Information for students

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Personal safety

The holiday period can be a time when we all let our hair down a bit and relax, but please make sure that you still look after yourself and those around you. Thinking ahead, looking after each other and making plans to get home will help you to enjoy your Christmas celebrations that little bit more. So, when you are getting ready to go out, you already know to remember your keys, money, phone, but keep the following in mind to help you stay safe and have a great time...

- When it comes to going to or leaving a party, pub or other venue after dark, try and leave with a group of friends and all travel together, particularly when you are on your way home
- If you need to get a taxi, make sure it is a registered cab. Try where possible to pre-book a taxi home
- Keep a careful eye on your belongings, remember that the holiday crowds create an ideal environment for pickpockets and other opportunist criminals
- Stick with your friends and look out for each other
- Stash some cash in case you lose your purse or wallet
- Don’t make yourself vulnerable by getting too drunk. Drinking soft drinks or water between drinks can help
- Store an ICE (in case of emergency) number in your phone as well as writing one out and storing it in your purse/wallet

Useful Links:
Alcohol Awareness information:  
www.drinklessenjoymore.co.uk or www.liverpoolalcoholservice.nhs.uk

Young Addaction Liverpool  
addaction.org.uk/help-and-support/young-persons-services  
for information, guidance and support with alcohol and substance use.

SAFE Place Merseyside is the Sexual Assault Referral Centre for the Merseyside area:  
www.safeplacemerseyside.org.uk

Personal safety advice from Merseyside Police  

Frank is a website and telephone helpline service offering advice, information and support to anyone concerned about drugs:  www.talktofrank.com
Safety of your belongings and property

Merseyside Police, in conjunction with LJMU and Liverpool City Council, want you and your belongings to stay safe this Christmas.

- Please make sure that you keep all external windows and doors locked, even when you are in
- Make sure that you have insurance for any new gifts you might receive at Christmas – laptops, mobile phones, iPads etc. are easy pickings for thieves
- Keep expensive kit out of view or keep the curtains shut

If you need to contact the police to report a crime or suspected crime, the switchboard number is 0151 709 6010. You can also report crimes via the 101 non-emergency number. This can be used to report crime and other concerns that do not require an emergency response.

For example, if:

- Your car has been stolen
- Your property has been damaged
- You suspect drug use or dealing in your neighbourhood

or to

- Report a minor traffic collision
- Give the police information about crime in your area
- Speak to the police about a general enquiry
About your accommodation

If you currently live in a private house or flat and you are going home over the Christmas period, please note the following advice:

- Let your landlord know the approximate dates you are leaving and planning to return
- Turn radiators low (if possible) and turn off electric wall heaters – you will be charged for fuel used over Christmas period if bills are not included in your rent
- Turn off the hot water tank
- If you have a card or prepayment meter make sure you have enough credit to keep your freezer running
- Remove all rubbish from the kitchen and all bin bags from the property
- Remove any food that may go off from the fridge/freezer and perhaps take the opportunity to defrost it
- Turn off all taps properly
- Keep radiators clear by removing any clothing put out to dry
- Ensure any air bricks are kept clear for ventilation purposes
- Close all internal doors and close and lock all windows and exit doors
- Leave a light on using a timer switch if possible
- Keep expensive items out of view and in a secure place or perhaps ask a trusted friend to look after them

If you are staying in Liverpool then please show consideration to your fellow residents if you are planning any festive parties.

If you currently live in a Hall, please note the following:

- If you are staying over the holidays there will be staff available across the entire Christmas period but the reception may be closed for an extended period
- But make sure that you know the emergency contact number in case of any problems when the reception is closed
- If you are going home then turn off all lights and unplug electrical appliances - except the fridge/freezer – and close and lock all internal doors
Health

The arrival of cold weather can trigger or worsen some illnesses, meaning that health services are more in demand. NHS organisations work together to prepare for winter, but it’s also important that you understand the range of health services available to you:

