How to get the most out of the Easter break

April 2019
Happy Easter from us here at Student Support and Wellbeing

The Easter break is a great time to get together with friends and family. It’s a time to share great food and take some time out before the exam period. If you’re staying in London during this time, we want to make sure you’re able to make the most of the break so we’ve compiled a list of events.

Contents

What you can do if you are staying in London for Easter...........Page 3
Easter Walks...........................................................................................................Page 5
Free museums in London ........................................................................Page 7
Tourist attractions .........................................................................................Page 8
Easter church service in London.................................................................Page 9
Transport ......................................................................................................Page 10
Cab numbers ................................................................................................Page 10
How to get to Brent Cross Shopping Centre ...........................................Page 11
How to get to IKEA .......................................................................................Page 11
How to get to some popular London markets ........................................Page 11
Study and revision support .......................................................................Page 13
Student Support over Easter......................................................................Page 14
Student Welfare ........................................................................................Page 15
Medical assistance and emergencies .......................................................Page 16
Emergency contact numbers.....................................................................Page 16
Counselling and Mental Health .................................................................Page 16
Local Health Services................................................................................Page 18
WHAT YOU CAN DO IF YOU ARE STAYING IN LONDON OVER THE EASTER BREAK

Who is staying in London? Talk to your friends and find out who is going home and who is planning to stay. If you would like to plan a trip, check out deals online and search for the best deal to celebrate the day. Try and include your friends and relatives in your plan. Remember, your holiday plans may be affected by public transport so always plan before you travel.

On Easter Sunday (Sunday 21 April), most businesses will be closed. Here are some ideas for you and your friends to do together:

1. **Exchange Easter Eggs with friends** – many supermarkets and department stores will be selling Easter Eggs to suit all budgets in the month prior to Easter Sunday.

2. **HOST** – An opportunity to celebrate Easter the British way. HOST will offer you an opportunity to live with a UK family for a couple of days and learn more about British culture. HOST has been operating for over 20 years and vets all of their host families. (This means they meet with the families and visit the homes before you arrive.) You can spend a day, or even a weekend, with them. For more information or to book visit the website: [www.hostuk.org.uk](http://www.hostuk.org.uk)

3. **Cadbury Easter Egg Hunt** – Cadbury have teamed up with the National Trust and hidden hundreds of chocolatey treats across the UK. The nearest Easter Egg Hunt will be held at Fenton House & Garden in Hampstead and runs from Friday 19 April to Monday 22 April. For more information and admission prices visit: [easter.cadbury.co.uk](http://easter.cadbury.co.uk)

4. **City Farms** – Spring season in London’s city farms means one thing: cute baby animals! Many city farms offer free admission to students meaning you can visit the lambs, chicks and piglets at no cost! For more information about London’s city farms visit: [www.visitlondon.com/things-to-do/openspace/farm](http://www.visitlondon.com/things-to-do/openspace/farm)

5. **Enjoy cooking & baking?** Take a look at the BBC’s Easter Food Guide for great seasonal recipes. Visit: [www.bbc.co.uk/food/occasions/easter](http://www.bbc.co.uk/food/occasions/easter)

**The Passion of Jesus Play** – Good Friday 19 April, 12pm and 3:15pm, Trafalgar Square. A unique open-air telling of the Easter story is being performed in the middle of Trafalgar Square with a cast of over 100 actors and animals. The Wintershall Players are presenting two performances of ‘The Passion of Jesus’, and anyone can turn up for a bit of free theatre. Visit: [www.wintershall-estate.com/passion-jesus-london](http://www.wintershall-estate.com/passion-jesus-london)
Check out the following great ideas for days out, train travel and much more:

**Time Out London** - From restaurants and museums to attractions and theatre, Time Out is a great source of information. Visit: [www.timeout.com/london](http://www.timeout.com/london)

**Days Out Guide** is a great place to find cheap day out deals, 2-for-1 offers and cheap train travel. For more information visit: [www.daysoutguide.co.uk](http://www.daysoutguide.co.uk)

