



## PhD Student Resources

### Wellbeing

[Wellbeing resources and services](#)

Networks to support you, counselling services and information about wellbeing workshops.

[Student Union welfare services](#)

The Welfare and Support Centre in the Union is a space for you to access the resources and information you might need to support your wellbeing while you study. This can be anything from free condoms and HIV+ Testing to applying for a participation bursary and chatting with a NUSU Buddy.



### Support and Advice

[Details of teams and services that can support you throughout your PhD.](#)

[University formal complaint system](#)

Mediation process to resolve issues where there's a conflict between individuals

### Policies

[Useful forms and university policies](#)

Links to research handbook with advice on alternative point of contact outside of supervisory team to discuss issues/concerns.

### Unions

[Information on joining the UCU](#)

The UCU has a [campaign to recognise PGRs as staff](#).

Pandemic PGRs on twitter is also campaigning for staff rights for PGRs: [@PandemicPGRs](#).

### Development Opportunities

[Skills Academy](#)

Improving access to a wide range of research skills and career development opportunities through the Skills Academy

[Newcastle University Centres of Research Excellence](#)



Opportunities to get involved in initiatives, events and improving interdisciplinary networking through the Newcastle University Centres of Research Excellence (NUCoREs)



## **Inspiration**

### [Research Culture Best Practice examples](#)

Showcasing examples of our research community supporting a positive research culture.

### [Athena Swan EDI Resources](#)

Includes lists of internal and external networks may be of interest, details on initiatives and examples of best practice.

### [Wellcome Trust Reimagine Research Culture Festival Resources](#)

Ideas on how to build a more positive and inclusive research culture.

Learn about new approaches, what's already working, and how you can take on change in your organisation.