

# WE ARE

  
WINCHESTER  
STUDENT UNION

YOUR STUDENT UNION

UNION GUIDE 2020/21



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[WWW.WINCHESTERSTUDENTS.CO.UK](http://WWW.WINCHESTERSTUDENTS.CO.UK)

A low-angle, upward-looking shot of a group of students in white uniforms with dark blue accents. They are huddled together, looking up towards the camera with joyful expressions, some smiling broadly. The background is a clear blue sky. The text 'WE ARE' is overlaid in large, white, sans-serif capital letters.

# WE ARE

YOUR STUDENT UNION





## "OH THE STUDENT UNION, THAT'S JUST A BAR RIGHT"?

Whilst we are certainly proud of our social activities, including our bars, that is far from all we offer to our members.

We are an independent organisation from the University itself, and we are dedicated to representing and supporting you as students, as well as providing a wide range of opportunities, activities and events for all students across our Education, Welfare, Activities and Services Zones. This includes a huge range of sports as well as special interest activity groups, all of which you can learn more about in this guide – and good news, as a student at the University of Winchester you automatically become a member of Winchester Student Union.

As well as receiving a grant from the University, most of the Union's funds are generated from our commercial service provision - whenever you drink in one of our bars, buy something from our shops, or wash your clothes in our launderettes, you are directly supporting the Student Union.

Of course, this year things might be a little different. Winchester Student Union is working with the University of Winchester and other stakeholders to ensure that your student experience is not only enjoyable, but also as safe as possible in the context of Covid-19. This means that whilst we will still be providing almost all our activities and opportunities, we will be putting in place measures that promote your health. This includes encouraging you to adhere to all prevailing precautions and guidelines, adapting our programme of activity to promote suitable social distancing and other measures that might affect our usual offering.

Above all, Winchester Student Union promotes inclusion, participation and representation, to ensure that you have the opportunity to get the absolute most out of your student experience whilst studying at Winchester.

# WE ARE



## YOUR STUDENT VOICE



## MEGAN BALL - PRESIDENT

Hello everyone! I'm Megan, and I'm elected to be your President for this next academic year.

It is an absolute honour to be able to represent you & work to make sure that you are offered the best student experience possible. As your President, it is my job to ensure that you receive all of the support that you need – whether that's through welfare, encouraging democracy, speaking up for every student at Winchester, and providing great extracurricular opportunities. This is going to be an academic year like no other, but I'm excited to see you all get involved in the opportunities and activities available – even if they look a little different to normal.

My biggest piece of advice that I can give you is – get involved and try out something new! There really is something for everyone at Winchester. Whether it's a society, sports team, a representational network, being a StAR (Student Academic Representative), part-time work, demographic representation, democracy, committees...or anything else, you'll find it here!

Be sure to never forget that your Student Union is always here for you. We are completely independent from the University, so we can support you and offer advice as an impartial organisation. Please just get in touch if you need anything at all - everyone at Winchester Student Union is always happy to help!

EMAIL: [SU\\_PRES@WINCHESTER.AC.UK](mailto:SU_PRES@WINCHESTER.AC.UK) SOCIAL MEDIA: @WINCHESTERPRES





## VICTORIA HURLEY - VICE PRESIDENT EDUCATION & WELFARE

Hi, I'm Vic and I'm your VP Education & Welfare. My position within the Student Union is to ensure that all our students' voices are heard throughout their university experience within the areas of academia and student welfare! University is a huge chapter in a student's life and it is my job to help you wherever possible.

Student voice is built into everything we do at the Union, and we ensure that this is the same in the University. I lead on our Student Academic Representatives (StARs) scheme which gives the opportunity for students to have a genuine voice within their course, escalate their peers' concerns and praise and have direct contact with their programme leader to discuss their course. There are so many opportunities that you can get involved with that we offer to enhance your extra-curricular experience in many ways. Getting involved in our opportunities will allow you to gain many versatile competencies and also have a great experience that isn't just about your course.

