

STUDENT ADVICE

Estrangement

Full-time students 2025/26

What is family estrangement?

Family estrangement generally means physical and emotional distancing between family members. Estrangement occurs when no emotional support or parental guidance is provided, and the relationship breaks down. You may no longer have a relationship with your parents, have very limited communication with your family occasionally or have no communication at all. This is known as family estrangement.

Some parts of Student Finance England funding (SFE) i.e., part of the Maintenance Loan, are income assessed based on your parent's income if you are under the age of 25. This means that you are considered a dependent student and you must provide evidence of your parent's income. However, if you are estranged from your parents, there is an exception to this rule, and your Student Finance can be assessed against your own income as an independent student (on the grounds of estrangement) which normally means that you would get the maximum amount of maintenance loan.

How can estrangement happen?

Estrangement can take many forms and be for many different reasons; often resulting in the relationship being irreconcilable where the parent and child stop communication. Estrangement might be from just one member of the family, but can often mean estrangement from the entire family, or even the entire community. This can cause a number of very difficult feelings, which may feel difficult to manage and affect your well-being.

UCAS When you are completing your UCAS application, you can indicate that you are estranged from your parents in the 'More about Me' section. Why? Because that will enable the university to work with you to arrange the right support and ensure you have all the information you need. By ticking the box on the UCAS application, you are telling the universities and colleges you are applying to that you already are (or are likely to be) estranged when you start your course. This means they can reach out to you and – together – you can sort out the support you are eligible for.



How can I apply to be assessed as an independent student due to estrangement?

If you are claiming independent status based on estrangement, SFE considers you as being estranged if you can demonstrate that you are 'irreconcilably estranged' from your parents on or before the 1st day of the academic year for which you are applying for funding.

And/or

you have had no contact with your parents for a period of one year on or before the 1st day of the academic year for which you are applying for student funding

Or

you can demonstrate in another way that you are irreconcilably estranged from your parents. This means that for the short to medium term you don't see that you will be able to resume your relationship with your parents. It's more about the likelihood of the situation being irreconcilable than the actual period of estrangement.

However, if you become estranged during an academic year, it may still be possible for SFE to accept that you have become estranged. Contact Student Advice to discuss your circumstances if this happens.

Please bear in mind that if you normally live with one parent only and you become estranged from that parent, SFE will expect you to also have no contact with your other parent in order to be assessed as an independent student and they will require evidence of this.

The Student Finance England Process of Applying as an Estranged Student

- Student applies for funding and indicates estrangement
- Estrangement declaration form available on student's account to download and complete
- Student passes estrangement declaration form to a third party to complete
- Third party completes form and returns it to the student
- Student sends form to Student Finance England and case is passed to the Independent team – you can also upload your scanned form to your SFE online account via the Digital Upload section
- Independent team review form and if acceptable re-assess the student's application



- If form is not acceptable an email will be sent to the student detailing why and if applicable, requesting further evidence
- A revised notification letter is then automatically sent, and a manual letter issued to confirm that estrangement has been awarded

In place of the estrangement declaration form, Student Finance England can also accept a letter from an independent third party confirming:

- Their relationship to the student and the length of time they have known the student
- The reasons for estrangement from both parents and when this occurred
- Current contact levels and if reconciliation is likely with both parents

If you do not have third party evidence of your estrangement, a case worker / telephone appointment route may be offered by SFE.

Once you have been assessed as estranged by SFE, you will receive an email confirming you have been awarded independent status on the grounds of estrangement. The email should have an attachment PDF letter confirming your status and you can also present this letter when you apply for the university Estranged Students Bursary. Keep your letter somewhere safe.

What evidence should I give to SFE?

SFE will require confirmation of the estrangement from a professional person outside your family who knows about your circumstances, for example a Teacher or Social Worker, Doctor, Counsellor, Housing Support Worker, Police or Student Welfare/Adviser at College/School. Student Finance England need to build a picture of your family estrangement. They can either complete the Estrangement Declaration Form or provide a letter.

However, often students who are estranged from their parents have not had any contact with a professional person in relation to the estrangement, so it can be very difficult to get such a letter. You can also submit alternative documents such as a Court Order, forced marriage or FGM order.

Students sometimes ask someone who knows their situation and is not a member of the family to provide a letter although this is often less effective than the supporting letter from a professional person.

The supporting document should be on headed paper, if possible and the person must normally have historic knowledge of your situation as well as being able to verify that you have not had any



contact with your parents for a substantial period, or they should be able to confirm details of any recent estrangement. You should not be expected to provide any statement that would compromise your personal safety or in doing so if it would present significant harm to your emotional wellbeing. Student Finance England assessors will look at cases on an individual basis.

