

**UWE  
Bristol**

University  
of the  
West of  
England

# HELLO

2018/2019





# HELLO

## CONTENTS

- HERE TO HELP 4
- LOOKING AFTER YOURSELF 7
- SETTLING IN 12
- STUDENT STORIES 18
- THE STUDENTS' UNION AT UWE 22
- THE UWE BRISTOL COMMUNITY 25





# AND WELCOME

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ello and welcome to UWE Bristol. You could have studied anywhere in the world – and you chose Bristol! Who could blame you? All of us here at UWE Bristol are a bit smitten with this welcoming, creative and smart city that's open to everyone. And our students reflect Bristol's vibrancy and diversity.

What makes UWE Bristol so special? Whatever your background, there's something here for you. Maybe you've just left college. Maybe you took a gap year (or three). Or maybe you just fancied a change from the 9–5. And whether you live on Frenchay or Glenside campuses, in the Centre, in the suburbs, with your parents or maybe even your kids – you'll find a community here.

Remember – you may all be different but you all share the same goal – to be successful here, so you can be successful after you graduate. So, we're going to do all we can to help. If you need anything, just ring an Information Point on 0117 32 85678 or email [infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk).

It might not all be plain sailing – university will probably be a step up from what you were doing before, so just take a deep breath and get help when you need it. From study skills sessions, to careers support and the Wellbeing Service – we have lots of skilled professionals working for you.

We've also put together this newspaper to help you navigate your way through UWE Bristol. From who to talk to if you need a hand, to how to look after yourself – it's all in here. So have a read. Then get out there and explore!

**Alyssa Willis,**  
Student Communications Manager



# HERE TO HELP

Remember a  
problem shared  
is a problem  
halved!

## INFORMATION POINTS: ALL YOUR QUESTIONS ANSWERED

*By Cathryn Carter, Information  
Point Manager*

You'll have plenty of burning questions over your first few weeks – where can I get something to eat, which bus gets me into town and where on earth is the 2D67 lecture theatre?!

The good news is that we've got a great team of Information Point Advisers on hand and ready to point you in the right direction. We can help you with any question or problem, no matter how big or small. Worried about money? Thinking of changing course? Feeling a bit homesick? Come and talk to us.

UWE Bristol is a massive place, but you don't have to worry about that. All you have to do is talk to us. We're connected

with all faculties and support services, so if we don't know the answer to your question, we'll put you in touch with someone who does.

You'll find us on each campus – in B block, D block and Q block on Frenchay Campus, the main entrances of Bower Ashton Studios, Glenside and Gloucester Campuses and the fourth floor of the Arncliffe. Stop by in between lectures and we'd be happy to help.

Please don't be worried about talking to us if anything's troubling you. We're here to make your life at UWE Bristol as easy as possible so that you can get on, enjoy your studies and achieve your goals.

**Not on campus? No problem. You can get in touch with us on the phone (0117 32 85678), via email (Infopoint@uwe.ac.uk) or through Twitter (@UWEBristol). You'll also find lots of information online at [uwe.ac.uk/help](http://uwe.ac.uk/help).**

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## HOW INFOHUB CAN MAKE YOUR LIFE EASIER

By Jess Bennett, Career Coach

As a Fresher you'll be introduced to lots of new things over the next few weeks—new places, new people, new subjects. But here in the UWE Bristol Careers team we think there's something else, admittedly a little more niche, that you'll want to be introduced to—and that's InfoHub!

InfoHub is our all-singing, all-dancing Careers platform. OK, bear with us, we know it doesn't sound quite as exciting as other Freshers' activities, but we promise it will make your life a lot easier. And here's why...

### It could hold your destiny

This might sound like a big claim, but it's true! InfoHub has a job search engine exclusively for our students and recent graduates, which advertises thousands of vacancies every year including paid global opportunities, internship opportunities and graduate roles. It also lists part-time jobs, competitions and study abroad opportunities that you can't find anywhere else - so if you aren't using InfoHub, you'll miss out!

### It saves you work

InfoHub holds thousands of resources created by careers specialists which can be accessed through the Careers Toolkit section. This means that instead of scouring the web or taking questionable advice from friends, you have 24/7 access to interactive and reliable resources that are easy to use and right there at the touch of a button.

From CV writing, interview skills, career planning and everything in between, the Careers Toolkit has confusion-busting podcasts, videos, learning modules and written resources that will vanquish the need for careers-related crises. We even have resources tailored to different courses and career areas, so whether you're a budding artist or an engineer in the making, there will be specific resources to help you get ahead.

### You can stay in bed

With InfoHub you can get careers guidance at the click of a button from absolutely anywhere in the world (well, anywhere there's internet signal!). The 'My Questions' section of InfoHub could be a real lifesaver for those of you who aren't about the 09:00–17:00 lifestyle – just type your quick careers-related query, press send and one of our trained careers coaches will get back to you with a personal reply within five working days.

### It can take you to a land far, far away... with extra funding

We love Bristol, but no-one would exactly call it exotic. So you might be tempted to work, study or volunteer abroad. There are loads of opportunities listed on InfoHub—and we aren't just talking the usual tourist jobs like fruit picking and waiting tables! Think graphic design roles in Singapore, marketing in South America or studying culture and tourism in Bali... the world is out there waiting for you!

Sound tempting? Well, what's even better is that you might be able to gain additional funding through the Go Global Bursary. A nice cherry on the travelling cake!

### It can help you avoid C-FOMO (Careers Fear Of Missing Out)

The Events tab on InfoHub lists all upcoming careers events, including regular shindigs such as 'Start-Up' drinks in Bristol city centre for budding entrepreneurs, interactive careers workshops and industry insight sessions. We also have employer talks where we regularly host some big players like Nike, KMPG and Aardman Animations, most of whom have fantastic opportunities on offer.

### You can arrange to see us

One of our favourite functions of InfoHub is the 'Appointments' tab, which allows you to book yourself in for a careers appointment. We offer 30 minute one-to-one career coaching appointments Monday–Friday throughout the year, where we can support you with any careers-related matter such as career planning, interview skills, applications, job searching and further study. If you don't need a full 30 mins and don't want the commitment of a booked appointment, the same tab will also tell you when and where our careers drop-ins take place – there are more than 10 drop-ins every week during term time and you'll get to speak to a qualified careers coach for up to 15 minutes.

We hope we've convinced you to give InfoHub a try—we're really looking forward to supporting you with your careers needs throughout your studies and beyond!

Log into InfoHub at [infohub.uwe.ac.uk](http://infohub.uwe.ac.uk) using your UWE Bristol username and password.

## STUDENT SUPPORT ADVISERS: FACE-TO-FACE SUPPORT AND ADVICE

By Amanda and Vicki, Student Support Advisers

Hi, Amanda and Vicki here! We're Student Support Advisers. You can think of us as your A–Z or sat nav of finding your way around the university's academic regulations and rules. We can't tell you what to do but we can make sure you're aware of the academic regulations—as well as all the support options available to you.

### Visit an Information Point to make an appointment. We can help you in lots of situations:

- If you miss an assignment or exam (it's not the end of the world, honest!)
- Personal circumstances that are affecting your studies or assessment
- Choosing your modules
- How to transfer to another course
- How to calculate your degree classification and lots more.

### We've got connections

There are lots of other services here to support you on your academic and personal journey. We can point you in the direction of our Wellbeing Service, Disability Service and the Money Advice and Funds Service.

### We're flexible

You can come and see us face-to-face or have a chat on the phone. Our appointments are twenty minutes long and we work across all campuses. There's specialists for each Faculty—although you can see any adviser. You can book appointments via an Information Point or online via InfoHub.

### We're on hand

You might also see us around at busy times, such as registration and exams, where we offer a drop-in service. Sometimes you might get an email from us if we've noticed you've missed some assignments and want to check if everything is OK and if you need any support.

[uwe.ac.uk/students/academicadvice/student-supportadvisers](http://uwe.ac.uk/students/academicadvice/student-supportadvisers)

## HOW TO COPE IF YOU'RE BROKE

By Sylwia Kalpage, Money Advice Worker

Hopefully you've got your funding through and you've set yourself a budget so that you won't end up running out of money during your first year at university. But we know that even for someone with the best intentions sometimes things can—and do—go wrong. Money struggles can be a daunting experience, especially if you've never lived on your own and have never had to manage money yourself before. It sounds a bit scary, doesn't it?

If you find yourself struggling for money, please ask us for help. A problem shared is a problem halved, after all. There are always options, even when things feel really difficult. We have a number of financial support options which can help you get through tough times, for example our Learner Support Fund, Emergency Fund or short-term loans.

Our **Learner Support Fund** is a means-tested award that is based on your income and expenditure. You can apply to the fund every year and if you get an award, you don't have to pay it back.

Our **Emergency Fund** supports EU and international students who have experienced substantial and unforeseen financial hardship since the start of the academic year. If you get an award you don't have to pay it back.

**Short-term loans** are available if your funding is delayed for any reason or you have high upfront placement costs. They're interest free, which makes them a much better alternative to payday loans and they might be just what you need to get you through a temporary cash flow problem.

The best thing to do if you find yourself in financial difficulty is to make an appointment with a Money Adviser through any Information Point— in person, on the phone (0117 32 85678) or via email ([infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk)). We'll talk you through the options and help you to apply for support. Please don't struggle on your own!

## DON'T MISS OUT ON ADDITIONAL SUPPORT WITH YOUR STUDIES

By Kristine Akid, Disability  
Advice Team Manager

Here in the Disability Service we help thousands of students every year to succeed with their studies.

We'd really encourage you to come and have a chat with us if you think you might be eligible for support. We help students with a wide range of needs, including many who might not necessarily identify as disabled. These can include students with:

- Specific Learning Difficulties (such as Dyslexia and/or Dyspraxia) – or diagnosis if you suspect you have a Specific Learning Difficulty
- Mental health conditions (such as anxiety or depression)
- Autistic spectrum conditions
- Mobility impairments
- Visual impairments
- Hearing impairments
- Unseen disabilities
- Long term health conditions (such as epilepsy, diabetes or arthritis)
- A temporary illness or disability (such as a broken arm or leg)

We'll work with you to meet your needs and provide the support you need. And remember, what we can offer might be different to the support you've had at school, college or other universities, so it's really worth getting in touch to see how we can help you. Examples of support include:

- Assistive technology and software (such as digital recorders or text to speech software)
- Providing resources in an alternative format (like adding subtitles to a video)
- Support workers (such as a mentor or a study skills tutor)
- Reasonable adjustments to placement (eg having a placement closer to home)
- Reasonable adjustments to exams (eg extra time, use of PC)
- Car parking on campus
- Reasonable adjustments to deadlines
- Reasonable adjustments to accommodation (such as adaptations to your room)

A lot of the support we offer is provided through government funding called the Disabled Students' Allowance (DSA). This doesn't need to be repaid and we can help you to apply for it.

So why arrange your support now? Talking to us now means that we can put support in place for you right at the start of your studies, and it'll be in place for as long as you're here with us. You'll be set up for success!

We understand that sharing details about your impairment or long term health condition can be difficult – but please be assured that our service is confidential. We'll keep your information safe and will only share information with your agreement. If you get in touch and then decide that you don't want to take up the support available that's absolutely fine – it's your choice and we won't do anything without your say so.

You can make an appointment with us by contacting the Information Points on 0117 32 85678, [infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk) or dropping in to an Information Point on campus. We offer appointments at all campuses or over the phone if that's better for you.

**You can find out more about the Disability Service at [uwe.ac.uk/disability](http://uwe.ac.uk/disability) or find out more about Disabled Students' Allowances at [gov.uk/disabled-students-allowances-dsas](http://gov.uk/disabled-students-allowances-dsas).**

## | STUDY SKILLS

By Alice Bouquet, Library Services

The study skills you need at university are slightly different to what you needed at school and college. We're here to support you gaining those skills.

A great place to start is [go.uwe.ac.uk/preparingforstudy](http://go.uwe.ac.uk/preparingforstudy)

### Workshops

Library staff run study skills workshops covering key skills such as critical writing, referencing, researching and academic writing skills.

### Online workbooks

If you can't make it to a workshop, you can use our online workbooks.

### Talk to us

Just visit any of our Libraries and talk to us – or ask a question through our 24/7 online chat service (which you can access from the Library website).

When you get feedback from your first assignment, we can help you to make the most of this and target the improvements you want to make before your next submission.

English language support is available by signing up to our short courses or using our online resources.

**Each Faculty has dedicated study support staff for help ranging from writing to mathematics and programming.**  
[uwe.ac.uk/students/studysupport/studyskills](http://uwe.ac.uk/students/studysupport/studyskills)

**Disclosure** We understand that sharing details about your impairment or long term health condition can be difficult – but please be assured that our service is confidential. We'll keep your information safe and will only share information with your agreement. If you get in touch and then decide that you don't want to take up the support available that's absolutely fine – it's your choice and we won't do anything without your say so.

## How and where can I get IT support?

We can help get you up and running – and staying – online. We offer a wide range of services and facilities – both face-to-face and online.