**VOLUNTEERING OVER THE EASTER BREAK**

Over Easter there are a number of organisations which are set up especially to give disadvantaged people an enjoyable experience. They are always looking for volunteers to help.
**EASTER WALKS** (Organised by London Walks, please check their website for a comprehensive Walks list, which run every day, www.walks.com)

<table>
<thead>
<tr>
<th>Date</th>
<th>Walk</th>
<th>Tube Station</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 13 April</td>
<td>Festive, Seasonal St. Albans</td>
<td>West Hampstead</td>
<td>10:45 am</td>
</tr>
<tr>
<td></td>
<td>Old Camden Town</td>
<td>Camden Town (Camden High Street exit)</td>
<td>11am</td>
</tr>
<tr>
<td>Sunday 14 April</td>
<td>Harry Potter Film Locations</td>
<td>Bank (Exit 3, by war memorial infront of the Royal Exchange)</td>
<td>2:30pm</td>
</tr>
<tr>
<td></td>
<td>Secret Soho &amp; its Pubs</td>
<td>Leicester Square (Exit 1)</td>
<td>7pm</td>
</tr>
<tr>
<td>Monday 15 April</td>
<td>The Westminster Abbey Tour</td>
<td>St James’s Park (Broadway/Westminster Abbey exit)</td>
<td>10:45am</td>
</tr>
<tr>
<td></td>
<td>The Inns of court</td>
<td>Holborn</td>
<td>2pm</td>
</tr>
<tr>
<td>Tuesday 16 April</td>
<td>The Lure of the Underground</td>
<td>Baker Street (North exit)</td>
<td>10:45am</td>
</tr>
<tr>
<td>Wednesday 17 April</td>
<td>Shakespeare &amp; Dickens</td>
<td>St Pauls (Exit 2)</td>
<td>11am</td>
</tr>
<tr>
<td></td>
<td>British Museum Tour</td>
<td>Russell Square</td>
<td>2:15pm</td>
</tr>
<tr>
<td>Thursday 18 April</td>
<td>Beatles Magical Mystery Tour</td>
<td>Tottenham Court Road (exit 1)</td>
<td>11am</td>
</tr>
<tr>
<td>Friday 19 April</td>
<td>Victoria &amp; Albert Museum</td>
<td>South Kensington (Just beyond ticket barriers)</td>
<td>10:45am</td>
</tr>
<tr>
<td>(Good Friday)</td>
<td>Sherlock Holmes’ London</td>
<td>Embankment (Villiers Street exit)</td>
<td>2pm</td>
</tr>
<tr>
<td>Date</td>
<td>Walk</td>
<td>Tube Station</td>
<td>Time</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-------------------------------------------</td>
<td>---------------------------------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Saturday 20 April (Easter Saturday)</td>
<td>The National Gallery</td>
<td>Embankment (Villiers Street exit)</td>
<td>2:15pm</td>
</tr>
<tr>
<td>Sunday 21 April (Easter Sunday)</td>
<td>The Tower of London</td>
<td>Tower Hill (Meet by the Tower Hill Tram Coffee stall)</td>
<td>11am</td>
</tr>
<tr>
<td>Sunday 21 April (Easter Sunday)</td>
<td>Westminster at War</td>
<td>Embankment (River exit)</td>
<td>1:45pm</td>
</tr>
<tr>
<td>Sunday 21 April (Easter Sunday)</td>
<td>The Street Art Tour</td>
<td>Liverpool Street (Top of escalator, Bishopsgate West exit)</td>
<td>1:45pm</td>
</tr>
<tr>
<td>Sunday 21 April (Easter Sunday)</td>
<td>The Regents Canal</td>
<td>Kings Cross (By the taxi rank)</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Monday 22 April (Easter Sunday)</td>
<td>Cambridge “can such places be?”</td>
<td>Kings Cross Railway Station (Between Ticket Office and Leon Cafe)</td>
<td>9am</td>
</tr>
<tr>
<td>Monday 22 April (Easter Sunday)</td>
<td>Classic Greenwich</td>
<td>Tower Hill (Meet by the Tower Hill Tram Coffee stall)</td>
<td>10:15am</td>
</tr>
<tr>
<td>Monday 22 April (Easter Sunday)</td>
<td>The West End Ghost Walk</td>
<td>Embankment (River exit)</td>
<td>7:30pm</td>
</tr>
</tbody>
</table>

These are just a few of the walks that London Walks provides over the Easter Weekend. Please check their website for a comprehensive Walks list, which run every day. All walks cost £10 (or £8 for full-time students).

