

TLSU



Useful info

Shop at the stalls of deptford high street or Lewisham market for a bargain

Tip!!

Food shops

- Sainsbury's local and tesco express (underneath & opposite Mcmillan)
- Tesco express (3 mins from Cutty Sark)
- Asda (Deptford high street & Lewisham)
- Tesco (next to Lewisham station)
- Aldi, Lidl, Asda, Sainsbury's, Marks and Spencer (Charlton retail park)
- Lidl (near Surrey Quays station)

Transport

CityMapper is a good app to help you navigate London's transport network

- Bus** - 199 (Canada water/Greenwich town centre/Lewisham)
 180 (Woolwich/ORNC/Lewisham)
 188 (North Greenwich/Deptford/Borough/Waterloo/Russell Square)
 386 (Blackheath/Greenwich town centre/Woolwich)
 47 (Lewisham/Deptford/London Bridge/Shoreditch)

Living on your own and fending for yourself, whilst juggling a new place and new people, can be overwhelming so we've come up with a guide to give you that extra helping hand

Medical

Emergency services - 999 (or 111 for non-urgent medical)

Nearest hospitals - University hospital Lewisham SE13 6LH
Queen Elizabeth Hospital SE18 4GH

Local GPs - Wallace Health centre (closest to Mcmillan)
Burney street practice SE10 8EX
Vanbrugh Group Practice SE10 9GB
Morden Hill surgery SE13 7NL
Deptford surgery SE14 GTJ
Blackheath standard surgery SE3 7EU

Sexual health - Waldron sexual health clinic SE14 6LD
Trafalgar clinic, Queen Elizabeth hospital SE18 4QH

Money saving hacks.

Too good to go app - Save food from places such as Gregg's, Costa, M&S, Paul Rhode's... for A FRACTION OF THE PRICE!!

TL student discount - UniDays and studentbeans will save you money in lots of highstreet shops and restaurants. But also as TL students we get discounts at many of the local businesses, and if in doubt just ask if they do TL discount!

The OldBrewery, The Fudge Patch, Paul Rhode's, many of the food market stalls

Pret coffee subscription - get coffee/hot drinks up to 5 times a day with your subscription *free for the first month, then £20/month*

Tip!!

Use the bus! - london buses only charge you every hour, so hop on and off as many times as you like in an hour and you'll only be charged £1.55



Welfare

DLR - Easiest way to get around SE & E London

20 minutes to Bank (connections to tube lines)

9 minutes to Canary Wharf (connections to Jubilee line and restaurants and bars)

30 minutes to Stratford (for Olympic park, Westfield shopping and tube lines)

National rail - Lewisham station (trains to Central London/south-east) Greenwich station (central London/Woolwich)

Railcard - get up to 1/3 off of national train travel with a 16-25yr olds railcard or a 26-30yr olds railcard
You can also link your railcard to your oyster account for discount with London travel

Trinity Laban Counselling service - available to all UG and PG students, works with a range of issues from performance anxieties to mental health issues. 6-8 x 45 minute sessions (s.hall@trinitylaban.ac.uk)

Headspace - as TL students we get free access to Headspace using our TL emails

Other useful links

- Mind (020 8853 1735 Mindline Telephone Counselling, www.blgmind.org.uk)
- Nightline (0207 631 0101 / Text 07717 989 900 www.nightline.org.uk) for London University students
- No Panic (0300 772 9844 / Youth Helpline 0330 606 1174 www.nopanic.org.uk)
- Student space a space for students with 24/7 support (text **STUDENT** to 85258 <https://studentspace.org.uk/>)
- Switchboard LGBT+ (0300 330 0630 <https://switchboard.lgbt/about-us>)

- student minds everything you'll ever need relating to student life!

(<https://www.studentminds.org.uk/>)

- Frank Confidential advice and information about drugs, their effects and the law. (0300 123 6600 talktofrank.com)

- Citizens' advice Support on practical issues like housing, debt and benefits (<https://www.citizensadvice.org.uk/>)

- Beat UK eating disorders charity (<https://www.beateatingdisorders.org.uk/>)

- The Student Room. Information for students and the UK's largest online student community (www.thestudentroom.co.uk)

And remember, you can always speak to any of your SU team, through the TLSU social media, in person or by email... whether it's reaching out to chat to someone if you're struggling, asking for help or even to ask about the best places in and around Greenwich...*That's what we're here for!*