



Myerscough
College & University Centre
EMPOWERING FUTURES
Since 1894

Welcome

YOUR STUDENT BOOKLET

Whether this is your first time at Myerscough, or you are a returning student we want to say a massive...

Welcome **TO MYERSCOUGH**

This booklet has been designed to give you an insight into Myerscough life, and to help familiarise yourself with the support, staff, facilities and what's around you!

Lets get started!!

SCAN ME



YOUR SUPPORT

The Core

The Core is open Mon-Fri, 9am-5pm. It's a space for support and well-being.

Here's what's available:

SSOs (Safeguarding & Support Officers) linked to your course area, here to help you when you need it.

1-to-1 sessions in a safe, private space – weekly slots available. Quiet well-being area to relax or take time out.

Access to a college counsellor for emotional support.

Help with mental health & well-being, plus referrals to services like housing, bereavement, eating disorders, LGBTQ+ support, and more.

Support for you and your family.

Whatever you're facing, we'll help you find the right support.

Finance

For more information about finances please visit our website

Mind charity for
mental health support

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Mental health
support for
students

YOUR ENRICHMENT

At Myerscough College, we offer a weekly enrichment program designed to help you explore new interests, develop new skills, and meet new people. We also support student-led enrichment, meaning if you have ideas for activities, trips, or would like to start your own club or society, we're here to help make it happen.

Please scan the QR code below to see what's happening around college and get involved

Visit our
"student life"
page



**SCAN
ME!**

If you have any questions regarding our enrichment, trips or events please get in touch with Kyomi at The Hive

Keep up to date by following us on Instagram



@myerscoughstudent



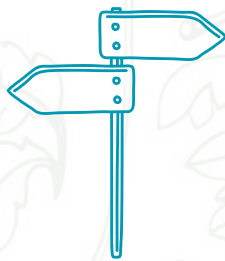
YOUR COLLEGE

Myerscough College is nestled in a truly scenic part of Lancashire—about 7 miles north of Preston in the village of Bilborrow, just off the A6, surrounded by rolling countryside and farmland

The village of Bilborrow, right beside the campus, offers a traditional rural feel with pubs like Owd Nell's Tavern and Guy's Thatched Hamlet, plus a few local shops and eateries



Make sure you get familiar with your new campus, there is lots to explore! Sign up for our “walk and talk” on Wednesday to get a head start!



YOUR LOCAL AREA

Myerscough College offers the best of both worlds— peaceful, rural surroundings ideal for study and outdoor life, coupled with robust transport options to nearby Preston and beyond. Whether you're into sports, nature, nightlife, or simply appreciating the quieter side of Lancashire, the area has a wealth of choice.

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Blackpool



Lancashire



Manchester



Find out more about what Preston has to offer!

Preston is a lively city in Lancashire, offering a mix of historic charm, modern shopping, and green spaces. Well-connected by train and motorway, it's home to the University of Central Lancashire (UCLan) and has a strong student presence. The city features parks like Avenham and Miller, cultural spots like the Harris Museum, and a range of shops, restaurants, and entertainment venues. With its friendly atmosphere and good transport links, Preston is a great place to live, study, and explore. For more information click on the link

YOUR RESIDENTIAL SUPPORT OFFICERS

Welcome to Residential Life — We're Here for You!

- Support with wellbeing, studies, and settling into college life
- Help with medical appointments, first aid & registering with a doctor
- Assistance with maintenance issues & everyday concerns
- Encouragement to join in fun activities and student life
- Friendly reminders if you're running late or need support
- Work closely with The Core team and tutors to support your progress
- Always here for a chat — approachable, supportive, and ready to help



CAREERS SUPPORT FOR YOU

MYERSCOUGH CAREERS TEAM



MEET THE CAREERS TEAM

Josh Lonsdale Victoria Wilding

We are professionally qualified careers advisers at Level 6 who are highly experienced in helping individuals reach their goals and aspirations.

BOOK A CAREERS APPOINTMENT

Schedule a meeting with a college careers advisor at a time that fits your schedule, either in person or online through Teams.

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CAREERS RESOURCES

For round-the-clock access to information related to careers, visit the Careers Canvas page.

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Use this careers platform to help you with:

- Career ideas at the end of your course
- Career profile information
- Labour market information (LMI)
- CV builder
- Interview tips
- Matchmaker career quiz

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UCAS HUB

The UCAS Hub provides you with all the tools and information you need to explore university and apprenticeships.

