You can contact UCAS by phone on 0371 468 0 468.

Normal opening hours are Monday to Friday, 08:30 – 18:00. Calls will be charged at your standard network rate.

https://www.ucas.com/

Useful links

The Student Room - ten steps to writing an excellent personal statement:
https://www.thestudentroom.co.uk/content.php?r=26328-How-to-write-an-excellent-personal-statement-in-10-steps

The Student Room - Personal Statements:
https://www.thestudentroom.co.uk/content.php?r=194-personal-statements

Personal Statement Examples:

What to consider when choosing a University:
https://www.studentlife.com/university/applying-guide/choosing-a-university

UCAS Video How to Guides:
https://www.ucas.com/connect/videos/ucas/undergraduate

Personal Statement Guidance:
https://www.hud.ac.uk/undergraduate/how-to-apply/writingapersonalstatement/