

Please note: This is a copy of the newsletter sent to students. The formatting is a little different to the email version, due to the content being converted into a PDF. Dynamic content (content specific to Faculty/campus/level etc.) features at the end of this document but for students it's integrated into the body of the newsletter.

Results next week, Mental Wealth podcasts, website feedback

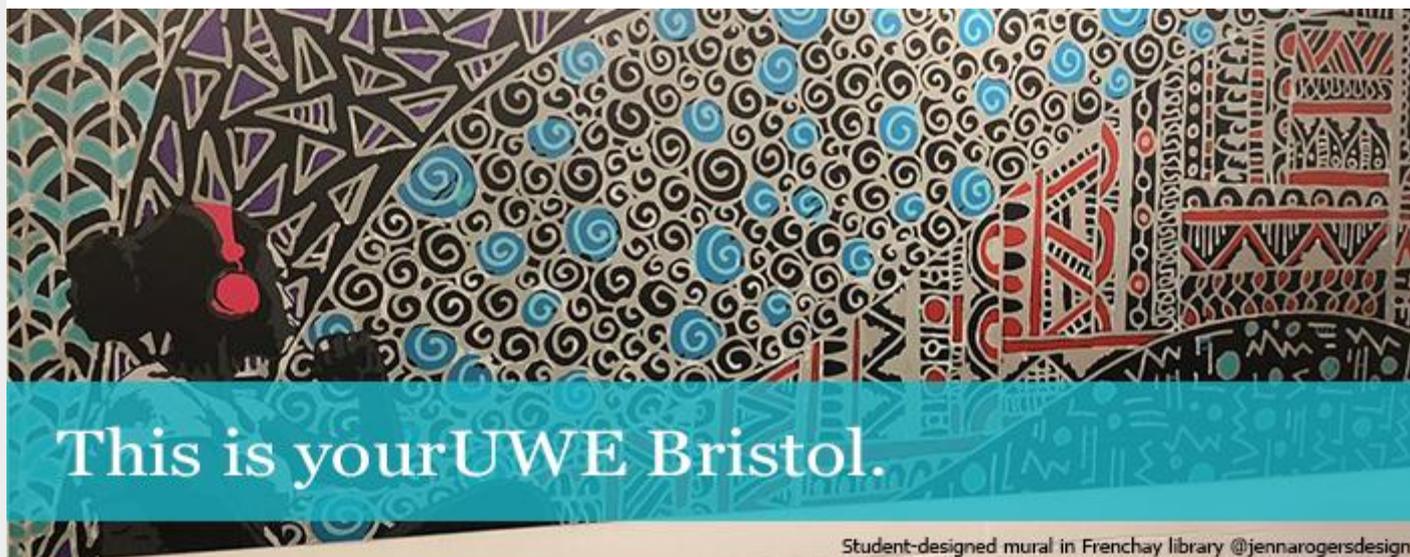
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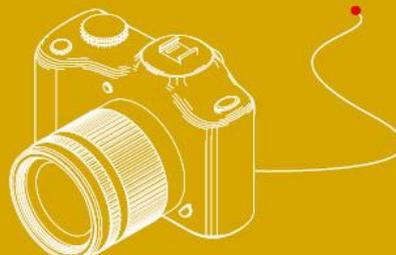
This week we're getting active!

We're more than half way through Feel Good February and hope the events and activities have helped you 'feel good'. Here's what we've got lined up for the next couple of weeks.



Week 3 - Get active

For 'get active' week we're putting on a 'Big Wellbeing Walk' on **Thursday 21 February** at Bower Ashton, Glenside and



Week 4 - Try something

For 'try something new' week, the university choirs will be performing a lunchtime concert - join in if you fancy!

Frenchay. No need to book - just turn up on the day!

[What's on in week 3](#)

Plus we're holding a big yoga afternoon in the Student Centre. Both on **Thursday 28 February**.

[What's on in week 4](#)

Join Team UWE Bristol in the Bristol 10k

We're looking for recruits to sign up to the [Simplyhealth Great Bristol 10K](#) - we're teaming up with the Great Run Company and University of Bristol to take part on Sunday 5 May.

It's open to all abilities - whether you want to beat your personal best or are just looking for a new challenge.

Sign up today to get a discounted entry price and a Varsity T-Shirt, training plans and free entry to the UWE Bristol 5k which takes place on Sunday 24 March. Not much of a runner? You can get support throughout your 10k training with dedicated running groups, set up by UWE Bristol, located across the city and led by qualified run leaders.

Results next week

Next week is results week for many of you - the release date will depend on your course/Faculty. As usual, results will be available on myUWE.

If you're at all worried about them, they aren't what you were expecting or you have a question, call our [Information Point](#) team on 0117 32 85678.

[Results publication dates](#)

Mental Wealth First podcasts

As part of our Mental Wealth First strategy and #LetsTalkNow we're in the process of developing a brand new podcast and are looking for you to join the conversation!

The format will be a short recording of an informal conversation between two people about a specific topic around mental health. It could be about how you've been affected by mental health issues or how you've taken up a hobby or specific practice to maintain positive mental wellbeing.

A presenter will introduce the conversation and guide you through the recording. If you'd like to share your experiences, we'd love to hear from you.

[Get in touch](#)

Feed back on our website

We're looking at ways we can improve our website.

Let us know your thoughts via our short survey - it should only take around 2-3 minutes to complete.

[Complete the survey](#)

New IT status hub

We've created a new dashboard for all of the university's IT systems, showing if there are any issues or maintenance taking place.

