

## P.A.U.S.E- People At University Separated or Estranged

### Reaching out to the Student Union



*“PAUSE is more than a support group it’s a place I can just be me without judgement”*

PAUSE is a peer-led support group for students estranged from their family at Salford University. It started in March 2017 and after successfully running for over a year we, the group members, decided to engage in a relationship with our SU. The group lacked visibility on campus and we wanted a stronger presence within the student community at Salford.

Reaching out to the SU made us realise though that estranged students are a group the SU had yet to consider and thus we were able to shine a spotlight on the existence and needs of students without family support.

The SU responded with an undeniably overwhelming desire to help and support us. However, estrangement is difficult to grasp largely due to the lack of research and awareness of the subject. The SU were therefore unsure as to how they could best help. We were asked to suggest ideas on how to engage estranged students and run awareness campaigns across the university. They promised more visibility on campus with posters and social media presence and since starting their campaign this has resulted in more students reaching out and engaging with PAUSE.

The SU is the hub of the university with an aim to engage all students. At Salford they need our help and advice to get a better understanding of estrangement and the difficulties students face as a result, so that they can take the reins themselves in driving forward campaigns to break down stigma and develop better support for this group of students in the future.

If this is the case too at your university or college – why not get talking to your SU / SA and see what you can do together to stand **#WithEstrangedStudents** not only during the Stand Alone / NUS Estranged Students Solidarity Campaign Week but throughout the year.

[www.salford.ac.uk/students/news/pause-people-at-university-separated-or-estranged](http://www.salford.ac.uk/students/news/pause-people-at-university-separated-or-estranged)