



# HAPPY HOLIDAYS!

YOUR GUIDE TO THE  
FESTIVE SEASON



Swansea  
University  
Prifysgol  
Abertawe

Student Life  
Bywyd Myfyrwyr



## Welcome to your guide to the festive season

We understand that some of you will be remaining here with us at Swansea during the winter holiday. So, we have put together a little Guide that will, hopefully, help you make the most of your time during your vacation.

This Guide has four sections:

### Food and Drink

Christmas in the UK is traditionally a time with lots of focus on food and drink, so we have brought together some information about the most popular festive eats for you. If you have never cooked or eaten a traditional Christmas dinner- 2024 could be the year you make that happen! Why not give that a go, as well as trying some of our other winter warmer recipes to enjoy yourself or share with housemates and friends.

### Festive Fun

As the nights draw in and the weather gets colder, it is time to get out those Board Games, snuggle up to watch a movie or look for other 'home based' activities. We have put together some ideas that you can do at home, either by yourself, with your housemates or with other households.

### Calendar of Ideas

We have put together a **Calendar of Ideas**- with a suggested activity each day. Whether this is getting out and about on a Walking Trail, visiting a new place or taking advantage of one of the special students deals we have arranged with some local partners, there is plenty here to keep you occupied.

### Wellbeing over the Festive Season

Although we hope that your holiday will be a positive change to rest and recharge, we know that for some it will be more of a struggle. The Wellbeing section has information on a range of resources to help you with any Mental Health or wellbeing issues that you might face. Make sure you also check out the Emergency Contacts section- do this now before you need to, and it might save valuable time for you later.

You can also find us on our usual social media @CampusLifeSU so please stay in touch!

We really hope that you have a brilliant holiday, and we look forward to supporting you to academic and personal success in 2025!

All the best

### Your Student Life Teams

★ [International](#) ★ [Money](#) ★ [Faith](#) ★ [Community](#) ★ [Welfare](#) ★ [Participation](#)



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## Festive food and drinks

Like many cultures, the UK festive season is marked by sharing food and drinks with friends and family. We have traditional foods, such as mince pies, Christmas (figgy) pudding, Christmas (fruit) cake and a big turkey roast dinner on Christmas day itself.

If you have never tried making a roast dinner, Christmas is the perfect time to try! The shops, markets and supermarkets are stuffed full of delicious 'readymade' options that will help you build your dinner. Though of course, you can always try your hand at making yours from scratch! It is easy to find recipes for all the components on the internet and we have given you some pointers below.

Happy cooking (and eating of course!).

### Roast Dinner- how to...

#### **Roast Turkey/Chicken (sub with a veggie or vegan alternative if preferred like a [nut roast](#))**

It might be easier to start with a **chicken** if it is your first time roasting. Get the chicken and place in a **deep roasting tin** (then you'll have some room for your potatoes/parsnips). Season with salt/pepper and rub some oil or butter on the outside. Cook for 20 minutes per Lb (40 mins per Kg) plus 20 minutes (should also be a cooking time on the wrapping). Take out and allow to 'rest' for 5-10 minutes before carving.

#### **Roast potatoes and parsnips**

Allow 2-3 medium potatoes and 1-2 parsnips per person.

**Peel and chop** into approx. 2" chunks, Rinse.

Place in a pan and cover with cold water and a little salt. **Bring to the boil** and simmer for 5 minutes. Drain well until dry. Shake them vigorously (breaking the surface with make them extra crispy!).

Either **add to the roasting tray** around the bird (when it has about an hour to go) or place into a separate tin with your choice of oil/fat (preheating this first in the oven also helps get that crisp!). Coat well with the fat and sprinkle with salt. Cook until crispy, **shaking a few times** during cooking (approx. 40 mins and around Gas Mark 6/200°C)

**Alternatively- ready to cook roasties can be found in the freezer section of most supermarkets.**

#### **Veggies**

It is usual to have carrots and sprouts plus any other veg you fancy.

Most supermarkets have fresh (or frozen) veg in a 'mixed bag' which you can just pop into the microwave or boil.

#### **Yorkshire puddings**

These little rounds of yumminess can be found ready made in the supermarket freezer section.

Careful though, they **literally take a few minutes** to cook. (Maybe pop them in when you take the meat out)



### Roast dinner accompaniments

**Gravy:** if you want to have a go at making fresh gravy, there are many recipes on the internet/ Alternatively, just grab a pot of instant gravy, which you mix with hot water (many instant gravies are vegan)!

