Welcome back to Nottingham

Your handy digital guide to living in the community
Welcome from your Community Officer

Hello, I’m Jacob your Students' Union Community Officer! I was elected by students to fight for better student housing, tackle hate crime and connect students with their local area.

Moving out into the community can be an exciting and daunting experience, so we’ve put together this handy guide to help you.

Inside you can find out more about your local area, how to get involved in exciting volunteering opportunities, and how the SU can help you if you ever face any problems.

I hope you enjoy your time living off campus and can make a positive impact on your neighbourhood.
Welcome from the Student Living Team

We are a Students' Union department that deals with all things student living.

Whether that be committees in halls, students living in the community (like you), students living out or those at our satellite campuses.

We are here to help make the student experience at UoN incredible, no matter where you live.

Want to find out more?
Email: OS-StudentLiving@exmail.nottingham.ac.uk
Your role as a housemate

Sharing a house with your friends is something you'll always remember from your time at university and you as a housemate have a role to play in making the experience of shared living the best. Here are some day-to-day practicalities to help you have the best time.

As soon as everyone has moved in, create a rota of all the chores and tasks the entire household will have responsibility for. Whether that's washing up, cleaning the bathroom or putting the bins/recycling out, communicate as a group who does what and when.

And when something isn't quite right, avoid the passive aggressive notes and revenge tactics; it's super important to communicate with each other!

Spend quality time together! Organise something social that involves everyone in the house- maybe a movie night or make homemade pizzas together.

SU Advice says: Have a chat with your housemates about visitors and acceptable noise levels. It's good to talk this through early on to make sure you all agree on house rules.
Your role as a neighbour

Even in some areas with a high student population, there are a number of long-term residents living there too. Your role as a neighbour is super important as you can look out for each other, get to know new people and feel more at home where you live.

Things you could do as a neighbour:

Say hello! - if you are approachable, your relationship with your neighbours is much more likely to be a positive one.

Let your neighbours know if you're planning a party - ideally keep it to a Friday or Saturday night if you can and agree an acceptable time for it to end.

When calling a taxi, ask the driver not to sound their horn when arriving at your house as this can wake your neighbours, and be mindful of noise levels when returning from a night out.

SU Advice says: Look out for the University’s ‘Hello Neighbour’ campaign, and if possible, pop round and introduce yourself to your new neighbours – or even just say hi across the garden fence.
Fancy a cuppa?

Chatting over a cuppa is one of the best ways to get to know your housemates and your neighbours, so if you're unsure how to go about introducing yourself or starting a conversation, use our handy postcard below!

Simply print this page, cut out the postcard, fill in the details (their name and/or house number and your details) and send it to them.

Enjoy!
Community Living
SU Advice Top Tips

Follow SU Advice's top tips to keep your home clean, tidy and comfortable

Always keep the house in a good, clean condition

Think about drawing up a cleaning rota – this can help prevent squabbles with your housemates

Make sure you heat and air the house properly

Check smoke alarm batteries every week and change lightbulbs when you need to

Be careful what you put down your sink and toilet!

Check if you have responsibility for maintaining the garden, as some contracts specify you do.

Stay Safe

Keep the property secure – use the window locks and burglar alarm (if you have one) and keep your front door locked as much as possible

If everyone is hanging out in the top floor bedrooms, make sure you lock the front door

Don’t leave laptops, phones, keys or other valuables in reach or view of an open window

For the full Moving In Guide, visit https://www.su.nottingham.ac.uk/advice/housing-advice/moving-in
Living in Nottingham and the surrounding areas means you are part of a vibrant community! There’s plenty of things to love about living here and there’s lots you can do and get involved in to help keep it a city that we can be proud to live in.

Bin-formation and Recycling

Click here to find out when your bin day is in Nottingham City!
Click here to find out when your bin day is in Broxtowe Borough!

3 SIMPLE RULES

Just a little bit of love from you ensures your recycling is turned back into new products and isn’t wasted...

CLEAN
Give your items a quick rinse. Any food or liquid left could contaminate other recycling.

DRY
Wet items can also contaminate other recycling.

LOOSE
Don’t put carrier bags or sacks inside your wheeled bin. Bags cannot be opened at the sorting facility.
Get Involved! Volunteer in your local community

There is so much to do where you live in the community, you can use your free time to volunteer for causes that matter to you. Click on each type of volunteering below to find out more.

- Ongoing Projects
- Student-Led Projects
- Schools Volunteering
- One Off Volunteering
- Micro Volunteering

Want to volunteer but don't know where to start? Our Volunteering Team are happy to help! Email volunteering@nottingham.ac.uk or visit https://www.su.nottingham.ac.uk/volunteering for information about local opportunities in your area.
Peer support services

Here are some of the peer support services available to you. Click on each logo for support or to find out more!

Nightline is a non-judgemental, non-advisory, confidential and anonymous listening and information service, provided by students for students here at the University of Nottingham.

Nottingham Night Owls is a service for students' safety and well-being on nights out. The Owls will assist in getting students home safely and providing students with information and helpful supplies; such as water, first aid, food and warmth.

Student Minds Nottingham is a peer support group that runs campaigns and promotes positive wellbeing and mental health for students whilst studying at UoN. They also run a Positive Minds course that has been designed to give students like you the skills to keep low mood at bay.
Other support services for you

There is so much support at the university and beyond for you to access should you ever need it.

This is not a full list, but these are some key contacts. If you're not sure where to start, your personal tutor or Student Services will be able to help you.

Click on the logos below for more information about each one!

The University's Student Service Centres offer support, guidance and information, and signposting to help you make the most of your time at The University of Nottingham.

SU Advice provide free impartial information and advice on a wide range of issues affecting you, such as housing, education and money.

Notts SVS offer their services to survivors of sexual violence and abuse to all genders. They have many services in addition to face-to-face counselling, with male and female counsellors, and Counselling Line services.
The NHS website provides a comprehensive health information service with thousands of articles, videos and tools, helping you make the best choices about your health and lifestyle.

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you.

Here are some other services and contacts. Click on each one for support or to find out more!

School Welfare Officers
Chaplaincy
HealthyU
Police non-emergency number: Call 101
NHS Urgent Medical Services: Call 111

External Counselling:
https://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing
https://www.trentpts.co.uk

Don't forget to register to vote as you may need to be registered to access some of the external services!
Visit: www.gov.uk/register-to-vote