

Dear

FAO Students who are Clinically Extremely Vulnerable or who have previously been advised to shield

[Updated government guidance](#) was released on Wednesday evening for people who are clinically extremely vulnerable. ***Most students are not in this group and can continue to attend scheduled classes as planned as per the [e-mail sent 4th November](#).***

However, if you are in the extremely clinically vulnerable group and have previously been advised to shield, the latest advice is that you are ***strongly advised*** to stay at home ***at all times*** except for exercise or medical appointments and to avoid shops and pharmacies and not meet people outside your household. The NHS will send letters this week with further details on what you need to do and how to access support available.

How do I know if I am clinically extremely vulnerable?

Most people will have received a letter in the last Lockdown, notifying them that they should shield. The NHS will be issuing fresh letters later this week. If you are not sure if this applies to you, [please check the full list of medical conditions](#).

What should I do now?

- If you are clinically extremely vulnerable, please let your [Support-Centre](#) know that you are shielding so they can give you the right advice and change your mode of attendance on your student record. Please note that there are a small number of programmes for which it will be difficult for students to meet their learning outcomes without being on campus in the autumn term. We wrote to all students on these programmes at the start of term but if you have any queries about whether this affects you please contact your [Support-Centre](#).
- Ensure you have access to food and medical supplies. Contact us at covid-support@reading.ac.uk if you need any assistance

What support is available to me whilst shielding?

- You can [register for online support with shopping](#) and support from the council.
- NHS Volunteer Responders can offer additional [support picking up shopping, prescriptions and transport](#) to medical appointments
- Check [Essentials](#) for practical advice and support available to you from the University whilst shielding or self-isolating
- Contact us on covid-support@reading.ac.uk if you need any assistance in accessing shopping or prescriptions
- Halls of residence remain open and fully staffed. If you are living in halls, we will continue to support you, including all of the assistance we are providing for those who must self-isolate. In particular, we will continue to provide temporary assistance with deliveries of food and emergency items where required. Home at Halls will continue its [programme of virtual social activities](#).
- You can use the Home at Halls app to access support and the 24 hour halls hotline - 0800 029 1984
- If you are finding the prospect of shielding difficult, there are a range of online support services and resources you can access including [Life-Tools](#) which offers a range of self help workshops. You may find the following Life Tools workshops helpful next week:

- **Under pressure?**
Monday 9.11.20, at 13:00-14:00
To join use this link
<https://eu.bbcollab.com/guest/38d13998a3ae403aa893bdd9c30ded56>

- **Q & A Restore peace of mind: managing worry thoughts**
Wednesday 11.11.20, at 12:00-13:00
To join use this link
<https://eu.bbcollab.com/guest/274c1d50da084d24b0b9825558341995>

- Online support is also available at [Togetherall](#) and <https://www.selfhelpguides.ntw.nhs.uk/reading/>
- [The SOS Supporting-our-Students](#) scheme can match you to a fellow student to feel a little more connected at this time
- Should your disability related support needs change whilst shielding, please contact disability@reading.ac.uk or 0118 378 4202 (10am – 4pm Monday - Friday)

Please do reach out and use the resources above should you need them. As ever, we are here to help if you need it.

Best wishes,

The Disability Advisory Service