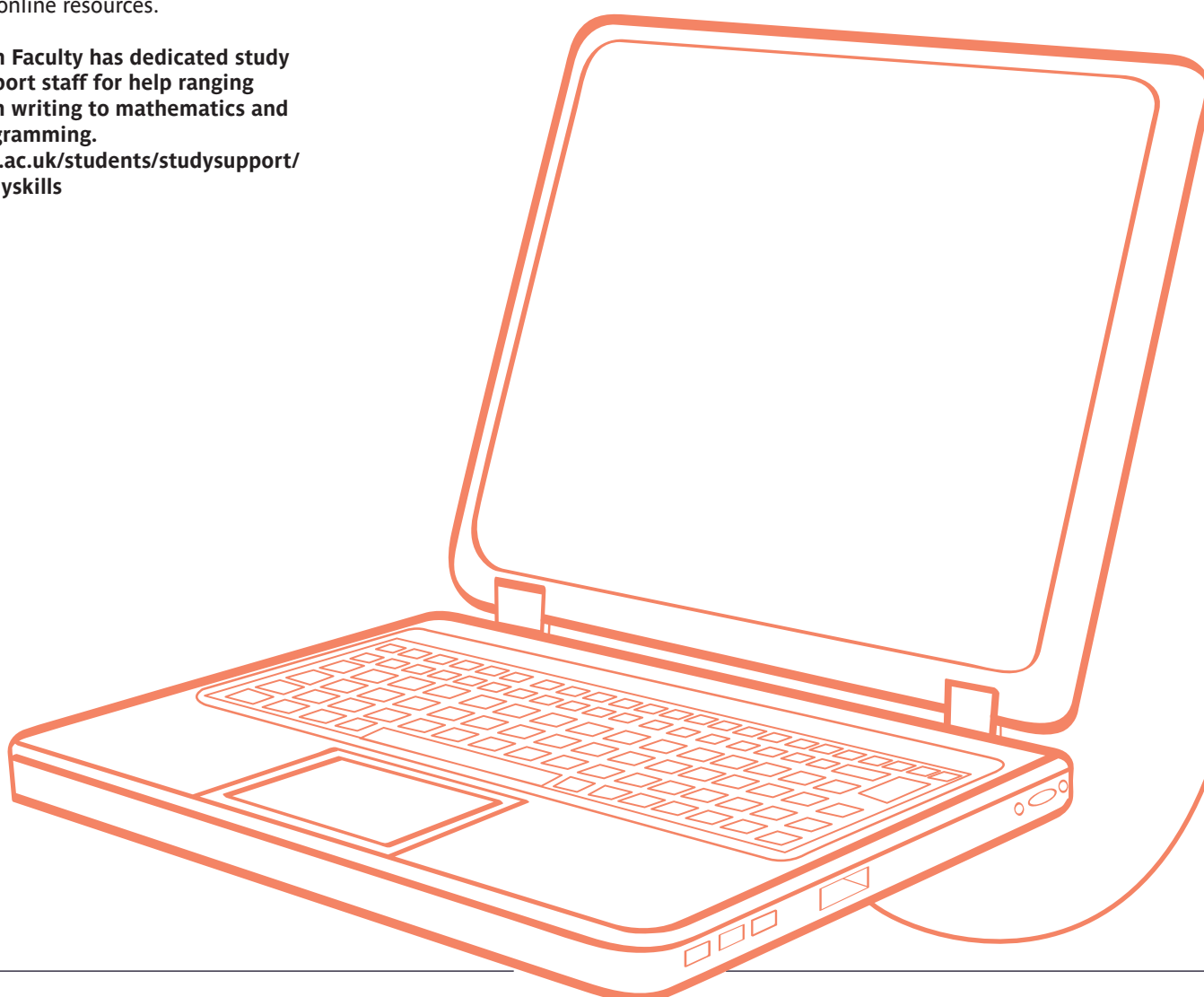
### Phone or email us

Contact our IT Service Desk on 0117 32 83612 or email [itonline@uwe.ac.uk](mailto:itonline@uwe.ac.uk)

### Come and see us

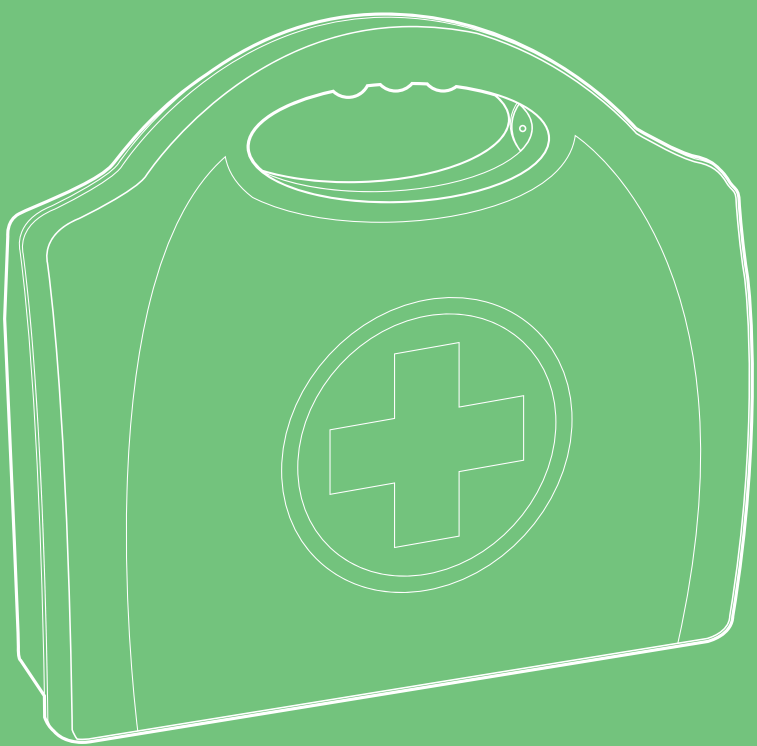
You can visit us at our various Campus Service Desks: Frenchay Library (3D28), Q Block (2Q33), Glenside Library (1D17), Bower Ashton Library (1A01) or Arncliffe (4AF01)

**Our telephone support is available 24/7, 365 days a year to help with your IT queries and problems.**





# LOOKING AFTER YOURSELF



## STAYING SAFE WHEN YOU'RE OUT AND ABOUT

*By Richard Barnston, Head of Security and Logistics*

We're passionate about keeping you and your friends safe—both on and off campus. Most of what we'll cover here you'll already know—and you've probably had the same lecture from your parents! But we're going to say it anyway, because a little reminder never hurt anyone.

The most important thing to do to help keep yourself and your friends safe is to watch out for each other. If you're heading out or meeting someone you haven't met before, make sure your friends know where you're going, who you're going with and when you're coming back—it doesn't take a minute to send a message.

There are bound to be some big nights out over your uni years, and you'll want to remember them for all the right reasons. Although it can be tempting to drink too much, try to stick to your limits. Never accept a drink from someone you don't know or leave your drink unattended—if

you do need to leave it, hand it to a friend to look after. Remember, alcohol and drugs lower your guard and can seriously affect your ability to make safe judgements. And don't forget the law—if you're caught using drugs or behaving aggressively or inappropriately for any reason this could land you in a whole lot of trouble. It's just not worth it.

If when you're out you see someone else in trouble, think carefully before trying to help—especially if you're on your own. It may aggravate the problem and you could end up hurt as well. It may be better to shout for help, call the police or generally make a lot of noise to attract attention.

Always plan how you're going to get home—when you're new to the city you'll probably want to take a bus or taxi to make sure you get from A to B without getting lost! Always check the time of the last bus and make sure you know where the bus stop is. If the bus is empty you might prefer to stay on the lower deck and sit near the driver, and if anyone makes you feel uneasy don't be afraid to move seat. Pop the numbers of some trusted, licensed taxi companies in your phone and never take an unlicensed minicab—they're unchecked and uninsured.

## The most important thing to do to help keep yourself and your friends safe is to watch out for each other.

If you're walking home stay alert—avoid chatting or scrolling on your phone or listening to music. Stick to busy streets and avoid poorly-lit areas—that shortcut through the park may be beautiful in the day, but wouldn't be great at night. Consider getting a personal safety alarm and carry it in your hand if you feel at risk. And most of all trust your instincts—if it feels wrong it probably is.

And it's not just nights out to be mindful of—it's important to stay safe online too. Remember that anything you share on social media is public by default and easily searchable, giving anyone access to your photos, videos and comments. Never share private information such as

your phone number or address—if there is enough information about you online you can be easily impersonated. Double-check your privacy settings so only your friends can see your information.

And remember what you're writing—inappropriate language, comments and jokes made online aren't OK. If you wouldn't say it to someone's face, don't write it online. Not only can it offend or hurt others, but it can impact your future employability—employers have rejected applicants because of information discovered online.

Look after each other, remember these basic safety tips and you'll have a brilliant time at UWE Bristol.

**Emergency on campus (24/7)**  
**0117 32 89999.**

**Campus Security (24/7)**  
**0117 32 86404.**

## WHERE CAN I GET SOMETHING TO EAT ON CAMPUS?

*By Adam Rogers, Hospitality Admin Coordinator*

Feeling hungry? You'll find 14 catering outlets across our campuses— ten at Frenchay (including Onezone, Starbucks and The Atrium), two at Glenside (The Hub and The Coffee Pod) and one at Bower Ashton (Traders).

Whatever you fancy we've got you covered – whether it's a quick coffee to get you going in the morning, a sandwich to go or a proper hot meal to get you through a whole afternoon of lectures. We always provide a range of healthy options for you to choose from, and we cater for all dietary requirements including gluten free, vegetarian and vegan (you've got to try our Buddha Bowls in Onezone!). All of our catering outlets offer something different, so why not try them all and find your favourite?

We also run loads of offers to help you save money— at each of our campuses you can get a meal deal which includes a wrap or sandwich, drink and a packet of crisps or fruit for only £3.60 (certain products are excluded, so double-check before you buy). We'll even take 20p off the cost of a hot drink if you bring your own cup. And why not treat yourself to something different at one of our themed events throughout the year? From Christmas to Chinese New Year to Pancake Day, we run special menus and deals to help you celebrate.

You'll also be glad to know that we're passionate about sustainability and providing good quality, locally sourced food. We use free range eggs from Somerset, organic milk from Tewkesbury, sustainably sourced fish and Red Tractor assured meat. We're also committed to using Fairtrade goods— in fact, our Full of Beans coffee cart and Phaz Café (both on Frenchay Campus) won us two gold awards at the South West Fairtrade Awards earlier this year. You'll find lots of water fountains across campus too, where you can refill your bottle and do your bit to cut down on plastic.

So next time you're feeling a bit peckish head on over to one of our outlets—you're sure to find something to fill you up.

## KNOWING THE SIGNS AND SYMPTOMS OF MENINGITIS

*By Becca North, Student Communications Officer*

Headache? Vomiting? Difficult to wake? Can't cope with bright lights? It might sound like a hangover, but it could be meningitis.

Meningitis can be very serious, even life-threatening. It can affect anyone of any age at any time, but students are a particular 'at-risk' group. That's because you're usually living in halls and meeting lots of new people from all over the world— your body will be exposed to bacteria and viruses that it hasn't seen before. One in four 15–19 year olds carry meningococcal bacteria in the back of their throats, compared to one in ten of the general UK population—and you won't necessarily realise you're carrying it. It's passed from person to person by coughing, sneezing and kissing.

Thankfully there's one really easy thing you can do to protect yourself against four different types of meningitis and septicaemia—you can ask your GP for the Men ACWY vaccine. Hopefully you had it before you arrived, but if not please try and have it as soon as you can. The University Health Centre on Frenchay Campus can vaccinate you once you've registered with them (you can do this online at [uwe.ac.uk/healthcentre](http://uwe.ac.uk/healthcentre)).

But please remember that there aren't vaccines for all types of meningitis, so even if you've had the vaccine you need to remain vigilant and look out for your friends. Knowing the signs and symptoms is key—and could even save someone's life. In the early stages, meningitis symptoms can appear very similar to a cold, the flu or a hangover. Symptoms can appear in any order and some may not appear at all. Look out for the following signs:

- Fever, cold hands and feet
- Drowsy, difficult to wake
- Severe muscle pain
- Severe headache
- Dislike bright lights
- Vomiting
- Confusion and irritability
- Stiff neck
- Convulsions/seizures
- Pale blotchy skin that may have spots or a rash. A rash that does not fade under pressure is a medical emergency – check by pressing the side of a clear glass firmly against the skin.

**You can download the Meningitis Now signs and symptoms app on iPhone or Android to use as a quick reference if you're worried about someone. If you suspect that someone has meningitis, trust your instincts and get medical help immediately. It's better to be safe than sorry. Someone with meningitis or septicaemia can get a lot worse very quickly and getting help fast can really make a difference. If you're on campus you can call our emergency line on 0117 32 89999 (available 24/7) or if you're off campus you can call 111 or 999 from your mobile.**

For more information about meningitis, download the Meningitis Now signs and symptoms app, go to [meningitisnow.org](http://meningitisnow.org) or talk to your GP.

## SECURITY: HERE TO HELP

*By Michael Messenger, Security Supervisor*

Security has vastly changed in recent times and is more important than ever in the world we live in today. At UWE Bristol our number one focus is the wellbeing and the protection of all our students.

As a security team we're prepared for all kinds of incidents however great or small, working almost unknowingly in the background 24 hours a day, 365 days a year to make sure that everyone at the university is safe.

We fully understand that being away from home for the first time can be very daunting. It's a life-changing experience and as a friendly and approachable security team we cannot stress enough that we are here to help whatever time of day or night. Even if only for a chat; missing mum, dad, brother, sister, the dog— we're here help. Feeling a little down, worried or anxious – we're here to help. Concerned about a fellow student—we're here to help.