**Cranberry sauce:** jars of this sweet, fruity sauce are widely available.

**Pigs in blankets:** these are little sausages wrapped in bacon. Make yourself or buy readymade.

**Stuffing:** this is a traditional accompaniment, usually made of bread and herbs (though sometimes with sausage meat). Buy it in a packet (like Paxo) and add water before baking or buy some ready-made that you can just slot in the oven.

### Dessert

Get yourself a **Christmas Pudding** from any supermarket (vegan ones available). Most can be cooked in the microwave and serve with custard (which you can also buy ready-made), cream or a vegan alternative.

Or whip up a batch of **Easy Peasy Mince Pies** and bask in the credit of homemade.

## Easy Peasy Mince Pies

What you need-all these items are available at low cost from most supermarkets

1 pack of ready rolled shortcrust pastry (e.g. Jus Rol)  
1 x jar mincemeat /mince pie filling  
Sugar / Water  
Bun tin

1. Carefully unroll the pastry until it is flat.
2. Use the bottom of a clean glass to cut out pastry rounds and place half of them in the bun tin indents
3. Fill half their depth with mincemeat- taking care not to overfill. Dampen the edges with a little water and cover with the pastry lids. Seal the edges well.
4. Moisten the tops with water and sprinkle with sugar. Make two small cuts in the top of each pie. Bake for 10-15-minutes (at the temperature on the pastry box/pkt) or until golden brown.
5. Remove the tins and leave pies to cool and then sprinkle with a little more sugar.



**Don't like to cook? Check out the list of restaurants below that offer to cook your Christmas lunch. Advance booking is required.**

**Bryn-Y-Mor, Brynmill**

<https://www.greeneking.co.uk/pubs/west-glamorgan/bryn-y-mor-hotel/christmas-old/christmas-day-menu>

**Pump House, Marina**

<https://www.pumphousepubswansea.co.uk/christmas/>

**Miller & Carter, Killay**

<https://www.millerandcarter.co.uk/restaurants/wales/millerandcarterkillay/christmasdaymenu#/>

**Toby Carvery, Gorselnon**

<https://www.tobycarvery.co.uk/restaurants/wales/thecockleshellswansea/christmasdaymenu#/>

**Mary Dilwyn, Fforestfach**

<https://www.marydilwynpubswansea.co.uk/christmas/>

**Deer's Leap, Morriston**

<https://www.slizzlingpubs.co.uk/findapub/wales/thedeersleapmorriston/christmas/christmas-day-menu#/>

**The Woodman, Mumbles**

<https://www.chefandbrewer.com/pubs/west-glamorgan/woodman/christmas/christmas-day>



**Student Life**  
**Bywyd Myfyrwyr**



## Festive Drinks

Is it even Christmas if you haven't had a glass of mulled wine or spiced fruit juice?. Don't forget you can swap out the wine for grape or apple juice if avoiding the alcohol.

Alternatively, not treat yourself by making one of our fabulous **Mocktails**? The perfect partner to an evening of fun or cwtching up to watch a film. If you prefer your cocktails to be a little stronger, you can always add a little spirit of your choice.

### Non Alcoholic Eggnog

#### Ingredients

- 1 vanilla pod, split and seeds scraped out
- 4 egg yolks
- 100ml sugar syrup
- 100ml double cream
- 500ml whole milk
- ice



#### Method

1. Put the vanilla seeds in a large bowl. Add the egg yolks and sugar syrup, and beat with an electric whisk until pale, about 2-3 mins. Add the cream and milk, and beat again until just combined.
2. Fill a large jug with ice, then strain in the eggnog mixture. Stir gently until the outside of the jug feels cold, then pour the eggnog into tumblers to serve.

### Cranberry Sea Breeze

#### Ingredients

- 100g fresh or frozen cranberries
- 1l cranberry juice
- 400ml grapefruit juice
- 2 limes, cut into round slices
- ice



#### Method

1. Using two ice cube trays, put one or two cranberries in each square, fill with water and freeze until solid. Can be done a week ahead.
2. Pour the cranberry juice and grapefruit juice into a punch bowl or large pouring jug and add the lime slices. Add some ice and half the cranberry ice cubes. Divide the remaining cranberry ice cubes between the glasses, then pour in the punch.