For more information please go to: [www.walks.com](http://www.walks.com)
FREE MUSEUMS IN LONDON

Most of London’s museums will be open over Easter. Keep in mind that on key dates (Good Friday, Easter Sunday and Easter Monday) there may be closures or restricted opening times. Always check before you travel.

THE NATIONAL GALLERY
(www.nationalgallery.org.uk)
Open daily 10am to 6pm, Fridays 10am to 9pm

NATIONAL PORTRAIT GALLERY
(www.npg.org.uk)
Open daily 10am to 6pm, Fridays 10am to 9pm

TATE BRITAIN
(www.tate.org.uk/visit/tate-britain)
Open daily 10am to 6pm

TATE MODERN
(www.tate.org.uk/visit/tate-modern)
Sunday-Thursday 10am to 6pm, Friday and Saturday 10am to 10pm

SAATCHI GALLERY
(www.saatchi-gallery.co.uk)
Open daily 10am to 6pm

BRITISH MUSEUM
(www.britishmuseum.org)
Open daily 10am to 5:30pm, Fridays open until 8:30pm
Closes at 5:30pm on Good Friday

NATURAL HISTORY MUSEUM
(www.nhm.ac.uk)
Open daily 10am to 5:50pm

VICTORIA AND ALBERT MUSEUM
(www.vam.ac.uk)
Open daily 10am to 5:45pm, Friday open until 10pm

SCIENCE MUSEUM
(www.scientificmuseum.org.uk)
Open daily 10am to 6pm
Closes at 6:30pm, 6 April – 21 April
TOURIST ATTRACTIONS
Many tourist attractions are open over the Easter period. There may be closures or restricted opening times on key days such as Good Friday, Easter Sunday and Easter Monday, so if there is anything you haven’t visited yet, check online for their timings, before you go.

LONDON EYE
(www.londoneye.com)
Open daily 10am to 6pm, 1 April to 18 April

SEA LIFE LONDON AQUARIUM
(www.visitsealife.com/london/)
Open daily 9:30am to 7pm, last entry 6pm

WARNER BROS STUDIO TOUR: THE MAKING OF HARRY POTTER
(www.wbstudiotour.co.uk)
Open daily 8:30am to 10pm

THE VIEW FROM THE SHARD
(www.theviewfromtheshard.com)
Open daily with varied hours during the Easter break

LONDON ZOO
(www.zsl.org/zsl-london-zoo)
Open daily 10am to 6pm

LONDON DUNGEON
(www.thedungeons.com/london/en/)
Open daily 10am to 6pm
Closes at 6:30pm, 6 April – 21 April
EASTER CHURCH SERVICES IN LONDON

Westminster Abbey
Friday 19 April: Solemn Liturgy of the Passion and Death of Our Lord – 3pm
Saturday 20 April: Vigil and First Eucharist of Easter – 8pm
Sunday 21 April: Holy Communion (8am), Sung Eucharist (10:30am), Evensong and Procession (3pm)
Nearest Tube Station: Westminster
For more information please visit: www.westminster-abbey.org

Westminster Cathedral - Friday 19 April: Solemn Liturgy of the Passion (Choir) – 3pm
Saturday 20 April: The Easter Vigil in the Holy Night (Choir) – 8:30pm
Sunday 21 April: Mass – 8am, 9am and 7pm
Nearest Tube Station: Victoria
For more information please visit: www.westminstercathedral.org.uk