Our contact numbers can be found on the back of your student ID card— we really recommend that you add these numbers to your phone. Both numbers are 24/7, so there will always be someone to answer your call:

**Emergency: 0117 32 89999.** Dial this number to call for an emergency 999 response— ambulance, police or fire. This number connects you to our emergency telephone line. We'll then call the emergency services for you and send immediate assistance to you. No-one knows the campus better than us, so when the emergency services arrive we'll make sure they get to you as quickly as possible.

**Security: 0117 32 86404.** This number is the security control room which is in use 24 hours a day and 365 days a year (yes, even Christmas Day!). This can be used as an emergency line, to let us know if you need first aid or just to get in touch regarding any queries or safety concerns. If you ever spot something on campus that doesn't seem quite right, please call us and we'll come straight out. Don't walk by – we'd rather have lots of phone calls than none at all. And if you ever feel unsafe for any reason, please call us. We're here to help.



## XANAX: IT ISN'T A WONDERDRUG

By Sarah Peat, Accommodation Services

Xanax has been a big deal in the news, so with you moving into halls of residence and getting used to university life, we thought we would give you a quick guide to what it is, what it does and what it means for you, especially if you're living in UWE accommodation.

Ok, Xanax can be prescribed as an anti-anxiety medication as it depresses the nervous system, causing the body to relax. It is prescribed short-term as it is highly addictive and very dangerous if being used regularly.

If you think about it, if you don't have a medical condition... what is it going to do? Well, it can cause problems with drowsiness, memory issues, dangerous behaviour (due to the inability to assess potential risks) and in some cases it can be fatal.

One former user believed that Xanax was helping him sleep after a night out, but he admitted that he was becoming scared to take it because it was affecting his memory, his friendships and his life.

"You don't remember anything [...] you miss the day and wake up at 4pm. Your flatmates talk to you about being out the night before and you have no idea, like, was I there? I can't remember. It's scary".

Not remembering the night before is bad enough, what about the week before? Or last month? Or not remembering Freshers and potentially leaving university because of Xanax?

If you choose to take a drug that affects your memory and it causes you to sleep more: you probably won't be attending lectures or completing assessments. It's quite obvious what that means for passing exams.

And what are the consequences if you're living in UWE Bristol accommodation? Well, for possession of Xanax, you would be issued with a final warning. This would give you a £100 fine or a drugs awareness session, and it would put you on track for a Notice to Quit. This is as bad as it sounds. A notice to quit means you have to leave UWE Bristol accommodation within 28 days, but you have to continue to pay your rent until the end of your contract. And if you're distributing this, or any drug, you will straightaway receive a Notice to Quit.

Moving into university accommodation, and away from home, can feel really scary at first. You may feel lost as you try to find your way around campus, you may feel lonely as you try to meet new friends, and it may feel a bit overwhelming at times. If you are struggling, you are not alone, UWE Bristol provides a lot of support for students. You can always contact the Wellbeing service, or a GP, to talk about how you feel. For those of you that have concerns about substance use, whether that's for yourself, your flatmate or a friend, then you can contact Spaced, who offer free confidential non-judgmental advice.

[spaced-sg.org.uk](http://spaced-sg.org.uk)

## STAYING SAFE ONLINE

By Tim Blackman, IT Services

We want you to stay safe online and have compiled a few handy tips to point you in the right direction.

Our IT systems are safe and secure, but we need you to do your bit too!

1. **Treat your password like a toothbrush.** Never share it and change it every few months. We'll never email or call you to confirm your password.
2. **Hit Control + Alt + Delete** when you leave your seat. Lock your computer even if you're only leaving it for a little while.
3. **Don't let your waste become someone else's treasure.** Shred your confidential waste and securely erase data before disposing of hardware (eg computers, USBs).
4. **Look out for phish.** Especially at the time your next Student Loan instalment is due. Be cautious and always think before you click links, open attachments, or download files in emails you receive, regardless of who sent them.
5. **Use the cloud or network drives**—Never store important files only on your PC, USB stick or laptop hard drive—in the event of a ransomware attack or failure of the hard disk, the information is irrecoverable. Instead, use university network drives or the cloud—as a student you have access to 1TB of data via Office365.

More information is available online:  
[uwe.ac.uk/its/informationsecuritytoolkit](http://uwe.ac.uk/its/informationsecuritytoolkit)

Don't forget—now you're a student you get to take advantage of student discount. You can save money on bus tickets, food, clothes, cinema tickets and much more—get in the habit of asking wherever you go





## REGISTERING WITH THE UNIVERSITY HEALTH CENTRE

By Sarah Holbrook, University Health Centre

Did you know we have our very own doctors' surgery right in the heart of Frenchay Campus? It's open to all UWE Bristol students, no matter which campus you're studying at.

It's easy to register online at [uwe.ac.uk/healthcentre](http://uwe.ac.uk/healthcentre). Registering now means that we'll be able to get your records from your previous GP so that we're ready to treat you if you need us. It also means you won't have to worry about going through the registration process or finding a walk-in centre when you actually need to see a doctor—you can just book an appointment with us without all the extra hassle.

We make it really easy for you to book appointments that fit around your lectures – you can even do it online. We only book appointments up to five days in advance, which means you'll be seen quickly—no more waiting weeks to see a doctor. And if you need to be seen urgently we'll make sure we see you on the day, either at the University Health Centre or just up the road at The Old School Surgery.

We've got a great team of GPs and nurses, including our Mental Health Nurse Amy, who's a UWE Bristol graduate (so you know she's good!). We're a friendly bunch and you can talk to us about anything—trust us, we really have heard it all before.

We offer all of your standard GP services, including appointments, blood tests, travel vaccines, sexual health advice and free chlamydia screening kits. We can arrange your MenACWY vaccination, which protects you against four different causes of meningitis and septicaemia, if you didn't have it before you arrived – and we really recommend that you have it. We also work in partnership with the University's Wellbeing Service, offering you support for your mental health and wellbeing. We'll refer you to other services in and around Bristol where required, to make sure you get all the medical help you need.

Remember that some common minor health concerns like coughs, colds, hayfever or an upset stomach don't need to be seen by a doctor, unless they last for more than a week. Pop in to talk to your local pharmacist for advice—they're experts who can recommend certain medications that you can take without a prescription. If the doctors' surgery or pharmacy is closed, you can call NHS 111 for urgent medical advice.

If you're an international student our healthcare system may be different to what you're used to—don't worry, we're here to explain everything you need to know. Most services such as GP consultations and emergency treatment are free for everyone. You may need to pay for prescriptions, dental treatment and sight tests—although most students can get these at a reduced cost or free (just collect a HC1 application form from us or an Information Point). Doctors' surgeries don't provide eye tests or dental check ups - you can find an optician or a dentist on [nhs.uk](http://nhs.uk).

You can stay registered with us for your whole time at university, which means you won't have to worry about finding another doctor as you move in your second and third year. Plus, as we work in partnership with The Old School Surgery in Fishponds, registering with us means you'll be automatically registered with them too. Effectively you're getting two doctors' surgeries for one!

And don't worry— you can still see your previous GP if you go home for the holidays. You'll just need to see them as a temporary patient. It won't affect your registration with us in Bristol and you can easily re-register with them if you move back home once you've finished your course.

**Remember, we're here to help you so that you can get on with your studies and fully enjoy your university experience - so register with us now at [uwe.ac.uk/healthcentre](http://uwe.ac.uk/healthcentre).**

## DISCLOSING A MENTAL HEALTH PROBLEM

By Holly Fisher, Wellbeing Service

For some people, the transition to university can be made more daunting by the thought of being surrounded by new people who don't understand our difficulties.

### Opening up

Telling people about your mental health is a personal choice and you should never feel like you have to. However, it can mean that new people around you better understand your experiences, needs and behaviours and can support you more effectively.

Telling people does not have to be 'all or nothing'—you can choose who you tell and what you tell them and you only need to share what is relevant. For example, you may want your flatmate to know you get really anxious around new people and ask that they let you know if they're having people over.

If you choose to tell people about your mental health, be aware that this may be the first time they are hearing about these kind of difficulties. Letting them know where they can access accurate information is really helpful in their understanding. Mind have a great website with particular information for friends and family.

### A helping hand

The University's Wellbeing Service can support you to tell staff and friends about your difficulties if you feel it would be helpful for them to understand what you are experiencing. This could be on-going difficulties or a specific set of circumstances. This would be collaborative and is never done without your consent.

### Dealing with diagnosis

If you have a formal diagnosis, our Disability Service can support you with telling relevant people in the university about your needs. They can work with you to prepare what's called an Impact Statement which informs academic staff about your difficulties and how these affect your studies—for example letting lecturers know you may need to leave for breaks if you become too anxious.

**If you're finding it difficult to disclose your mental health difficulties, remember that you can speak to someone at the Wellbeing Service for support. They run daily drop ins during term time from 14:00–16:00 Monday–Friday. [uwe.ac.uk/wellbeing](http://uwe.ac.uk/wellbeing)**

## THE 7 SKILLS OF EMOTIONAL RESILIENCE

By Pippa Richards, Wellbeing Service

Life is not without its challenges— but you can navigate through them. Here are our tips on how to become emotionally resilient.



**1 Emotional awareness or regulation**  
Recognising your feelings.



**2 Impulse control**  
Give yourself thinking time.



**3 Optimism**  
Staying hopeful (optimistic).



**4 Causal analysis**  
Analysing the cause of problems.



**5 Empathy**  
Empathy is the understanding of what it is like being in someone else's shoes.



**6 Self-efficacy**  
Confidence in your ability to solve problems.



**7 Reaching out (taking appropriate risk).**  
Reaching out has two parts. It is the ability to take on life's opportunities and not fear failure. It is also about being willing to ask for help.

**We're all human—and we're all in this together.**



## THE ART OF BUDGETING

By Sylwia Kalpage, Money Advice Worker

A budget is possibly the single most important tool for effectively managing your money whilst you're at uni (and the rest of your life!). But if you've never created a budget before, it can be hard to know where to start. Basically, you're comparing the amount of money you've got coming in (your income, like your student funding or grants) to the amount of money you've got going out (your expenditure, like your rent or travel expenses).

We've included a basic budgeting table with this article, but there are plenty of different apps and websites that you can use. Have a go and find one that works for you. Once you've set your budget, make sure you review it regularly – the amount you pay for things can go up and down over the year. If you've got more money going out than you've got coming in, you'll need to rethink your spending or increase your income.

A good tip when planning your budget is to divide your student funding by 12 to make sure you have enough money every month of the year. You could manage this by opening a second bank account – you can pay any lump sums you receive (eg your loan, grant, salary) into it, and then set up a standing order into your current account to pay yourself small amounts each month. This will help you manage

the big chunk of cash coming in each term and stop you from feeling tempted to overspend.

Want to see some more money coming in? Lots of students get part-time jobs to help make ends meet. As well as boosting your income it's a great way to get some work experience for your CV. But whilst it might be tempting to take on all the hours you can get for extra money, try to find something that's less than 16 hours a week so that your academic work doesn't suffer. The Students' Union at UWE have their very own JobShop where they advertise part-time jobs on campus and around Bristol.

Need to reduce how much you're spending? Cook! Eating out or getting a takeaway is so expensive. Try to see it as a treat rather than the norm. If you plan your meals for the week, you'll know exactly what ingredients you'll need to buy when you go food shopping. You can also grab bargains in the evenings when most supermarkets reduce the prices of food (look out for the yellow labels!). Try to cook and eat with your housemates to save money and bring your own lunch to uni with you.

And don't forget – now you're a student you get to take advantage of student discount. You can save money on bus tickets, food, clothes, cinema tickets and much more – get in the habit of asking wherever you go and the savings will really add up. For extra savings you can

get an NUS Extra card and sign up with UNiDAYS or Studentbeans.

Still struggling? If you just can't figure out a budget that works for you, don't worry – we're here to help. Book in for a financial health check where we can check that you're receiving all of the financial support you're entitled to and set you up with a personal budget. Or, join us for our series of three Financial Capability workshops which we run twice a year. Just contact us via an Information Point to find out more.

## EVERYBODY'S GOT FRIENDS BUT ME

By Amber Cowburn, Healthy University Coordinator

Or that's what it looks like on social media...

Parties. Group photos. Squad trips. 'Flat number 8 are the best.' 'Feel like I've known these guys forever already.'

Sometimes it can seem like everybody else is having a great time, right? Or a better time than you.

It can end up making you feel alone and low, and wondering why you aren't having fun with a huge group of friends like everybody else. It's not just about the FOMO.

Social media can play a huge part in distorting reality and makes it seem like everybody else is having the time of their lives... when in actual fact you're all in the same boat and someone else's reality might be quite different to what you're seeing on Instagram!

Here are a couple of home truths to put things in perspective:

**1. Everybody else is worrying and feeling anxious too.** Some might come across more confident than others, but everybody who comes to university feels some level of worry about whether they're going to fit in and make friends. Everybody has moments when they feel insecure, especially as you're getting to know people and socialising.

Feeling a bit homesick, a bit uncertain or a bit lonely at times is perfectly normal – be kind to yourself, and know that it might take a bit of time to find the people you click best with.

