



Student Newsletter

UWTSD LONDON – TRANSFORMING EDUCATION, TRANSFORMING LIVES

🕒 Helpdesk Hours – Updated Schedule

At UWTSD London, we are committed to providing comprehensive support to our students through various professional Support teams. Here's how we can assist you face-to-face:

Student Engagement Team

Available to help with queries regarding engagement, student letters, interruptions of studies, withdrawals, and related matters.

🕒 **Monday to Sunday, 10:00 AM – 2:00 PM**

Assessment Team

Ready to assist with questions about assessments, assignments, exams, and the Extenuating Circumstances procedure.

🕒 **Monday to Sunday, 10:00 AM – 3:00 PM**

🕒 **Lunch break: 12:00 PM – 1:00 PM**

Finance Team

Handles all queries related to Student Finance.

🕒 **Monday to Sunday, 1:00 PM – 2:00 PM**

Admissions Team

Provides support with the application process and related inquiries.

🕒 **Monday to Friday, 3:00 PM – 4:00 PM**

Disability Support Team

Provides confidential guidance and support for students with disabilities.

Please note: the team does **not** sit at the helpdesk to ensure privacy.

They are available for **drop-in sessions** in the **consultation room next to the helpdesk** at the following times:

🕒 **Monday, Tuesday, Thursday, Friday, and Saturday – 1:00 PM to 2:00 PM**

Please note that our teams will be hot-desking on the first floor at 1 Westferry Circus.

Thank you for your time and support!

Meet Larry – Supporting Student Wellbeing Through Entertainment

My name is Larry Osei Kofi, a British-Ghanaian and a current undergraduate student at the University of Wales Trinity Saint David, London Campus. I'm pursuing a Bachelor of Science in Health and Social Care. Outside of my studies, I enjoy playing video games and watching movies—my go-to ways to unwind.



This term, I'm excited to be working on a **Co-Production Project** with the UWTSD Wellbeing Team. We all know that university life can be intense, and going through an entire term without any form of recreation can seriously impact our mental health. I believe that academic pressure, without a healthy balance, can lead to burnout or even breakdowns.



Many students feel the same way, but not everyone has the platform or confidence to speak up. That's why I'm launching a **student survey** to gather your thoughts on introducing more entertainment and recreational activities on campus.

👉 Take the survey here: <https://forms.office.com/e/NU7u0q6V7r>

Together, your voices will potentially shape the activities held in and around campus. If interested, I envision a group on our London campus that could organise entertainment, like movie nights or game sessions, to help students reduce academic stress. If you'd like to be part of this group or help plan events, feel free to contact me at 2308809@student.uwtsd.ac.uk

Thank you for your time and support!



International Students: We're Here to Support You

Adjusting to life in a new country can be challenging. If you're feeling lonely, stressed, or overwhelmed, UWTSD's Wellbeing Service is here to help.

As an international student, you can access up to six free and confidential counselling sessions. Our trained Wellbeing Advisors and Counsellors can support you with issues like anxiety, homesickness, panic attacks, identity, substance use, and more.

While AI tools like ChatGPT can be useful, sometimes a real conversation, with a real person makes all the difference.

👉 **Need support?** Fill out our [Support Request Form](#) and one of our team members will be in touch.



Tap In, Stay Safe! A Reminder for All Students

Please remember to tap your student ID card every time you enter the building.

It's not just about opening doors – it's about keeping you safe.

In case of an emergency like a fire, knowing who's inside helps our Facilities team respond quickly and effectively. Your tap-in makes a real difference.

📅 Forgot your ID?

No stress – just stop by the reception desk and sign in when you arrive and sign out when you leave for the day, so we can still account for you.

📅 Campus Access Info

- **Campus opening hours:** 8:30 AM – 6:00 PM (daily)
- **Student ID cards are active from 8:30 AM onwards** – please plan your arrival accordingly.

Thanks for doing your part to keep our campus safe and secure! 🙌



Health and Social Care Students Wellbeing Day

On Wednesday 25th June 2025, we celebrated the first Wellbeing Day on Campus for all students and staff. We focused on themes of gratitude and kindness.

