

# Are You a Student Carer?

“A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.”

- Carers Trust Scotland

Find out what support is available to help you succeed at Heriot-Watt University

Heriot-Watt University is committed to offering the opportunity for university study to students from a diverse range of backgrounds who have the potential to succeed. We recognise that students with care responsibilities may face obstacles to university participation and success, and we are committed to supporting student carers from the pre-application stage to graduation and beyond.

## Support for student carers

- **Applying to University:** We recognise that due to extra responsibilities and challenging circumstances, you may not have the opportunity to achieve the standard entry qualifications required for our degree programmes. To support with this, student carers are included in our Fair Access Policy and are eligible for a contextual offer. Student carers wishing to apply to Heriot-Watt University should contact us directly to discuss their options with our named contact for student carers Pat Reid, see 'Who to contact'.

We can also advise on alternative pathways to the University and support available for your studies.

- **Ask a Student Success Advisor:** Carers who hold an offer from Heriot-Watt can participate in our Ask a Student Success Advisor programme designed to support you and help prepare you for joining University.
- **The Active Student Programme:** During your time at Heriot-Watt you might want to de-stress by engaging in sport and exercise. The Active Student Programme is an option available to you to help you get started, where you are entitled to a free 12-week exercise programme with support from an exercise professional.

For more information regarding referral to this programme please email Emma Smail (Edinburgh Campus) or Gillian McLaughlin (Scottish Borders Campus), you can find their contact details under 'Who to contact'.

- **Get Ready for Success at HWU** is a three day event that takes place prior to Welcome Week. It is an opportunity for students to get a head start at university and develop key academic skills, and begin to explore the University and its resources. Contact [studentsuccess@hw.ac.uk](mailto:studentsuccess@hw.ac.uk) for more details.
- **Networking:** We can help put you in contact with other student carers

- **Financial Support:** If you are a student with care responsibilities, you can apply for the Heriot-Watt Access Bursary, which is worth £1,000 for each year of undergraduate study.
- **Reviewing Carer Status:** Your caring responsibilities may change over time, so you will have the opportunity to discuss any changes and the support you might need as a result.
- **Helping You Managing Care and Study:** We recognise that caring responsibilities may cause student carers to miss classes, so we will work with you to help manage absences.

## Who to contact

If you would like to speak to someone about applying or would like to arrange a visit to the University, please contact:

Pat Reid, Colleges and Wider Access Officer,  
[P.Reid@hw.ac.uk](mailto:P.Reid@hw.ac.uk)

If you are an enrolled student and would like to access support please contact:

Edinburgh Campus: Emma Smail, Student Wellbeing and Transition Advisor, [E.Smail@hw.ac.uk](mailto:E.Smail@hw.ac.uk)

Scottish Borders Campus: Gillian McLaughlin, Student Advisor, [G.McLaughlin@hw.ac.uk](mailto:G.McLaughlin@hw.ac.uk)

## More information on support

If you would like more information on the support Heriot-Watt currently provides for students with care experience, visit our webpage:

[www.hw.ac.uk/studentcarers](http://www.hw.ac.uk/studentcarers)

For more information on the support offered by carer organisations visit the Carers Trust Scotland:

[www.carers.org](http://www.carers.org)