**2. You're looking at their highlights.** Instagram and Snapchat are great, but you've got to remember that everybody is choosing what they share with you... they aren't going to share that lonely moment where they've made beans on toast by themselves or where they aren't quite sure where the SU bar is yet.

We choose, edit, and filter what goes up onto our social media and let's face it, we're only going to post it if it is decent or funny. So stop comparing every moment of your day to their highlight reel.

**3. Stop scrolling, start searching.** And now it's time to have a digital break! Scrolling constantly through other people's social media isn't making you feel any better or making you enjoy your time at university any more. So stop focusing on other people – start focusing on yourself and make your own memories!

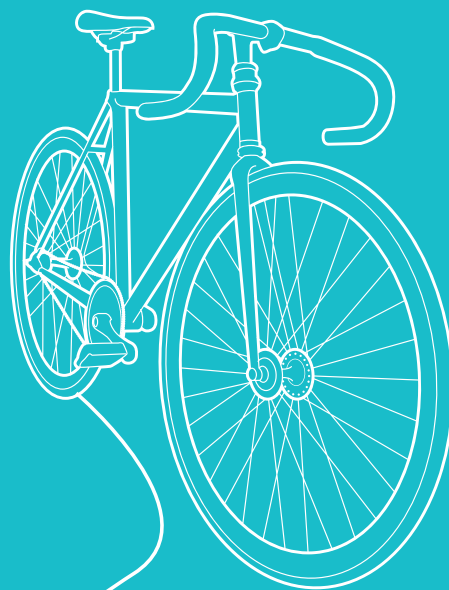
Have a look at the welcome events, the societies, and the different fairs, and see what might be of interest to you. With thousands of other students, there will be lots of people with similar interests to you, who you'll get on well with... so be proactive and find activities, events and people to connect with!

### Budget template

		Amount you receive/spend each month (£)
Income	Maintenance Loan	
	Maintenance Grant	
	Bursary	
	Other Grants	
	Benefits	
	Work	
	Savings	
	Other	
	Other	
	Other	
Total income per month		
Expenses	Rent/mortgage	
	TV licence/Netflix	
	Water	
	Energy	
	Mobile phone	
	Internet	
	Insurance	
	Food and housekeeping	
	Travel	
	Clothes	
	Course books and supplies	
	Hobbies/entertainment	
	Birthdays/Christmas presents	
	Hair cuts	
	Other	
	Other	
	Other	
Total expenditure per month		
	Total income – total expenditure = monthly excess or shortfall	

Budget template

# SETTLING IN



## GETTING AROUND BRISTOL

*By James Morvan, Travel Plan Project Officer*

Bristol is a very green and very walkable city. One of the best things about living in Bristol is that you can explore lots of different areas on foot such as the independent shops of Gloucester Road, the iconic buildings of Georgian Clifton, and the bars and restaurants by the Harbourside. Our campuses are all within walking distance to popular student areas – Horfield/Filton Rd (Frenchay Campus), Fishponds (Glenside Campus) and Southville (City Campus) – which is perhaps why a quarter of all trips to campus are now made by walking!

Many students don't realise that there's an extensive off-road network of cycle paths connecting all our campuses to the city. We've created a walking and cycling map to help you cycle around the city and avoid the busy roads – pick one up from the Travel Information Point on Frenchay Campus. And don't miss out on the world class Bristol to Bath cycle path – a 13 mile traffic-free route taking you to the centre of the UNESCO World Heritage City. It's a rite of passage for everyone living in Bristol!

Need a bike? We have 100 UWE Bristol loan bikes that you can rent for £60 per year, but be quick as they sell out fast. The other option is to rent a YoBike from just £1 per hour; we now have dozens of these yellow bikes on campus and there are hundreds across the city that you can just pick up and use. Bringing your own bike? All of our accommodation has secure bike parking and we'll even fix your punctures with our free bike repair sessions every week during term time.

We're also lucky to be very well connected by bus – our bus interchange at Frenchay Campus is served by up to 50 buses per hour with good connections to Glenside and City Campus. Some of the night buses also run until 03:00 in the morning so the chances are you'll make use of a bus during your time here. You can get discounted day, term and annual tickets and the cheapest way to buy a ticket is through the First Bus m-Tickets phone app. From September, a brand new express bus network called Metrobus will start running through Frenchay Campus and close to Bower Ashton Studios. You'll need to buy your Metrobus ticket before boarding (on your phone or at an iPoint) and they use dedicated bus lanes to beat the congestion.

Lots of students like to buy the annual bus ticket to get the best savings. However, we recommend you don't rush to buy this on day one as it's not always the best option. Many students quickly find out they won't actually be using the bus every day, so it might be better to pay as you go.

You can find bus routes, walking routes and cycle maps at [travelwest.info](http://travelwest.info). It's even got a journey planner to do the hard work for you!

We've created a walking and cycling map to help you get around the city and avoid the busy roads – pick one up from the Travel Information Point on Frenchay Campus. And don't miss out on the world class Bristol to Bath cycle path

## COOKING AT UNIVERSITY

*By Amber Cowburn, Healthy University Co-ordinator*

So you've moved into your new accommodation and you're finally here at UWE Bristol! There's so much exciting stuff going on, new people to meet... and oh, you're hungry again. Uh-oh. And your fridge is looking kind of bare. Well don't panic – we've got some useful tips to get you started off cooking in your student accommodation.

Now, we all love eating out and getting food delivered – and it can be especially fun whilst you're settling in and meeting new people. But it can get expensive and unhealthy pretty quickly, so try and balance it with some healthy, home-cooked meals too. Making sure you're eating some wholesome, balanced meals is so important to keep your energy levels up, keep you feeling good and keep you well. Nobody wants the dreaded Freshers' Flu!

Cooking in your accommodation can also be a great way to get to know your new housemates. Whether you're cooking altogether, or doing your own thing – it's a good chance to socialise and get to know your new friends.

And the good news is that you're never far from a supermarket, so it's easy to stock up. If you're living on Frenchay Campus you've got three massive supermarkets nearby (Asda, Sainsbury's and Lidl). You'll also find a fruit and veg stall in the corridor by the D block Information Point, where they sell bowls of fruit and veg for just £1 a go – so there's no excuse not to get your five a day!

We're going to share our top cooking tips and some ideas for super cheap and easy meals that you can make in bulk to get you off to a good start... job done!



## 6 top tips for cooking at university

1. Bulk cooking is cheaper than cooking one meal at a time. Make a big dish of something like pasta or chilli at the start of the week, store it in the fridge and hey presto, you've got an easy, quick and delicious lunch or dinner whenever you need it.
2. Pick the no-fuss stuff. Buying the supermarket's 'own brand' items wherever possible will knock so much off your till total. You pay so much extra for branded items (like Heinz Ketchup, Walkers Crisps or Dolmio pasta sauce) and trust us, it doesn't really taste any different—so shop smart.
3. Buy it dry. Stock up on dry rice, pasta and own brand cereal. None of it will set you back more than a pound, they'll last ages and can be used as the basis of loads of different meals. Winning!
4. Multipacks means more. Whilst multipacks might cost more upfront, you save so much in the long run. For example, a bag of crisps or a Diet Coke can set you back around £1 for just one from a small convenience store or a vending machine. But head to the supermarket, and you can normally get a multipack of 4 or 5 for around double that price.
5. Don't forget the seasoning! The first time you cook away from home you might wonder why your food tastes so bland compared to what your parents make. That would be seasoning! Salt and pepper, basic seasoning and spice mixes are cheap and make a world of difference to the taste of your dishes.
6. Ice ice baby... If you want to buy meat or fish it can be a lot cheaper from the freezer section (just make sure you have a freezer in your accommodation before you buy it). Meat-free alternatives like Quorn can sometimes also be cheaper, and they are high in protein and low in fat too.

## Shopping list: some fail-safe items to buy

**Dry penne pasta** – get a big bag, boil up a portion when you're hungry or bulk make it at the start of the week. A great meal before a night out too.

**Dry long grain rice** – like pasta it's cheap and a staple for lots of meals.

**Tinned soup** – grab a few cheap cans of soup – they're an easy meal in the microwave but full of goodness.

**Tinned lentils** – a really filling carb and a source of protein too, great for easy filling one-pot dinners.

**Jar of pasta sauce** – pick the own brand jars – they'll last ages in your cupboard.

**Bananas** – a great source of energy and nutritious too, plus a good snack if you're on the go.

**Salt and pepper** – cheap, but will really lift the taste of your dishes.

**Frozen mince** – buy frozen beef, turkey or vegetarian mince from the freezer section – great for a big pot of chilli that will last for dinners throughout the week.

**Green veg** – vegetables are generally cheaper than fruit, and getting some green veg like broccoli or a bag of spinach is an easy way to add a nutritious kick to your meals. Or grab a big bag of frozen peas which are cheap and will last months.

**Long life milk** – long-life cartons don't need to be kept in the fridge until they're opened, and they're much slower to go off.

## MONEY: ARE YOU GETTING ENOUGH?

*By Sylwia Kalpage, Money Advice Team*

A warm welcome from the Money Advice Team. We're here to help you with any questions about your funding and other finance issues you might have while studying here. If you do suddenly find yourself struggling for money, remember that we're here to help. We want to make sure that you can keep studying and complete your degree. We have additional funds and short-term loans that you can apply for – just come and see us and we'll talk you through the options.

What's really important is to ask for advice as early as you can. It's never too late to seek help but it's often easier to deal with financial problems before they hit a crisis point. You can get in touch with us through any Information Point – in person, via email ([infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk)) or on the phone (0117 32 85678).

# YOU CAN YOU WILL

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We're all here for you – in person, on the phone, even online. So, let's talk now.

**[www.uwe.ac.uk/wellbeing](http://www.uwe.ac.uk/wellbeing)**



# AND



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**#LetsTalkNow**

## MAKING FRIENDS IS HARD?

By Amber Cowburn,  
Healthy University Coordinator

Moving to university is a massive change and can feel pretty intense. Loads of our new students tell us they feel worried about settling in and making friends, which is completely normal. So we've put together some top tips on how to get involved and make friends.

### 1. Smile and say 'hi'

Simple, but it can make all the difference! Introduce yourself and smile – whether it's your new flatmates, new classmates, or people at an activity. Even just having one or two nice conversations at a welcome week event makes you feel way more confident and less worried – so be the one that breaks the ice first!

### 2. Food with your flatmates

Everybody needs to eat, and it's a perfect way to do something together and get to know who you're living with. Whether it's navigating your way to the local supermarket together, ordering a takeaway, or making pasta and pesto, it's a good way to chat and have a laugh. You can even get your whole flat involved for a pizza night or eat together before going to an event.

### 3. Plan your welcome week

There's loads going on during welcome week, including the welcome event and Freshers' Fair, nights out and daytime activities. Have a look at the schedule, get yourself organised if you want to buy wristbands for social events, and make sure you circle things you want to go to. Try to be proactive and make the most of your welcome week and that way you'll be sure to meet some great people.

### 4. Halls Life

If you're living in halls, then there will be loads of fun stuff going on run by Halls Life. This is a great way to get to know people living in your flat and in your halls. This also encourages a bit of friendly competition with other halls too, which can be fun.

### 5. Search for a society

With thousands of students, we have clubs and societies that suit everybody! The perfect place to find out about them (and bag yourself some freebies) is definitely Freshers' Fair, so make sure you head along. Signing up for activities, clubs, teams or societies is a great way to meet other new students who have similar interests to you.

### 6. Get involved

Find out what's going on and connect with other students via The Students' Union at UWE's website, the HallsLife Facebook pages and Freshers groups.

### 7. The Bristol buzz

There's so much going on across the city, as well as across the university. Going to events, nights out, talks, or exploring the sights can also be a great way to get comfortable in your new city and meet new people.

## CAR PARKING ON CAMPUS

By James Morvan, Travel Plan  
Project Officer

Only a small proportion of students are eligible to park on Frenchay Campus. Why the restrictions? Simply put, there's not enough parking so we try to allocate it fairly to those who need it most.

If you're living in student accommodation on Frenchay Campus you won't be allowed to bring a car, as agreed in your accommodation contract. Fortunately you'll be just a short walk away from your lectures and the local supermarkets, and you've got hundreds of buses pretty much on your doorstep.

You also can't park on campus if you live within the exclusion zone, which covers much of Bristol. The exclusion zone is designed around bus routes which will get you to Frenchay Campus.

By having these restrictions the limited parking spaces we have can be made available for those who live much further out and those with accessibility or child-caring needs. If you think you're eligible for a permit, you can apply through myUWE. Remember that if you park without a permit or on double yellow lines you'll receive a penalty charge notice – and that really does cost you more than the bus!

Parking at Glenside Campus and Bower Ashton Studios is also by permit only and is very limited, so again we'd suggest you leave your car at home and use an alternative form of transport.

By reducing car use to the university year on year we're also helping to meet our sustainability objectives and reducing the huge burden of congestion on the local road network. We now have 1000 less cars coming to campus each day compared to 2013, which is the same as taking 4km of traffic off the roads!

**You can find out more about parking, including the exclusion zone and how to apply for a permit, at [uwe.ac.uk/parkingguidance](http://uwe.ac.uk/parkingguidance).**

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## IT'S NORMAL TO FEEL HOMESICK

By Holly Fisher, Wellbeing Service

The move to university can be really exciting and full of new opportunities but the transition to a new environment and away from friends and family can be understandably difficult. It is normal to feel homesick, isolated or lonely at times but there are plenty of ways to combat this and enjoy your new university experience to the full.