St Paul’s Cathedral
Friday 19 April: Good Friday Choral Mattins (10:15am), Good Friday Evening Prayer (4pm), Good Friday Liturgy with Veneration of the Cross (5pm)
Saturday 20 April: Easter Vigil and Diocesan Confirmation – 6pm
Sunday 21 April: Easter Day Dawn Eucharist (5:45am), Sung Eucharist (11:30am), Choral Evensong (3:15pm), Eucharist (6pm)
Monday 22 April: Eucharist – 8am and 12:30pm
Nearest Tube Station: St. Paul’s
For more information please visit: www.stpauls.co.uk

St Martin-In-The-Fields Church
Friday 19 April: Good Friday Service for All Ages (10am), Good Friday Three Hours (12pm)
Sunday 21 April: The Easter Vigil and the First Eucharist of Easter – 5:30am, Easter Eucharist (10am)
Nearest Tube Station: Charing Cross
For more information please visit: www.stmartin-in-the-fields.org
TRANSPORT

London at Easter
Some businesses may be closed or operate reduced hours during the Easter Weekend. However, there’s considerable variation so it’s a good idea to check directly with specific attractions before travelling. The majority of Transport for London (TfL) services run as normal. Check the Transport for London web site at https://tfl.gov.uk/tube-dlr-overground/status before travelling.

Staying Safe
Any minicab journey that isn’t booked by phone or in a minicab office is illegal, dangerous and puts you at risk. See https://tfl.gov.uk/forms/12389.aspx to find a local minicab service.

CAB NUMBERS

<table>
<thead>
<tr>
<th>Cab Company Name</th>
<th>Telephone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>NW Cars</td>
<td>020 8452 3344</td>
</tr>
<tr>
<td>S Express</td>
<td>020 8203 4444</td>
</tr>
</tbody>
</table>

Please be aware that on bank holidays fares can be increased so make sure you get a quote from the firm before completing your booking.
HOW TO GET TO BRENT CROSS SHOPPING CENTRE BY BUS

From Middlesex University Hendon Campus
Take either the 143 or 326 towards Brent Cross from opposite the Town Hall.

Returning to Middlesex University Campus
Take either the 143 towards Archway or the 326 towards Barnet the Spires.

From Hendon Central
Take the 143, 326, 324 or 186 towards Brent Cross from Hendon Way.

Returning to Hendon Central
Take the 143 towards Archway, the 326 towards Barnet the Spires or the 186 towards Northwick Park Hospital.

From Platt Halls
Take the 186 towards Brent Cross from opposite the Peel Centre.

Returning to Platt Halls
Take the 186 towards Northwick Park Hospital.

HOW TO GET TO IKEA

IKEA is one of the most popular and well known brands in the UK which features Scandinavian modern style furniture and accessories.

From Hendon Central to IKEA Wembley
Please use the instructions above to get to Brent Cross Shopping Centre. Once there, please take the 112 bus towards Ealing Broadway, get off the bus at Brentfield Road (Stop M) and IKEA is a 5 minute walk away.

Return to Hendon Central from IKEA Wembley
Walk to the Drury Way bus stop (Q) and take the 232 bus towards Wood Green and get off the bus at Brent Cross Shopping Centre. Once there, please use the instructions above to get back to Hendon Central.

HOW TO GET TO SOME POPULAR LONDON MARKETS

CAMDEN MARKET

From Hendon Central to Camden Market
Take the Northern Line Southbound from Hendon Central to Camden Town and turn right out of the station. You will find some markets on the right hand side and if you walk further towards the lock you will find the stables markets.

Return to Hendon Central from Camden Market
Take the Northern Line Northbound towards Edgware.
BOROUGH MARKET
From Hendon Central to Borough Market
Take the Northern Line Southbound from Hendon Central towards Morden via Bank. Leave the tube at London Bridge and walk to Borough Market (3 mins).
Returning to Hendon Central from Borough Market
Walk to London Bridge station and take the Northern Line Northbound towards Edgware. Leave the tube at Hendon Central.

WEMBLEY MARKET, STADIUM AND ARENA
From Hendon Central to Wembley Market
Take the 83 bus towards Ealing Broadway from Vivien Avenue to Wembley Park (Stop O) then walk to Wembley market (10 mins).
Returning to Hendon Central from Wembley Market
Walk to Wembley Park (Stop N) and take the 83 bus towards Golders Green. Get off the bus at Hendon Central (Stop A).

