

Faculty of Engineering, info sheet for students who are self-isolating, October/November 2020.

Department of Design Engineering.

You will be contacted by Department Operations Manager once receiving information from My Imperial that you are self-isolating, you will also be contacted by your personal tutor for further support. However, we encourage you to read the below, ask yourself the following and if you have any concerns then please let us know what support you may need as soon as possible so we can assist you. If you would like to arrange an optional phone call on MS Teams, or at any stage you feel that you need to reach out to us for additional support your first point of contact should be personal tutor. If you feel you need additional support please contact student wellbeing adviser a.picton@imperial.ac.uk or senior tutor desenior.tutor@imperial.ac.uk

Self-isolation

Follow this [flow chart](#) If you develop symptoms you can use the [NHS Checklist](#) or call 111 for further guidance. **Please report your status ASAP through [MyImperial](#)**, unless you have already done so.

If you require any information about how to self-isolate and have been asked to self-isolate in private accommodation, please have a look at the latest [government guidelines](#) and [info on worsening symptoms](#).

If you have been asked to self-isolate **in halls** please have a look at the [support available](#) and submit the [online warden form](#).

If you are isolating **in private accommodation** [please read FAQs](#)

Follow instructions on the Imperial [COVID-19 Contact Tracing Hub](#). Keep updated with [College updates](#)

[Download the NHS Covid 19 App](#) contact tracing and clear guidance on symptoms and self-isolation.

If the symptoms of COVID-19 or self-isolation affects your studies please submit a mitigating circumstances form.

[Dyson Departmental Wellbeing Page](#)

For College support in addition to your departmental support please contact:

- [The Student Support Zone](#) ultimate guide to wellbeing at Imperial.
One Page summary of remote support on offer from student support zone [see here](#)
- [The Student Hub](#) support and advice from a range of services.
- [Student Counselling and Mental Health Advice Service](#) – including information for urgent mental health support.
 - Watch [Kind Mind videos](#) for support on dealing with isolation, sleep issues, building resilience during loss and trauma, mindfulness, connecting to others and settling in to university.
 - Students also have access to [SilverCloud](#) an online platform of support based on concepts from Cognitive Behavioural Therapy (CBT):
 - [Online Connect](#) – Group discussions facilitated by a Student Counsellor and Study Mentor (Mental Health).
- [Mental Health First Aiders](#) contact list of MHFA staff members that can be contacted to provide first response mental health support (in and outside department).
- [Disability advisory service](#): remote appointments offered.

- [Chaplaincy multi faith](#) remote 1-1 appointments offered, meditation sessions, bereavement support.
- [Imperial College Health Centre](#): Register with GP and wellbeing workshops.
- [International Student Support](#) Visa and Immigration/international student experience.
- [Post Graduate coaching programme](#)- Talk independently from academic department.
- [Student support fund](#) if applying for support- notify the Senior tutor and SWA.

Guidance for staying safe online

- Available from ICT, [stay secure online advice](#).
- Guidance for students on appropriate online behaviour is available in the form of [netiquette](#)

External Support:

If you would like to speak to an external organisation in regard to your mental health, please contact the following

[Student Space](#) Wellbeing resources and advice.

[Every Mind Matters](#) looking after your mental health.

[Young Minds](#) Mental Health support for young people and parents.

[Mental health charities](#)

Out of hours support if in the UK, call [Samaritans](#) 24 hours for free on 116, 123 or email jo@samaritans.org if outside the UK.

Medical issues:

Check you have a registered doctor in the UK or in your home country.

If you are taking medication, make sure you have enough supplies during your isolation, contact your health provider to request sufficient supplies.

If you have a disability, mental health or other health issues/personal issues/caring responsibilities which will impact on this situation and your ability to study (and you are happy to share this) please contact us so we can provide the most appropriate support. However this is fully your choice to disclose and you are not pressured or obliged to share this information.

If in the UK call 999 in an Emergency.