- Visit [www.nhs.uk](http://www.nhs.uk) – the largest health website in the country, for information about hundreds of health issues, and details of GPs, pharmacies and dentists in your area
- Your local pharmacy can offer free, confidential advice on a range of health issues and you don’t need an appointment
- Your GP is your first point of contact for non-emergency illnesses which you can’t treat yourself, and practices can offer same day appointments if necessary
- If you don’t have a GP you can register with your local surgery. If you’re not sure where this is you can find out at [www.nhs.uk](http://www.nhs.uk) or call 0300 77 77 007
- When the surgery is closed, you can still see a local GP with the GP out-of-hours service; just contact your usual practice number and your call will be re-directed
- If you are unable to see a GP or access out-of-hours service or if you believe you need urgent medical attention visit your local accident and emergency department

Further information available at [www.nhs.uk/livewell/winterhealth/Pages/Winterhealthhome.aspx](http://www.nhs.uk/livewell/winterhealth/Pages/Winterhealthhome.aspx)

**Sexual health and emergency contraception**


Further information about sexual health and contraceptive services in Liverpool is available at: [www.sexualhealthliverpool.co.uk](http://www.sexualhealthliverpool.co.uk)
Mental Wellbeing

Need someone to talk to?
Holiday periods can seem very long if you are on your own or dealing with issues. There are a wide number of telephone services available over the holidays including:

Saneline: 0845 767 8000

CALM (men only): 0800 585858 (open 5.00p.m – midnight everyday including holidays)
www.thecalmzone.net

Hub of Hope If you need mental health support wherever you are in the U.K visit Hub of Hope or download the app: www.hubofhope.co.uk

The Liverpool Light If you feel you are in a mental health crisis and can't get timely access to suitable support then visit The Liverpool Light service which is a preventative out-of-hours mental health crisis service, open from 6pm – 12am, 7 days a week. It has been set up to provide a safe place for people who are experiencing or at risk of a mental health crisis. For more info visit: www.liverpool-light.org.uk

Samaritans:
National telephone: 116 123 (this number is free to call)
Local telephone: 0151 708 8888 (local call charges apply)
or email jo@samaritans.org

You can also visit the Liverpool branch of Samaritans on 25 Clarence Street, Liverpool L3 5TN
Call to check opening hours or visit the website:
www.samaritans.org/branches/samaritans-liverpool-and-merseyside

If you are concerned about your mental health and your GP is not available then present yourself to the mental health access service at either the Royal University Liverpool Hospital, telephone: 0151 706 0624 or Aintree University Hospital, telephone 0151 525 5980 where staff will be available to advise you.

Other Support:

Wellbeing Liverpool is the online directory for Mental Health and Wellbeing Services, Activities and Groups in Liverpool:
www.wellbeingliverpool.co.uk

Healthwatch Liverpool is available 9.00am – 5.00pm Monday to Friday except 26 and 27 December and 2 January 2017. Call 0300 77 77 007 or email: enquiries@healthwatchliverpool.co.uk

Live Well Directory The Live Well Directory is a directory of local care and support services, information and activities for the Liverpool City Region (LCR).
www.thelivewelldirectory.com
Things to do

As an LJMU student you can benefit from exclusive opportunities to get free or discounted access to some of the city's finest cultural and sporting venues and experiences.

What’s more the LJMU Student Opportunities Team run events throughout the year to help you make the most of your time in Liverpool. From a culture crawl around the city to a yoga class in an art gallery, there are loads of ways for you to get immersed in city life, whether you're a new student or a post-graduate.

Check out all your LJMU offers below and information on how to access the offers in the booklet:

**Tate Liverpool**

FREE entry to all exhibitions and 20% discount in the Tate cafe and 10% discount in the gift shop.

Special Exhibitions


Free Displays

- 21 Jul 2018 to 5 Jul 2020 - Op Art in Focus
- 23 Nov 2018 to 17 Mar 2019 - Artist Rooms: Alex Katz
- On until Jul 2019 - Constellations: Highlights from the Nation's Collection of Modern Art

**Liverpool Philharmonic**

FREE tickets to selected films and performances.

- Sat 24 Dec – Film: It’s a Wonderful Life (limited £5 tickets)

**Lifestyles Fitness Centres**

FREE OFF-PEAK and discounted full gym memberships.

Lifestyles Millennium Gym will be closed 23rd to 26th Dec and back open 27th Dec. It will then be closed New Year's Eve Sunday 31st of Dec and New Year’s Day Monday 1st Jan 2018

For further information about other Lifestyles Fitness Centres, please contact them directly:

Tel: 0151 233 6740 or visit: liverpool.gov.uk/lifestyles

**Everyman & Playhouse Theatres**

Subject to availability, students can buy tickets to shows for £5.