BRICK LANE MARKET
From Hendon Central to Brick Lane Market
Take the Northern Line Southbound towards Morden via Bank and leave the tube at Old Street. Walk to Shoreditch Fire Station (Stop K) and take the 135 bus towards Cubitt Town. Leave the bus at Shoreditch High Street (Stop B) and walk to Brick Lane Market (8 mins).
Return to Hendon Central from Brick Lane Market
Walk to Curtain Road (Stop A) and take the 205 bus towards Paddington. Leave the bus at Old Street (Stop L) and take the Northern Line Northbound towards Edgware to Hendon Central.

PORTOBELLO ROAD MARKET
From Hendon Central to Portobello Road Market
Take the Northern Line Southbound towards Morden via Bank to King’s Cross St. Pancras. Change onto the Circle Line at King’s Cross St. Pancras and take the tube towards Hammersmith. Leave the tube at Ladbroke Grove and walk to Portobello Road Market.
Returning to Hendon Central from Portobello Road Market
Walk to Ladbroke Grove and take the Circle Line towards Edgware Road. Change onto the Northern Line at King’s Cross St. Pancras and take the tube towards Edgware to Hendon Central.
STUDY AND REVISION SUPPORT

With the exam period starting shortly after the Easter break, we understand that many students will be thinking about revision. The University’s Learning Enhancement Team offers a huge variety of resources that will be helpful to students in the throes of revision, as well as one-to-one appointments. For more information about this service please visit: 
http://unihub.mdx.ac.uk/your-study/learning-enhancement-team

How to organise your revision:

— make a revision programme well in advance of your exams
— be realistic in judging how much time you can spend covering the syllabus
— build in free times to either relax or to catch up if you fall behind
— when revising, start by planning how much of the subject you are going to cover at any one time
— it is better to study in short concentrated bursts and have short breaks, than to study for long periods
— if you find yourself daydreaming, say ‘stop’ to yourself and try to refocus and concentrate; if you can’t, take a break
— separate the place where you work from the place you relax, removing distractions, such as the TV
— try to actively engage when revising, making notes and then cut these notes down to ‘trigger’ words or phrases; this can help you recall a great deal of information in the exams; absorbing information passively will make it more difficult to remember
— use different methods of revising to keep your mind active; don’t just read on your own, try revising with friends, explaining to each other different topics; try doing ‘mock’ exams, under exam conditions to get used to them. Look at past papers to see what questions come up
— be honest with yourself; if you don’t understand some aspect of your work, ask for help

For more advice on dealing with exam stress/anxiety, please refer to our online helpsheets at: 
http://unihub.mdx.ac.uk/your-support-services/counselling-and-mental-health/helpsheets
STUDENT SUPPORT OVER EASTER BREAK 2019

SHEPPARD LIBRARY OPENING TIMES OVER EASTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 13 April to Wednesday 17 April</td>
<td>24 hours</td>
</tr>
<tr>
<td>Thursday 18 April</td>
<td>24 hours to Midnight</td>
</tr>
<tr>
<td>Friday 19 April to Monday 22 April</td>
<td>11am to midnight</td>
</tr>
<tr>
<td>Tuesday 23 April</td>
<td>8:30am to 24 hours</td>
</tr>
<tr>
<td>Wednesday 24 April normal hours resume</td>
<td>24 hours</td>
</tr>
</tbody>
</table>

UNIHELP DESK

<table>
<thead>
<tr>
<th>Date</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal opening hours to Thursday 18 April</td>
<td>8:30am to 7pm</td>
</tr>
<tr>
<td>Friday 19 April</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Monday 22 April</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Tuesday 23 April normal hours resume</td>
<td>8:30am to 7pm</td>
</tr>
</tbody>
</table>

