



A partnership of  
Sheffield Hallam University  
and The University of Sheffield

Please forward this email to all parents and carers – if you are a parent or carer, great this email has reached you, please continue reading our newsletter.

## Parents, Carers and Supporters

As parents/carers we understand how difficult it can be navigating education. Our newsletters will provide information to **support you** and your **young person** in their journey into higher education. We want you to feel confident in your support and if you ever feel you aren't please just ask, we are only a chat away [www.heppsy.org/chat](http://www.heppsy.org/chat)

We are very excited to launch our first edition of our parent, carer and supporters newsletter and hope you find the information useful.

## About Hepp



The Higher Education Progression Partnership (Hepp) provides **impartial** advice and guidance across the Sheffield City Region encouraging more children, young people and adults to consider **higher education opportunities**.

Hepp run **workshops** in schools and colleges (virtually currently but usually face to face) about the benefits of higher education, choices and pathways, student finance, study skills, resilience and career aspirations. Our work includes some targeted **activities** with students who face additional barriers (e.g. young carers, care experienced, learners with a disability and mature students).

We have a team of **qualified careers advisers** who deliver workshops and one to one careers appointments. They can support you as a parent / carer / supporter, as well as support young people making decisions about their future.

You can also speak to our qualified careers advisers via online messaging or a phone line: [www.heppsy.org/chat](http://www.heppsy.org/chat)

Parents, carers, young people and teachers can all use this. All our work and resources are free, please visit our HeppHUB.



Parents, carers, teachers and supporters are a **huge influence and support** for young people when they're considering further and higher education and we have various resources to help you in that important role. (Visit HeppHUB)

## What our Disability Champions say



**Name:** Maria Kelly

**Institution:** The University of Sheffield

**Studying:** Biomedical Sciences

**Route into higher education:** GCSE's, A-levels

**Disability:** ME/CFS

### Was there support on offer for parents/carers/supporters?

"There has been a lot of support available for us as a family. The university has been very understanding when it comes to making decisions around my health, and these decisions are never made without me consulting my parents. I have received counselling whilst at uni and I have been able to bring my parents to the sessions. This has allowed them to access support and figure out the best ways to help me."

### Read more about Maria Kelly

**Name:** Aisha Hussain

**Institution:** Sheffield Hallam University

**Studying:** Radiotherapy & Oncology

**Route into higher education:** GCSE's, A Levels, Foundation Year

**Disability:** Type 1 Diabetes

### What advice would you give parents/carers/supporters who are helping their young person consider or apply to higher education?

"I would advise you do your research thoroughly, attend open days and if you have any doubts or worries, then do get in contact with whoever is responsible for the course. It is also important to make your disability/long-term health condition known so you are able to receive the best possible support tailored for your needs."



### Read more about Aisha Hussain

# Supporting students into higher education

Wellbeing has been extremely important over the past year for everyone. So how can you support the young people in your care as restrictions ease?

**Here's 3 top tips:**

## 1. Be consistent and balanced

Having a consistent routine can help structure a young person's day and help them feel more in control when they need to adapt it (if they need to study at home whilst isolating or to include their hobbies, for example). Help them get the right balance too - set time for school work but also help them to recognise when they need to take time away from it for their own wellbeing and allow time to relax.

## 2. Spend time together

You could also do an activity together to provide a break from what's going on, but also make time and space for them to talk informally, raise any concerns or ask you questions.

## 3. Research education and career aspirations together to help them plan into the future

Whilst everything has been uncertain in the short term, planning longer term goals can give young people something to focus on and strive for. Education options and routes into careers can change, so doing research together means you've all got the facts and information you need. Our research shows parents and carers are huge influencers on young people's decision making, so your input will be held in high regard by the young people in your care.

## We want to hear from you!

We value your opinion and appreciate hearing your thoughts on ways we can support you through your young persons' educational journey.

Please click **here** (or scan the QR code with your phone's camera) to answer three questions.

It should only take two minutes and we **don't** need any personal data.



# Activities Coming Up!

Parents, carers and supporters:

## Is university level education still worth it post Covid-19?



Parents and carers of students aged 11+ (or those interested in this topic) are invited to join us answering the following questions:

- **Is university level education still worth it?**
- **What are the benefits in 2021 and what are the financial implications?**
- **How can I help my young person know more about their progression options after school and beyond?**

The session will include a presentation and time for questions. If you would like to submit a question in advance, feel free to send it to: [hepaadvice@shu.ac.uk](mailto:hepaadvice@shu.ac.uk).

[To book onto the event please register here](#)

## Supporting students with additional barriers in higher education

Please **save the date** for our free Hepp CPD event. Hepp's virtual CPD conference will provide up to date information on the support available to students who face additional barriers to progressing to higher education; disabled learners, care experienced students, young carers and mature students.

This event is open to, teachers, advisers, influencers, parents and carers. Our day is full of information to help support young people on their route into higher education.



You will hear from The University of Sheffield and Sheffield Hallam University about all the support they offer; from academic to wellbeing, hear from students studying at a higher education institution who face these additional barriers and find out all about student finance from our **guest speaker** Kevin McMullan from the **Students Loan Company**.

[To book onto the event please register here](#)

# Wellbeing Top Tips

For more information, advice and tips for parents and students:

- YoungMinds - children and young people's mental health charity
- Parentkind - For Parents
- Self-care tips videos for young people - Every Mind Matters - NHS ([www.nhs.uk](http://www.nhs.uk))
- HeppHUB - Higher Education Progression Partnership
- Welcome to the Hepp South Yorkshire Plus programme | HeppSY ([shu.ac.uk](http://shu.ac.uk))

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**Remember your support is invaluable and working together can make a difference.  
Keep an eye out for our next edition in July!**