### Put yourself out there

University is full of opportunities to meet new people but sometimes it can be daunting – but remember that everyone is going through the same new experiences, so why not do it together?

### Freshers Fun

The Students Union has a packed itinerary of social events you can get involved in. The university prides itself on having a wide range of activities to suit everyone from parties to movie nights.

### Coursemates

During your time at university you'll spend a lot of time with your course mates so why not get to know them – you already have at least one thing in common! Attend the inductions, sit near people rather than alone and join the Facebook group for your course as this is often a place for support with work and arranging social events.

### Social Societies

There's a huge range of societies so be sure to visit Freshers' Fair. Societies are an amazing way to meet new people who have similar interests to you.

### Community living

If you're living in our halls of residence you're already part of a community of students so try and make the most of this. Spend time in the communal areas, join or suggest a flat group activity and make an effort to spend time with the people you live with.

### Keep busy in Bristol

Bristol is one of the most exciting, vibrant cities in the UK and there's always something going on and new people to meet.

Get creative – Bristol has a thriving creative scene which is a brilliant way to get involved with your new home and feel less isolated. There are numerous art, music, dance and theatre groups around the city. See what's happening at our very own Arnolfini and Spike Island.

See the sights – Bristol has some iconic places to visit as well as some hidden gems, spending time getting to know your new environment can help you feel more at home.

Give back – Volunteering is an amazing way to get to know the area, meet new people and make a difference in your new community. Our Careers team can help you find a volunteering opportunity in a role you care about.

### Be social on social media

Technology is a fantastic resource for keeping in touch with people, however, beware of spending too much time on social media.

Stay connected – Technology means you can still keep in touch with friends and family from around the world when you're feeling lonely. However, try to put a limit on this so you have time to spend meeting new people.

Get involved – Linking in with people from your course, your flat or a group or society is easy on social media. Make the most of this by keeping up-to-date with events going on.

Switch off – Research suggests that too much time on social media is bad for our mental health. Social media can be a fantastic resource but spending too much time online can increase isolation.

### Seek support

If you're finding loneliness or isolation a particular problem, remember that you can speak to someone from the University Wellbeing Service for support. They run daily drop ins during term time 14:00–16:00 Monday–Friday.

### Simply go to reception or contact them using the details below.

**uwe.ac.uk/wellbeing** There's a range of support available including online self-help resources.

Location: 2FC050, Felixstowe Court (behind B and C block), Frenchay Campus

Open: Term time - Monday–Friday 08:30–17:00 (16:30 on Fridays)

Out of term time - Monday–Friday 08:30–16:30 (16:00 on Fridays)

Phone: 0117 32 86268

Email: [wellbeing@uwe.ac.uk](mailto:wellbeing@uwe.ac.uk)

If you need to speak to someone outside of office hours, you can contact Kooth Student - they provide free, anonymous online counselling during evenings and weekends including over the vacations. You can also contact Samaritans for free, confidential 24/7 support, 365 days of the year on 116 123.

**uwe.ac.uk/kooth**

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If you're finding loneliness or isolation a particular problem, remember that you can speak to someone from the University Wellbeing Service for support. They run daily drop ins during term time from 14:00–16:00 Monday–Friday.

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# STUDENT STORIES

## DON'T BE AFRAID TO ASK FOR HELP— YOU HAVE NOTHING TO LOSE AND A LOT TO GAIN!

By Nicola Burr,  
Occupational Therapy student

I was over the moon when I got the email to say that I had been successful in gaining a place at UWE Bristol to study Occupational Therapy, as this had been a dream of mine for some time although I kept putting it off. There were a few reasons for my hesitation including having a job I really enjoyed, the financial change that would occur, and the thought of juggling my responsibilities as a mum and carer alongside full-time study. However, my biggest fear, if I am totally honest with myself and you, was that I was scared I wouldn't be able to academically achieve what I needed to pass. The thought of having to take notes in lectures, carry out presentations, writing essays, exams and learning lots of new terminology was very daunting.

I completed a first degree in Psychology and Education over 10 years ago, but it was a real challenge for me just to scrape a pass after having to resubmit over 50% of my assignments. Back then I didn't have many responsibilities (apart from being heavily pregnant during one set of exams but that's another story!) and could fully concentrate on my studies. Everything seemed a massive struggle. I noticed I always took longer than my peers with any piece of work and would rely on them quite heavily for their notes after lectures as mine were such a scribbled mess! I knew why I found things harder than others as I was diagnosed with dyslexia around the age of 8, but had very little support at school so didn't realise the type of support I might be able to get. Looking back at that experience now I really wish I had the courage to seek help from the uni, but I would put it off thinking 'its ok, I'm just about coping, lots of people struggle'. Years later I can now see how that whole experience could have been a lot less painful if I had.

Going back to uni this time round... My first week at uni was going really well. I was meeting lots of lovely new people in my cohort, my lecturers all seemed very friendly and helpful, and I was getting excited about the content of the course. However, although my note taking seemed to have matured over the years as I had learnt a few strategies through work, it was still not great and I could see

this becoming an issue again, especially when we got to assignment time. It was only when talks of placement came up near the end of that first week that I decided I needed to talk to the Disability Service, not because of being dyslexic but I realised I needed to let the uni know I was a fulltime carer for my youngest daughter who has cerebral palsy and other complex health needs. I realised there was a possibility I could get a placement far away from Bristol that would be impossible for us to deal with as a family.

The lady I spoke to was really understanding about my situation and reassured me I had done the right thing by going to them now rather than when I started hitting problems. She also offered to help me write a statement so that if anything came up during my studies I had something in place ready to help me explain it quickly and request extra time for assignments if needed. As I was about to leave she asked me if there was anything else they could do to help. I replied that I thought that was it but, still half walking out the door, I continued by saying 'oh, I'm a little bit dyslexic but I get by ok'. I felt with the carer's statement we had written in place a lot of my worries about time management had gone away as I had a backup. She called me back into the office and asked if I'd be happy to go for an assessment just to see how I'm doing now. I agreed to it and within a week I was called back in.

I found parts of the assessment easy but struggled with spelling unknown words, free writing and reading. I was a little worried that the results would come back saying that I was not dyslexic and that I'm just not very good with spelling and reading. After telling the assessor my worries she explained to me how I was severely dyslexic, and she wasn't sure how I managed to get through my last degree without support. She explained how the tests she was doing stripped away all the strategies I had learnt over the years, and without them it highlighted just how much my dyslexia affected me. She also found that I could read a lot better if the text had a very bright yellow background. I told her how I've always avoided reading any more than I needed to as

"My advice to anyone who feels they are struggling or even worried that they may find things harder in the future, when those dreaded exams and essays are due, is to talk to someone sooner rather than later. Just give them a go as you have nothing to lose and a lot to gain!"



it would give me headaches, and I would always have to re-read every line I'd read to make any sense of it. I used to 'fake read' stories to my children at night, but they would believe I was reading from a book when actually I was making it up as I went along. They enjoyed it, so it worked!

Once I had the evidence that I was dyslexic I was advised to apply for Disabled Student Allowances (DSA) which would help fund specialist software for my laptop, possibly help with printing costs, and provide me with 1:1 time with a specialist tutor. I was also told to expect extra time in any exams and, in my case, a reader. It felt a bit wrong to me at first, like I was cheating, until someone explained to me that this would help to create 'an even playing field' with my peers. This is the point it hit me just how much I'd been doing in the past just to keep my head above water.

I now see my study skills tutor most weeks for an hour or two depending on what work I have on. Those first few sessions were about making sure I was organising my notes in the best format I could and that I had a good revision strategy. We then went on to do a lot of work on planning essays. This is something I never really spent much time doing in the past as I would 'panic write' just to get the job done, but now I would say I spend more time at this stage than the actual writing. I tend to have lots of ideas going around in my head but structuring that in a logical way is where I always used to fail. My tutor has really helped with this. We've also spent a lot of time on referencing and making my writing more focused as I do tend to waffle on a lot around the points I'm trying to make (a lot like I'm doing here!). I have been shown how to move away from that and write in a more academic style. I find going to my tutor regularly also gives me a bit of a kick to get my work done, and not hide away from it by leaving it all to the last minute. I also want to make sure I get as much out of that time I have with her as I can. She is also very good at sensing when I'm getting frustrated with what I'm doing, so will suggest we have a short break and chat around the problem which always gives me the boost I need to carry on.

With all these interventions in place my grades have massively improved since my last degree and I've been a bit shocked, if I'm honest, at the level I can achieve. I would say things still take me longer than most but it's a lot more manageable now and I feel I have people on my side supporting me along the way. My advice to anyone who feels they are struggling or even worried that they may find things harder in the future, when those dreaded exams and essays are due, is to talk to someone sooner rather than later. Just give them a go as you have nothing to lose and a lot to gain!

**You can find out more about the type of support available and arrange an appointment with a Disability Adviser at [uwe.ac.uk/disability](http://uwe.ac.uk/disability).**



## THE IMPORTANCE OF BEING ENTERPRISING

By Lauren Davies,  
Enterprise Skills Consultant

What do you think of when you hear the word 'enterprising'? Do you think of entrepreneurs? Do you imagine hard-nosed business people, the likes of which you see on The Apprentice? The reality is that being enterprising simply means having good ideas and making them happen!

We want all of you to leave university with an enterprising mind-set, whichever career path you choose. Some of you will choose to become entrepreneurs, and we have plenty of opportunities to help you set up and develop a business or social enterprise. This includes pitching competitions, funding opportunities, workshops and one-to-one support.

But what about those of you who aren't interested in entrepreneurship? If you fall within this category you may be wondering why being 'enterprising' is relevant to you. Research from the likes of Microsoft, Target Jobs and the BBC highlights some of the key skills that graduate employers are looking for, and includes traits such as:

- Flexibility
- Self-motivation
- Commercial awareness
- Creativity
- Negotiation and persuasion
- Leadership

Every one of these skills can be classified as enterprising. So whether you're looking to build your own business or you have your sights set on the graduate job of your dreams, developing your enterprising skills while you're at university will help you to stand out from the competition.

You've already made a great decision by choosing to study at UWE Bristol – a university that provides ample opportunities to develop your enterprising skills and mind-set. My advice to you is to make the most of your time here by engaging in as many opportunities as possible. Here are some ideas to get you started:

- Sign up to the activities organised by the Enterprise team – we can help you turn great ideas into reality
- Take advantage of opportunities such as volunteering, work experience and careers events to develop your employability skills further
- Take a lead role in a student society or even start your own
- Try something new – university is a great time to try learning a new skill or taking up a new hobby and The Students' Union offers lots of opportunities.

As I said at the start of this article, being enterprising simply means having good ideas and making them happen. Employers want graduates that go over and above what is expected of them, solve problems, bring new ideas and are flexible in an ever-changing job market. Being enterprising has never been more important.

Find out more about UWE Bristol Enterprise at [facebook.com/UWEstudententerprise](https://facebook.com/UWEstudententerprise) or @UWEenterprise on Twitter.

## MY EXPERIENCE OF STUDYING ABROAD

By Andrew Newman,  
Adult Nursing student

As you might understand, as a mature student I was a bit apprehensive about making friends, being away for so long, and the financial implications of studying abroad through the Erasmus programme. With that said, I haven't regretted one moment!

I wasn't aware of the Erasmus programme when starting my Adult Nursing course. We had a brief introduction at the beginning of the year, but it wasn't until a colleague encouraged me to apply that it became a reality for me.

When I arrived in Finland in February it was -22°C. I had previously made contact with my Lapin AMK University student ambassador from Finland over social media. I met him at the student accommodation and he gave me a tour of the local area. The place where I was staying was called Kuntotie. It has student accommodation for approximately 250 students, and is approximately 20 minutes walk from the city centre, and about 45 minutes walk from the main university campus. It has its own feeling of community – when I was there, the social life often revolved around a few particular rooms.

The town of Rovaniemi is located approximately 5km from the Arctic Circle. You can visit Santa Claus Village, go skiing, go ice swimming

and take tours on huskies, reindeers and snowmobiles. They can be quite expensive, but it's worth shopping around to get the best deals or getting a group together to make it affordable and fun.

### The hospital and placement

My first placement was in an orthopaedic ward in the main hospital, which was about five minutes walk from my accommodation. The staff were very friendly and I was given an English-speaking mentor. When they weren't there, there were a few more nurses on the ward that could speak proficient English which helped me get by. The language barrier can be a problem initially, but don't let that put you off as you can get by with hand signals, Google Translate and patience. You really do develop enhanced communication skills!

My second placement was in a community hospital in the town centre. Each hospital placement was approximately five weeks long. The hospitals also supply you with scrubs, so no need to take your uniform, however it's best to take a name badge so everyone knows who you are. I found the patient care was outstanding, and the care was patient-focused and not paper-focused.

### What am I taking away?

The Erasmus programme has given me confidence in my ability to practise nursing in the UK

and other countries. It has opened my horizons and my career prospects for the future. After living and working in Finland for four months I know that in the future, I can put the skills that I have learnt into my future career development.

I know I was nervous and apprehensive about the challenge of working in Finland, but I am delighted that I overcame this and showed courage when being confronted with different situations that I would not normally find myself in. I am proud to be able to demonstrate things I've learnt in the UK, and compare them to another health care system. I've learnt alternative perspectives and skills, developing the way I think about and practise nursing.