It is also my job to campaign for students on a institutional and national scale around areas of education & wellbeing, and through this guide you can see some of the brilliant campaigns we have ran this year, and by engaging with us you can see what more we are going to do this next year for you! Your Student Union is here solely for you, so if you need anything or just want to come chat about anything please do! Come find us on campus (socially distanced of course) or contact us through our work social medias or email!

Good luck with the next year, work hard and have the best time ever!

EMAIL: [SU\\_EDUCATION@WINCHESTER.AC.UK](mailto:SU_EDUCATION@WINCHESTER.AC.UK) SOCIAL MEDIA: @WINCHESTERVPEU





## ELLEN O'DWYER - VP ACTIVITIES

I'm Ellen, I am your elected Vice President, Activities. I have the responsibility of ensuring participation and development opportunities for all our students! I cover all aspects of student participation within the Activities Zone at Winchester Student Union. This includes sports teams, societies, representational networks, volunteering, and RAG (raising and giving).

I am a strong believer that it is the opportunities you take and the activities you participate in that will define your time here at Winchester the most. At the Student Union, our aim is to make sure all our students have the best university experience possible, whatever your background or circumstances are. Even in 2020-21 the possibilities are endless although different. We are working hard to ensure our activities can still take place in line with government & university guidelines – so make sure to get involved!

We have hundreds of opportunities for you here at Winchester Student Union. Whether you want to play a sport, join a society, meet other students like you within a representational network, volunteer in the local community, or raise money for charity, we have something to offer you. Not to mention we are also here for all your academic and wellbeing support, somewhere to relax (socially distanced!) after a long day of lectures!

Please remember to take advantage of what your Student Union is offering... It will be your best decision yet!

EMAIL: [SUACTIVITIES@WINCHESTER.AC.UK](mailto:SUACTIVITIES@WINCHESTER.AC.UK) SOCIAL MEDIA: @WINCHESTERVPACT



## CHARIS MCCOBB

### AREAS OF FOCUS:

Student Academic Representation (StARs), Welfare & Wellbeing, Advice Centre, Celebrating Success, Volunteering & community projects



## JULIA MONG

### AREAS OF FOCUS:

Environment & Sustainability, Student Demographic Representation, Welfare & Wellbeing, Equality & Diversity, Societies development



## PRINCEWELL OBIH

### AREAS OF FOCUS:

Welfare & Wellbeing, Equality & Diversity, Events & Entertainment, Bar Services. Sports Team Development



## SILAS RUSSELL

### AREAS OF FOCUS:

Education, Student Demographic Representation, Welfare & Wellbeing, Advice Centre, Student Housing



## LOUISE WILLIAMSON

### AREAS OF FOCUS:

Education, Student Academic Representation (StARs) Environment & Sustainability, Representational Networks Development, Community Relations



WE  
ARE

CAMPAIGNING FOR YOU



Winchester Student Union delivers campaigns with and for students, to make lasting positive impact to your experience at Winchester. As a democratic organisation, we split our functions into four zones – Education, Welfare, Activities and Services. These zones allow us to organise our goals and impact, hold individuals accountable, and lead on campaign work – whether to redress inequality, resolve an injustice or provide educational improvements, our students are key collaborators in driving forward real change!

**OUR EDUCATION ZONE** is designed to make recommendations for the improvement of academic provisions of the Student Union, as well as prioritising academic campaigns and initiatives to improve the overall provision of the University's academic departments. This zone is chaired by the Vice President, Education & Welfare, who works alongside the University in various different ways to lobby for a better academic student experience. Over the next year, the Student Union wants to work towards campaigns to lobby for scaled penalties for late submissions of assignments and ensuring the new method of blended (online and face-to-face) learning works for all students.

**OUR WELFARE ZONE** aims to advocate changes and recommendations for the provision of student wellbeing. Our Advice Centre offers free, independent and impartial support and guidance on a range of issues that may be impacting upon your university experience. We specialise in supporting students through the academic processes of appeals, misconduct or complaints, and the Advice Centre also provides support on issues such as wellbeing, money, and housing. If you are unsure where to go for support, please come to us and we can always signpost you to the appropriate place if necessary. Over the next year, the Student Union Officers hope to carry out campaigns to continue offering free sanitary and sexual health products campus-wide with provisions in place for socially distanced deliveries, campaigns all year round on consent, breaking down taboo topics, mental, physical and sexual health campaigns, and making sure all our students feel safe and supported.

