

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 one-to-one 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 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 a referral to local carer support services.

- If you are a young carer aged 18 or under and live in Aberdeen City, this can be with **Barnardo's**.
- If you are an adult carer, or a carer of any age, living in Aberdeen City, this can be with **Aberdeen Carers Support Service** (through Quarriers Virtual Carers Centre).
- If you are a carer of any age and live in Aberdeenshire, this can be with **VSA**.

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:

- **One-to-one support**
- **Group work**
- **Signposting/linking**
- **Family work**
- **Respite**
- **Activities**

Please click their logo to visit their website.



Aberdeen Carers Support Service (through Quarriers Virtual Carers Centre)

Aberdeen Carers Support Service aims to support young carers in their caring role so they are able to live a happy and fulfilled life alongside caring. Aberdeen Carers Support Service offers information and advice based on individual circumstances. Whether you have been caring for a short time or many years, the team offers a compassionate first conversation to explore the caring role, its impact, and any support needs.

Carers can register at any stage, with no threshold for receiving help - whether you simply want training or a newsletter, or need more in-depth support for challenges affecting your wellbeing. Interventions include:

- **Respite**
- **Financial support**
- **The needs of specific conditions**
- **What to do when a person is discharged from hospital**

Please click their logo to visit their website.



VSA Aberdeenshire Carers Service

VSA Aberdeenshire Carers offers practical guidance, emotional support, and access to helpful resources for unpaid carers of all ages. They help you as a carer understand your rights, connect you with funding for breaks, provide local activities and events, and share tools that make day to day caring more manageable. Their aim is to ensure carers feel supported, informed, and able to sustain their caring role with confidence. Interventions include:

- **Support to complete a Young Carer Statement**
- **Help to understand your role as a carer**
- **One-to-one support**
- **Access to information and advice**
- **Putting you in touch with other carers**
- **Helping you spend time with friends**
- **Support to find activities you enjoy**

Please click their logo to visit their website.



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 click their logo to visit their website.



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 an appointment with the Student Support Team using the QR code – we look forward to meeting you!



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**NESCol
Students'
Association**



www.nescol.ac.uk

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

**E: nescolsa@nescol.ac.uk
Studnets' Association on [MyNESCol](https://www.mynescol.ac.uk)**