

**Help & Advice** union

**PREGNANT? DON'T PANIC**

- ★ Information and Counselling
- ★ Time to talk through your options
- ★ Help if you've had an abortion
- ★ All confidential


**0800 915 4600**

[www.lifecharity.org](http://www.lifecharity.org)

*Here to help you*

**Life**  
Registered National Charity No. 274144

*“Computer problems?”*



- Do you need virus spyware?
- Do you have wireless broadband issues?
- Or are you in need of a repair or upgrade?

**All your computer problems sorted. No fix - no fee. Conditions apply.**

**Escafeld Computing**

For all your computer problems. 20 years experience and reputation

[www.escafeld.biz](http://www.escafeld.biz) **0845 226 8723**

**Have you got problems with Drugs or Alcohol?**



The Sheffield Directory of Drug and Alcohol Services has details of the services in Sheffield that can help you. Your Student Counselling or Health Services have a copy and copies are also available in the public library.

**If you need more information, you can call the Sheffield Drug & Alcohol Action Team on 0114 273 6851.**

**Student Services** - do you need more copies of the Directory? Please call number above.

**WHAT YOU CAN DO TO PROTECT YOURSELF AND OTHERS IN YOUR DIGS CHECK THE RULES**

**ALCOHOL** avoid cooking after a night out-you may doze off while waiting for your snack to heat up and never wake up!

**CIGARETTES** use ashtrays and don't smoke in bed. Check everything is out before going to bed.

**CANDLES** keep away from flammable materials, use in suitable containers and put out before going to bed.

**FOOD** never leave the cooker unattended or allow yourself to become distracted.

**ELECTRIFYING** use the **correct** fuse rating and don't overload plug sockets, adaptors and extension leads.

**HOT STUFF** keep portable fires/heaters away from furniture and furnishings.


**EQUIPMENT** don't use faulty appliances.

**FIRE PLAN** take time now to consider what you would do in a fire. Work out an alternative escape route if the normal route is inaccessible, it could save your life!

**EXIT** know your escape route, keep fire doors shut.

**CARBON MONOXIDE KILLS!** all gas appliances should be maintained properly

**REFUSE** keep rubbish to a minimum and secure for collection.



**FREE HOME FIRE SAFETY CHECKS AND SMOKE DETECTORS**

We will provide a home fire safety survey, unique to your circumstances and fit smoke detectors, where appropriate, completely free of charge to students.

**CALL 0114 253 2314**

[www.syfire.gov.uk](http://www.syfire.gov.uk)

**FALSE FIRE ALARMS CAN KILL!**

An alarm system can be activated by the use of deodorant, shower steam, cooking fumes, candles, incense and cigarette smoke.

Fire Crews respond at speed possibly putting themselves and the public at risk also the number of available fire engines in the area will be reduced putting lives at risk.

**AVOID FALSE ALARMS**

Setting off the fire alarm for fun is a criminal offence and can result in you leaving your college/university with a criminal record not a qualification.

**THINK OF OTHERS YOUR FRIENDS OR FAMILY MAY NEED US**

