Introduction

Welcome to University of Nottingham Students’ Union!

I’m Laura, your Equal Opportunities and Welfare Officer for 2017 – 18.

As a student here at Nottingham, you’re automatically a member of your Students’ Union. We’re all here to help each other have the best university experience, and that includes looking after your welfare.

This booklet includes information on where to get support during your time at Nottingham. It’s split into sections to help you find information on wellbeing, mental health, night time safety and academic support.

These resources are for everyone – regardless of whether you’re an international, mature, undergraduate or postgraduate student, these services are here for you.

Feel free to get in touch at suwelfare@nottingham.ac.uk

Laura Bealin-Kelly
Equal Opportunities and Welfare Officer 2017-18
Tweet @UoNSU_Welfare | FB @UoNSUWelfare

Contents

2 Introduction
4 – 7 Arriving in Nottingham
8 – 11 Health and Wellbeing
12 – 13 Mental Health
14 – 17 Support Networks
18 – 21 Safety on Nights Out
22- 23 Academic Support
Arriving in Nottingham

There’s plenty of support available to you when you arrive in Nottingham. Some of the first people you will meet will be your Welcome Mentors.

They’re students too, and are here to help you feel safe and settled, so don’t hesitate to ask them anything (they might even carry your bag if you’re lucky).
Registering with the Health Service

During your first week at University, it’s important to register with a Health Centre so that you can access GP and Nurse support if needed.

This couldn’t be easier – registration sessions will be running from Monday 26 – Wednesday 28 September during the Welcome fairs at University Park, in the Great Hall, Trent Building.

You’ll need to fill in a registration form and it’s helpful to bring along your NHS number if you have one.

If you’re based at Sutton Bonington you can also register with the Orchard Surgery in Kegworth.

During the first week of term they will also have dedicated sessions to help you get registered which will be advertised on campus.

Campus services

If you’re living on-campus there are lots of services to help you feel safe in your new accommodation, so you can make it feel like home.

Campus Security

The campus security teams work 24 hours a day. They’re here to make sure that all Nottingham campuses are secure and safe places, and can be easily contacted in an emergency.

If you need to contact campus security, you can reach the control room on +44 (0) 115 951 3013 or in an emergency call +44 (0) 115 951 8888.

Support in your accommodation

Wherever you live, on or off campus, there is a network of support for you.

Living Out Committee

If you’re in your first year at the University of Nottingham and not living in University owned accommodation, you’re ‘living out’. This can mean living at home with parents and commuting to your studies or choosing private accommodation such as private halls (just not the ones run or associated with the University) or shared houses in the local community. The Living Out Committee gives you and your fellow students living off-campus the chance to have the best Welcome and continued University experience in your first year.
Health and Wellbeing

Students’ Union Advice

Students’ Union Advice provide a free and impartial advice and information service to all University of Nottingham students.

The Centre is independent of the University. You can make an appointment to talk to an Education or a Welfare Adviser, face to face or over the phone, to get confidential support and advice on a range of issues including:

- **Money advice:** budgeting, funding, tuition fees
- **Housing advice:** tenancy deposits, get your housing contract checked before you sign
- **Academic advice:** academic appeals, disciplinary matters, fitness to practice

Students’ Union Advice is based on C Floor of the Portland Building, University Park. Advisers also regularly visit Sutton Bonington between 11am – 2pm on Thursdays during term time in the Barn.

Contact the Centre to make an appointment:

T: +44 (0) 115 846 8730
E: SUAdvice@nottingham.ac.uk
Visit: C Floor, Portland Building, University Park

Welfare in Sport

One thing that everyone passionate about welfare can agree on is the need to remove the stigma surrounding mental health. Welfare in Sport is a campaign which intends to do that within sports clubs.

Welfare in Sport provides active listening and Mental Health First Aid training to club committees, to help create a supportive and open culture within sports.
Nightline

Nightline is a confidential listening and information service, run for students by students. Trained student listeners are on call every night of term, 7pm – 8am. Nightline are also open 24 hours during Welcome and exam periods.