### Mulled Tea

#### Ingredients

- 1 tbsp dried rose petals
- 4 cloves
- 1 bay leaf
- 1 cinnamon stick
- 2 handfuls frozen mixed berries
- 1 tsp cranberry sauce
- ½ orange, quartered
- 1 green tea tea bag



#### Method

- Pour 1 litre of water into a large saucepan then add the dried rose petals, cloves, bay leaf, cinnamon stick, frozen mixed berries, cranberry sauce and orange. Bring the mixture to the boil, stirring occasionally then take off the heat. Drop in the tea bag then leave to steep for 2-3 mins. Strain through a sieve into a heatproof jug and serve warm.

### Nutmeg & Orange Christmas Coffee

#### Ingredients

- 4 tbsp ground coffee
- 1 small cinnamon stick
- 2 pitted dates
- pinch of ground nutmeg
- 2 cloves
- strip of pared orange zest



#### Method

1. Put the ground coffee, cinnamon stick and dates in a large cafetiere. Add the ground nutmeg, cloves and orange zest, then pour over 400ml freshly boiled water.
2. Stir gently with a wooden spoon to combine, then leave to steep for 4 mins. Slowly push down the plunger and serve in espresso cups.



## Festive fun!

It is surprising just how much fun can be had at home playing some traditional (and less traditional) games and activities. We have put together a few of our favorites, that can either be played on your own or with housemates!

Why not post some pictures of you enjoying yourselves on our social media so we can all join in the fun?

### Make a Gingerbread House

## Gingerbread House



### Where do I start?

You can find many easy gingerbread house recipes on the internet. Pick one you like or click this image to find a good one (including downloadable templates to build your house)

### Example ingredients you will need:

Plain Flour      Oil/butter or margarine

Golden syrup      Bicarbonate of soda

Ground ginger      Brown sugar

Icing sugar, sweets, nuts (for decoration)

A rolling pin (or clean bottle)      Baking sheets

### Seems like too much effort?

If you don't want to bake your own house- many shops and supermarkets have **ready made kits** for just a few pounds- why not try one of those?

**Don't forget to snap a pic and tag us!**

**@campuslifeSU on Instagram and Facebook**

<https://www.bbcgoodfood.com/recipes/simple-gingerbread-house>



### Christmas Movie Suggestions

The Christmas Prince	Bad Moms Christmas
The Holiday	Home Alone
Love Actually	Elf
Christmas Made To Order	The Grinch
Holidate	Miracle on 34th Street
The Knight Before Christmas	Die Hard
Holiday In The Wild	The Christmas Chronicles
The Holiday Calendar	The Princess Switch
A Very Merry Mix Up	Christmas Survival
Let It Snow	The Nativity
Christmas Inheritance	Klaus
Last Christmas	Arthur Christmas
	It's a Wonderful Life
	Nativity Rocks!

### Christmas Film Cliché Bingo

Single parent	An awkward situation	Policeman or doctor arrives	There's a reindeer	People coming together to save the day
Aerial shot of a small town	There's an elf	Something clumsy happens	Royal family	Failing business
Self centred Character	Christmas presents	Stranded by snow	Christmas wish	Christmas decorations
Someone bakes cookies	Snowstorm causes a delay or problem	Santa Claus outfit	Ugly Xmas sweater	Kiss under the mistletoe

### Christmas Scavenger Hunt

who can find these items first?

Coloured sock	Something red	Santa Claus	Carrot	Hat
Bauble	Shoe	Something Noisy	Fruit	Tinsel
Something You Love	An Animal	Cuboid	Something Sweet	A Reindeer

### Traditional Christmas Games

**Charades** is a traditional parlor or party word guessing game for 2 or more players. One person silently acts out a word, phrase, band, film etc. and the others have to guess. Go to the website below for tips on how to play and a 'charades generator' for ideas to act out <http://www.getcharadesideas.com/how-to-play-charades/>

**Pictionary** is a charades inspired word guessing game, but you draw instead of act your clues! All you need is paper and pens and to visit the website below for full guidance and a Pictionary Word Generator (found towards the bottom). <https://randomwordgenerator.com/pictionary.php>





## Festive Quiz

Test your knowledge with this seasonal quiz. Answers in the footer- no cheating ;)

