



Prifysgol Wrecsam  
Wrexham University

# Support Guide December Break

2025/26



# Looking After Yourself Over the December Break

The university will be closed over the Christmas period, and we know this time can feel different for everyone. Some students look forward to a break, while others may feel lonely, stressed, or unsure about where to find support.

This guide is here to help you stay safe, well, and connected while services are closed or running differently. Inside, you'll find useful tips, contact details, and ideas to help you take care of yourself, whether you're staying on campus, at home, or somewhere else.

You're not alone. There is still help available, and small steps can make a big difference to your wellbeing.



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# University Opening Hours During the December Break

## December Vacation Period

Most students will have a three-week break from Monday 15 December 2025 to Monday 5 January 2026. This is a vacation period, meaning there will be no scheduled teaching or classes during this time.

However, it's important that students check their personal timetables, as some courses may include self-directed study, assessments, or deadlines during the break. If this applies to you, make sure to stay engaged with your studies and plan your time accordingly.

## University Closure Dates

The university will be closed from Wednesday 24 December 2025 to Monday 5 January 2026.

This means:

- Most university buildings (including teaching spaces, offices, and support services) will not be accessible.
- Most staff will be unavailable, except for essential services like campus security.
- Emails and enquiries sent during this time may not be answered until the university reopens.

If you think you'll need support during this period, it's a good idea to plan ahead and make use of available services before the closure begins.



# ASK Opening Hours During the December Break

From Monday 15 December 2025, ASK will be open on reduced hours, operating Monday to Friday from 10am to 2pm. During these hours, you can contact the ASK team in the following ways:

- Email: [ask@wrexham.ac.uk](mailto:ask@wrexham.ac.uk)
- Phone: 01978 294421
- Online Self-Referral Form: [ask.wrexham.ac.uk](http://ask.wrexham.ac.uk)

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Or, you can visit us at one of our ASK helpdesks:



Ground Floor,  
Library and Student Support Centre,  
Plas Coch Campus



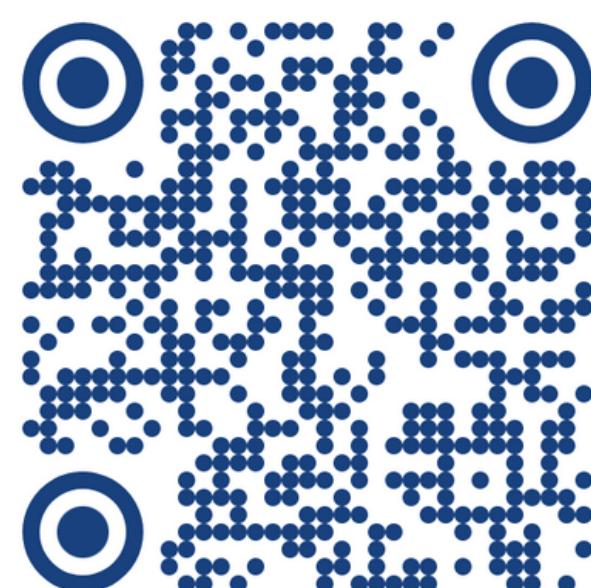
Main Reception,  
Northop Campus



Main Reception,  
OpTIC Centre,  
St Asaph Campus

ASK will be closed from Wednesday 24 December 2025 and will reopen on Monday 5 January 2026. While we're away, you can visit the Student Life page. It's a helpful place to find support and information during the break. Whether you're looking for wellbeing resources, ideas for staying active, or ways to stay connected with university life, everything you need is there to help you feel supported.

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# Library Opening Hours

## December 2025

The Library at the Plas Coch campus will operate on a reduced schedule throughout December. Please ensure you bring your student ID card, as it is required to access the Library and Student Support centre.

- Monday 15th to Friday 19th December: 8:45am – 5:00pm
- Saturday 20th December: 10:00am – 3:00pm
- Sunday 21st December: Closed
- Monday 22nd to Tuesday 23rd December: 8:45am – 5:00pm
- Wednesday 24th December: 8:45am – 12:00pm

After this, the Library will close for the December break. If you need help with assignments, finding resources, or using library services, try to visit or contact the Library before the winter break begins.