Academic issues:

If you have deadlines coming up or unable to study-submit a Mit Circs form if isolation will affect your studies.

If you have group work project and cannot participate inform the Module Leader and the Senior Tutor.

Daily routine, logistics:

Take sufficient breaks from academic work and screen time.

Sleep 6-9 hours per night, or as much as you feel need, contact wellbeing adviser or GP with issues.

Ensure you have stable internet connection- Contact [Ask ICT](#) with issues.

Keep active, try home exercise videos.

Maintain a healthy diet, avoid excessive alcohol or caffeine consumption.

Keep in regular contact with friends/family, reach out for support if needed, it can be helpful to share your situation with others.

Things to do in isolation

Imperial Extracurricular activities- Music, Art classes, ICU clubs and societies.

<https://www.imperial.ac.uk/about/covid-19/students/student-experience/extracurricular-activities/>

<https://www.imperialcollegeunion.org/>

Museums

British Museum <https://artsandculture.google.com/partner/the-british-museum>

National Gallery <https://www.nationalgallery.org.uk/visiting/virtual-tours/google-virtual-tour>

Guggenheim, Bilbao <https://artsandculture.google.com/partner/guggenheim-bilbao>

J Paul Getty Museum, Los Angeles <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Rijksmuseum, Amsterdam <https://artsandculture.google.com/partner/rijksmuseum>

National Museum of Modern and Contemporary Art, South Korea

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea>

Multiplayer games – there are a myriad of these. Here are a few free classics

Would You Rather? The Game

https://play.google.com/store/apps/details?id=com.us.wouldyourather.trivia.quiz&hl=en_US

<https://apps.apple.com/us/app/what-would-you-choose-rather/id1216673574>

Scattergories

<https://apps.apple.com/us/app/scattergories/id1011376303>

https://play.google.com/store/apps/details?id=com.magmic.android.squash&hl=en_US

Boggle with friends

<https://www.zynga.com/games/boggle-with-friends/>

Free courses

<https://www.edx.org/> - wide range of free courses offered by many international institutions.

Coursera <https://www.coursera.org/> many free courses

University of Oxford podcasts – varied podcasts organised into series <http://podcasts.ox.ac.uk/series>

TEDEd podcasts with extra material and quizzes <https://ed.ted.com/>

First aid <https://www.futurelearn.com/courses/basic-first-aid>

Free shows

Cirque du soleil - <https://www.cirquedusoleil.com/CIRQUECONNECT>

Royal opera house <https://www.youtube.com/user/RoyalOperaHouse>

Royal Shakespeare company <https://www.rsc.org.uk/news/watch-rsc-shows-from-home>

Southwark stayhouse <https://southwarkplayhouse.co.uk/streaming/>

Timpson: The Musical – performed at the Stockwell Playhouse

<https://www.youtube.com/watch?v=LfzOOWCi8Ag&feature=youtu.be>

Languages

BBC languages <http://www.bbc.co.uk/languages/>

Duolingo – free app to learn basic words/phrases <https://www.duolingo.com/>

Free eBooks

Project Gutenberg <http://www.gutenberg.org/>

Open access library <https://openlibrary.org/>

Free mindful colouring pages

<https://www.happinessishomemade.net/free-adult-coloring-pages/>

Free arigarmi patterns (crocheting) <https://www.amigurumipatterns.net/search/free/>

Sew a sock teddy bear <https://www.icreativeideas.com/how-to-diy-adorable-sock-teddy-bear/>

Zoo webcams

<https://nationalzoo.si.edu/webcams>

<https://zoo.sandiegozoo.org/live-cams>

<https://www.montereybayaquarium.org/animals/live-cams>

Exercise

Joe Wicks <https://www.youtube.com/user/thebodycoach1>

Yoga with Adrienne <https://yogawithadriene.com/>

Cooking skills

<https://www.bbc.co.uk/food/techniques>

<https://cookingonabootstrap.com/>

<https://www.udemy.com/topic/cooking/free/>