

You are receiving this email because you have told us you have experience of being in care. (If this is not correct, please update your **student profile** and you will no longer receive these emails). The Open University in Scotland takes its responsibilities as a [Corporate Parent](#) seriously and we want to make sure that our Care-Experienced students have the information and support they need during the Covid-19 situation.

We're aware that some Care-Experienced people may not have family and support networks and may be feeling particularly isolated. You may also be struggling with your studies while coping with small children, caring responsibilities, work and money worries. This email is intended to signpost you to information and support we hope will be useful at this time.

### **Looking after yourself**

This is a very stressful time and our primary concern is that you stay safe and well. If you need to talk to someone, at any time of the day or night, our [Big White Wall](#) service offers free, confidential online support.

[Who Cares? Scotland](#) is a third sector organisation that supports and represents Care-Experienced people **of all ages**. They have set up an **emergency helpline** so you can phone if you need help, advice or support. Through the helpline, you can access a **directory of support** and small **funds to help with immediate food and living costs**. There are two helpline numbers – one dedicated to young people who are currently in care and the other for people with care experience no matter what their age. Check [Twitter](#) and [Facebook](#) for details as the helpline numbers vary each day.

The Life Changes Trust has announced a **Keep Well fund** for Care-Experienced young people **aged 18-30** living anywhere in Scotland. You can apply for up to £250 for something to help you cope with the lockdown and improve your physical or mental wellbeing. More information and an application form can be found [here](#). The deadline for applications is **17 April** (please note new deadline).

The Scottish Association for Mental Health has a useful resource on [Coronavirus and your mental wellbeing](#) if you're feeling worried or stressed about the impact of the virus.

### **Your studies**

For the most up-to-date information from the OU, visit <https://help.open.ac.uk/coronavirus-covid19> You should have received an email that clarifies expectations about TMAs and end of module assessments for your module but if you have any concerns about your studies, please **contact your tutor**.

We also have a [new advice tool](#) which takes you through a range of questions and the different options available to you. If you would prefer to defer your studies until next year, you should contact your **Student Support Team** (you'll find the contact details on the [Help Centre](#)). At the moment, our advisors can't offer telephone support but you can email them or access **webchat** via the chat box on the [Contact page of the Help Centre](#). **Please note:** this service will not be available over the Easter weekend.

### **Next module**

You can still register for your next module. We're aware that there will be a delay in SAAS processing financial support but this should not affect your start date.

### **OpenLearn**

If you have school-age children and are looking for ideas to keep them occupied, OpenLearn has a list of free, family-friendly content: <https://www.open.edu/openlearn/education-development/learning/free-courses-and-content-school-study>