## January 2026

The Library will reopen on Monday 5<sup>th</sup> January 2026. From this date, normal opening hours will return:

- Monday to Friday: 8:45am – 8:00pm



# Staying Well Over the December Break: Mental Health and Wellbeing

Whether you're on campus or away during the vacation, support is always available. Below are some key services you can access for mental health and wellbeing support:

## TalkCampus

- Free, 24/7 mental health support for Wrexham University students
- Chat anonymously with trained clinicians and peers worldwide
- Sign up using your university email: [www.talkcampus.com/sign-up](http://www.talkcampus.com/sign-up)



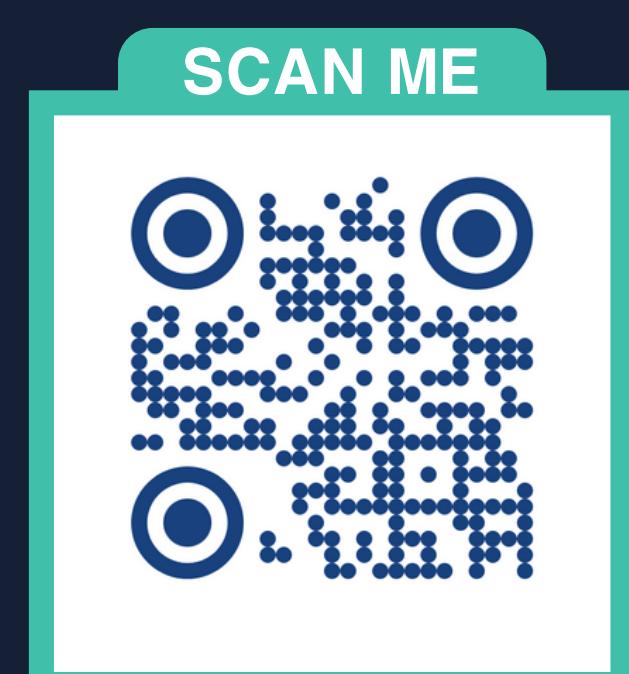
## Student Minds

- Offers helpful resources for your mental health, especially during the festive season
- Access self-help tools, student stories, and tips for managing loneliness, stress, and academic pressure
- Visit: [www.studentminds.org.uk](http://www.studentminds.org.uk)



## NHS 111

- For urgent but non-life-threatening health concerns
- Call 111 or use the NHS 111 online portal
- Available 24/7 for medical advice and support



## Samaritans

- If you're feeling overwhelmed or need someone to talk to
- Call 116 123 (free, available 24/7)
- Visit: [www.samaritans.org](http://www.samaritans.org)



# Financial Wellbeing This December

The festive season can feel different for everyone, some students find it relaxing, while others feel stressed, especially if money is tight. It's okay to set boundaries and make choices that work for you.

A little planning helps: set a realistic budget, track spending with apps like Snoop or Emma, and plan travel early using Trainline for student discounts. Share costs with friends using Splitwise, and make the most of discounts on UNiDAYS or Student Beans. Homemade gifts or experiences can also save money while keeping things meaningful.

## Local Support and Helpful Resources

If you're struggling to cover costs or just want some extra support, help is available. There are services like local food banks, online advice, and budgeting tools designed to make things a little easier and support your wellbeing this festive season.

### Wrexham County Council

Check your council's website for details on nearby food banks and community cupboards, they're here to help if you need extra support.

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### Trussell Trust

The Trussell Trust is a UK charity that supports a nationwide network of food banks. They provide emergency food and practical support to people in crisis.

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### Living Made Easy

Living Made Easy offers free guidance on practical tools and resources to make daily living easier, including advice on accessing food support and managing costs.

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# December Break Wellbeing Checklist

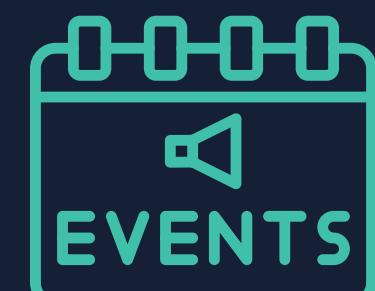
If you're staying on campus over the December break or spending the period away from friends and family, this guide is here to support you. The break can feel quiet or even a bit lonely at times, and that's completely normal. This checklist includes simple ideas to help you look after your wellbeing, stay connected, and make the most of your time, whether you're relaxing, studying, or just taking things day by day.

## Before the Break Begins

Reach out to friends or family, even a short message or video call can lift your mood. Set times and dates in advance to stay connected throughout the break.



