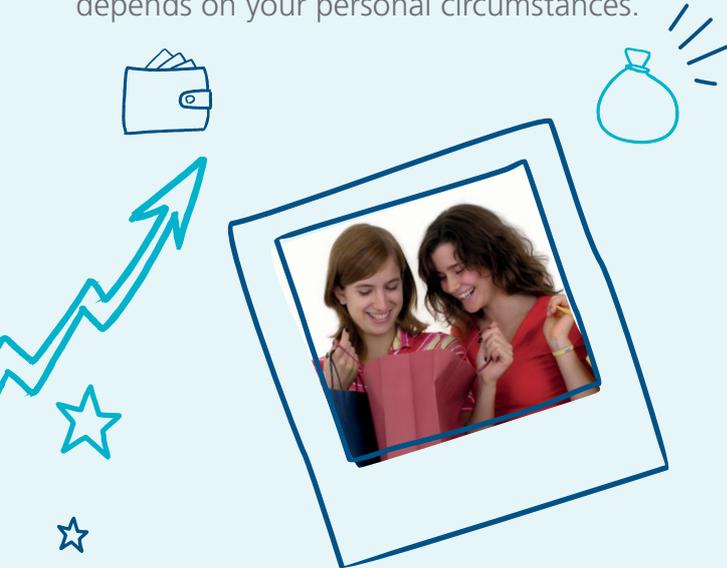
- Don't take on store cards, payday loans or credit cards

- Take out insurance, it's over cheaper than replacement costs



Do you need financial help?

If you are finding it difficult to manage financially, budgeting advice and support is available from the Student Support Officer. Additional financial assistance may be available for Further Education students from the College's Hardship Fund, but this depends on your personal circumstances.



Five tips to improve your emotional well-being

1. **Connect - with people around you; friends, neighbours, colleagues**
2. **Be active - physical activity helps you feel good**
3. **Take notice - of yourself and your health, watch out for others**
4. **Keep learning - don't be afraid of trying something new or rediscover a lost hobby or interest**
5. **Give - to others, volunteer your time**

Have a night to remember - not one you'd rather forget

Keep safe with some useful tips:

Have a plan

- Know where you are going
- Charge your phone
- Eat before you drink

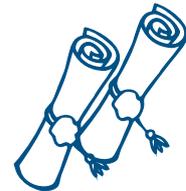


When you're out

- Know your limits
- Keep your head, stay calm
- Don't mix your drinks or leave them unattended
- Watch out for your mates
- Keep hydrated

Coming home

- Only use a licensed taxi service
- Walk in well lit areas
- Lock your door when you get in
- Respect your neighbours



CAFRE Student Support Services are underpinned by policies on:

- Anti-bullying
- Drugs and Alcohol
- Pastoral Care
- Health Promotion
- Equality and Diversity
- Sexual Orientation Discrimination
- Health and Safety

**Full details of these and
The Student Handbook are
available at www.cafre.ac.uk**



DiscoverCAFRE