If you’re feeling stressed, need information on health services or just want to have a chat, Nightline are here.

How to contact Nightline:

T: +44 (0) 115 951 4985
Text: +44 (0) 7786 208 408
E: nightlineanon@nottingham.ac.uk
Skype (audio): Nottingham.Nightline
Instant Message: nottinghamnightline.co.uk

Dignity Policy
and Dignity Advisers

Everyone in your University community has a right to work within a positive environment and to be treated with respect.

The University’s Dignity Policy sets out the procedures for reporting harassment, bullying and victimisation within the University. If you feel that you’ve been subject to bullying or abuse from another student or member of staff, you can get support from a dignity adviser. They can listen to your issues and help you to explore your options.

You can find out more at nottingham.ac.uk/hr(guidesandsupport)

HealthyU

HEALTHY BODY, HEALTHY MIND!
If you’re looking for top tips on how to eat healthily on a budget, information on health services and support for alcohol, smoking and addiction, go to the HealthyU.

nottingham.ac.uk/currentstudents/healthyu
University Counselling Service

The University Counselling Service is a free service for students and staff, where you can talk confidentially about any issues that concern you. As well as offering individual counselling appointments, they also run free groups and workshops and produce self-help resources on a range of topics – from managing stress and low mood, to building resilience and exploring mindfulness.

The Counselling Service is based on University Park, but they also offer appointments at Sutton Bonington, Jubilee and Derby Hospital.

Get in touch to find out more.

To book an appointment, or find out about workshops and groups:

Visit: nottingham.ac.uk/counselling

T: +44 (0) 115 951 3685

E: counselling.service@nottingham.ac.uk

Student Minds Nottingham

Student Minds is a student-led campaigns group that run peer-led support groups.

Positive Minds is a support group that gives students a confidential space to talk about low mood in a non-judgemental environment. Sessions cover building support networks and establishing healthy routines.

Student Minds also run mental health campaigns and events, including free relaxation sessions, crafternoons and ‘supporting supporters’ workshops.

You can check the Student Minds Facebook page for dates of Positive Minds support groups on University Park and Sutton Bonington campuses.

facebook.com/studentmindsuon
Within your Students’ Union there are a number of support networks, each with an elected student Officer to represent the views of their members to the SU and the University.

If you’re interested in finding out more about any of the networks, get in touch with the relevant officer!

### Disabled Students’ Network (DSN)

The Disabled Students’ Network represents all students who self-define as disabled. The network aims to create an environment that supports and empowers individuals throughout their time at University. The network regularly organises trips and collaborative events with societies and sports clubs.

If you’d like to get involved with the network and the events they put on, email Alice and Eden at sudisabledofficer@nottingham.ac.uk.

To find out more about inclusive sports, email Hannah Webber, the Disability Sport Officer, at Hannah.Webber@nottingham.ac.uk.

### LGBT+ Network

The LGBT+ Network represents the views of all students who identify as LGBT+. They run a wide range of social events and work with local LGBT+ organisations across Nottingham.

Interested in getting involved with the network, or fancy meeting new people at an event? Get in touch with your LGBT+ Officer, Chris Smith, at sulgbt@nottingham.ac.uk.

The network also offers peer support through their Welfare Officers, who are contactable at welfare@uonsulgbt.org.

### Environmental and Social Justice Network (ESJ)

Interested in social justice issues? Want to do your bit to help the environment?

The Environmental and Social Justice Network may be for you! Led by the ESJ Officer, Natasha Bednall, the network campaigns on environmental issues and works with political societies.

Get in touch with Natasha at suenvironment@nottingham.ac.uk.

### Postgraduate Students’ Network

The Postgraduate Network will be starting in 2018, to represent all postgraduate students both research and taught, at the University of Nottingham.