If you have difficulty in providing robust evidence as described above, SFE can contact you directly to discuss and help you to review other possibilities. If you are contacted by SFE, you will be given a named Estrangement Assessor who will be a consistent point of contact. If no or minimal evidence of estrangement can be sourced, a telephone review will be arranged at a convenient time to enable SFE to make their assessment.

What information should I include on my SFE Estrangement Declaration Form?

You will need to explain the nature of your individual estrangement on this form. This does not mean that you are saying you will never be able to resume your relationship with your parents, it is just saying that you don't currently have contact with them, and don't expect to for the foreseeable future. SFE will not show this form to your parents.

You should mention on your form the circumstances that led to the estrangement, when this happened, how it happened i.e., did you move out and if so where did you go etc. Mention your situation now (e.g., do you have any contact with your parents at all, if so, how often and by what means – phone/email/in person) and why you feel that the situation is now irreconcilable.

If you find this process difficult, a Student Adviser can offer help and guidance with doing this.

Am I required to prove my estrangement every year?

Students who have a telephone review to confirm their estrangement (i.e., who were unable to provide full third-party evidence) will be contacted in the following academic year to seek any updated evidence. If this is the case and you are unable to provide further evidence of estrangement in the subsequent academic year of your course, you will be contacted again to confirm your circumstances through another telephone review.

Other students who can provide evidence, will be asked to complete a Declaration of Estrangement form each academic year and have this signed by a professional who can confirm continued estrangement.



SFE Confirmation Letter of Estrangement

You should automatically receive an email with an attached letter confirming estrangement from SFE. You can also request a letter confirming that you have been assessed as independent on the grounds of being estranged by ringing SFE on 0300 100 0607. SFE staff will then refer your query to the Independent team in order to process your letter within a few days. Once received, you can use this letter as evidence of estrangement when applying for the university Estranged Students Bursary.

(See example letter at the end)

What should I do if my Student Finance application has been refused?

Please contact Student Advice as soon as possible. An Adviser can help you appeal against the decision or request a reassessment. You may be required to submit further, more detailed evidence.

Is there any financial support for estranged students from the University of Westminster?

The University of Westminster is committed to supporting estranged students and recognises that the transition to university and becoming a student can be challenging, especially as an estranged student. Consequently, if you are identified by SFE as being estranged, you may be eligible for the university Estranged Students Bursary of £1,200 each academic year. You can apply **after you have enrolled** on your course. You must provide SFE evidence that you have been assessed as estranged – an SFE letter or email confirmation of this is acceptable.

If you think you may be eligible, please contact the university Student Funding team for an application form studentcentre@westminster.ac.uk

Note

Please keep in mind that you cannot claim independent status just because you don't get on with your parents or have had a disagreement with them or because you don't live with them, or because your parents don't want to give details of their income to SFE, or they refuse to provide financial support to you. You must be estranged in accordance with the guidelines above.



What other help and support is available from the university?

The University of Westminster recognises that the transition to university and becoming a student can also be an exciting prospect but may sometimes be challenging for young people studying without the support and approval of a family network.

You can read about detailed support offered by the university here;

www.westminster.ac.uk/study/current-students/support-and-facilities/student-advice/support-for-estranged-students

Westminster Living Expenses Support Scheme (LESS)

The university offers additional support to students who are experiencing financial hardship through the Westminster Living Expenses Support Scheme. This is a non-repayable grant and applications are means tested. Estranged students are given priority when applying to this fund.

You can read about detailed support offered by the university here;

www.westminster.ac.uk/study/prospective-students/fees-and-funding/undergraduate-student-funding/living-expenses-support-scheme-less

Unite Foundation Accommodation Scholarship –

The University of Westminster is delighted to have a partnership with the Unite Foundation. Each year, Unite offers several full accommodation scholarships for Care Leavers and Estranged students to live in Unite Hall accommodation for the duration of their course. Applications close 13 June 2025 for the academic year 2025/26.

An opportunity not to be missed!

For detailed Information & Guidance and the online application form, please [click here](#)

Or Contact the university Student Funding team via:

E: studentcentre@westminster.ac.uk

Career and Employability Service

The University Careers team is here to help you find the right job, choose a fruitful career, or enhance your employability while at the University of Westminster. They provide help with searching for vacancies, drafting job applications, preparing for interviews, and finding volunteering opportunities. They also offer advice and guidance in relation to choosing a career path, finding job



opportunities, writing CVs, completing application forms, preparing for interviews, and preparing for psychometric testing.