Visit [uwe.ac.uk/studyabroad](https://uwe.ac.uk/studyabroad) to find out how you could go global.





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“Make as many contacts as you can – some of them might be useful and there are people that can become your best friends! Enjoy University life to the fullest, it’s the perfect time to try and learn all kinds of things.”

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## IT’S NEVER TOO EARLY TO START THINKING ABOUT YOUR FUTURE

By Mark Whitehead, Careers Coach

So you’ve just started at university, Fresher’s week is in full swing and it’s probably unlikely that you’re thinking about your future career options. But it’s actually the perfect time to start building the experience and developing the skills that will help you secure your dream job at the end of your degree.

Imagine three years’ worth of work experience and employability activities to put on your CV or to talk about in an interview – it’ll really help you stand out compared to someone who hasn’t done anything. In fact, in an annual review of graduate employers more than a third said that graduates who had no previous work experience at all were unlikely to be successful during the selection process for their graduate programmes. Employers are looking for applicants who can demonstrate a wide range of transferable skills like team work, organisational skills and commercial awareness – and although some of these skills can be built through academic study many of them can’t. So, it’s essential to think ahead and plan smart.

But don’t take it from us – take it from a student that’s been in your shoes.

## Alaya, a Criminology and Law student who has just finished her first year, says that her first year was about “finding herself and setting intentions and goals from the start”.

She felt that it was good to plan ahead and encourages other students to consider why they are here at university: “when you have a goal you can’t just reach it, you need the steps to get there, to hit the target. If you are here to get a good well paid job you will need the placements and experience.”

So true to her word in her first year she joined societies and went to events that gave her opportunities for networking where she could meet people and make connections that would benefit her future career. Now as she starts her second year she’s looking for opportunities to do some work shadowing so that she can find out more about the career that she is interested in.

## Maija is an English and History student, now in her third year. In her first year she decided to become a Student Ambassador. She says doing paid work did a great deal for her confidence as well as giving her more links with employers and improving her communication skills.

On being asked what advice she would give to first year students Maija says to “always ask questions whenever possible. People are here to help you to build your future path and give all the support they have! Never shy away from talking to people and try everything. Read newsletters and attend all university events, or at least most of them. Don’t be afraid to ask questions and send emails, it is very rewarding and builds so much confidence!”

The truth is, no matter what subject you are studying there’s no reason not to start considering your career early on. So what should you do?

**1. Get involved in clubs and activities.** These will enhance your CV and help you develop the employability skills that employers are looking for, such as teamwork, communication, organisation and time management.

**2. Attend employability events.** There’s loads going on at UWE Bristol, such as careers workshops, seminars and employer events. And don’t miss our Meet the Employers Fair in October – it’s the biggest careers fair in the South West and a great opportunity to make connections that may help you in the future.

**3. Get a part-time job or arrange some work experience.** If you have a part-time job see if there are any possibilities for further training or extra responsibilities that you can take on to help to develop your skills. Lots of employers also offer work experience places, paid internships and other taster experiences for first year undergraduates – all of which look great on your CV.

**4. Find out more about the career opportunities your course can lead on to.** There are hundreds of possibilities for your future career – some of which you

might not even have thought of! Talk to your academic staff and us at the careers team for ideas, or check out the Prospects annual report at [prospects.ac.uk/what-do-graduates-do](https://prospects.ac.uk/what-do-graduates-do).

**5. Make the most of the support at UWE Bristol.** It’s never too early to talk to someone from the Careers team. We’ll give you guidance on the wide range of options open to you – from applying for internships to finding a placement.

There are no shortage of opportunities in your first year, so there’s no time like the present to start gaining the experience that will really make the difference in your final year. I’ll leave the last piece of advice to Maija, who says “make as many contacts as you can – some of them might be useful and there are people that can become your best friends! Enjoy University life to the fullest, it’s the perfect time to try and learn all kinds of things”. We think that’s awesome advice!

Find out more about careers support at [uwe.ac.uk/careers](https://uwe.ac.uk/careers).

“When you have a goal you can’t just reach it, you need the steps to get there, to hit the target. If you are here to get a good well paid job you will need the placements and experience.”





**Louisa\* is an estranged student at UWE Bristol. Below, she explains what it was like for her growing up and how UWE Cares helped her in her transition to university life.**

"My life did not really begin until I started college. I never got on with my mum when I lived at home and my dad left when I was 6 months old. My Mum and I would argue and there was no-one I could go to for help.

My mum had bi polar tendencies. One minute she would be totally fine, having a laugh, the next, she'd be chasing me screaming, throwing things, and I'd find myself trapped inside my room with my bed against my door, hoping she wouldn't find a way in. I was constantly sorting out my bedroom, throwing away clutter, so that I could move out with ease when I was given the opportunity to.

I spoke to someone at college in student services and found out that there was a young person's hostel I could move into. I was accepted almost instantly and I finally found hope. Moving out was extremely difficult. Of course I loved my mum and we had had some amazing memories together, but it came to a point where the bad times were extremely outweighing the good and my studies were really starting to reflect this. I decided to go it alone and become estranged.

The hostel was a safe haven and a true stepping stone. It was difficult with no money and no comforts, no internet, no television, and I lived off food donations and jobseekers' allowance. The hostel gave me independence and showed me that there were so many other people in the same position as me. Finally I had a family that were supportive and I didn't feel alone.

I managed to save enough money extracting a few pounds a week from my minuscule job seekers' allowance, and rented a pop up shop in my local town, the theme was mental health and eating disorders. After the amazing response, I realised that Fine Art was my personal calling, and I knew I couldn't give up.

I wrote my Personal Statement for university completely solo, without any help from family, an institution or tutor. I was accepted into UWE Bristol, my first choice, and was so happy.

I was always extremely worried about how I would survive at university, coming from a bank account with £0, and no-one to back me up financially or emotionally. The UWE Cares service was like the parents I never had. They helped with anything I needed for my course and there was always a friendly face I could go to who would listen and help. The UWE Cares service gave me hope: they were my electric blanket in the cold, dark times. They gave me information about counselling, budget planning and helped me meet other students in similar positions to myself.

I think it is so important that anyone, from any background, can feel they can come to university to better themselves. UWE Cares are here to help and if you don't have family to support you, get in touch with them.

Studying Fine Art at UWE Bristol has given me more confidence than I ever imagined possible. I am a completely different person now. You may feel you can't, but you can. Talk to someone, take their help and allow these new changes for the better to come into your life. Don't give up."

**Josh\* is a care leaver studying at UWE Bristol. Below, he shares his story about his childhood, coming to university and the support he received from UWE Cares.**

"For me, growing up had its difficulties. I was placed in foster care when I was ten after revealing to a supply teacher that I was being abused and beaten by my parents. The life that ensued wasn't pleasant. I had a tough time dealing with the situation, and lacked a role model and someone to show me the qualities expected of a young adult. I enjoyed secondary school but had to double my efforts and work really hard because I missed a lot of school and was not at the academic level of my classmates.

Despite my upbringing, I actually think having a 'chip on your shoulder' or a less than normal upbringing isn't a bad thing. It gives you a sense of self drive and great desire to make something of yourself. I think that lacking school early on only makes you more determined to prove you're capable. I also think life is what you make it, you can either slump to the bottom or play the hand you've been dealt.

On the whole, I didn't have many concerns about coming to UWE Bristol. I had been a Royal Marine for five years but wanted a new challenge. I had to find out what my financial situation would be. Knowing I would receive a bursary from UWE Cares greatly eased the pressure of not having biological parents to rely on or support me.

I have received lots of support from UWE Cares. I used the bursary to pay for accommodation deposits upfront. Without this I would have found it difficult to pay for housing. I was given the opportunity to speak at an NNECL conference as a panel member and realised a lot is being done nationally to support care leavers to access university. It's nice to know someone has your back should you need help and that people really do care!

Don't be afraid to make use of the UWE Cares service as it is here to help you. Yes, be independent and make good choices but if you do need advice, seek guidance from those who specialise in helping students who have experienced difficult circumstances like UWE Cares."

**Ed\* is a care leaver studying at UWE Bristol. Below, he shares his story about his childhood, coming to university and the support he received from UWE Cares.**

"I lived in foster care and faced lots of tough challenges before coming to university. Being in care was not always a good experience, and the memories of these experiences still hang over me a lot.

I found school really difficult. I was excluded a lot. I was very angry and school was a place where I could let this out. I thought I was stupid. Fortunately for me, I met my current partner, who is excellent at raising my aspirations. I started an access course, where I learnt to write my first assignment! This helped me realise that I was good enough and could achieve what I wanted and go to university. When I was younger, I didn't think I could.

I remember applying for university, and avidly believing I would not get in. I then got offered an interview and again thought I wouldn't get in, but I did. When I started at UWE Bristol, I thought, I'll fail this assignment. I didn't and with the help of a really supportive Academic Tutor, I am now doing very well. I would now like to do a Masters and possibly a doctorate because UWE Bristol has created a real enjoyment of learning within me.

During my time at university, I have faced lots of issues from bereavement to housing problems. UWE Cares has been an excellent form of support, for example they helped me find somewhere to live over Christmas. It has been really helpful and reassuring knowing that they are there to help and they want me to succeed and enjoy my time at university.

I'm not big on asking for help, but if you need it, UWE Cares are great. They really do care and I'd definitely encourage other students like me to get in touch with them."

**How to contact us**  
**Email [uwecares@uwe.ac.uk](mailto:uwecares@uwe.ac.uk)**  
**Visit [uwe.ac.uk/uwecares](http://uwe.ac.uk/uwecares)**

**"I was always extremely worried about how I would survive at university, coming from a bank account with £0, and no-one to back me up financially or emotionally. The UWE Cares service was like the parents I never had."**



\*Names have been changed

# THE STUDENTS' UNION AT UWE

## SPEAK UP AND GET YOUR VOICE HEARD WITH THE STUDENTS' UNION

*By Ayrden Pocock, Vice President Education*

First of all, I'd like to personally extend the very warmest of welcomes to UWE Bristol and congratulate you on your success in starting your journey through higher education in one of the most vibrant and colourful cities in the world.

When you join UWE Bristol, you automatically become a member of The Students' Union at UWE. The Students' Union is run by students, for students. I'm here to help you make the most of your academic experience and encourage you to become leaders in student representation.

As one of your five full-time Presidents, I've been elected by the student body to represent you and I want to be led by your ideas. I'm here to listen and represent you at all levels of the university, enabling you to take action and make positive change during your time here.

There are plenty of ways for you to get involved and have your voice heard at UWE Bristol, each with their own individual benefits and time commitments.

We hold two annual polls across the university, with by-elections in October and the Leadership Race in March, when it's up to you to decide who will lead The Students' Union for the following academic year. There are various part-time and full-time positions for which you can stand. Although running for office can be a daunting prospect, I can tell you from personal experience, win or lose (having experienced both), it's one of the most exciting and rewarding experiences I've had at university.

As I mentioned earlier, we have five full-time positions; President, Vice President Community and Welfare, Vice President Sports and Health, Vice President Societies and Communication and myself, Vice President Education. We also have a number of part-time officer roles that can be done alongside your studies, representing international students, sustainability, BME students, disabled students and more. All of the officers are responsible for developing and actioning policy throughout the year, implementing positive change to your student experience and leading the direction of The Students' Union.

You might want to focus your efforts on influencing your course, subject, department or faculty. Student Reps are here to do just that. They play a vital role, ensuring that the student voice is embedded at every level where decisions are made that impact your academic experience. Any student can stand to become a Rep, Department Rep or Lead Department Rep so if you're interested in representing your course mates and working to ensure you're all getting the most out of your degree, speak to us at The Students' Union, your lecturer or programme leader.

If you see something you want to change on campus or have an idea to improve student life, tell us. We have a Student Ideas page on our website where you can help shape what we do at The Students' Union and how things are done across the university. Submit ideas on any topic, issue or cause you care about, from the food we serve and the events and campaigns we run, to lobbying the university on how it spends your tuition fees. With enough votes, the idea will pass and becomes a project for the Presidents and Officers to work on.

Throughout the year, you'll notice a number of campaigns being run by the Presidents and Officers, and you can get involved in any or all of them. Previous campaigns have included an 'End It Now' campaign to tackle all forms of abuse and harassment, World Mental Health Day, International Women's week and more. We also have elected members that sit on Student Council and work together to scrutinise ideas, discuss matters that are affecting the student experience and hold the Presidents to account, covering welfare, sports, societies, education and more.

Finally, if there's anything I can do to help you settle in here at UWE Bristol or if you fancy becoming one of our next leaders, please don't hesitate to come and have a chat with me.

## GET FREE ADVICE, GUIDANCE AND SUPPORT FROM THE STUDENTS' UNION AT UWE ADVICE CENTRE

*By Giang Nguyen, The Students' Union at UWE President*

Coming to university can be a nerve-racking time, but don't worry, you won't have to face it alone. We're here to help you settle in with free advice, guidance and support from The Students' Union Advice Centre.

From accommodation problems to academic struggles, personal issues or financial difficulties, the advisers can help provide advice, guidance and support on your situation so you don't have to struggle in silence.

Having problems with your landlord? Issues with flatmates? Placement problems? Complaints and appeals? If you're ever unsure about where to go, pop in and see them—they're here for you.

