

OU Scotland Cares

February 2024

Care Day

We hope that you are keeping well, and you are enjoying your studies. We are sending this mailing ahead of Care Day which takes place on Friday 16 February. We want to celebrate you and your achievements with this message.

What is Care Day?

Care Day is the world's biggest celebration of people with care experience. The term "Care Experienced" refers to anyone who has been or is currently in care.

Care Day is celebrated on the 3rd Friday in February each year and started in 2016.

Care Day came as the result of five charities representing Care Experienced children, young people and adults across the UK and Ireland joining together, with the aim to support Care Experienced people to shape policy and effect change across the UK and Ireland. As part of the 5 Nations, 1 Voice alliance launch, Friday 19th February 2016 was named Care Day, with activities planned across the nations.

5 Nations, 1 Voice brings together **Who Cares? Scotland**, **Become** (England), **Voices from Care** (Wales), **VOYPIC** (Northern Ireland) and **EPIC** (Ireland). Each organisation is uniquely positioned in their own nation, and they share a common purpose: to represent the views or promote the voices of Care Experienced people to improve their experiences and outcomes.

If you are interested in learning more about the history of Care Day at Who Cares? Scotland, please see [here](#).

As a reminder, The Open University in Scotland has a dedicated mailbox for students with care experience. If you have questions or require support, please contact OUScotland-cares@open.ac.uk where members of our access, participation and success team are on hand to help.



Events and Opportunities

The Carelìdh 2024 – Who Cares? Scotland

Who Cares? Scotland will host The Carelìdh in Glasgow on **Friday 16 February**. This is a family-friendly event open to all ages. This event is for Who Cares? Scotland care experienced members and their supporters. Information on how to become a member and register for this event can be found [here](#).

Student Voice Festival

Student Voice Festival 2024 will be taking place Saturday **24 February** – **Saturday 9 March** at online and in-person events. It's your chance to influence your OU journey by sharing your thoughts on the things that really matter to you. Join in to meet fellow students and staff at community socials, workshops, student consultation meetings and more. To register for sessions, **please see [here](#)**.



Student Hub Live

[Student Hub Live](#) platform is a series of live, online and interactive events open to everyone at The Open University. At-a-glance upcoming events schedule in February include:



- [Developing your essay planning \(intermediate\) – 15 February](#)
- [Tackling procrastination successfully – 20 February](#)
- [Support and wellbeing for student carers – 22 February](#)
- [Introduction to essay writing \(beginners\) – 28 February](#)

Career and Employability Services

At [OpportunityHub](#) you can find hundreds of vacancies, events and volunteering opportunities and book a [careers consultation](#) with our dedicated Scotland Careers and Employability Consultant.

Examples of current opportunities and events in Scotland include:

- [Explore the arts, culture and heritage sector in the UK nations \(open.ac.uk\)](#)

Thursday, 18 April, 10:00 to 14:45

These sessions are your chance to hear from professionals what it's really like working in a range of roles in this vibrant sector. Whether you're studying for an arts or humanities degree or have an interest in the arts, culture and heritage, join us and gain insights, inspiration and expert advice.



- **[Bright Green Business](#)** are the number one provider of environmental placements in Scotland. Through their paid placement programme they offer exciting opportunities for students and recent graduates to work with companies across Scotland and are currently advertising 5 exciting opportunities. For more information, **please see [here](#)**.
- **[Psychology Services Team Member, First Psychology Ltd \(Edinburgh\)](#)**
First Psychology is a leading independent provider of counselling, psychological therapies, and wellbeing interventions in Scotland. In this role you will be undertaking a range of tasks assisting clients to find the right therapeutic practitioner and approach for them, to make and manage bookings, and to support to our organisation and our operation in a range of other ways including administration, business support and practice management. **Closing Friday, 23 February.**
- **[Events & Office Intern with Edinburgh Food Social, Inclusion Scotland \(Edinburgh\)](#)**
Edinburgh Food Social is a social enterprise working towards food justice and wellbeing by educating and empowering young people and communities to engage with local, seasonal food. This successful candidate will gain experience in all aspects of event planning and the administrative and logistical side of running a social enterprise. Must define as Deaf or disabled which includes physical, sensory and mental impairments, neurodivergent, learning disabilities, learning difficulties such as dyslexia or long term health conditions. **Closing Monday, 26 February.**
- **[Summer Placement, ScottishPower \(Glasgow\)](#)**
Our summer placement programme provides individuals with a great insight into the energy industry and ScottishPower. You'll gain valuable experience working with people across our organisation. We recruit many of our summer placements to graduate roles, so a placement can be a great way to launch your career. Our Summer Placement programme operates from June through to September with placements lasting approximately 12 weeks. For our 2024 intake we will be looking for applications from individuals with an interest in either IT, Business or Engineering related disciplines. **Closing Friday, 29 March.**

Financial Support

We would like to remind you that if you haven't already applied, there is still time to apply for financial support which is available for care experienced students.

[Care Experienced Bursary](#) – This bursary offers students a single payment of £250 to support study costs such as purchasing a laptop or organising connection to the internet.

[Discretionary Fund](#) – Funding designed to assist with study-related costs such as internet costs, stationery and set books.

[Digital Inclusion Fund](#) – Funding to help students access information and communication technology equipment; items include laptop, tablet, monitor, printer, headset, mouse and keyboard.

Mental Health and Wellbeing Support

If you feel as though you're struggling to cope with your studies, please reach out to either your Student Support Team or tutor as they'll be able to offer alternative options and solutions for any study related issues you may be having.

You can contact the Scotland Student Support Team by phone on **0131 226 3851 (Mon to Fri: 08:00 – 17:00)**. Alternatively, you can email at scotland@open.ac.uk. Please note, emails are usually responded to within 5 working days.

If your mental health difficulties are not study related, we have more specialised services that could help you including [TalkCampus](#), [Shout 8528](#), [OU Wellbeing app](#) and [counselling from Lifelink for Scottish students](#).

For support and advice, please see [here](#).

The Open University in Scotland

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You are receiving this email because you have told us you have experience of being in care. If you think you are getting these mailings by mistake as you have never been in care, or if you would prefer not to hear from us, please let us know by contacting us at OUScotland-cares@open.ac.uk

**Keep well,
Ewe and Katrina
OU Scotland Cares team**