For further information, please visit unihub.mdx.ac.uk/unihelp

UNIHELP ONLINE

<table>
<thead>
<tr>
<th>Date</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal opening hours to Thursday 18 April</td>
<td>8:30am to 9:30pm</td>
</tr>
<tr>
<td>Friday 19 April and Saturday 20 April</td>
<td>11am to 6pm</td>
</tr>
<tr>
<td>Sunday 21 April</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Monday 22 April</td>
<td>11am to 6pm</td>
</tr>
<tr>
<td>Tuesday 23 April normal hours resume</td>
<td>8:30am to 9:30pm</td>
</tr>
</tbody>
</table>

UniHelp support via telephone and online is available for general enquiries (including password changes) throughout the Easter vacation period with the exception of the above two days. For further information, please visit: unihub.mdx.ac.uk/unihelp

MDXSU Advice Service

The MDXSU Advice Service will be open for normal hours during the Easter holidays with the exception of Good Friday (19 April), and Easter Monday (22 April), in line with bank holidays.
FOOD
All outlets on the main campus are closed from Monday 8 April and Monday 22 April. The below outlets will operate reduced opening hours during this period:
Grove Atrium Coffee Bar: 10am-2:30pm
Quad Costa: 8am-5pm
Sheppard Library Circle Café: 9am-3pm
Ritterman Cafe: Closed
MDX House: All outlets closed during this period

Costcutter Shop are open normal times unless advertised during the period.

Normal hours resume for all catering outlets Tuesday 23 April

STUDENT WELFARE
Emergency situations:
— not having money to feed yourself/family
— being evicted.
If you are in these situations see the information below.

FOODBANKS
Care professionals such as doctors, health visitors, social workers, CAB and police identify people in crisis and issue them with a foodbank voucher. Foodbanks partner with a wide range of care professionals who are best placed to assess need and make sure that it is genuine.
You can find your local Foodbank at: www.trusselltrust.org/map

NOTE: If you have funding issues you can contact the Student Loan Company at www.slc.co.uk
Make sure you have your reference number and passwords with you.
SLC phone lines are open 8am to 8pm, Monday to Friday and 9am to 5.30pm Saturday and Sunday.
Tel: 0300 100 0607. There is a reduced service over the Easter period.

ACCOMMODATION
HOMELESSNESS ...threatened eviction
There is a wealth of advice here: www.shelter.org.uk (with telephone advice lines) and not just about homelessness but on how to deal with disputes with the landlord:
england.shelter.org.uk/housing_advice/homelessness

Every local authority also has a department that deals with disputes in the private sector so you might want to contact them as well.
MEDICAL ASSISTANCE AND EMERGENCIES

NHS 111 is available 24 hours a day, 365 days a year. 111 is a single point of access to all non-emergency services – so for less urgent health advice and information call 111 or visit: www.nhs.uk

EMERGENCY CONTACT NUMBERS

POLICE - If you witness or become a victim of a crime, call 999 and ask for the police

AMBULANCE AND FIRE BRIGADE - If there is a fire or medical emergency call 999

THE UNIVERSITY EMERGENCY SECURITY NUMBER IS - 020 8411 6200

Gas Emergencies - If you smell gas, think you have a gas leak, or are worried that fumes containing carbon monoxide are escaping from a gas application, please call the free Gas Emergency Services line: 0800 111 999

Electrical Emergencies: Your electricity network operator looks after the safety and security of your electricity supply. In the event of an electrical emergency or power outage you can contact your individual operator by using these emergency contact numbers: 0800 783 8838 / 0800 028 0247

COUNSELLING AND MENTAL HEALTH

CRISIS AND EMERGENCY HELP

Here is some information about possible places to contact in a crisis, either by phone or in person. Some are available out of hours and some are daytime only. Many services can only help you if you are resident in their area, so it is important to check this before making contact. Your first port of call should be your General Practitioner (GP). Your GP has overall responsibility for your physical and mental health care and can provide access to other National Health Services.

Crisis and Emergency Help

Here is some information about possible places to contact in a crisis, either by phone or in person. Some are available out of hours and some are daytime only. Many services can only help you if you are resident in their area, so it is important to check this before making contact. Your first port of call should be your General Practitioner (GP). Your GP has overall responsibility for your physical and mental health care and can provide access to other National Health Services.
Silvercloud – Online Cognitive Behavioural Therapy

Middlesex University is now offering SilverCloud to all registered students and staff, a free online self-help service to help anyone experiencing a variety of emotional challenges.