**OUR ACTIVITIES ZONE** aims to recommend and promote changes to the Student Union's sports teams, societies, representational networks, raising and giving (RAG) activities, and community action projects. The Activities Zone campaigns to promote inclusivity and accessibility within all activities, all the time. This year we will continue to encourage campaigns that support your mental health and wellbeing, we will continue to promote and support our representational networks while regularly celebrating the success of all our activity groups. More than ever we will do everything we can to support and engage our members as getting involved may be challenging this year, whether that be through virtual events, reward schemes, a bigger presence online, or socially distanced fun!

**OUR SERVICES ZONE** is dedicated to making changes, giving feedback and receiving reports from the commercial services provided by the Student Union. For the coming year, the commercial services such as The Vault, Terrace Bar and the retail shops will be working hard to open as much as possible for student use, whilst maintaining a COVID safe environment and prioritising your safety.



## A SELECTION OF LAST YEAR'S SUCCESSFUL CAMPAIGNS

### **Boys Do Cry**

We at Winchester Student Union decided to open the conversation surrounding men's mental health. As a predominately female identifying institution, there is the risk that our male identifying students and communities feel lost and unable to speak out. We created a safe space for our male identifying students to have an open and honest chat about the last time they cried. The campaign went viral with over 100,000 views and made a really positive impact on our students, staff, and wider community.

### **#ThisGirlCan**

In December, Winchester Student Union carried out a 'This Girl Can' campaign week. We chose to take part in this campaign because it's all about celebrating female representation in sport, empowering each other, and breaking the stereotypes which sadly still exist in the sporting industry. Through This Girl Can we wanted to celebrate all our female identifying students who are doing their thing and getting active no matter how they do it, how they look or even how sweaty they get!

### **Time to Talk Day**

We at Winchester Student Union believe it is always time to talk about mental health. We believe it is especially important to talk openly within our activity groups, with our friends, housemates or colleagues, and within our course cohorts. This is why we were so happy and proud to lead and support this campaign.

### **Rainbow Laces**

Throughout February, Winchester Student Union proudly performed our annual lace up in support of Stonewall, to kick homophobia out of sports. With LGBTQPIA+ History Month and Hampshire Pride taking place in February, Winchester Student Union, have and will be, uniting to show and share our support to our LGBTQ+ students, staff and community.



# WE ARE

#TEAMWINCH





Winchester Student Union is home to Team Winchester! We offer a huge variety of sports teams and clubs for you to try out or join. Team Winchester is an inclusive and welcoming community for all. As part of Team Winchester you could represent your university team in regional or national competition, or you could just keep fit and meet some new friends – there is a team for everyone!

Our Activities team have been working hard during the summer to ensure you can still take part in sport while following Covid-19 restrictions and guidelines. Our sports teams and clubs train weekly in our facilities on and off campus. Wednesday is a huge day in the Team Winchester calendar - we can't wait to (hopefully!) welcome back BUCS (British Universities and College Sports) in Semester 2 with home and away league fixtures! And when our nightclub hopefully reopens (when it's safe to do so), whether Team Winchester win or lose you'll be able to find everyone out in force at BOP – Winchester's biggest night out!

41% of Winchester's student body are members of activity groups at Winchester Student Union, and Team Winchester have the most engaged students across campus! You can join Team Winchester at any time of the year, so if you don't get involved during Freshers it's never too late!

If you want to find out any information about playing a sport at Winchester, or if you want to start a new sports team, contact your Student Union! You arrange to meet us in the Activities Zone Office (Level 3, King Alfred Centre) or email us on

[WWW.WINCHESTERSTUDENTS.CO.UK/SPORT](http://WWW.WINCHESTERSTUDENTS.CO.UK/SPORT)

THE SQUARE

WE  
ARE

OVER 50 SOCIETIES & NETWORKS





Winchester Student Union are proud to offer you an extensive and diverse selection of student-led societies and representational networks. As a student you can join as many as you like to fill the time when you aren't focusing on your studies!

