We’re here to help you make the most of your time at Leeds. We’ll continue to share lots of practical tips and information through [students.leeds.ac.uk](https://students.leeds.ac.uk/?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20), our [Facebook group for current students](https://www.facebook.com/groups/uolcurrentstudents/) and [@UoLStudents on Twitter](https://twitter.com/UoLStudents) – get joining if you’re not already a member!

Send thoughts and feedback about the newsletter to the student communications team. **Industrial action**

We wrote to you last week about the industrial action that’s taking place at 74 universities over pay and pensions.We understand that you may be feeling anxious about disruption to your studies and would like to reassure you that Schools are doing everything they can to minimise the impact on you. Keep checking on Minerva and with your School for information specific to your programme. [Information is available on the For Students website](https://students.leeds.ac.uk/info/10100/academic_life/1132/ucu_industrial_action-information_for_students?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20).

**Important dates (reminder):**

* If you’re wanting to [make changes to your modules](https://students.leeds.ac.uk/info/10103/module_enrolment/652/change_of_module?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20), the deadline to do this is today, Friday 21 February. Fees may apply for any changes made after the deadline.
* You can request alternative exam arrangements for religious reasons or if you’re disabled. The deadline for [alternative exam arrangements](https://students.leeds.ac.uk/info/1000032/support_for_disabled_students/817/alternative_exam_arrangements?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20) is also today, Friday 21 February.
* [LeadLUU Vote week](https://www.luu.org.uk/union-events/2020/march/leadluu-vote-week/) is Monday 2 March – Thursday 5 March



# **Your health and wellbeing**

## “In a world where you can be anything, be kind.”

We know some of you may be affected by recent events in the news, and you may need help and support – or just someone to speak to.

* [Keep these numbers safe](https://www.leedsmind.org.uk/emergency-contacts/), in case you ever need support and want to talk to someone.
* There’s also [extra support available](https://students.leeds.ac.uk/info/100002/big_white_wall_resources_and_self_help/1258/recommended_resources_and_self_help?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20) if you ever find yourself feeling low or unwell.
* [Find more tips, advice and information looking after yourself and your health.](https://students.leeds.ac.uk/#Support-and-wellbeing)
* Make time to speak to your friends, and listen to each other.

## What to do when you’re ill

At this time of year, it’s possible you might be unwell. Most colds normally go after a few days, but sometimes you may need to see a chemist or doctor. You should get in touch with your school when you’re absent due to an illness. [Information on what to do when you’re ill](https://students.leeds.ac.uk/info/100003/look_after_yourself_and_others/763/when_you_are_ill?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20).

## Novel Coronavirus

We understand this situation may affect our students in different ways. [Information and advice for students about the virus](https://students.leeds.ac.uk/info/10100/academic_life/1288/coronavirus?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20) is available online. If you need practical help, emotional support or expert advice, [LUU and other campus support services](https://students.leeds.ac.uk/info/10700/support_and_wellbeing/1052/support_in_response_to_world_events?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20) are available. Our [coronavirus questions and answers page](https://students.leeds.ac.uk/info/10700/support_and_wellbeing/1289/coronavirus_frequently_asked_questions?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20) also provides you with more information.

## Healthcare in Leeds

As a student in Leeds, you'll need to register with a doctor, and be familiar with where to go if you need help, treatment or advice. Find information about your [healthcare entitlements and other health and wellbeing services](https://students.leeds.ac.uk/info/100003/look_after_yourself_and_others/746/health_care?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20) that are available to you as a student.

## Measles, Mumps and Rubella (MMR) vaccination

If you haven’t had the MMR vaccination (which can protect you against meningitis) before you’ve arrived in Leeds, you should book an appointment with your doctor to get the vaccination.

[More information on the MMR vaccination is available on the NHS website](https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/).

## cid:image002.gif@01D47683.AAC445D0**Opportunities**

## Global Careers Month – exploring the world of work throughout March 2020

Ever thought about where your future career might take you? In March, our Careers Service is running a month-long series of events exploring global career opportunities. Join employers, alumni, organisations and our expert advisors to learn more about the world of work and how to prepare for it. Search ‘Global Careers’ on MyCareer to find events, or [go to the careers website](http://careerweb.leeds.ac.uk/globalcareersmonth).