SilverCloud offers secure, immediate access to online CBT (Cognitive Behavioural Therapy) programmes tailored to your specific needs to support you in setting yourself goals, problem solving and building up your life skills. These programmes have demonstrated high improvement rates for depression and anxiety.

It’s flexible – access it anywhere, on your computer, tablet or mobile phone and work at your own pace.

It’s easy to use - interactive tools and activities make your experience interesting and motivational.

There are currently four programmes available to students and staff:
- Anxious thoughts and feelings
- Depression and low mood
- Stress
- Body image

Sign up to SilverCloud today at mdxwellbeing.silvercloudhealth.com/signup

Telephone Helplines

We hope you enjoy the Easter break, but should you feel depressed or need someone to talk to, it’s important to know that there are impartial trained people out there to talk to.

The following services are telephone helplines which offer further help and support:

SAMARITANS
www.samaritans.org/how-we-can-help-you/contact-us
Tel: 116 123
Operates 24 hours a day, 7 days a week for anyone experiencing emotional distress.

SANE HELPLINE
www.sane.org.uk/what_we_do/support/helpline
Tel: 0300 304 7000
Operates 7 days a week, 4:30pm to 10:30pm - a national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems.

LONDON NIGHTLINE
www.nightline.org.uk
Tel: 020 7631 0101
LOCAL HEALTH SERVICES

LOCAL MENTAL HEALTH SERVICES
If you live in the London Boroughs of Barnet, Enfield or Haringey you can refer yourself to your local Crisis Resolution & Home Treatment Team (CRHT) by contacting them on the numbers below and accessing their website: www.beh-mht.nhs.uk

The CRHT service provides an urgent outreach service, assessing service users 24 hours a day, 7 days a week, wherever they are at the point of referral e.g. GP surgery, a hospital Accident & Emergency department (A&E), their own home etc.

If you are already under the care of Barnet, Enfield and Haringey Mental Health Trust and you need urgent care you should contact your care co-ordinator in the first instance if it is between 9am and 5pm Monday to Friday. Outside of these hours you should contact the CRHT team.

BARNET
Tel: 020 8702 4040
1st floor, Dennis Scott Unit, Edgware Community Hospital, Burn Oak Broadway, Middlesex HA8 0AD

ENFIELD
Tel: 020 8702 3800
Ivy House, Chase Farm Hospital, Ridgeway, Enfield EN2 8JL

HARINGEY
Tel: 020 8702 6700
Lea Unit, St. Ann’s Hospital, St. Anne’s Road, Tottenham, London N15 3TH

If you live outside the Barnet, Enfield or Haringey areas you should contact your GP or, in a mental health emergency, go to your local hospital with an Accident & Emergency (A&E) department.
PREMIER MEDICAL CENTRE WEMBLEY

Premier Medical Centre is a GP practice located in Wembley, in partnership with Middlesex University.

**Reception:** Monday to Friday, 8:30am to 6:30pm; (except Wednesday, 8:30am to 1pm) and Saturday, 10am to 12pm

**Clinic:** Mondays, 7:30am to 7:30pm; Tuesdays, 7:30am to 6:30pm; Wednesdays, 8:30am to 1pm; Thursdays and Fridays, 8:30am to 6:30pm

Do check their website for any unforeseen changes and hours for Easter 2019. The surgery is keen to offer their healthcare services to Middlesex Students and you can register at: [www.premiermedicalcentre.nhs.uk](http://www.premiermedicalcentre.nhs.uk)

HEALTHWATCH BARNET

Healthwatch is the independent national champion for people who use health and social care services. They make sure that those running services, and the government, put people at the heart of care. Healthwatch Barnet helps local people get the best out of their health and social care services.

Find out more about what Healthwatch Barnet are doing here: [www.healthwatchbarnet.co.uk](http://www.healthwatchbarnet.co.uk)
Happy Easter from Student Support and Wellbeing

@MDXLibrary