If you’re a postgraduate student and want to get involved with postgraduate exclusive events, meetups and debates or to simply find out more, get in touch with your Postgraduate Officer, Yolanda King at supgofficer@nottingham.ac.uk.

### Black and Minority Ethnic Students’ Network (BME)

The BME network represents all students who self-identify as BME. They represent the interests of BME students within your Students’ Union, the University and the wider community.

If you’d like to get involved and find out about the events run by the network, email Florence and Adreanna at submeofficer@nottingham.ac.uk.

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Nottingham has a vibrant community, with many students travelling from outside the UK to study here. The International Students’ Network aims to bring together these students and represent their views within the SU and to the University. Your International Officers, Loren Querickiol and Hemanth Kalathuru, head up the Network and organise a range of inclusive events throughout the year, ending with an International Ball.

Want to find out more?
Email Loren and Hemanth at suinternationalofficer@nottingham.ac.uk

If you’re 21 or over when you start your studies at the University of Nottingham, you automatically qualify to join the Mature Students’ Network. Your Mature Students’ Officer, Adele Purdy, works closely with the full-time Officers to voice the concerns of mature students* to your SU and the University. During the year, there will be a range of events including family friendly events and quieter social gatherings.

If you’d like to know more, email Adele at sumatureofficer@nottingham.ac.uk

The Women’s Network is an inclusive network that challenges and campaigns against discrimination faced by women* because of their gender. The Network is a safe and supportive environment, and organises regular socials, discussions and campaigns throughout the year.

Sound like your thing?
Find out more at suwomensofficer@nottingham.ac.uk

*the Women’s Network is trans and intersex inclusive, and includes people with complex gender identities that include ‘women’ and/or who experience oppression as women, if they wish.

Chaplaincy and Faith Support

Whatever your background and faith, the Chaplaincy team are here to support you throughout your time at University. With Chaplains representing different faith communities, the team supports students and staff of all faiths and none in exploring their personal faith journey. Not sure about faith communities within the University and local area? The Chaplaincy team can help! As well as providing information on places of worship, they organise events including trips and talks.

Drop in for a coffee and a chat with a Chaplain:
C Floor, Portland Building, University Park
B Floor, Amenities Building, Jubilee Campus
B Floor, the Barn, Sutton Bonington
Safety on nights out

Alcohol and Drugs

University is an exciting time and you'll have experiences you'll remember for the rest of your life. If you choose to drink alcohol, know your limits and drink within them and you'll be doing all you can to make your university days the most enjoyable of your life.

We want you to be safe on nights out and there are just a few really easy steps you can take to make sure the night goes off without incident (source: Drinkaware.com)

- Plan your night out and ensure you have a safe way to get home – make a note of the safer taxi scheme details to help you out.
- Know your limits: The recommended limit is no more than 14 units per week.
- Don't drink on an empty stomach, and make sure you drink plenty of water.
- Don't drink every day – there's lots of activities at University that don't involve alcohol.
- Don't accept drinks from people you don't know and don't leave your drinks unattended. If you think your drink has been spiked, ask a friend or staff member in the venue for help.

If you're dealing with a drug or alcohol problem or you're worried about a friend, there are a number of support services that you can contact for information and advice.

Nottingham Recovery Network

Nottingham Recovery Network provides support, advice and treatment to anyone using alcohol or drugs in a problematic way. Their website has a great set of resources for anyone concerned about drugs or alcohol and they run a freephone helpline 6 days a week.

W: nottinghamrecoverynetwork.com
T: +44 (0) 800 066 5362

Talk to Frank

Talk to Frank has lots of up-to-date information on the law, risks and effects of drug use.

W: talktofrank.com

Safer Taxi Scheme

DG taxis and UoNSU have joined together to make sure a safe cab ride home is always in reach.

Get yourself on the fixed price list by texting TAXI to 80818. You'll be able to access fixed rates by booking your taxi through DG on +44 (0) 115 950 0500.