The Career and Employability Service also offers a valuable Mentoring programme. A mentor facilitates personal and professional growth in an individual by sharing the knowledge and insights that have been learned through the years. Simply put, mentors are people who help others to succeed. Our schemes are designed to widen the aspirations and enhance the personal effectiveness of students. With the help of mentors as role models, students can build a solid foundation of skills from which to launch a variety of successful careers.

Priority is given to Estranged students and you can find out more about this by contacting Janet Willoughby, Careers Consultant;

E: studentcentre@westminster.ac.uk

Student Accommodation

The university student accommodation office can offer priority Hall accommodation for estranged students which can be all year round (including vacation periods) and for the duration of your course.

Please contact the Student Accommodation team via E:
studentaccommodation@westminster.ac.uk

The Academic Learning Development Centre

Aims to support you in your learning and academic development. Their role is to help you reach your academic potential. The centre offers one-to-one academic skills tutorials and workshops in a number of areas, like essay writing, presentations, and critical thinking.

You can read about detailed support offered by the university here;

www.westminster.ac.uk/study/current-students/support-and-facilities/academic-learning-development



Free Interview Clothes

If you are attending job interviews, you may be aware that appropriate interview clothes are essential but can be costly. The university has collaborated with several organisations that provide free interview clothes and aim to empower clients to achieve economic independence by providing a network of support, professional attire, and the development tools to help clients thrive in work and in life. You will need to provide evidence of your interview to be referred.

If you would like a referral to one of these organisations, please contact: Janet Willoughby, Careers Consultant;

E: studentcentre@westminster.ac.uk

The organisations we collaborate with are;

Smart Works (for women) www.smartworks.org.uk

Suited & Booted (for men) www.suitedbootedcentre.org.uk

Student Advice Service

For information and assistance with applying for Student Finance as an independent student based on estrangement and information about the university Estranged Students Bursary of £1,200 p.a.

Please contact The Student Advice team. E: studentcentre@westminster.ac.uk

Student Funding Department

For information and application forms for the university Estranged Students Bursary of £1,200 p.a and the university Hardship Fund called Living Expenses Support Scheme (LESS) You may be eligible to apply for both funds.

Please contact Student Funding: E: studentcentre@westminster.ac.uk

Counselling Service

For personal and emotional support in order to help you deal with the difficulties that estrangement can cause, you may find it helpful to talk confidentially to the university Counselling Service.

Please contact: E: studentcentre@westminster.ac.uk



Module and Seminar slot changes due to Work commitments

The university does not normally accept requests to change module registration or seminar slots from fully funded, full-time students based on their work commitments because you are expected to be studying full-time and available for timetabled classes. However, if you need to request a change to accommodate work commitments to help support yourself financially, let your Registry know that you are registered as a Care leaver or Estranged student so they can be more flexible in their decision-making.

[Module and Seminar slot change requests](#)

Check the EaCES Handbook

[Have a look at the Estranged and Care Experienced Students Network \(EaCES\) Handbook](#) – it has loads of really useful advice about applying to or studying in higher education and has been written by estranged and care experienced students who know first hand what information will be useful.

This Is Us Community



<https://thisisusatuni.org/this-is-our-community/>

A place for all UK Care Experience and Estranged students in HE of any age.

Here you can... chat with others, share helpful info, arrange meet-ups, organise games-night, find existing local groups near you, run day-trips/holidays, have serious conversations, give peer-support, pose questions, etc - whatever you'd like!

External Funding - Grants (these don't need to be repaid)

Some organisations help young people in need by awarding grants. Read websites carefully for full eligibility details before applying. Usually, grants are made if you have tried all other options.

Buttle UK

Awards grants of up to £2,000 to estranged young people aged 16-20 for support with education, employment, and training, setting up home, and improving emotional and physical wellbeing.

Applications should be made by statutory or voluntary organisations on your behalf.



www.buttleUK.org

The Prince's Trust

Awards grants for young people aged 17-25, working fewer than 16 hours, or in education for fewer than 14 hours per week, to help with getting into work, education, or training; loans are also on offer to help you start a business. www.princes-trust.org.uk

Turn2Us

Is a grant search tool. Enter your postcode for info on grants you could apply for.
www.turn2us.org.uk

Family Action Educational Grants

www.family-action.org.uk/what-we-do/grants/educational-grants/

The Mary Trevelyan Hardship Fund

<https://www.ish.org.uk/financial-support/>

Struggling to pay utility bills?

Some major providers have debt relief funds. See which ones, and how to apply at
<http://www.charisgrants.com/>

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E: studentcentre@westminster.ac.uk Student Hub webpages W: westminster.ac.uk/studentadvice

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