

## Immigration & International Student Advice Newsletter

Welcome to our Social and Support Newsletter. The newsletter is a new format this week, to not only continue the weekly activity planners, but to include your contributions, weekly wins and a catch up from the International Challenge group and what they have been getting up to.

Remember the University is now updating all students and staff every day on the main COVID-19 update page: <https://www.southwales.ac.uk/news/coronavirus-overview/>

### Ongoing Immigration & International Student Advice Support

We fully appreciate that this is a stressful time for students and the updated Government advice may have implications for you.

Remember the IISA team are still working to support students. You can [chat with us live on Ask an Adviser](#), email us on [international.advice@southwales.ac.uk](mailto:international.advice@southwales.ac.uk) or call 01443 482083 if you need to speak to someone

Telephone appointments remain available - email the IISA team to book a phone appointment. Please include your name, basic query and student ID as well as your mobile number in the email.

### What are you doing? Continue to contribute to our Newsletter

We have included the first of our student contributions in this newsletter, and it is fantastic to see what you have been doing. Remember you can contribute with anything from a store cupboard recipe to an exercise regime you have been following.

We also want your Weekly Wins, where we celebrate all the things you are doing, from trying a new physical activity to creating new art in your home. Send us pictures of your Weekly Wins and we will feature them in the coming weeks.

### USW - Keeping in Touch Programme

During this unusual time of coronavirus lockdown, we want you to know that you are not on your own and we are still here for you.

We invite you to our ['Keeping in touch'](#) programme if you would like to receive a phone call from a member of staff from time to time.....for a casual chat, a quick catch up or to ask a question if you are facing any challenges during this time of self-isolation

### Weekly Win

#### Our Weekly Win, for 15<sup>th</sup> May 2020 is.....

Athina Paschou for submitting her set of short stories to us. We have picked her story called 11:11 Make A Wish for this weeks win, as not only is it a great story, but it really inspired us to want to travel again.

**11:11 : Make A Wish**  
**By Athina Paschou**

There was this legend whose roots were not widely known. This legend stated plainly: Make a wish at exactly 11:11 and this wish will come true. Your wish sooner or later will be your reality.

Sounds funny, right? What if I told you this has already happened?

The person in question is actually the one writing this. They had one simple passion. They wanted to travel the world.

A lot of obstacles getting there, right? But you'll never reach the top if you don't climb the mountain.

The person, let's call them Hero, was going through a boring, normal day of school. They had just learned about the legend, their friend had just told them. What if it was true? Hero turned on their phone screen. It was 11:10 am.

Hero removed themselves from the crowded corridor and entered an empty classroom. When they looked at the screen again, it was time.

"I sincerely wish to one day travel the world."

Nothing changed but a deep longing lounged deep in Hero's chest. Well, not entirely nothing. The sun seemed to be shining brighter. Hero smiled.

By the time they graduated, they had their passport. Few months later, Hero met people with the same goal. All of them waited a couple of years, organising their trip and saving their money.

And then the time came when Hero boarded the plane for their first destination.

He was happy.

The legend had come true.

**Are you a creative person?** If you have a short story, poem or set of poems or if you have artwork you have created that you would like to feature in our newsletter, get in touch using the details on the first page, and like Athina's story, your entry could be our weekly win!

## Getting a good night's sleep

In last week's newsletter we posted tips on helping to maintain and manage your energy on a day to day basis through the current period. We also started to talk about good sleep hygiene, and we thought we would continue the tips this week with how to manage your sleep as best as possible.

Getting a good night's sleep starts with keeping a good night routine. A good night's sleep helps you be more productive during the day and will help your wellbeing throughout the week.

Here are our top tips for getting the best night's sleep possible:

