



January Newsletter

Hepp Team Top Tips for Lockdown 3.0



In Lockdown 1.0 there was lots of advice flying around about ways to deal with it. Now we're in Lockdown 3.0 we all have more tried and tested ways to survive and thrive as much as possible.

Check out our [top tips](#) and get to know the Hepp team better as well!

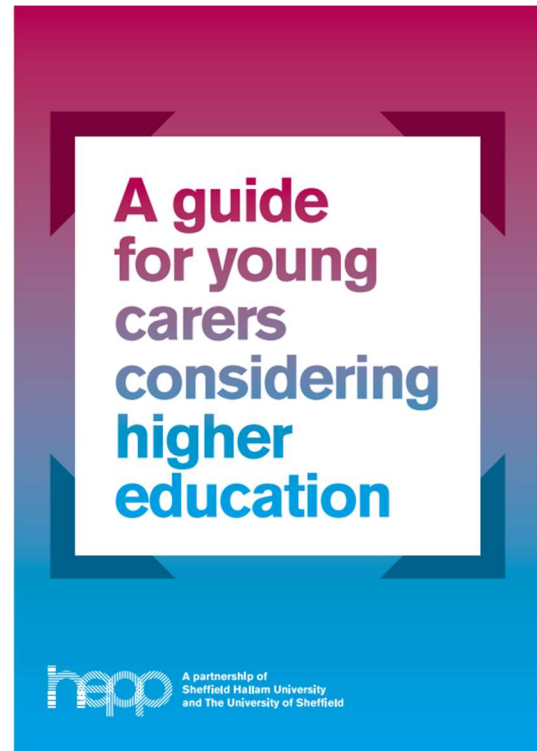
Supporting Young Carers

This week we're excited to launch our Young Carer resource – “A guide for young carers considering higher education”.

The booklet is an easy-to-follow guide telling young carers about the support available to help them achieve their higher education goals.

To download a copy please visit [HeppHUB](#) where you can also view a number of other resources and links to support students in their journey to higher education.

If you or your students have any questions please email Kelly Self, at k.self@shu.ac.uk, who'll be very happy to help.



Our first HeppFest was a huge success back in December, with hundreds of students and teachers getting important information, insight and inspiration about higher education and careers from universities, national organisations

and celebrities!

Many of the sessions were recorded and will be available soon on the HeppFest Reloaded website to watch whenever best suits you and your students. Keep an eye on your inbox for the Reloaded launch announcement in a couple of weeks!



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