Join a society to find like-minded people who are enthusiastic and passionate about the same topics and activities you are! Whether your interests lie in with exploration, fitness, performing, creativity, gaming, or with academic and political ventures, there is something for you!

Our representational networks are similar to societies but they have an increased focus on advocating equality, diversity and accessibility within specific underrepresented student groups to directly improve the experience of students from the background they represent. You'll be sure to feel safe and supported within these groups.

You can find or join up to all our societies and representational networks on our website, you can also see a full showcase during Welcome week where we will be facilitating opportunities for incoming and returning students to meet virtually and face to face! If you can't find the group perfect for you – please get in touch [SUActivities@winchester.ac.uk](mailto:SUActivities@winchester.ac.uk) about setting one up!

[WWW.WINCHESTERSTUDENTS.CO.UK/SOCIETIES](http://WWW.WINCHESTERSTUDENTS.CO.UK/SOCIETIES)

[WWW.WINCHESTERSTUDENTS.CO.UK/NETWORKS](http://WWW.WINCHESTERSTUDENTS.CO.UK/NETWORKS)





**StARS**  
STUDENT ACADEMIC REPS

# WE ARE

YOUR STUDENT ACADEMIC REPS (StARS)

# WE ARE

## YOUR STUDENT ACADEMIC REPS

Student Academic Representatives (StARs) are elected by you to represent the student voice for everyone on your course. Each year group for each course will elect at least two StARs to represent them. StARs collect opinions on what's going well and what could be improved from classmates, and feedback directly to the programme leader at Student-Staff Liaison Committees (SSLCs). This allows the student voice to be heard, and the changes and opinions are discussed and then are distributed back to the cohort by StARs to keep the students informed of the responses to their concerns and questions.



Want to be the voice of your cohort, influence positive change on your course, earn rewards (StAR points), and have this recognised on your Higher Education Achievement Report (HEAR)? Become a StAR!

StARs are elected in-class in Semester 1. Look out for your Vice President, Education & Welfare who may be dropping into your classes at the start of semester to explain more about the Student Union and the StARs scheme. You can put yourself forward to become a StAR, and you will then receive comprehensive training (and a free StARs hoodie!) to ensure you feel prepared to carry out the role. As a StAR you will be supported throughout the year by the Vice President, Education & Welfare, and you also have access to the StARs points rewards scheme.

Have any questions about the StARs scheme? Get in touch with us on the email below!

[SUStar@winchester.ac.uk](mailto:SUStar@winchester.ac.uk)

**Keep up to date with such schemes and all the latest news, support and opportunity from your Student Union, via our Podcast 'Not Just Bop'.**



not just bop  
PODCAST





**POLLING  
STATION**

  
**WINCHESTER**  
STUDENT UNION

**WE  
ARE**

**YOUR STUDENT UNION ELECTIONS**

**POLLING  
STATION**





## WHAT ARE STUDENT UNION ELECTIONS & WHY ARE THEY IMPORTANT?

Winchester Student Union is dedicated to representing you throughout your time at the University of Winchester. We represent all students and do everything we can to ensure you get your voice heard. Your elected Executive Officers sit on a wide range of university committees, including the University's Board of Governors, and each semester we hold open forums at Zone meetings for you to use your voice to shape the Student Union's Education, Welfare, Activities and Services Zones. We also run a variety of schemes, programmes and representation provisions aimed at ensuring change and progress is made to improve your student experience.

Student Union Elections are a legal requirement that allows the organisation to be member-led by you, the students. Look out for Winchester Student Union Executive Officer Elections (Spring Elections) in Semester 2. Be sure to use your voice and vote to elect your Executive Committee: the students who will represent you for the following academic year! The Executive Committee is made up of 3 Sabbatical Officers and 5 Student Officers. Together, they are responsible for promoting and defending the rights of members (students), campaigning on issues affecting members, and the implementation of Student Union policy, amongst many other things. Student Officers are part-time and these positions are suitable for any current student of the University who will remain a student in the 2020/21 academic year. Sabbatical Officers are full-time, paid staff positions of the Union.