The Students' Union Advice Centre gives friendly, non-judgemental and completely confidential advice and guidance to all students at UWE Bristol and is a completely free service. As The Students' Union is independent from the university, the advice is completely impartial and unbiased and nothing you disclose will appear on your university file so you don't need to worry about coming to talk about any academic, personal or accommodation based issues.

You'll find the main office in Union 1 of The Students' Union at Frenchay Campus, where you can drop in for a chat, make an appointment or contact them by phone or email between 10:00–16:00 Monday to Friday.

Not based on Frenchay? Don't worry, they'll visit you at your campus, just make a call to book an appointment or meet them at Bower Ashton on Tuesdays and Glenside on Thursdays during term time.

The team are always happy to have an informal chat about anything that's on your mind— if something is bothering you, it's always better to talk to someone about it and our friendly and experienced team provide a listening ear whenever you need.

The Students' Union Advice Centre gives friendly, non-judgemental and completely confidential advice and guidance to all students at UWE Bristol and is a completely free service. As The Students' Union is independent from the university, the advice is completely impartial and unbiased.

**The Students' Union**  
**0117 32 82577**

**Advice Centre**  
**0117 32 82676**



## MAKE THE MOST OF THE OPPORTUNITIES ON OFFER

*By Jade Marsella, Vice President Sports and Health*

We want you to make the most of your student experience and there are plenty of opportunities at The Students' Union for you to do exactly this. With more than 140 different sports clubs and societies to get involved with, there really is something for everyone. Don't believe us? Visit our website and check them out for yourself!

Sports clubs and societies are a great way for you to meet new people and make friends, whether it's exploring an already existing passion or finding a new one. Our sports clubs cover a wide variety of both individual and team sports, offer ranging from traditional clubs, such as football, rugby and dance to the more adventurous, like motorsports, skydiving and Ultimate Frisbee. To view the whole list of sports on offer, go to [www.thestudentsunion.co.uk/sports](http://www.thestudentsunion.co.uk/sports).

Many of our clubs play competitively each week in the British Universities and Colleges (BUCS) league, competing against different teams from across the UK. However, if competitive sports aren't your thing, or you don't fancy getting up at the crack of dawn to train, we've got just the thing for you.

Our Move programme is a great way to explore new activities and try new things, as well as meeting some pretty cool people along the way. Jointly delivered by UWE Bristol and the Students' Union, for just £40 you can become a member and try out over 40 different sports throughout the year. From jumping around on kangaroo boots in Jump Fit to trying out aerial hoop or paddle boarding along Bristol Harbourside, there's a whole host of weird and wonderful activities for you to try! It doesn't matter whether you've tried it before or you're a complete beginner, Move is all about having a laugh and enjoying each other's company. Perhaps you could challenge your new housemates to a game of Dodgeball?

Now on to our societies— where to begin? We have over 100 different societies for you to join covering a wide range of hobbies, passions and interests. It's a great way to meet some like-minded people and you get to attend a whole range of society-led events, both on and off campus. Our societies are regularly involved in competitions, events, trips and shows and provide a great reason to learn new skills and get more out of your time at university.

From politics, music, films, board games and more, check out the list of societies online at [thestudentsunion.co.uk/societies](http://thestudentsunion.co.uk/societies). Something you're interested in not on there? Pop in and have a chat with us at The Students' Union and we'll see what we can do.

Excited but don't know where to start? During the first few weeks of term we run a Give It A Go programme where you can try out a number of sports clubs and societies for free to see if it's your kind of thing. Pop along to some of the sessions – you never know, you may just find your new passion! So join in, speak up and be more with us here at The Students' Union.





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When you're joining us on social media, make sure you also join the official HallsLife Facebook groups, where you'll be able to find your future flatmates and speak to everyone else in your halls. Just search 'UWE HallsLife' with the name of your halls to find your official group.

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## | HEY HALLSLIFE!

*By Augusta Chidinma Nnaji for,  
Vice President Community & Welfare*

HallsLife are here to help you settle into your new life at university, so you feel at home both at the university and in the fantastic city of Bristol. We're here to help you meet new people in your halls and truly become part of your UWE Bristol community.

There are loads of events throughout the year—a great way to meet new people and bond with your flatmates.

### **What events do we run?**

Look out for events like Speed Dating, Pancake Day and Easter egg hunts. One of our favourite events is our collaboration with the amazing Green Team, Bring Your Own Bowl (BYOB). In BYOB we get to combine three of our favourite things: free food, friends and sustainability. We take surplus supermarket food that would otherwise be thrown away and turn it into a free and healthy meal for you. It doesn't get much better than that, right? We're always looking for volunteers to help out too, so get in touch if that sounds like something you would enjoy.

### **Points win prizes!**

This year we launched our very own Halls League – giving you the chance to earn points throughout the year for your halls, with the winners given a budget to plan your own end of year party. There are a number of competitions and events you can get involved in throughout the year to earn your Halls League points, but you can also rack them up by joining the conversation on social media. HallsLife track #UWEHallsLife on Facebook, Twitter and Instagram, so every time you do something with your flat, like cook a roast or have a kickabout in the courtyard, make sure you hashtag it to earn those points! You'll need to also hashtag your halls, eg #CarrollCourt #WallscourtPark, so we know where to allocate them.

### **Join us on social**

While you're joining us on social media, make sure you also join the official HallsLife Facebook groups, where you'll be able to find your future flatmates and speak to everyone else in your halls. Just search 'UWE HallsLife' with the name of your halls to find your official group.

### **Want to run the show?**

If all of that sounds good to you and you want to get more involved in HallsLife, then why don't you join our committees? We'll be running our elections in October – you can run to be the Chair, Sports Officer, Events Officer or Community and Campaigns Officer for your halls. By being a committee member you'll get to shape the activities and events in halls and make your year on campus the greatest it can be. Plus, it will look really good on your CV and you'll get to work closely with the team at The Students' Union!

**We can't wait to meet you. If you have any questions or you'd like to find out more about HallsLife, email us on [suhallslife@uwe.ac.uk](mailto:suhallslife@uwe.ac.uk).**

## | MY FIRST YEAR AS AN INTERNATIONAL STUDENT

*By David Arjona, International Students Officer*

Starting university is not easy for anyone. Most of the time you have to leave your family and friends behind and embark upon a quest like no other before.

We hear from others the good bits of uni life: making new friends, studying something you like and having LOADS of pasta whenever you want. However, people don't often talk about the downsides, such as missing friends and family.

If you are an international student like I am, this can be off-putting and make you feel lonely and sad at times... and that is completely OK. But don't let it negatively affect your experience at university—this is a once in a lifetime chance so make the most of it.

The best advice I can give you is to get out and do stuff. This might be difficult but I guarantee you it is worth it.

University in some countries is all about getting a degree, and although that's the main goal, there is so much more than that in this country. The first thing that shocked me was all the welcome events for international students specifically and for Freshers in general. Don't miss out on them, they're a great opportunity to meet new friends and learn about all the brand new opportunities you are offered while here.

Why not give it a society a try? Maybe you're more of a sport person or prefer volunteering? No worries, you can do anything. Coming to a new country offers you an opportunity to get a fresh start, a clean slate, and be whoever you want to be. You are in Bristol now, one of the most open-minded cities ever—full of street art, museums and so many more things to do and explore— you'll never have time to do it all!

My first year at uni was possibly the best year of my life and it was because of the friends I met along the way. If you allow me to give you one last tip, it'd be this one: go out, try to meet as many people as possible, befriend your classmates but also meet people from other degrees.

Finally, and most importantly, have fun! In the end, uni is not only about getting a degree. When it's over, if you've done your best, had fun and made good friends, you'll look back on these years as the good ol' days.

## | WANT HELP FINDING A PART-TIME JOB?

*By Freddie Gough, Vice President Societies and Communication*

The JobShop, run by The Students' Union at UWE, is here for all your part-time employment needs. They advertise a wide variety of part-time and holiday jobs, both on campus and across Bristol.

All jobs that are advertised pay at least minimum wage and are suitable for most students. They range from bar work to weekend gardening, to nursery assistants, receptionists and more. Roles are offered at a variety of companies and institutions, including Kurt Geiger, Boston Tea Party, Bristol Zoo and Clifton School.

### **Keep in the loop**

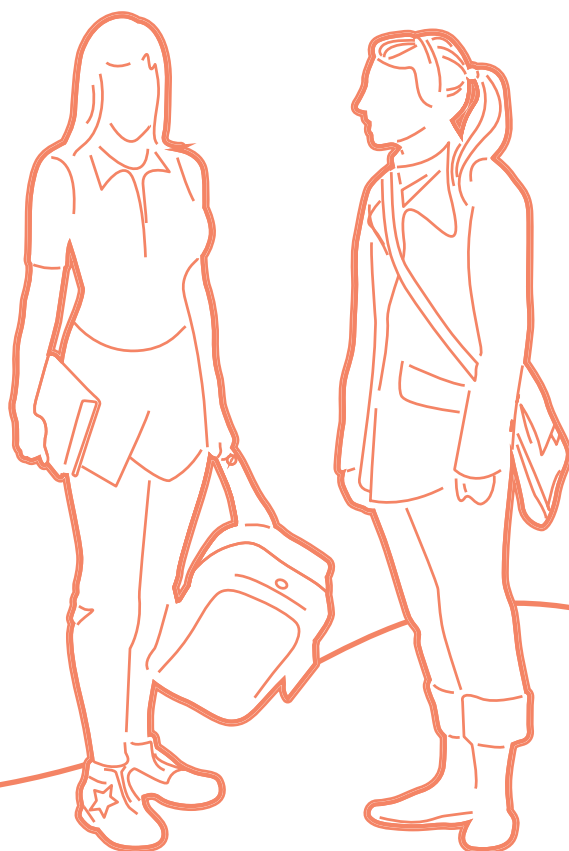
The JobShop website is updated daily, so for the most recent job updates it's worth regularly checking the website as it can change pretty quickly! I'd also recommend opting in to the weekly JobShop email newsletter, which includes all current vacancies. That way you can keep an eye out for anything that interests you, including internship opportunities.

### **Sharpen up your CV**

As well as advertising jobs, the JobShop team are also there to help if you're struggling with CV writing or interview techniques—just pop in and see them and they'll give you a helping hand.

### **Pay them a visit**

They're based on the ground floor of The Students' Union at Frenchay, behind the glass doors with the Advice Centre. Just pop in and see them Monday–Friday between 10:00–15:00. They're always more than happy to help.





# THE UWWE BRISTOL COMMUNITY

## SIMPLE STEPS TO COMMUNITY LIVING

*By Becca North, Student  
Communications Officer*

Living away from home for the first time is an incredible experience – you get to stay up as late as you want, buy whatever you want to eat and live with friends. But it's not without its challenges, and usually they come when you've got annoyed with a housemate or neighbour (or they've got annoyed with you!). Whether you're living in halls or living in the community, it's important to get on with the people who are living around you—it'll make the next year so much more enjoyable. Thankfully it's pretty easy—you just need to be considerate and take a few simple steps to keep the peace.

Get to know your flatmates and your neighbours. You won't necessarily be the best of friends with everyone and that's OK, but getting to know people's personalities and routines will help you identify areas that might cause disagreements in the future—and help you avoid them. Added bonus if you're living in town— if you know who's living next door it won't be awkward when you have to go and collect a missed delivery!

Keep the noise down. You might be a party animal, but your flatmates might prefer a quiet night in. If you're living in the community or walking back to campus through a residential area after a night out, remember

that the local residents might have children or need to get up early for work— so try to keep the noise levels down. Everyone's entitled to a good night's sleep.

Remember your responsibilities. All of a sudden you've got to sort out the boring things like washing up, taking the bins out and cleaning. They're the jobs that no-one likes doing (yep, even your parents), but they've got to be done. For the sake of your housemates try not to leave a pile of dirty dishes hogging the sink— everyone's got to use it. And take it in turns to take the bins out—don't let it overflow (trust us, cleaning up the contents of the bin is much worse than just taking the bag out in the first place). If you're living in the community make sure you put your bins out at the right time and bring them in so they're not blocking the pavement.

And finally, enjoy being part of your new community and be proud of it! Even just picking up litter that you see on your walk home, saying hello to a neighbour or taking the bins out will go a long to making your community a place where everyone loves to live.

## KINDNESS IS KEY

*By Amber Cowburn, Healthy University  
Coordinator*

Moving away from home to university can be a daunting time. And whilst you might be really excited, some new students might be struggling a bit more with nerves and worries.

Here we really care about your wellbeing and happiness—and it starts with all of us being nice and looking out for each other.

If you've got a flatmate or coursemate who's a bit quieter than everyone else or hasn't seemed to make many friends, reach out to them. It costs nothing to smile and say 'hi'—you could be the first person who's been friendly to them!

With new flatmates who are a bit quieter, why not kick off a conversation by asking them where they come from and what they're studying—small talk is a good way to make somebody feel at ease.

If you're cooking dinner, going to the welcome fair or getting ready for a night out, why not knock on the door of your flatmates and see if they want to join you too!

## Why not try out some of these random acts of kindness too:

- If somebody is struggling with their bags when moving in or doing their first big supermarket shop, offer to lend a hand or hold a door.
- Smile, say hi, or introduce yourself to somebody stood on their own at an event.
- Make conversation! In a queue, at an event, or even at an exercise class—just chat.
- If you notice one of your flatmates or classmates is struggling a bit, ask them if they're ok and maybe go for a coffee or some food together.
- If you see somebody looking lost on campus, ask them where they're going. You might not be able to direct them, but you can always see if you're headed to the same place.
- Share a pan, toaster, or wooden spoon in the kitchen... hardly anybody has everything they need, so offering your flatmate to use your appliance in the kitchen can be really helpful.
- Make a plan to go to an event together—pick something from welcome week and commit to going together or share your existing plans so that somebody else can join in.