- Sat 8 Dec to Sat 12 Jan - A Christmas Carol
- Sat 24 Nov to Sat 19 Jan - The Everyman Rock ‘n’ Roll panto: The Snow Queen (limited £5 tickets)

**Liverpool’s Royal Court**

Students can claim up to 4 FREE tickets to a selected Monday performance and £5 tickets available on a selected Tuesday and Wednesday

**Liverpool Cathedral**

Students plus a guest can climb to the top of the tower for FREE (rrp £5.50 per person). The Cathedral is under maintenance over the Christmas period and the Tower Tour will reopen in January.
Roscoe Lectures
Free access to students to see influential speakers and the public come together for an open platform for debate on topics of public interest.

Liverpool Sound City
Discounted tickets to one of Liverpool’s leading music festivals

LightNight Liverpool 2019
FREE access to Liverpool’s late night arts festival

The Student Opportunities Team will be out and about on campus throughout the year to tell you all about the fantastic offers available to you, so come and say ‘hello!’ and don’t forget you can also follow us on the social media pages below to keep up to date with your latest offers.

Contact:
0151 231 3714
studentopportunities@ljmu.ac.uk
ljmu.ac.uk/studentopportunities
@LJMUStudentOpps

Other places to check out:

The following websites contain up to date information about what’s on and opening times:

- www.visitliverpool.com Events and activities going on in and around Liverpool
- www.meetup.com A useful way of meeting new friends and staying active through the holidays
- www.lcvs.org.uk Has a calendar of events run by voluntary and charity organisations if you want to get involved
- culture.org.uk/ Open Culture is a home for Liverpool & Merseyside arts and culture. Find out what to see and do across the region and sign up to add your own events, projects and notices for free!
- independent-liverpool.co.uk The big idea of Independent Liverpool is to explore what the city has to offer, from the less
Events and Faith Services

Catholic Mass:
On Christmas Eve, 24th Dec there is a Midnight Mass at 11:30 pm and Solemn Mass at 11 am on 25th Dec at the Metropolitan Cathedral

Check the Catholic Chaplaincy website to stay up to date with the latest information or to find out about any other services. www.cathchap.org.uk

The final Sunday Mass of the Semester will be at 6 pm on the 16th December. The Catholic chaplaincy will be closed until Sunday 6th January, when it will reopen with Mass at 6 pm.

Anglican Services:
For information on Anglican services in Liverpool Cathedral please visit:
www.liverpoolcathedral.org.uk

Methodist Services:
For information on Methodist services please visit: liverpoolsmc.co.uk

Muslim Friday Prayer Service:
The Abdullah Quilliam Mosque is available for Friday prayers over the winter break:
8-10 Brougham Terrace, Liverpool L6 1AE
abdullahquilliam.org
For further info email our Muslim Chaplain Zane Abdo: Z.M.Abdo@ljmu.ac.uk

For further info on LJMU Chaplaincy support visit:
ljmu.ac.uk/students/settling-in/spirituality
The LJMU Chaplaincy wish you a blessed Christmas time.
Library Services

Library Opening Hours during the Christmas Break:

**Avril Robarts Library:**
Open 24/7 from Friday 21 December to Tuesday 1 January. Self-service only

**Aldham Robarts Library:**
Friday 21 December 8.45am – 5pm Full service
Saturday 22 December 10am – 6pm Self-service only
Sunday 23 December 10am – 6pm Self-service only
Monday 24 December 10am – 6pm Self-service only
Thursday 27 December 10am – 6pm Self-service only
Friday 28 December 10am – 6pm Self-service only
Saturday 29 December 10am – 6pm Self-service only
Sunday 30 December 10am – 6pm Self-service only
Monday 31 December 10am – 6pm Self-service only

**I.M. Marsh Library:**
Friday 21 December 8.45am – 5pm Full service

Libraries will resume normal opening hours from Wednesday 2 January 2018.
Full opening hours details are available here: www.ljmu.ac.uk/microsites/library/about-ljmu-libraries/visiting-the-library

University Security Services

University security operate throughout the Winter break period.

