

NORTH EAST
SCOTLAND
COLLEGE



STUDENT CARERS AT NESCOL



STUDENT
SUPPORT

STUDENT CARERS

Student Carers are students who at any point of their studies provide unpaid emotional or practical support for their Cared-For (a relative, friend or neighbour), who, due to illness, disability, a mental health problem or an addiction, cannot cope without that support.

Caring duties and responsibilities may include, but are not limited to:

- **Practical tasks, for instance, cooking, housework and shopping**
- **Personal care, for instance, washing, dressing and helping with toileting needs**
- **Managing the household budget and collecting benefits and prescriptions**
- **Administering medication**
- **Sibling care**
- **Emotional support.**

Carers may share their caring role, for example, with a sibling or a parent and the extent of their role may vary depending on whether they live with their Cared-For or not.

If you identify as a Student Carer it's important that you let us know so that we can help you to access the support that you require at NESCol. At application and enrolment stage you will be asked if you are a Student Carer – please tick the box so we can connect with you!

STUDENT CARERS STATEMENT OF INTENT

NESCol recognises the specific challenges that Student Carers can encounter when carrying out their caring responsibilities whilst balancing and sustaining their College place, and seeks to provide an inclusive, responsive and supportive learning environment to best meet the needs of our Student Carers.

Support at NESCol

- **Pre-entry advice**
We can help you choose a course that sets you on the right path to reaching your career goals.
- **Student Carers Named Contact**
Lianne Marriott is NESCol's Named Contact for Student Carers. Lianne can provide 1:1 support and advocacy for Student Carers and can liaise with other support and curriculum colleagues in order to identify, implement and co-ordinate appropriate support provision.
- **Transition and Learning Support**
Our Student Support Team can help and advise you in making your transition to College as smooth as possible. Once enrolled, we can continue to help you with study skills support and learning support where required. When considering your next steps, Student Support Team can also assist with transitions to university and can provide support with the UCAS process.
- **Funding Support**
Need help with your funding application? Follow the Student Advice Centre socials for information about our upcoming funding workshops or drop-in to your local Student Support to find out more about your funding eligibility.

- **Academic Support**

Students at NESCol will have a dedicated Academic Tutor who can support with pastoral or academic issues. Your Academic Tutor will be one of your main lecturers and will be a key contact for any queries or support you require.

- **Student Wellbeing**

The Student Wellbeing Advisers at NESCol can provide support with your physical, mental and social wellbeing and can signpost further resources and targeted external support where appropriate.

- **Peer Support**

The Students' Association can assist you with peer support and advice on clubs, societies and events which could further enhance your NESCol experience.

- **Employability**

All our students can leave College with a CV and advice on navigating volunteering opportunities and job markets. Book an employability support appointment with Student Support or our Skills Development Scotland (SDS) colleagues to find out more.

YOUNG CARERS STATEMENT

Student Carers under the age of 18, or 18 years of age and in education, are also known as Young Carers and are entitled to a Young Carers Statement.

A Young Carers Statement helps the Young Carer to consider the impact their caring role has upon them and to document the support they require from services in order to carry out their role.

If you identify as a Young Carer and are interested in finding out more about the Young Carers Statement, please get in touch with the Student Support Team to discuss further.

EXTERNAL SUPPORT AND REFERRAL

Lianne Marriott, the Student Carers named contact and the Student Support Team can arrange for referral to local Carers Centres, Barnardos (for Young Carers up to the age of 18 resident in Aberdeen City) and Quarriers (for Young, Young Adult and Adult Carers resident in Aberdeenshire) for those not already known to the services.

Barnardo's Aberdeen Young Carers Service

Barnardo's Aberdeen Young Carers Service aims to support young carers in their caring role so they are able to live a happy and fulfilled life alongside caring.

Interventions include:

- **1:1 support**
- **Group work**
- **Signposting/linking**
- **Family work**
- **Respite**
- **Activities**

Please visit their website [here](#).

Quarriers' Aberdeenshire Adult Carer Support Service

Quarriers' Aberdeenshire Adult Carer Support Service supports young adult and adult carers in their caring role helping them to identify and access the advice, information and support which best meets their needs, and which helps them to continue in their caring role in a way that works for them and their Cared-For.

Interventions include:

- Learning and skills development
- Peer support
- Emotional support
- Short breaks
- Signposting and referral to specialist services
- Information
- Advice

Please visit their website [here](#).

Carers Trust

Carers Trust are a national organisation who champion and advocate for Scotland's carers. Carers Trust work closely with colleges and universities and other key stakeholders to ensure that Student Carers are supported to fulfil their potential, realise their ambitions and have a life beyond their caring responsibilities. Please visit their website [here](#).

GET IN TOUCH!

If you identify as a Student Carer and would like to access additional support from the Student Support Team, please contact your named contact, Lianne Marriott on L.marriott@nescol.ac.uk or book a Student Carer appointment with the Student Advice & Support Team using the QR code – we look forward to meeting you!



www.nescol.ac.uk

**T: 01224 602091 (Aberdeen)
01346 586163 (Fraserburgh)
01224 612591 (Aitens)
E: studentsupport@nescol.ac.uk**

**E: nescolsa@nescol.ac.uk
Students' Association on [MyNESCol](#)**