If you don't have enough cash to get home, ring DG and let them know you want to use the UoN Emergency Taxi Scheme followed by your name, student number and journey details. You'll be asked to show your student ID and then head to the Students’ Union reception in the Portland Building the next day to pay.
Night Owls

Nottingham Night Owls are a group of students helping to keep you safe on nights out. The Owls will help get you home safely and provide you with information and helpful supplies; such as water, first aid, food and flip flops.

Night Owls are out and about on Mondays, Wednesdays and Thursdays, so don’t be afraid to say hello and grab a lollipop!

If you or a friend needs help getting home safely on a Monday, Wednesday or Thursday night, ring the Night Owls between 12am – 4am on +44 (0) 115 784 1580

Sexual Health

Everyone arrives at university with different ideas and experiences about sex but what is important is that we all take responsibility for our own health. We have excellent sexual health services on campus and in the city.

C-card is a free condom scheme available to University of Nottingham Students under the age of 25. There are pick up points across campus, including Cripps Health Centre and SU Advice in the Portland Building on University Park, and Student Service Centres on Jubilee and Sutton Bonington campuses. If you are 25 or over, you can get free condoms by signing up to the C+ scheme at Cripps Health Centre, University Park. No appointment is needed, just ask at Reception.

Easy Tiger, a student led campaigns group also give out free condoms on nights out and at other events.

If you’re worried about sexually transmitted infections, you can get tested at your GPs surgery or the sexual health clinic at Nottingham’s City Hospital or the Victoria Clinic in the city centre.

Let’s be Clear on Consent

As part of the support on offer, the joint University and Students’ Union campaign ‘Let’s be Clear on Consent’ provides information about sexual consent as well as tackling the myths and misunderstandings about sexual consent, rape and sexual abuse. The law is clear – having any kind of sex without getting consent is rape or sexual assault.

In an emergency always call the Police, but specialist support is on offer from the Topaz Centre, the Nottingham Sexual Health Referral Centre.

You can self-refer to the Topaz Centre, and receive support either face to face or over the telephone 24/7.

T: +44 (0) 845 600 1588
E: support@topazcentre.org.uk
Support in your School or Department
When you arrive at University, you will be allocated a personal tutor or supervisor. Not only do they provide academic support and guidance, but they are a key contact within your school for problems you may face. Make sure you meet your Tutor or Supervisor regularly so that you can make the most of the support they offer.

To help with more complex situations, every School has a Welfare Officer who can support and signpost you to appropriate support services. You can find your Welfare Officer’s contact details here:
nottingham.ac.uk/studentservices/healthwelfare/welfare-support.aspx

If you find you’re struggling to keep up with your academic work, talk to your Tutor, Supervisor or Welfare Officer as soon as possible. There's lots of help on offer to get you back on track.

Academic support
Whether you are an undergraduate or a postgraduate, the University offers a variety of support for your academic studies.

Graduate School
If you’re a postgraduate student, you can access support from the Graduate School. They offer a broad programme of training and development opportunities, placements, five dedicated study spaces across campuses and can offer practical advice to support with postgraduate study.

The Graduate School is located on A floor, Highfield House, University Park.

Academic and Disability support
The Academic Support team provides support for undergraduate and postgraduate students with Specific Learning Difficulties to develop their learning strategies. During the first two weeks of the new academic year, Academic Support tutors run pre-bookable drop-in sessions on University Park campus Monday to Friday between 10am - 3:30pm. You can also book an appointment for the drop in on Sutton Bonington at a Service Centre. At any other time, get in touch with them at:
E: dyslexia-support@nottingham.ac.uk
T: +44 (0) 115 846 6115

The Disability Support team provides support and advice for students who consider themselves to be disabled. During the first two weeks of the new academic year, Disability Support run drop-in sessions on University Park campus Monday to Friday between 10am - 4pm where there will be someone to help you make an appointment. At any other time, get in touch with them at:
E: disability-support@nottingham.ac.uk
T: +44 (0) 115 951 5992