1. When is Saint Nicholas' Day?
2. What colour are the Poinsettia flowers?
3. How many of Rudolph's eight companions' names end with 'R'?
4. Which country had the first Christmas tree as a tradition?
5. In which James Bond film is there a character called Dr Christmas Jones?
6. What is the name of the family dog in The Simpsons - adopted on Christmas Eve?
7. What is Christmas in Welsh?
8. When is boxing day?
9. According to the famous Christmas song, how many days of Christmas are there?
10. Which fruit is traditionally left in Christmas stockings?
11. Which Christmas drink is also known as milk punch?
12. What should you never do with a Gremlin after midnight?
13. How many seconds long is 'All I want for Christmas is You' by Mariah Carrey?
14. In Friends, who dressed as "The Holiday Armadillo

Answers: 1: December 25<sup>th</sup>, 2: Red, 3: 4 (Dasher, Donner, Dancer & Prancer), 4: Germany, 5: The World is not Enough (1999), 6: Santa's Little Helper, 7: Nadolig, 8: December 26<sup>th</sup>, 9: 12 days, 10: An orange, 11: Eggnog, 12: Feed him, 13: 2,401 seconds, 14: Ross

# Calendar of Ideas

We know that it's hard to think of ideas on what to do over the Festive break and might be nervous about what to do during the time off.

You just need to shake off any 'I wish I could do *that*' attitude and mindfully replace it with 'OK let's try these thoughts instead!'

We have tried to find a mix of things that can be done on your own or with your housemates, inside the house and outside the house, which give you the opportunity to do a physical activity and maybe even try something new! We have popped this into a clickable daily calendar- which you will find on one of the following pages.

**BREAKOUT LIVE SWANSEA**



**Prison Strike**   **Voyager**   **Mumbles Bunker**

**5 STAR ESCAPE ROOM EXPERIENCES**

**BOOK ONLINE**  
[BREAKOUTSWANSEA.COM](http://BREAKOUTSWANSEA.COM)  
**PHONE**  
**01792 807890**

  
**CHOOSE YOUR TEAM**

  
**BOOK YOUR GAME**

  
**GET LOCKED IN**

  
**SOLVE THE PUZZLES**

  
**BREAKOUT IN 60 MINUTES!**

**SPECIAL STUDENT OFFER**  
**20% OFF**  
Use code: **STUDENT20%**



**NADOLIG MAWR Y GLANNAU**

**BIG WATERFRONT CHRISTMAS**

At The National Waterfront Museum



**OPEN INVITATION**

**Together at Christmas**

**TUESDAY 3RD DECEMBER 2024**  
**THE BRANGWYN**  
**12-3PM**

**FREE CHRISTMAS CARVERY LUNCH FOR THE HOMELESS, ISOLATED & IN NEED**

JR Events & Catering, in partnership with Swansea Council are opening the Brangwyn doors this Christmas, sending an open invitation to all of those in need to join us for a **FREE 2 COURSE CHRISTMAS LUNCH**.

To volunteer, provide a service or further information:  
TEL: 01792 446017 - EMAIL: [SHANNON.WILLIAMS@JR-EVENTSANDCATERING.CO.UK](mailto:SHANNON.WILLIAMS@JR-EVENTSANDCATERING.CO.UK)




**FOOD DONATION DRIVE**   **FAITH IN ACTION**

**STEP 1: COLLECT DONATIONS**   Tea, coffee, pasta/ rice, sugar, powdered milk, tinned food, biscuits/ cake, toilet items, cereals etc.

**STEP 2: CONTACT**   Natalie Carmichael - 01792 464189 or [swansea.abba@thewallich.net](mailto:swansea.abba@thewallich.net)  
Let them know you're coming to drop off your donations at least 24 hours before to arrange a time.

**STEP 3: DROP-OFF**   Goleudy, The Strand, SA1 2AW





## Winter Wonderland

One of Swansea's main Christmas attractions, the Waterfront Winter wonderland, has opened its doors for the season with plenty of food, rides, and attractions on offer.



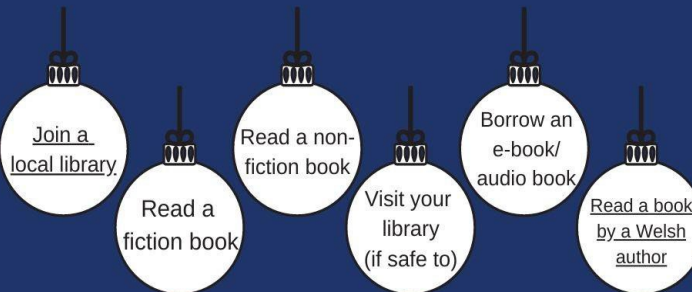
**FREE BUS SERVICE** The hugely-popular free bus offer in the city is back every weekend in the countdown to Christmas, including Monday and Tuesday Christmas week, and then for 5 days in the week after Christmas. All journeys must start before 7.00pm.