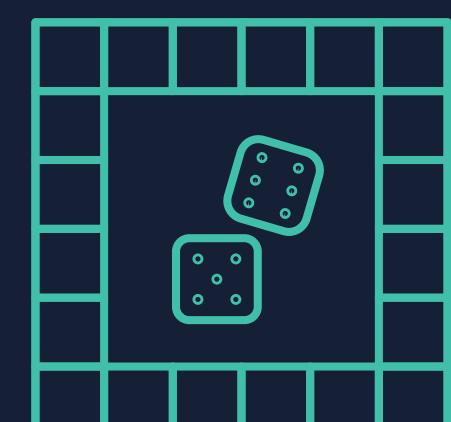
Check for festive events or activities happening on campus or nearby, they're a great way to meet others and enjoy the season. Make a note of what's happening, so you don't miss out.



Connect with other students staying nearby, suggest cooking together, watching a film, or planning a small get-together. You could organise a movie night or a shared meal to make the break feel special.



Looking for something relaxing to do over the break? You can borrow games, puzzles, and mindfulness resources from your campus to help you unwind and enjoy some quiet time. Each location will let you know when and how to return anything you borrow. Here's where to find them:



- Plas Coch (Visit the ASK Desk)
- Northop (Visit the Common Room)
- St Asaph (Head to the Common Room)
- Regent Street (Go to the Library)

# During the Quiet Days

Keep a gentle routine, regular sleep, small daily goals, and time to relax can help you feel more in control.



Make space for things you enjoy, listen to music, stretch, take a warm shower, or enjoy a quiet moment with a hot drink or book. Plan time for these activities each day to keep your days balanced.



Try creative activities like journaling, drawing, colouring, or reading something light to help you unwind. The University Library has a great selection of fiction books you can borrow over the festive season, perfect for cosy, quiet moments.



Cook something comforting, explore easy, budget-friendly recipes on MOB Kitchen, BBC Good Food, or Student Eats. You could make a simple meal plan for the week to stay organised and well-fed.



Create a cosy atmosphere, make a playlist of your favourite songs or watch a film that helps you relax.



Get outside for fresh air and movement, even a short walk can boost your mood, reduce stress, and help you feel more energised.



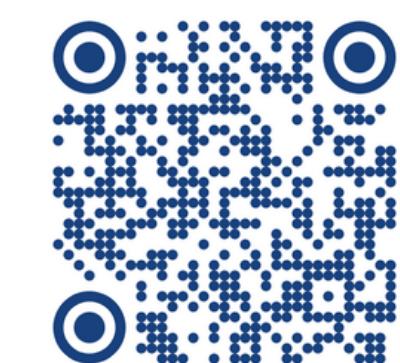
# Things To Do Over The Break

Whether you're staying in Wrexham or nearby over the festive break, there are plenty of ways to stay connected and enjoy local events.

## Wrexham University Students' Union

Check out student-led events and activities via the Students' Union Events Page.

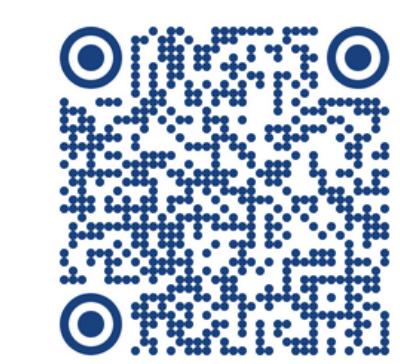
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## What's On Wrexham

Discover local markets, performances, and community events at Wrexham Council's What's On Guide.

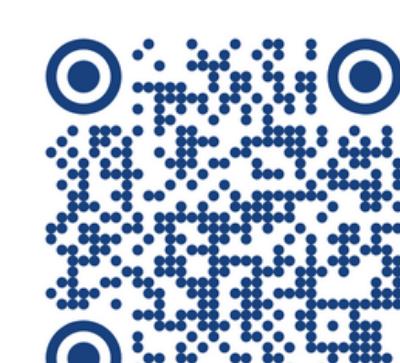
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## What's On Chester

Looking to explore nearby? Find festive events and entertainment in Chester.

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## MIND Wrexham Activities

Join wellbeing-focused groups and creative sessions through MIND's local activities.

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## Virtual Village Hall

Prefer something online? Take part in free virtual classes and workshops at the Virtual Village Hall.

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# Upcoming December Events

Student and Campus Life are hosting some exciting events this December!  
You can view, book, and manage all events at [studentlife.wrexham.ac.uk](http://studentlife.wrexham.ac.uk).

## Monday 8th December

Decorate Your Own Ceramic Ornament  
Main Foyer, Library & Student Support Centre  
12:00 – 1:30pm  
All materials provided – just bring your creativity!

## Monday 8th December

Candle Making Workshop  
Common Room, Northop Campus  
12:00 – 2:00pm  
Booking required, create your own festive candle.