Why not put yourself forward for nomination in the Spring 2021 elections and run as a candidate? Have any questions about elections or how to get involved? Get in touch! [SU\\_Pres@winchester.ac.uk](mailto:SU_Pres@winchester.ac.uk)

[WWW.WINCHESTERSTUDENTS.CO.UK/SUELECTIONS](http://WWW.WINCHESTERSTUDENTS.CO.UK/SUELECTIONS)



# WE ARE

YOUR ENTERTAINMENT



Winchester Student Union is working with the University of Winchester to ensure that your student experience is not only enjoyable, but also as safe as possible in the context of Covid-19. This means that whilst we will still be providing almost all our activities and opportunities, we will be putting in place measures that ensure your safety. This includes encouraging you to adhere to all prevailing precautions and guidelines, adapting our programme of activity to promote suitable social distancing and other measures that might affect our usual offering.

We very much hope to be back delivering our usual entertainment schedule as soon as possible. Offering something for everyone, whether you want to dance the night away or test your brain power, we have the event for you.

The Legendary BOP every Wednesday brings you the ultimate party! With cheesy tunes and pop anthems all night long, BOP is always a sell out so get there early! If you prefer your music a little different, then check out Ctrl, alt Delete, our alternative night with DJs playing the best rock, pop punk, metal & alt.

The weekly Big Fat Quiz has cash prizes every Tuesday night and rounds range from music to movies, sport & more. Mad about Movies? So are we! We screen the biggest blockbuster movies every Thursday, and it's free!

Our sell out Christmas and Summer Balls have been the highlight of the events calendar over the past few years and have welcomed such acts as Scouting Girls, The Hoosiers, Scott Mills and Sigala.



A photograph of a charming street in a UK town. On the left, there are rows of terraced houses with various colored facades (yellow, brown, white). The street is paved and curves slightly to the right. Large, leafy trees line the right side of the street, casting shadows. The sky is a clear, bright blue. The overall atmosphere is bright and pleasant.

# WE ARE

ONE OF THE BEST PLACES IN  
THE UK TO LIVE

## WELCOME TO WINCHESTER

Winchester has so much to offer, from pubs to shops, bars and restaurants to stunning scenery and ancient history, there is so much to see and do! Below we have indicated some of the best things to see and do in this great city, along with essential tips and information about living in the ancient capital of England.

For even more info on what Winchester has to offer, see: [visitwinchester.co.uk](https://www.visitwinchester.co.uk)

### WINCHESTER CATHEDRAL

Take a stroll around this beautiful and historic landmark, see the stunning architecture, enjoy tea & cake in the cafe, or picnic in the grounds.

### ST. CATHERINE'S HILL

For amazing views of the city, this is the place to go! At the top you'll find a 16th century 'mizmaze' labyrinth. A bit of a hike, but worth it!

### KING ARTHUR'S ROUND TABLE

Okay, it might not be the real one but housed in the Great Hall, and over 730 years old, it's still impressive and a great way to spend a free afternoon!

### CHRISTMAS IN WINCHESTER

The Christmas Market is the highlight of the season which transform the Cathedral grounds into a festive feast of food, drink, gifts and fun!

## PUBS OF WINCHESTER

You're never far from a friendly local here, in Winchester. Pubs range from rustic to fancy, and even historic - with England's oldest bar reputedly located here. The best of the best of Winchester's licensed venues are those that have achieved the coveted **Best Bar None** Award - look out for this standard across the city.

Don't forget that currently many venues, including Winchester's pubs are unable to run at full capacity and in many cases you will need to book ahead of your visit. Don't forget to also have age ID with you and to make sure you follow any of the rules or guidelines at venues, put in place for your safety.