If you are on campus and encounter any security issues then contact the Security Emergency line: **0151 231 2222**

The phone line is staffed 24/7 and patrolling security staff are available to provide a response.
International Students

HOST links international students at UK universities with friendly approved hosts who offer an invitation to their home for a day, a weekend, or at Christmas. If you would like further information please visit www.hostuk.org or contact International Student Advisors, Student Advice and Wellbeing: internationaladvice@ljmu.ac.uk or call 0151 231 3673.

Our Chaplaincy support also offer support during this time. For further info please visit: ljmu.ac.uk/students/settling-in/spirituality

Student Advice and Wellbeing Services, including international advice, will close on at end of business on Friday 21st of December 2018 and will reopen Wednesday 2nd of January 2019 ljmu.ac.uk/discover/student-support/international-student-support

Special offer for International students:

If you are staying in Liverpool over the festive period then why not take advantage of this fabulous offer from Royal Liverpool Philharmonic:
There are 50 FREE tickets available to LJMU International students to see ‘It’s a Wonderful Life’ on Christmas Eve December 24th at 11.00 a.m.
liverpoolphil.com/whats-on/its-a-wonderful-life-2018

Frank Capra's perennial festive favourite, starring James Stewart as a desperate man offered salvation by an impish guardian angel. Beautifully crafted and acted, its humour and gentleness imbued at times with an almost Dickensian darkness, the film is now a cult classic, one of the most popular and enduring of all Christmas traditions.

If you would like to book a place please email Student Opportunities StudentOpportunities@ljmu.ac.uk no later than 5.00 p.m. on Thursday December 20th. You can then collect your ticket from the Box office. Each student can claim up to two tickets for this performance.

Please remember to bring your student ID when collecting your ticket from Royal Liverpool Philharmonic box office.

For further info please call or email Student Opportunities 0151 231 3714 StudentOpportunities@ljmu.ac.uk
Finance and Welfare Advice

Many of us spend a little too much money over the holiday and as a consequence debt services see spikes in their calls after the festive period. In an ideal world the best advice would be don’t spend more than you can afford, but if you do find yourself in financial difficulties don’t panic. Contact one or all of these organisations below before your debts get out of hand.

The Money Charity and their sister charity Step Change are experts in debt and credit, and offer a range of online help and support, including a student money guide and telephone debt advice.

Visit their websites at www.themoneycharity.org.uk and www.stepchange.org or call them on 0800 138 1111

National Debtline is another telephone advice service. You can read online information at www.nationaldebtline.org or call 0808 808 4000

You can also find your local Citizens Advice Bureau at: www.adviceguide.org.uk

If you would like to talk to us about your finances in the New Year then please contact the LJMU Student Money Advice Team:

Email: moneyadvice@ljmu.ac.uk
Telephone: 0151 231 3153/3154
www.ljmu.ac.uk/discover/your-student-experience/managing-your-money
@LJMUfunds
Liverpool John Moores Students’ Union

JMSU will be closed from Friday 21st December – Monday 7th January.

For information about opening times of various services within the Students’ Union, please check out their website www.jmsu.co.uk

There will be a range of events and activities in the New Year, starting with: ReFreshers’ Fair on 23rd January at Camp & Furnace featuring a range of stalls including 115 student-led clubs and societies. For more info visit jmsu.co.uk/getinvolved

To find out more about this and other JMSU events visit: www.fatsoma.com/johnmooressu

Course feedback & advice
JMSU run the Course Rep system, which is a team of student volunteers that collect real feedback from real students on their learning experience at LJMU to help make change.

JMSU also provide the Student Feedback Tool, which is an online service that students can use to feedback on anything relating to academic experience, good or bad. JMSU will ensure it goes to the right place. There is also an independent, impartial academic advice service open to all students throughout the year to help with any problems or issues related to courses.
Student Advice and Wellbeing Service

Student Advice and Wellbeing Services, including international advice, will close on Friday 21st December 2018 and will reopen on Wednesday 2nd January 2019.

Further information about the services available from the Student Advice and Wellbeing team is available at:

www.ljmu.ac.uk/discover/student-support
Twitter: @ljmusaw

For enquiries and advice email studentengagement@ljmu.ac.uk or call 0151 231 3153/54 and staff will respond to you from 2nd January 2019.

Wishing you all a happy and peaceful winter break and look forward to seeing you in 2019.