## Wednesday 10th December

Winter Warmer at ASK  
9:30 – 11:30am  
Drop by for a hot drink and pastry, and learn about the support available over the Christmas break.

## Wednesday 10th December

Wreath Making Workshop  
Main Foyer, Library & Student Support Centre  
Session 1: 12:00 – 1:00pm  
Session 2: 1:00 – 2:00pm  
Booking required. Make your own beautiful festive wreath, all materials provided.

# Useful Contacts

Please note that most services will operate with reduced hours or alternative arrangements during the December break. Campus Security will remain fully operational 24 hours a day, 7 days a week, and can be contacted at any time for urgent assistance.

DEPARTMENT	CONTACT DETAILS
<b>ASK Student and Campus Life Queries</b> ASK is the first point of call for any Wrexham University student support needs.	<b>ASK@wrexham.ac.uk</b> <b>01978 294421</b>
<b>International Office</b> The International Office supports international students with applications, entry requirements, visa guidance, and advice on living and studying in the UK.	<b>Immigration@wrexham.ac.uk</b> <b>01978 293453</b>
<b>Security</b> The team are based on the Plas Coch site and are available 365 days a year, 24 hours a day.	<b>07764687910</b> <b>07764687909</b>
<b>Accommodation</b> The team supports students with both on-campus and off-campus accommodation, offering advice on private housing options.	<b>Accommodation@wrexham.ac.uk</b> <b>01978 293344</b>
<b>INFORM</b> Inform offers 1-2-1 support with library resources, tech help, and academic skills like writing, referencing, and using Moodle and Microsoft 365.	<b>inform@wrexham.ac.uk</b> <b>01978 293343</b>
<b>Students' Union</b> The Students' Union supports all Wrexham University students by offering advice, running clubs and societies, and hosting events	<b>Union@wrexham.ac.uk</b> <b>01978 293371</b>

# Preparing for January

## Getting Ready for the New Term

Returning after a break can feel overwhelming, so take it slow. Start by checking your timetable, organising your study space, and easing back into routines like regular sleep and meals. You do not need to do everything at once, small steps like reviewing your course materials or setting weekly goals can help you feel more prepared and confident.

## Preparing for Assessments: Staying Organised and Supported

If you have upcoming assessments, whether exams, coursework, presentations, or projects, now is a great time to create a simple study plan. Start by breaking tasks into smaller, manageable steps. For example, divide an essay into stages like research, outlining, writing, and editing, or spread your revision across topic areas using a calendar.

## Helpful online tools to support your planning include:

- Pomofocus: Uses the Pomodoro technique to help you stay focused with timed study blocks and regular breaks.
- Todoist: Lets you create task lists, set deadlines, and track progress across multiple assignments.
- StayFocused: A browser extension that limits time spent on distracting websites like social media or streaming platforms.

## For solo study, try techniques such as:

- Summarising notes in your own words
- Creating flashcards (physical or digital)
- Using mind maps to connect ideas and themes
- Remember to schedule regular breaks, whether it's a short walk, snack, or stretch, to help refresh your focus. Staying balanced and organised can help you feel more in control and better prepared.

## Need extra support? Engage with INFORM

INFORM is your go-to service at Wrexham University for research, academic and digital support. It includes

- Library Resources: Help with finding and using academic materials
- Tech Zone: Support with logging in, Wi-Fi, and general tech queries
- Learning Skills: Guidance on academic writing, referencing, navigating Moodle, and using Microsoft 365
- The team offer friendly, 1-to-1 support tailored to your needs throughout your time at university.



### Goal-Setting or Reflection Prompts

The new term is a great opportunity to reflect and reset. Ask yourself: What went well last term? What would I like to improve? Set a few realistic goals, whether academic, personal, or wellbeing related, and write them down. For example, you might aim to stay on top of weekly readings, improve your sleep routine, or take regular breaks during revision. Keeping track of your progress can help you stay motivated and focused throughout the term.



# Take support home with you for the holidays

Even out of term time, you still get free, 24/7 access to TalkCampus: your safe and anonymous student wellbeing platform.



[FIND OUT MORE](#)



 **TalkCampus®**

# Sorted: Mental Health app

The Sorted: Mental Health app contains a number of different audio programmes for recovery, everyday relaxation & wellbeing.



## Instructions:

- 1 Open your phone's camera app.
- 2 Point it at the QR code
- 3 Tap the notification to view our menu

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[ask.wrexham.ac.uk](http://ask.wrexham.ac.uk)