Almost all pubs in Winchester are members of PubWatch, a partnership of venues that shares information and practice. Importantly this includes banning individuals who fail to adhere to safety guidelines or who behave poorly. This is to protect customers, staff and the integrity of the venues - **a ban from one Pubwatch venue, means a ban from all!**





As a student of the University of Winchester, you are now part of the wider local community. Winchester is a wonderful, welcoming city, and if you're living here during your studies, we're sure you'll come to love this city and all it has to offer even more.

However, it is worth considering that as a member of the community, and particularly if you're living here, there is an expectation that you act to contribute positively to that community. This can be through simple things, such as understanding that those around you may have different sleep or working patterns, and you act to moderate your noise accordingly. It might also be remembering to dispose of your rubbish & recycling correctly.

This year your actions to positively contribute to the community are even more important than ever, as we all have a collective part to play in keeping Winchester safe during the Covid-19 pandemic. It is particularly critical for you to know and to adhere to government (and university) regulations regarding covid-19 safety. This includes hand washing, social distancing, the wearing of face coverings, and not holding inappropriate social gatherings. In many cases not following such guidance could put your own, or others, health at risk and may even result in police action/large fines, or exclusion from the University.

For up to date guidance on the pandemic, please visit:  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or [www.winchester.ac.uk/coronavirus-faqs](http://www.winchester.ac.uk/coronavirus-faqs)





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Offer available online at [www.dominos.co.uk](#). Offer cannot be used in conjunction with any other offer or promotion. Offer expires: 31/12/2020.



# WE ARE

YOUR STUDENT UNION ADVICE CENTRE



Being a student can be fun, rewarding and fulfilling, but we also know it can be challenging, stressful and at times, overwhelming.

Winchester Student Union Advice Centre can be accessed by all current University of Winchester students. We aim to support students to make their own informed choices by offering free, impartial advice and information, on a range of matters.

We operate independently from the University of Winchester and specialise in supporting students with academic issues. We can also advise students on issues such as money worries, wellbeing or problems with housing. If we can't help you we will signpost you on to someone who can!

Rhian, our Student Union Advisor, works closely alongside the Vice President, Education & Welfare and other elected officers, as well as staff from the University, and local and national advice organisations, to ensure we can help make your time as a student as care-free as practicable.

We hope that the information available on our website will be of use to you, if you require further support and would like to get in touch, please complete our Advice Enquiry Form, available online from the link below.

The Advice Centre also provides free condoms, sanitary items, pregnancy tests and personal alarms for all students (subject to availability) - pop in to collect what you need.

You'll find us in the King Alfred Centre on Level 3 (next to the Food hall).

**[WWW.WINCHESTERSTUDENTS.CO.UK/ADVICE](http://WWW.WINCHESTERSTUDENTS.CO.UK/ADVICE)**



A silhouette of a person stands on a dark hill, looking up at a vast sky. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon, where a line of trees is visible. A single shooting star streaks across the upper right portion of the sky. The words "WE ARE" are printed in large, white, sans-serif capital letters, with the person's silhouette partially overlapping the text.

WE  
ARE

WELLBEING SUPPORT

We want everyone to enjoy themselves but also stay safe. Having a few drinks may be a fun part of socialising, but it's important to know your limits. Before arriving in Winchester you may not have been exposed to alcohol or drugs, or maybe you came with concerns about your own or someone else's drinking or drug use.

The NHS advises that you should not drink more than 14 units of alcohol a week on a regular basis – roughly 6 pints, and recommend that you have several consecutive drink-free days each week. If you are worried that you are drinking too much your GP can advise you on how to cut down. Gradually cutting down on the amount you drink over a period of time is much better and easier to stick to than suddenly stopping drinking, especially if you feel you are dependent on alcohol. If you have any concerns or need advice on cutting down, always seek medical advice.

