**Cost of Living briefing for staff supporting students – December 2022**

A special Cost of Living task force has been meeting all term, which includes representation from the Students’ Guild and Students’ Union. This group exists to explore ways in which we can help, particularly measures to reduce the burden on those students who need it the most.

Please refer students to the Cost of Living web pages which are kept up to date with all of the information for students [www.exeter.ac.uk/students/costofliving/](http://www.exeter.ac.uk/students/costofliving/)

We are also sharing updates in weekly [University Updates](https://www.exeter.ac.uk/students/news/inbrief/) (student enews every Monday in term time).

If students have ideas or feedback, they can do this via the Students’ Guild, or Students’ Union.

**Key measures include:**

* A one-off £150 winter payment made to home UG students with household incomes under £30k. These were paid automatically in November.
* Success for All Hardship Fund - **any** student whose financial situation is affecting their ability to study can apply to the Fund [www.exeter.ac.uk/students/financialhelp/](http://www.exeter.ac.uk/students/financialhelp/)
* Financial circumstances can be considered as a reason for mitigation this year [www.exeter.ac.uk/students/infopoints/yourinfopointservices/mitigation/mitifaq/](http://www.exeter.ac.uk/students/infopoints/yourinfopointservices/mitigation/mitifaq/)
* Low cost food options are available across our outlets. [www.exeter.ac.uk/students/costofliving/](http://www.exeter.ac.uk/students/costofliving/)
* There is also access to hot water and microwave facilities and warm spaces on campuses [www.exeter.ac.uk/students/costofliving/](http://www.exeter.ac.uk/students/costofliving/)
* Free or low cost activities are taking place including sports sessions
* Unfortunately, scammers are operating, so students should be cautious. Students can read more on the web pages [www.exeter.ac.uk/students/costofliving/](http://www.exeter.ac.uk/students/costofliving/)

**Help and Advice**

We have partnered with UK’s leading debt advice charity, [Step Change](https://www.stepchange.org/), to provide free, impartial and personalised support to students with money and debt worries.

**Online**: use the [online debt help tool](https://www.stepchange.org/setting-expectations.aspx) to get advice immediately.

**By phone**: call 0800 138 1111. Lines are open Monday to Friday 8am-8pm, and Saturdays 8am to 4pm. Please advise students to use their [budget form](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.stepchange.org%2FPortals%2F0%2Fdocuments%2Finfo%2Fincome-and-expenditure-form-example.xlsx&data=05%7C01%7CL.Smith12%40exeter.ac.uk%7C40ecea55bfbf4199e75608daa6278395%7C912a5d77fb984eeeaf321334d8f04a53%7C0%7C0%7C638004985876357235%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=VHyzSltN17j7csK9v4awHiGqRkaSpvkPWeQA6Y8ASgI%3D&reserved=0) before calling.

Referring students to Step Change:

There is a [quick referral form](https://referrals.stepchange.org/capture/exeter%20university) you can complete with your students, to put them in touch with Step Change. They will receive a link by text or email to start getting the support they need.

You can complete an e learning module on LearnUpon which tells you more about the charity and how to use the referral form. Search 'Referrals for debt advice' in the LearnUpon course catalogue: <https://exeter.learnupon.com/catalog/courses/2982923>.

**Employment**

Students looking for paid work can get in touch with [the Career Zone](https://www.exeter.ac.uk/careers/) who can help.

However, it’s really important for students to balance paid work with their studies.

The recommendation from the Careers team, which they use in their internship programmes is:

UG – Maximum 15 hours per week

PGT full-time – Maximum 6 hours per week

PGT part-time – Maximum 18 hours per week

For international students this may be different, depending on their visa status and they should always check the restrictions to the hours and type of work that they can do - <https://www.exeter.ac.uk/students/international/visaconditions/workingintheuk/> If they need further information email visaadvice@exeter.ac.uk

**Balancing paid and academic work**

If any student is finding this difficult, we encourage them to discuss it with their tutor and/or the Education Welfare Team.

Education Welfare team Devon: <https://www.exeter.ac.uk/students/wellbeing/talk/welfare/>

Education Welfare team Cornwall: <https://www.exeter.ac.uk/students/wellbeing/cornwall-student-welfare/>

They can also seek impartial advice from the Guild/SU Advice teams (see links below), or apply to the Hardship Fund for support (link above).

The Career Zone can also advise.

**Career Zone**

As well as job searches, Career Zone team can also help with CVs for part-time roles, guidance on interviews and so on.

For Widening Participation students they can help with the cost of internships through the Access to Internships programme.

Students can find the info they need, including contact details here <https://www.exeter.ac.uk/careers/>

Students can also live chat with the team via the careers homepage for instant support (9am-5pm, Mon-Fri)

Further info regarding casual jobs can be found at  <https://www.exeter.ac.uk/careers/casualjobs/#a1>

**Wellbeing**

Our wellbeing services are there to support students:

Cornwall – [www.fxplus.ac.uk/student-support/support-wellbeing](http://www.fxplus.ac.uk/student-support/support-wellbeing)

Devon - [www.exeter.ac.uk/students/wellbeing/support/costofliving/](http://www.exeter.ac.uk/students/wellbeing/support/costofliving/)

**The Students’ Guild**

The Students’ Guild is running Managing Your Money sessions on Mondays in term time [Book here](https://outlook.office365.com/owa/calendar/AdviceDropIns%40exeterguild.com/bookings/).

Students can also speak to their advice team [www.exeterguild.com/advice](http://www.exeterguild.com/advice)

The Students’ Guild Cost of Living webpage is [www.exeterguild.com/costofliving](http://www.exeterguild.com/costofliving)

**The Students’ Union**

The Students’ Union’s Cost of Living web page is at [www.thesu.org.uk/welfare/costofliving/](http://www.thesu.org.uk/welfare/costofliving/)

Their advice team is at [www.thesu.org.uk/advice/finance/](http://www.thesu.org.uk/advice/finance/)

Students are being encouraged to talk to their Students’ Union or Students’ Guild voice teams about how they are being affected by the Cost of Living crisis, and to share their suggestions for other support that could help.