\*Please note: the last buses on 24 and 31 December are likely to be around 6.00pm so please check before travelling.

Have you joined one of Swansea's 17 local libraries yet?

UK libraries have books, e-books, audio books, films, music, magazines and much more. They are open and many have quiet spaces and computer facilities you can access.

Why not take our Library Challenge over the Holiday Season?



**bob**

On Demand TV and Radio for Education

Did you know that **Box of Broadcasts (BoB)**, is a FREE on-demand TV and radio service for students, lecturers and researchers which you can access as Swansea University staff or students?

**BoB allows you to:**

Search an archive of over **2 million broadcasts** dating back to the 1970s

- Record programs from over 75 free-to-air channels
- Watch in the UK anytime, anywhere (on PC, tablet or phone)

**You can access content from:**

- BBC One, BBC Two, BBC Four, ITV, Channel 4, Film4 and more
- 10 foreign language channels: Italian, French and German
- BBC Shakespeare Archive content dating back to the 1950s

**How do I get it?**

Simply click the link above, go to 'Sign In', select 'Swansea University' and enter your university login details when prompted.

*St Thomas Swansea*

# Join us for Christmas Dinner

Christmas Day is better shared with others. Don't struggle or be alone, come and join our family.

12.30-2.30pm Christmas Day  
Spire Cafe in St Thomas Church, Swansea

Please let us know you are coming on 01792 455671

St Thomas Church, Swansea

BIG Xmas Day

GET TOGETHER

25th December 2-5pm

Don't be on your own this Xmas.

Come and spend the afternoon at Swansea Wellbeing Centre for Good Company & Xmas Fun.

- Friendly Welcome
- Hot Drinks
- Games
- Afternoon Buffet
- Warm Space
- Socialising
- Music & Songs

Booking Necessary - contact:  
Mike 07931 986168  
mcbuckley@gmail.com



Event kindly funded by  
Tonner Johns Ratti Ltd  
The Swansea Wellbeing Centre CIC



# Calendar of Ideas

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dec 2nd</b> <a href="#">GO! Social: Pre Trip Mixer - Bath</a>	<b>Dec 3rd</b> <a href="#">Visit Christmas Land at Mumbles Pier</a>	<b>Dec 4th</b> <a href="#">GO! Trip: Bath Festive Markets (native.fm)</a>	<b>Dec 5th</b> <a href="#">Christmas Crafternoon with CampusLife!</a>	<b>Dec 6th</b> <a href="#">Join us for our festive film - Elf</a>	<b>Dec 7th</b> <a href="#">Vintage and Makers Market at National Waterfront Museum</a>	<b>Dec 8th</b> <a href="#">Visit Swansea Waterfront Winterland</a>
<b>Dec 9th</b> <a href="#">Book to see Jack and the Beanstalk at the Grand Theatre</a>	<b>Dec 10th</b> <a href="#">GO! Eat: Pub on the Pond (native.fm)</a> Join us for Christmas lunch	<b>Dec 11th</b> <a href="#">Christmas Hits by Candlelight - Enjoy Swansea Bay (visitswanseabay.com)</a>	<b>Dec 12th</b> <a href="#">Enjoy some festive games and snacks at GO! Social: Festive Mixer (native.fm)</a>	<b>Dec 13th</b> <a href="#">Join your local Library and start a Holiday Book Challenge</a>	<b>Dec 14th</b> <a href="#">Do something crafty with ideas from Hobbycraft</a>	<b>Dec 15th</b> <a href="#">Enjoy some breakfast with Santa at Harvester!</a>
<b>Dec 16th</b> <a href="#">Make and bake your Easy Peasy Mince Pies while listening to Christmas Radio</a>	<b>Dec 17th</b> <a href="#">Pick up some goodies at the Swansea Christmas Market</a>	<b>Dec 18th</b> <a href="#">Christmas by Candlelight at Brangwyn Hall</a>	<b>Dec 19th</b> <a href="#">Visit Swansea's Glynn Vivian Art Gallery</a>	<b>Dec 20th</b> <a href="#">Visit Santa at his Grotto</a>	<b>Dec 21st</b> <a href="#">Visit Margam Park for a Light Trail</a>	<b>Dec 22nd</b> <a href="#">Watch Santa's journey across the globe with homemade drinks Google Santa Tracker</a>
<b>Dec 23rd</b> <a href="#">Visit Plantasia!</a>	<b>Dec 24th</b> Use the Fun Stuff in this brochure with your housemates	<b>Dec 25th</b> <a href="#">Make or go out for a traditional British Christmas Lunch. Watch the King's speech</a>	<b>Dec 26th</b> <a href="#">Go for a Boxing day walk!</a>	<b>Dec 27th</b> <a href="#">Warm up by going to see a Festive film in the Odeon!</a>	<b>Dec 28th</b> <a href="#">Visit Swansea Waterfront Winterland</a>	<b>Dec 29th</b> <a href="#">Countdown to the New Year watching Jools Annual Hootenanny</a>
<b>Dec 30th</b> <a href="#">Indoor Crazy Golf at Bunkers!</a>	<b>Dec 31st</b> <a href="#">Go for a ride on a Swansea University Cycles Bike</a>	<b>Jan 1st</b> Go for a New Years Walk along the Sea Front!	<b>Jan 2nd</b> <a href="#">Get out and about with the audio trail exploring Dylan Thomas in the Maritime Quarter</a>	<b>Jan 3rd</b> <a href="#">Escape Room at Swansea Breakout Live</a>	<b>Jan 4th</b> <a href="#">Try indoor rock climbing at Flashpoint!</a>	<b>Jan 5th</b> <a href="#">Have a relaxing spa day at home</a>