A number of wellbeing stations with information and activities were located at the Ground Floor and were manned by a BSc HSC student and MSc PHSCiP student and HSC lecturers who engaged in conversations and wellbeing activities with students and staff passing by. In line with the theme of the day two wellbeing trainings were delivered by wellbeing officers from the universities Wellbeing Student Services to a group of BSc HSC and MSc PHSCiP students in the morning and a group of CertHE HSC students in the afternoon. The first training was about Looking After Your Mate and the second on Bias and Bystander Intervention. The students received a certificate from the wellbeing officers at the end of the training in class.



Students had the opportunity to learn about wellbeing, receive important information and learn about how to support positive wellbeing in oneself and others and also what one can do in case of concerns. The students appeared motivated and highly engaged during the training course as well as when visiting the wellbeing stations by sharing wellbeing tips and words of kindness and gratitude.

Some quotes from students summarises it nicely:

“Mental health is important for everyone. The Wellbeing seminar is an amazing experience”

“I am feeling happy because of meeting my friends in the university”

“Love others, spend time with friends, it will make you happy”

“What are students thankful for; my daughters”, “life”, “the campus is very clean and teachers are very helpful”, “nature”, “the wellbeing team” and the list goes on.

We are looking forward to organising more events for our students to enhance their skills in practice as professionals in public health and health and social care. It is important for our students to learn about best practices to become competent and confident professionals when supporting people in need and to be prepared for the workplace of public health and health and social care sectors.

Written by: Dr Diola Bijlhout

Programme Manager of MSc Public Health and Social Care in Practice (PHSCiP)

Important Reminders for a Smooth Term Ahead

As we settle into the Summer Term, here are a few key reminders to help you stay informed and make the most of your time at UWTSD.

Stay Engaged

Make sure you're familiar with our [Engagement Policy](#). Active participation is essential for your academic success, and understanding the policy helps you stay on track.

Support for Life Changes

If you're experiencing **pregnancy, maternity, or paternity**, support is available. We're here to help you balance your studies with life's important milestones. Please complete [this form](#), and we will get in touch with you as soon as we can.

Programme Change Deadlines

Thinking about switching your schedule from weekdays to weekends? You can request a **programme change up to Week 4** of the term. Please note: **new students** must wait until their **second term** to make this request.

Accessing Student Letters

Need a **council tax letter, student confirmation, or bank letter**? These are all available for download on **MyTSD**—quick and easy access whenever you need them.

👉 **Need more information?** Please contact our Student Engagement team at londonstudentengagement@uwtsd.ac.uk.

Enjoy 10% Off at Tsingtao Kitchen – Just Next Door!

We're happy to share some delicious news! You can now enjoy an exclusive **10% student discount** at **Tsingtao Kitchen**, a Chinese restaurant conveniently located right next door to campus.

To take advantage of this offer, simply present your **student ID** when paying for your meal.

Bon appétit!



Knowledge Exchange Symposium 2025

The Knowledge Exchange Symposium 2025 will be held on **25th September** at **1 Westferry Circus**. Organised by the Institute of Inner City Learning London, this event aims to offer a platform for doctoral and postgraduate students from UWTSD and other universities to showcase and exchange their research.

The symposium will feature keynote speakers, poster and paper presentations, as well as awards for the best presentations and publications. Abstract submission and registration are now open. Click [here](#) to register. The deadline for submissions is **31st July**.



For more information, email us at kes.london@uwttd.ac.uk or click [here](#) visit our website page for more details.

Fire Safety Procedures!

On our campus, safety is our top priority. In the event of a fire, please follow these guidelines to ensure everyone's safety:

1. **Evacuation Process:** The fire alarm system will announce a tiered evacuation, starting with high-risk areas. Remember, elevators are off-limits during an evacuation.
2. **Immediate Action:** Promptly follow a Fire Marshal or Warden to the nearest exit. Adhere to their instructions and stay with them until it's safe to return.
3. **Meeting Point:** The designated meeting point in case of a fire evacuation is Cabot Square, where the big fountain is located.
4. **Assistance for Individuals with Disabilities:** For individuals requiring assistance during evacuations, designated refuge points are available. These safe spaces provide a waiting area for help. Additionally, evacuation chairs are located at the Refuge Call Points on the 1st floor, outside Lecture Hall 101 and Lecture Hall 102.



Please ensure you are familiar with them and know the location of the nearest exits and refuge points.



Stay connected with us!

We've always been active on social media, sharing the latest events, news, student stories, academic support, job opportunities, and much more!

It's the perfect place to get the most up-to-date information and stay connected with our community. Don't miss out on any updates!

Follow us on social media by clicking on your preferred platform below:



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