At no point should you feel pressured to drink and get involved in what others are doing, for example to join in with drinking games, if you don't want to. If you are part of a Sports Team or Society it is completely your choice whether or not you attend a social event. Sports and Societies are prohibited from carrying out initiation ceremonies either on or off campus. If you ever feel pressured to take part in social activities as part of a Sports Team or Society, we would strongly encourage you to contact [SUActivities@winchester.ac.uk](mailto:SUActivities@winchester.ac.uk)

We'd also encourage you to be vigilant to having alcohol or drugs added to your drink without you knowing, this is known as Drink Spiking. Alcohol is the most common substance used to spike drinks, but in some cases, so-called "date rape drugs" may be used to spike a drink. We offer free drink spiking kits for students as part of the Advice Centre (subject to availability). For more information on recognising the signs to look out for and how to help someone you suspect has been a victim, visit [www.winchesterstudents.co.uk/spikeaware](http://www.winchesterstudents.co.uk/spikeaware)

If you are in a situation where urgent medical help is needed and you're not sure what to do, call 111. If you consider the matter to be life threatening, dial 999. You should tell the crew everything you know about the drugs taken and give them any drugs left, it could save the person's life. Remember deep snoring can be a sign of a potentially fatal overdose.

If you suspect that drugs are being used or supplied in Halls or University-managed housing you should contact University Security on 01962 827666.

[WWW.WINCHESTERSTUDENTS.AC.UK/ADVICE](http://WWW.WINCHESTERSTUDENTS.AC.UK/ADVICE)



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## Taxi Services

Info@wessexcars.com  
www.wessexcars.com



We look forward to welcoming you when you are ready to look for your accommodation for after halls.

www.superuni.co.uk

Starting University can be an exciting experience, but it can also take time to feel like you've found your feet. We recognise that speaking out if you're struggling isn't always easy, but remember that everyone needs support at some point. There are small steps that we can all take in our everyday lives to look after our mental wellbeing.

Here are 5 tips that might help you adjust to the university lifestyle:

- 1 Be open with any housemates. Be sure to always talk openly, setting ground rules and expectations with each other from day one.
- 2 This year, the impact of coronavirus and social distancing is likely to affect the way you meet others and build a social network, there are still going to be lots of opportunities to get involved so why not try something new by joining one of our activity groups or becoming a StAR.
- 3 There are a lot of stress factors that come with being at university, but eating well and getting enough sleep can help. If you're finding it difficult to sleep because there are things racing through your mind, it may help to write your thoughts down.
- 4 Learn from your mistakes. Everyone makes mistakes, the important thing is to learn from them and move on.
- 5 Don't forget to study. The primary reason you're at university is to learn, so it is important to schedule time to study.

Being a student can undoubtedly be a lot of fun but sometimes what is fun for you can be upsetting to others. This is particularly true for late night noise & disruption. Winchester is home to many other people as well as students. Spare them a thought and keep respect on the top of the agenda.



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## STUDENT UNION

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PRESIDENT: MEGAN BALL  
SU\_PRES@WINCHESTER.AC.UK - 01962 827415

VICE PRESIDENT, EDUCATION & WELFARE: VICTORIA HURLEY  
SU\_EDUCATION@WINCHESTER.AC.UK - 01962 827471

VICE PRESIDENT, ACTIVITIES: ELLEN O'DWYER  
SUACTIVITIES@WINCHESTER.AC.UK - 01962 827414

STUDENT UNION GENERAL ENQUIRIES  
SU\_ADMIN@WINCHESTER.AC.UK - 01962 827418

STUDENT UNION ADVICE CENTRE  
CONTACT OUR STUDENT UNION ADVISOR THROUGH OUR ADVICE ENQUIRY FORM, AVAILABLE ONLINE AT:  
[WWW.WINCHESTERSTUDENTS.CO.UK/ADVICE](http://WWW.WINCHESTERSTUDENTS.CO.UK/ADVICE)

## UNIVERSITY

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UNIVERSITY SWITCHBOARD - 01962 841515  
STUDENT SERVICES - 01962 827341  
HOUSING - 01962 827533  
MARTIAL ROSE LIBRARY - 01962 827306  
SPORTS FACILITIES - 01962 827650  
UNIVERSITY SECURITY (24/7) - 01962 827666

## USEFUL NUMBERS

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NHS/HAMPSHIRE POLICE (NON-EMERGENCY) 111  
CITIZENS ADVICE BUREAU - 0300 330 2183  
SAMARITANS - 116 123



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