



HAPPY
Pride
MONTH

A month long celebration and recognition of the LGBT+ Community, their accomplishments and their fight for equality.

If you are wanting to attend/participate in one of the pride parades/marches to stand in solidarity with the community and celebrate diversity you can find a list of the dates for the pride parades in different areas of the UK [here](#).

You can watch the [this video](#) if you are wishing to know more about the history of Pride and if you want to access any support groups or charities for the LGBT+ community you may want to have a look [here](#) at our February newsletter.

LONELINESS AWARENESS WEEK

This takes place from the 10th to 16th June. The aim of the week is to have people engage in open and honest conversations around loneliness to start to normalise these conversations. Loneliness is a normal and natural human emotion and should be discussed as such as we are wired for social connection!

Every person's experience of loneliness will be different. Some people may have experienced loneliness when they've been around other people and have not felt seen or understood, some people may feel lonely when spending time alone whereas others may be quite happy to not have a lot of social contact.

Key life events/changes can increase the likelihood of us feeling lonely, for example moving away from home or starting university. We know from research that the longer we're lonely the more likely we are to isolate ourselves. If we don't realise we are doing this and reach out for support it can have an impact on our mental health and wellbeing.

Random Acts of Connection

The theme of this year's Loneliness Awareness Week is Random Acts of Connection. Click [here](#) for some ideas of random acts of connection to try!



umii

Reducing Loneliness here at University of Bolton

Umii is an app to help combat student isolation and loneliness by helping you connect to other students with shared interests. You could also look at joining one of the many societies at Bolton Students' Union. Click on the icons to follow the links!



BOLTON SU Love Student Life

Bolton Based Support Groups



in the community
One Club. One Community. One Town.



Carers Week

Carers week also takes place from the 10th to the 16th June with this year's theme being 'Putting Carers on the Map'.

The aim of this year's theme is to raise awareness of the increasing pressures on unpaid carers and campaigning for more support. A carer is someone who provides support to a family member or friend who has a disability or illness. Caring responsibilities include emotional support, supporting to attend appointments, acting as an advocate, cooking, cleaning and providing personal care.

Social services may be able to offer support for carers and those they care for following a carers assessment. Please click [this link](#) to see more details and commonly asked questions surrounding a carers assessment.

You can also find local carers support services using the following:



Hub of Hope

If you're a carer in Bolton you can access support from the following:



Help & Support

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus- Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967

Email: pat@papyrus-uk.org

Opening Hours: Weekdays 10am - 10pm / Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health

NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

Domestic Abuse Helpline: 0808 2000 247
Opening Hours: 24/7

ManKind

Confidential helpline for male victims of domestic abuse/violence
Tel: 01823 334 244 Opening Hours: Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or violence
Telephone: 0800 999 5428 Email: help@galop.org.uk
Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm

Online Support



Join with your Uni email address and you'll have immediate access to support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental health and wellbeing

Student Space

Expert information and advice to help you through the challenges of student life

Hub of Hope

A search engine that allows you to find support services near you

Staying Safe

An online resource exploring staying safe from suicidal thoughts

Self Help Guides

The University's range of self-help guides covering a wide range of topics



Umii connects you to other students at Bolton with the same interests, similar course types and societies as you.

Click on the logo to get started!

In Memory of Copper

We have some very sad news, after a brief illness Copper went over the rainbow bridge recently. She passed at home with her beloved human Dennis, who stayed by her side until the end.

Copper was a valued and loved member of our University community, providing tickles and sniffs of support to students and staff alike. To any who met her, and nearly lost their fingers in her soft and fluffy coat, she will be very sadly missed.

We will be planting a rose for Copper here on campus, aptly named Copper Delight, in the coming weeks. If you have any memories or stories of Copper that you would like us to share with Dennis, please email them over to lifelounge@bolton.ac.uk



Dennis came in recently to count up the donation box and Copper raised an amazing £295 for the charity Pets as Therapy

Want to access the Life Lounge?

CLICK HERE

We have Wellbeing and Mental Health Advisors, as well as both a Counselling and CBT Service.

We are free to access for all current students!

Student Assistance Programme

The **24/7 Student Support line** is a free, confidential service that provides you with emotional and practical support for concerns big or small. It is available to all students.

We offer unlimited access to a telephone helpline, available **24/7/365**, and access to hours of **wellbeing content** through the student portal.

Call and see how we can help:

UK Freephone: 0800 031 8227

WhatsApp:

Text 'Hi' to 074 1836 0780

Access your Wellbeing Portal:

app.spectrum.life/login:



Click '**New Here? Sign Up**' if you have not registered previously, and enter your university's unique organisation code.

If you have signed up previously, your username is your email address