## Campus Internships – placement years and summer internships on campus!

We’ve just launched our campus internships – a great way for you to get work experience right here on campus! You could take up a placement year or a summer internship working with one of our many departments, from facilities to faculties. All roles are advertised under the [Leeds Internship Programme on MyCareer](https://mycareer.leeds.ac.uk/leap/placements.html?page=schemes&id=18) – they’re exclusive to University of Leeds students.

## Nominations are open for the Leeds Community Impact Awards!

Do you know someone who’s made a big impact on their community? Could you nominate a local group who’s making a different in Leeds? [Nominations are NOW OPEN](https://leeds.onlinesurveys.ac.uk/nomination-form-leeds-for-life-community-impact-awards-2) – you can nominate an individual, a group or a society for an award.

## Volunteer with Leeds Nightline

Leeds Nightline are currently recruiting for a new batch of volunteers for the service. Nightline is a confidential and anonymous listening and information service ran by students, for students. [Information about the service and how to get involved is on the LUU website](https://www.luu.org.uk/nightline/).

**Share your views to make improvements**

Throughout the year, teams and services would like to hear from you about how we can make improvements at the university. [We’ve created a page to share these with you](https://students.leeds.ac.uk/info/10100/academic_life/1300/share_your_views?utm_source=studentnewsletter&utm_medium=newsletter21february&utm_campaign=spring20). We’d be grateful if you can take some time out to take a look and complete a survey (or two!). Some of the surveys also give you the opportunity to win a cash prize or some vouchers.

**Events**

As always, there are a number of [events on at LUU](https://www.luu.org.uk/union-events/?date=thismonth) you can join to help develop yourself and make the most of your time at Leeds.

## LUU wellbeing events

There’s another packed week of wellbeing activities in LUU. In addition to their regular events, they’ll be hosting The Welfair on Tuesday 25th February. This is a showcase of LUU’s welfare societies who do amazing things in peer support. They’ll be in the Foyer. A MESMAC information stall will also be in the Foyer with a testing room upstairs in room 4.

[Information about health and wellbeing events are on the LUU website](https://www.luu.org.uk/union-events/?category=wellbeing).

## Unity’s annual pancake party

Would you like to celebrate Pancake Day and make (and eat!) some pancakes? Join the Unity Pancake Party on Tuesday 25 of February, from 6pm - 8.30pm, at the Catholic Chaplaincy Building (5 St Marks Avenue).

Everyone is welcome to attend. Vegan and gluten free options are available.

## Celebrate International Women’s Day and the relaunch of ‘This Girl Can’

To celebrate International Women’s Day and the relaunch of This Girl Can, there will be a number of activities available to students who identify as female on Monday 9th March at The Edge including:

* Climbing Taster session: 12 - 2pm
* Badminton and Netball taster sessions: 3 - 4pm

No experience is needed and all abilities are welcome. Email R.J.Harrison1@leeds.ac.uk to register or for more information.

## Seeing into Cells - Tuesday 24 March 2020

[Register to attend](https://astburyconversation.leeds.ac.uk/ehome/cte12345/publicevent/?&&gclid=EAIaIQobChMI7O23nOvG5wIVh63tCh0-RAfKEAAYASAAEgJ42PD_BwE) Nobel Prize winner Richard Henderson’s lecture ‘Zooming in on the Molecules of Life’ covering his work and how it resulted in being awarded a Nobel Prize,

Enjoy a ‘hands-on’ exhibition of some of the work taking place at Leeds and find out more about the University’s research in this area. Admission is free and the event is co-hosted with Leeds Philosophical and Literary Society.

## Petticoats and Presses: Women printers in 18th century York

Join Sarah Griffin, Rare Books and York Minster Librarian, University of York, in [celebrating the female entrepreneurs who printed the first newspaper](https://library.leeds.ac.uk/events/event/1900/galleries/317/petticoats-and-presses-women-printers-in-18th-century-york) in York and one of the 18th century's most famous novels at a free lunchtime talk on Friday 28 February.