You can subscribe to email alerts for issues with particular systems, too.

[Bookmark it](#)

Managing your money

Want to get a grip on your finances? Feel like you never have enough money?

Our Financial Capability Module (it's called a module but there aren't any assessments!) is a series of 3 workshops run to help you get confident about your finances and help you develop essential money skills for life.

The module kicks off on Wednesday 6 March.

[Sign up online](#)

Centre for Music for everyone

Love music?
So do we.

From instrument and vocal lessons, orchestra, choirs and jazz, to songwriting, gigs, music production and DJing, the Centre for Music has something for everyone.

 @uweCFM

 UWECFM

uwe.ac.uk/music

Take part in our global experience photo competition

Show off your international experience by entering our photo competition. It's open to all students who are working, studying, volunteering or teaching abroad this academic year.

If you win you'll receive a £150 Amazon voucher and two runners-up will win a £50 Amazon voucher each. The competition is open until Thursday 30 May, so you've got plenty of time.

Take a look at [last year's entries for inspiration](#).

[Find out more](#)

Upcoming events

Resilient U

Want to build your resilience to handle whatever life may throw at you? Our [Resilient U workshops](#) are just the ticket! Book online via Infohub.

Equity

February is a busy month for [Equity](#) - events lined up this month include a [keynote address](#) from Zara Nanu, CEO at Gap Square, and coaching sessions on [building confidence and getting a placement](#) and [building emotional resilience whilst on placement](#).

International Women's Day: Balance for Better

To celebrate International Women's Day we'll be hosting a [series of talks and workshops](#) around the theme 'Balance for Better'. There will also be stalls, a networking lunch, a choir and a raffle, with all proceeds going to Refugee Women of Bristol and Womankind.

Join us on Wednesday 6 March in Bristol Business School, Frenchay Campus.



[News](#)

[What's on](#)

STUDENT EXPERIENCE AWARDS

The Student Experience Awards celebrate the hard work, dedication and successes of Student Reps and staff members across the university who work tirelessly to improve your student experience.

It's your chance to nominate and celebrate the reps and staff who you feel have gone the extra mile to enhance your time at university.

Nominations close this **Friday, 22 February** and will be considered anonymously by a mixed panel of staff and students.

[Nominate now](#)

**AUGUSTA CHIDINMA
NNAJIOFOR**

VP Community and
Welfare



JADE MARSELLA

VP Sports and Health



**24/7 CRISIS
TEXTLINE**

**VARSITY KICKS OFF
NEXT MONTH**

As part of our ongoing work to support you during your time at university, The Students' Union at UWE and UWE Bristol, in partnership with Crisis Textline, have launched a new crisis support textline for students.

If in distress, you can text 'UWE' to 85258.

Your text will then be answered by a trained volunteer, with support from experienced clinical supervisors.

Textline is just one of the wellbeing and support services available to students at UWE Bristol - [other services are available](#).

The Varsity Series is set to become the biggest sporting event Bristol has to offer!

There's loads to get involved in - from Ready Steady Glow on Saturday 2 March to the 10k on Sunday 5 May.

If you want to enjoy the action without all of the effort, then support your favourite team as they go head-to-head against Bristol University in a [series of challenges](#) ranging from basketball to the cheer, pole and dance showcase.

What are you waiting for? Get involved today!

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

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

Tel: +44 (0)117 32 85678

[More contact options](#)



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As a student, you will receive emails from the Student Communications Team. We promise not to overwhelm you and we'll only [send](#) you things that are relevant. You'll get a regular newsletter and some targeted communications. If you unsubscribe you'll miss important emails. [Contact us](#) if you have any questions.

Dynamic content

Architecture students

Adobe and AutoCAD software available in the library

Frenchay Library (Level 3, Zone D) has a [range of design applications](#) including Adobe Creative Cloud and AutoCAD.

Level 0 / 1 students

Coach other students as a PAL leader

Peer Assisted Learning (PAL) is a student-to-student support scheme aimed to support students with their transition to University and contribute to the wider student experience.

Want to get involved? We're recruiting now for next year.

Find out more and apply

Level 3 students

Don't want your studies to end?

They don't have to! We offer a range of postgraduate courses all with a 15% alumni discount.

And what's more, we offer a 50% tuition fee scholarship on selected postgraduate courses with our [Vice Chancellor's Scholarship programme](#).

Explore the range of courses on offer

EU / overseas students

Global café

If you enjoy meeting new people, want to improve your language skills and learn about other cultures, then our [Global Café](#) is just the thing for you! We're mixing things up a bit and so will be meeting in the Student Centre (Dartington Suite) in March.

FBL students

Bristol Distinguished Address Series

The next in our series of free public lectures are:

- [Leading for mutual good](#) by Joe Garner, Chief Executive Officer, Nationwide Building Society on Wednesday 27 February.
- [Human and digital – the challenges and power of harnessing both](#) by Laura Wade-Gery, Non-Executive Director, John Lewis Partnership on Wednesday 6 March.

Adult Nursing students

Adult Nursing partnership workshop: communication and support on my course

The aim of a Partnership Workshop is to explore the experiences of our students.

This workshop will focus on identifying and exploring Adult Nursing programme challenges and issues that really matter to you and then identifying potential solutions to challenges and issues to enhance your learning and development.

Wednesday 6 March, 10:30-14:30 with lunch. We'd love to see as many of you as possible.

Certificates of attendance will be provided for your portfolios and can be used as evidence to support the Leadership in Adult Nursing module.

Book your place