## THE LIBRARY IS MORE THAN JUST BOOKS

By Alice Bouquet, Library Services

Our Libraries offer a lot more than just books. Our study spaces are organised by noise level, so you can find the right spot to get your work done.

You'll meet our dedicated subject support librarians when they visit your lectures—they work with your academics to help you with the skills you need to excel.

Whenever possible we buy e-books rather than print to enable you to access the texts when and where you need them. This makes things a lot easier if you don't live on campus.

We have 800,000+ e-books, and 95,000+ e-journals plus a wide range of databases to search for articles on your subject. We provide support for students with a disability, including assistive software and reformatting core texts.

Frenchay Library is open 24/7 all year round (yes, including Christmas) and Bower Ashton (City Campus) and Glenside Libraries are open from 07:30-00:00. Gloucester library is open Monday–Thursday 08:30–17:00 (16:30 on Fridays). Check online for holiday opening hours.

**Talk to us at our help desks or ask for help via our Ask a Librarian online chat 24/7 (great if you're nocturnal!).**

**We're here to support you.**  
[uwe.ac.uk/library](http://uwe.ac.uk/library)

## MUSIC FOR EVERYONE

By Kat Branch, Centre for Music

Tucked away at the edge of Frenchay Campus, there's a whole world of music to discover.

Whether you haven't touched an instrument since primary school (who didn't play the recorder?) or you're a Grade 8 superstar, our Centre for Music has something for you. You'll find a huge range of opportunities for established musicians and beginners alike, covering all different genres and styles.

For the singers, songwriters and band musicians out there, look no further than our Band Hub. We've got everything you need—from equipped rehearsal space to gig opportunities and access to professional recording equipment. We can even help with your promo by getting you amazing photos and videos for your website and social media! Plus we run sessions to help you with songwriting, music theory and to get better at performing. Make sure you join the Band Hub Facebook group—it's the best way to meet other musicians and set up jam sessions. Who knows, one day you could be headlining Glastonbury together (just remember us when you're famous!).

If you're an experienced or beginner classical or jazz musician we've got a huge range of activities for you to get involved in, including our fantastic orchestra and choir who do performances all year with mentoring from professional players, plus gorgeous jazz and big band ensembles who have played at the Cary Grant Film Festival among other great gigs. Not to mention our saxophone group and award winning barbershop singers – what more could you want?

For the aspiring artists out there don't worry—it's not too late to learn. We offer five FREE lessons to teach you the basics of the piano, drums, guitar or rock and pop vocals. Give it a try—you just might just discover a hidden talent.

And if you're more interested in urban, dance or electronic music, we've got you covered. We run free sessions on using Ableton Live and Logic Pro to help you compose, record and arrange your music, as well as Vinyl DJ workshops. We even run an annual urban and electronic festival.

What else? We run a gospel choir and a groove collective, open to singers and instrumentalists who want to rehearse and perform soul, pop, disco and funk classics (think Michael Jackson to Bruno Mars).

Whatever you want to get involved in, you'll benefit from professional mentoring and guidance. You'll have opportunities to perform throughout the year, on campus or across Bristol at major events such as our Festival of Sound at the Colston Hall. Some gigs are even paid! We'll help you as much or as little as you need—all you have to do is ask.

And if playing's simply not your thing, that's OK – just enjoy the talent of your fellow students at one of our events. We offer free (or heavily discounted) tickets especially for our students, because we truly believe that everyone should enjoy music.

**To find out how to get involved with the Centre for Music or to see what events we've got coming up, visit [uwe.ac.uk/music](http://uwe.ac.uk/music) or find us on Facebook.**

## WE ARE THE CENTRE FOR SPORT

By Max Baker, BA(Hons) Journalism student

Coming to university is a strange and exciting time for any student. You know which course you'll be studying and where you'll be living but what about all of the other opportunities available to you when you arrive?

Well, I'm going to highlight some of the brilliant opportunities available at UWE Bristol's Centre for Sport to inspire you get involved, keep fit and maybe even try something new.

If you're not sure about joining a team but want to get involved in sport during your time at university then the UWE Bristol Move programme offers flexible opportunities to fit around your studies. It's a huge part of the sporting environment and offers you the chance to dip in and out of the sport you wish to play. It's a great way to not only keep fit and get a release from university work

but also to meet new people who enjoy the same activities as you. From football and netball, to aerial hoop and jump fit, there's something for everyone!

If sports aren't your thing and you're more into just keeping fit, the two gyms on Frenchay Campus are open weekdays and weekends. They have the best facilities for you to tone, bulk and keep fit. The worry of cost shouldn't be an issue either, as you can get an annual gym only membership for £180 and exercise classes thrown in too for £215. If you don't want to commit to a whole year then the £5 as a pay-as-you-go fee is a great option.

For those who are a bit more serious about getting into sport, the Centre for Sport can support you to achieve your goals. There are over 40 sports teams run by The Students' Union at UWE which you can try out for and join at various levels. Performance Sport scholarships are offered to those sports stars that are reaching their full potential. And inspiration can be drawn from seeing some of the current scholars conquering their sports for UWE Bristol and internationally, like UWE Bristol student and World Number 1 squash star Mohamed El Shorbagy. UWE Bristol is definitely serious about supporting its high performance athletes!

Whether it's participation, fitness or performance you're after, the Centre for Sport has got you covered. From your first year it's all about getting involved, meeting new friends and making sport, fitness and health an integral part of your university life.

**Got any more questions? Get in touch with the friendly staff at the Centre for Sport on 0117 32 86200 or email [centreforsport@uwe.ac.uk](mailto:centreforsport@uwe.ac.uk). You can find out about all of the opportunities available at [uwe.ac.uk/sport](http://uwe.ac.uk/sport).**



**Our study spaces are organised by noise level, so you can find the right spot to get your work done.**



## WELCOME TO OUR NEW INTERNATIONAL STUDENTS

*By Nicola Yates, Global Student Support Manager*

Starting a new university in a new country is exciting but can also be daunting. We're sure you have lots of questions, but don't worry – that's where all of us here at the Global Centre come in.

The Global Centre is based on level 5 of F Block on Frenchay Campus. We're here to help you settle into life at UWE Bristol and life in the UK. You've probably met us already at International Student Orientation, but if you didn't please come on up and say hi!

The Global Centre acts as a hub where you can find out about all of the different support available to you. We can provide advice on all of different things you'll need to do as a new international student, like how to open a UK bank account or register with a doctor. We can also signpost you to other university support services that you might need – such as the Student Visa Support Service or the Wellbeing Service. Please don't be worried to come and talk to us or ask a question – we are all here to help you.

We also know that one of the biggest worries that all new students have is making new friends – don't worry, everyone feels the same! We organise lots of social events on campus and off campus to help you meet other students. We also work with Bristol International Student Centre (BISC) to organise lots of different day trips around the UK. They're a great opportunity to meet new friends whilst taking in some of the UK's most famous cities and landmarks – what could be better? Keep an eye on our Facebook page ([facebook.com/uweglobal](https://facebook.com/uweglobal)) or sign up for day trips on the BISC website ([bisc.org.uk](https://bisc.org.uk)).

Enjoy your time at UWE Bristol and in the UK – we're really looking forward to getting to know you.

## HOW ALUMNI ARE HELPING STUDENTS

*By Josh Castles, Alumni team*

Picture a pot of money made up of donations from alumni (graduates) and friends of the University that supports: students in desperate financial need; local community projects; extracurricular activities and pioneering research. That's the UWE Bristol Fund. Something that enriches the lives of students and local communities.

Obviously, we hope that no student has to suffer financial hardship during their studies but, unfortunately, many do which is why the UWE Bristol Fund is here to support you, in various ways.

### Hardship Grants

We want every student to excel during their time at university. We offer Hardship Grants of £500 to £1500 for students suffering significant financial difficulties. If you believe you could benefit from this, you can email the Money Advice and Funds Service on [mafs@uwe.ac.uk](mailto:mafs@uwe.ac.uk).

### Student Experience Grants

Similarly, we want to make sure you get the most out of your time here, which is where Student Experience Grants can help. These focus on supporting extracurricular activities, such as trips and events, both on and off campus and can range from £500 to £1000.

Recently, we've helped to purchase props and costumes for a Drama Society performance at Edinburgh Fringe Festival, as well as funding 12 wheelchairs to enable individuals who may have a disability to play basketball at the Centre for Sport on Frenchay Campus.

### Local community partnership projects

The UWE Bristol Fund also awards grants for local community partnership projects which help build relationships between staff, students and the local community and develop opportunities for students to volunteer and enhance their learning outside of their core studies.

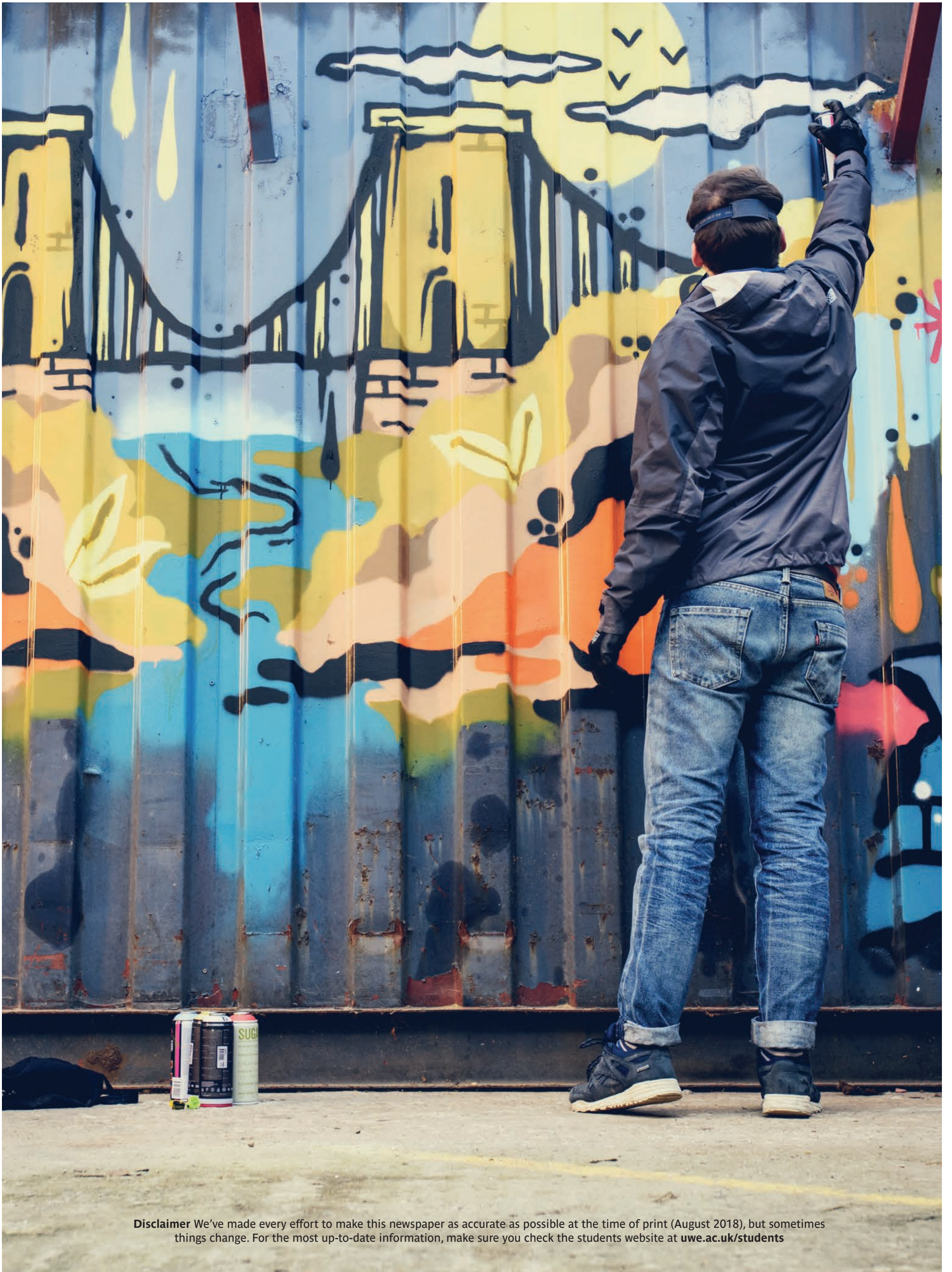
We particularly focus on projects focusing on sustainability and tackling inequalities in the Bristol region.

### Get in touch

If you'd like to know more about the UWE Bristol Fund and would like to see if you could be eligible for funding please visit [uwe.ac.uk/about/supportus](https://uwe.ac.uk/about/supportus) or get in touch via [development@uwe.ac.uk](mailto:development@uwe.ac.uk). We're here to help.







**Disclaimer** We've made every effort to make this newspaper as accurate as possible at the time of print (August 2018), but sometimes things change. For the most up-to-date information, make sure you check the students website at [uwe.ac.uk/students](http://uwe.ac.uk/students)