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FEEDBACK

Your views are important to us and help us to improve your services for the future.

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DATA PRIVACY NOTICE

Check out the college's privacy notice to understand how the careers team manages your data.

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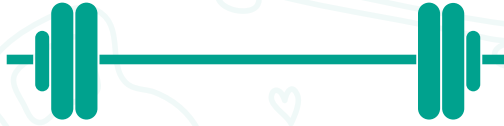
YOUR PROGRESS COACH

Your Progress Coach supports your personal development and academic progress.

- They help you set goals, overcome challenges, and stay on track.
- Weekly tutorials cover key topics like careers, money, and wellbeing.
- Regular 1:1 sessions check your progress and celebrate achievements.
- They can refer you to extra help, including mental health and career support.
- Your coach is your mentor and guide throughout college.
- You're not alone — they're here to help you succeed.



YOUR GYM



Myerscough College Sports Centre

- Gym & Fitness Suites – cardio, resistance machines & free weights
- 2 Strength Suites – squat racks, Olympic plates & free weights
- Access – students & staff only (Sept 2025 – June 2026)
- Pitches – 3G for football/rugby; 5 football & 2 rugby grass pitches
- Membership – £100/year or £10/month (free for residential students)

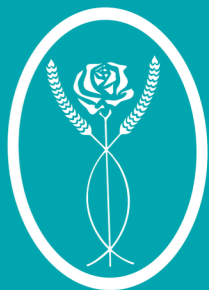
For more information scan the QR code, or to book your free induction please visit the sports reception!

Ask about our girls' only gym at our sports reception!



SCAN ME





Life on Campus

Whether you're grabbing a quick bite or sitting down for a hearty meal, there are plenty of delicious, affordable options to keep you going.

How to Get the Most Out of Your Food at Myerscough College

Your food allowance goes further when you know your options!
Here's your guide to tasty, healthy, and affordable meals across campus.

Breakfast Start Strong!

Beans on Toast £1

High in fibre and protein
Supports heart and gut health

Porridge £1

Packed with slow-release energy
Great for brain function and focus

Overnight Oat Pots £1

Full of fibre, fruit, and nutrients
Perfect for breakfast on the go

Cereal & Toast £1

Classic combo for a quick, balanced start

Breakfast Sandwich From £2.50

A hearty choice to power your morning

Cooked Breakfast From £4

Available Daily

A hot and filling traditional favourite

Lunchtime Made Easy

Lunch Pots £2.50

Daily selection of Curry, Noodles
or Pasta -hot, tasty, and great value

Jacket Potato Bar From £1.50 Available in the Evening

Customise with a choice of hot and
cold toppings. A warm, nutritious
and budget-friendly meal

Daily Lunch Menu From £4

Available at: Richmond's,
Frankie's Burger Bar, Filly and Foal

Sandwich Meal Deals From £4

Perfect when you're
in a rush but still want
a satisfying meal

All our
outlets serve
hot and
cold drinks
from £1

Dinner at Myerscough

Myersdough Pizza From £5

Freshly baked and full of flavour every evening

Home Comforts at Richmond's From £5

Wholesome, home-cooked dishes
to end your day right!

Shop Smart



Stock Up at the Myerscough Shop

Your campus shop has everything you need to stretch your allowance

TOP TIP

Plan ahead and use your shop visits to supplement your meals throughout the week.

Fresh Fruit

Your favourite Cereal

Milk – don't forget, it's part of your allowance!

Selection of Cordial

Relax at The Nook Coffee Bar

Take a break and enjoy:

Freshly brewed Barista Coffee

A selection of Sandwiches and Sweet Treats

Perfect for a quiet study session
or a catch-up with friends.



Final Tip: Budget Wisely!

Mix and match options to spread your allowance across the day. A £1 breakfast, £2.50 lunch pot and a £5 dinner can keep you satisfied and on budget.

STAY FUELLED.
EAT SMART.
ENJOY CAMPUS LIFE.
#MyerscoughEats

Dietary Requirements?
We've Got You Covered!
Please rest assured that we cater
for any dietary requirements.

please contact
catering@myerscough.ac.uk

YOUR CHECKLIST



Follow us on Instagram  @myerscoughstudent to keep up to date



Make sure you have applied for any bursary that you might be entitled to



Make plans to ensure to change your GP if required



Familiarise yourself with our campus and enrichment time table



Make sure you have scanned the QR code on the first page and watched the videos introducing you to the teams around you