1. **Stick to a sleep schedule** and wake up on time, even at the weekends. The reason this works is it regulates the body clock, and a regular body clock will help you fall asleep much easier, and stay asleep at night
2. **Try and stick to a bedtime routine.** This helps regulate your body clock, and helps your brain get used to falling asleep at the same time each day. Routines can be anything from reading, to listening to the shipping forecast, but if you can avoid electronic devices, you should.
3. **Have a relaxing bedtime ritual!** Start by having a long bath or shower and follow this up with your own skincare routine. If you do not have one yet, check out some of the tutorials and advice on YouTube. There are lots of ideas for not just skincare, but all kinds of relaxation rituals. You might even want to check back in previous newsletters for our links for mediation or mindfulness.
4. **Get your sleeping space right.** Its great having a pre-bed ritual, but once you're ready to climb in its important you feel comfortable. This all starts with you, so climb into comfortable pyjamas, dim the lights, use some essential oils or pop on some fairy lights. Keep the room light low, the space a comfortable temperature, and wash those sheets often using a great smelling fabric conditioner to keep them inviting.
5. **Check room temperature.** Mentioned above, but did you know the temperature of the room can have a huge effect on how well you sleep or if you sleep at all? Don't sleep in a room that is too hot or too cold, finding the right temperature will help you sleep better. You might have to experiment to find out what works for you, but its all worth it in the end.
6. **Avoid daytime naps.** Some world leaders swear by the ability to nap, but if you have trouble sleeping at night avoid sleeping during the day. Power naps are helpful, but they can interrupt your night sleeping pattern. Treat a nap like coffee, you would not have 3 and then expect to sleep all night!
7. **Avoid drinking or heavily eating just before bed.** We all know about having a nightcap before bed, but did you know heavy foods, alcohol and a full bladder can all cause issues with sleep? Make sure you eat and drink carefully before bed to avoid discomfort at night.
8. **If you can't sleep, don't just lay there!** If you cannot fall asleep, don't stay in bed, as this associates your brain with the bedroom being a bad place to sleep. Get up, go to another room, and do something relaxing until you feel tired.

You can find more Sleeping tips and tricks all over the internet, but why not check out the [Sleep Foundation](#) for a good starting place?

## **Week 8 Monday**

Social – Hay On Wye festival is still going! It's the biggest literary festival in the world. Our IISA team love to visit, but this year its been moved online. Check out the free [Schools Programme](#) or [Main Programme](#) for more information.

Physical – Enjoyed the Yoga so far? Well why not try out the 30 day [Morning Yoga Movement](#) challenge currently happening on YouTube. Suggested by a student, start with Day 0 and let us know how you get on!

Wellbeing – Did you know you can relax and [watch the Northern Lights live](#) from your home? Your best to watch between 3am and 9am British Time.

## **Tuesday**

Social – Arrange a social Picnic. Share recipes beforehand and set up your living space or garden as a picnic area. Use apps to connect to friends and enjoy the time together.

Physical – Tidy the house! Okay we can hear the groans already, but if you pop some music on and work hard, you will build up a good sweat and get rid of dust, germs and dirt. Double Win!

Wellbeing – Student Suggestion: Try the [30 day Guided Meditations to Manifest Abundance](#). You have to sign up, but it looks like a great course to try!

## **Wednesday**

Social – Join a Harry Potter potion class with your housemates. Check [out Hogwarts is Here](#), try some spells and get sorted into your house. Makes for a Magic time with friends!

Physical – Check out the [NHS Fitness Studio](#). A collection of 24 videos, between 10 and 45 minutes long, designed to keep you fit and active.

Wellbeing – Organise a virtual book club. Set up a weekly meeting with friends, choose a book you all have or can download for free and take a week to read it. Reading is great for the mind and gives you time away from the busy world. It also ensures you have time booked in with friends to catch up and chat each week.

## **Thursday**

Social – Missing nature? Well lets go exploring and [watch some fantastic live animals](#) in their natural habitat.

Physical – Joe Wicks is still doing his daily PE from home. Tune in live, or check out the back catalogue if you need more exercise. You can find [Joe Wicks on YouTube](#).

Wellbeing – Get outside! If you have a garden, get out into it. 20 Minutes sunshine a day provides all the vitamin D you need, so go out and enjoy. No garden? Go for a walk and send us your photos of the beautiful local area.

## **Friday**

Social – Host a Game Night. Get one of your social apps out and have some fun with friends. Got housemates? Bust out the board games and see who can be champion this week.

Physical – The NHS has produced a set of home exercise sets called [One You](#). These can all be done at home, by any age and any fitness. Start today and see if you can get through a full 30-minute workout.

Wellbeing – Join Camille Vidal, founder of La Maison Wellness for her [Mindful Happy Hour Instagram](#) live every Friday at 5pm

**Weekend:** We did it! Another week done, and we are still going strong. Be proud of what you have done this week and send us videos, photos, and comments about what you enjoyed and what you did not.

That is it for this week's activities, but we will see you Monday with more things to try!