The University opens on Thursday 2nd January!



## Wellbeing over the festive season

We hope that you will have a wonderful and restive festive season. However, we understand that for some people it may be more of a struggle or that you may be faced with some unexpected challenges. To make sure that you always have somewhere to go to get the help you need, even during times when University staff are recharging their own batteries ready for the New Year, we have collated some resources and contact points for you below.

Please make sure that wherever possible you are **keeping active**, getting **out into the fresh air** and **treating yourself well and with kindness**. If you do find yourself feeling low or experiencing a crisis, make sure you are utilising the support and resources available to you 😊

### Mental Health Support



A confidential, online mental health support community, available 24/7

**togetherall**  
Get support. Take control. Feel better.

To make sure that all staff and students have 24hr support available to them, the University has invested in [TogetherAll](#).

TogetherAll is a freely available digital mental health service. Using your university email address, you can anonymously always access support 24/7 with trained clinicians online, as well as a range of helpful tools and resources.

It is a safe place online to get things off your chest, have conversations, express yourself creatively and learn how to manage your mental health.

The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists.

The University Wellbeing Service has excellent self-help resources and referral points that are available 24/7 [via their website](#). These resources include [Help in a Crisis](#) and what to do if you [Concerned for others](#) and wondering how you can help.

Outside of the University, you can access year-round information and advice from [Mind](#), a charity that promotes better mental health. They have comprehensive [Information and Support resources](#) including a special [Coronavirus and mental health information hub](#). This has practical tips on staying well in isolation and about [Christmas](#), as well as other targeted resources to help you.



If you just need someone to talk to the [Samaritans](#) are there to listen. The Samaritans is a completely free and anonymous service offering a, non-judgmental and listening ear to anyone who wants to talk.

It doesn't have to be an acute situation (in fact better to contact them before you get to that point). You can chat with them about anything that is causing you stress or upset, if you are feeling lonely or isolated or anything at all. Any conversation is worth having if it will make you feel better!



## Wellbeing over the festive season

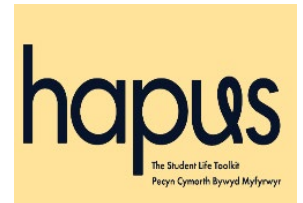
### Welfare Support

Welfare@CampusLife have very substantial [Student Advice](#) pages that cover a range of welfare issues. Including **homesickness**, **things not going to plan** and **living in private accommodation**. If you have suffered a **breakdown in relations** with someone you love or even had a recent **bereavement**, there are specific resources to help and guide you.



Cruse is a charity that helps people deal with **bereavement and grief**. They have a chatline, forums, local groups and online information that is available for people at any stage of their grief. They also have special resources on [coping with grief over Christmas](#).

You may encounter negative emotions or experiences as you transition into, or move through, life at Swansea University. This is perfectly normal. We understand that university life can be both exciting and overwhelming, which is why we want to provide you with helpful strategies to navigate your time at Swansea. Hapus is an online course that prepares you for the mental, emotional, and practical challenges of university. You can find out more information here [Hapus The Student Life Toolkit - Swansea University](#)



If you have been affected by a **crime or traumatic event**, you can access help from Victim Support. As well as a South Wales specific care team, they also have a Live Chat and a 24/7 helpline **08 08 16 89 111** so you will never feel unsupported or alone with your feelings.



If you, or someone you know, is suffering from an incident or ongoing incidents of **sexual assault or domestic abuse**, it is important that you seek help and assistance as soon as it is safe for you to do so. **If you, or they, are in immediate danger, please call 999**. If an assault has taken place and you or they are not in immediate danger, please contact 101 to report this.

When able to do so, please also visit the [Gov.uk guidance on getting help on domestic abuse](#).



In addition, [Swansea Women's Aid](#) offers empowerment, safety and support specifically for women and children experiencing **domestic abuse**. They are extremely experienced in helping women in, and out of, difficult circumstances. They have a 24hr helpline available on 01792 644683.



## Wellbeing over the festive season

If you find yourself have a **housing difficulty** over the festive period, you should visit the Shelter Cymru website for advice and support. They also offer comprehensive **debt advice** and have both housing and debt counsellors ready to help you. There are also debt and housing advice surgeries available at their hub on Walter Road near Swansea town centre. Check the website for opening times and appointment processes.



If **money worries** are causing you anxiety, you may like to have a look at the [Money@CampusLife resource pages](#) to see if they have information that would help you. They have devised a series of FAQs that cover the most commonly asked questions (and some of the less common!) around student finance and funding. They also have tips on budgeting and what to do if you are thinking of making a change to your studies.

If you are facing debt worries, as well as Shelter Cymru linked to above, you should also have a look at the [Swansea Council resource and referral page](#). This outlines where to go dependent on your individual situation. In addition, there are fantastic resources and free debt advice available via [National Debt Line](#).

If you are in significant financial hardship, and this is preventing you from being able to feed yourself or your family, do not be worried about approaching a local food bank. Food banks are usually set up by charities or local groups in order to prevent food deprivation in our communities. You can access help via the [Swansea Foodbank](#) or by visiting one of the other Foodbanks listed on the [Swansea Council web page](#).



## Wellbeing over the festive season

### Emergency situations

We hope very much that you do not find yourself in an emergency situation over the holiday period. The British Council has a [Safety First Booklet](#) which is an excellent guide to keeping safe in the UK and avoiding getting yourself into any avoidable difficulties.

However, it is important that you are aware of who to call if a situation arises. Please take the time to read the page below. Even if you do not have an emergency or concerning situation now, it will help you to have looked at this information should the need arise.

### Emergency Services- which number do I call?

#### 999

This number is for **acute emergency** situations.

You will be asked which service you need:

**Police/Fire/Ambulance/Coastguard**

Example scenarios:

- There is a risk of life to you or someone else
- There is a fire which you cannot put out
- There is a crime in process
- You have just been assaulted
- Someone has been injured and needs urgent medical attention

Be prepared to give the operator as much detail as you can. If you are in a difficult situation, they will stay on the line with you until help arrives.

#### 101

This number is for **non emergency** situations. You will be asked questions by a central operator and will not usually be put through to a specific service.

Example scenarios:

- You notice your car or house has been broken into
- You see someone acting suspiciously
- You witnessed a crime in process
- You have been assaulted but have left the scene and/or time has elapsed since the assault

Be prepared to give the operator as much detail as you can. If you are in a difficult situation, they will stay on the line with you until help arrives.

### Security on Campus

**Security is available on our campuses 24/7. They can be contacted by calling 01792 604271 or via the Safezone app detailed below:**

[Safezone](#) is a personal safety app for University students and staff and we advise all University to [download the Safezone app](#) which gives you **immediate access to on-campus security** and our team of first responders through your mobile phone.

SafeZone lets you get help quickly in a personal emergency or if someone needs first aid or general help. You can check in when you are working alone or in high risk areas to share your status with the response team. You can set a timer on your check-in session that will automatically alert the team if you become unresponsive. SafeZone also sends you notifications in the event of an emergency, so you know what to do to stay safe. You are never tracked, until you send an alert or check-in.



FREE  
APP  
for all students  
& staff



**SafeZone**