

# UCSU

# YATTER RAG

## YOUR STUDENTS' UNION

The University of Cumbria Students' Union (UCSU) is an independent charity here to represent and support you throughout your time at university.

# YATTER RAG

Welcome to the first edition of the new UCSU Yatter Rag. Here you will find what has been going on over the last few months.

Just sit back and dive in...

### IN THIS EDITION:

- UCSU Updates
- Welcome Memories
- Student Voice
- Officer Campaigns





# WHAT'S GONE DOWN?

UCSU spent most of the summer plotting and planning for the return of students on campus and, of course, Welcome!

Alas Covid 19 is not yet a thing of the past, so we worked closely with University colleagues in order to plan and deliver events in a way that kept everybody safe.

In the following pages, we have dedicated a whole section to images of Welcome which we hope you will enjoy. Welcome week is for you, so if there was anything you really enjoyed, or anything you'd like to see added next year, let us know at [student.union@cumbria.ac.uk](mailto:student.union@cumbria.ac.uk).

Aside from Welcome, as you can see, some student groups have left us, some have gone from strength to strength and new ones have emerged but there is always space for more. If you and a few friends have a hobby/passion/grand aim that you would like to share with others, then why not set up a new group? We can help you through

the process, from shaping your initial idea to providing funding to seeing your group run. If you want to know more, [just ask!](#)

Within groups, we have some sport clubs that play competitively in British University Sport. These clubs are: Men's Football (LAN), Men's Hockey (LAN), Fencing (CAR), Women's Hockey (LAN), Netball (LAN). The competitive season runs from October to March but you can join them at any time as new recruits are always welcome! Alternatively why not watch out for our media posts and come to support the teams, when they play on your site?

There are a variety of other sporting and non-sporting groups across the campuses and if you have transport, you can join any of them! [Here](#) is where you can view all the groups available at the moment. The easiest way to search is to filter by campus, though all sport groups are under their own separate heading.





# LET'S GET TOGETHER

The University of Cumbria has students studying the same or similar degrees on different campuses, with part-time and long distance students, student apprentices and students who spend a large proportion of their time on placements.

The results of a student survey run by UCSU in December 2020 told us that you really want the chance to connect with and get to know other students, either through your course or your hobbies and interests.

**As a result, we've changed a few things:**

- Groups now include Student Networks which are available for any student to join, at no cost. You can view all the available Networks by clicking “Join a Group” and selecting the Representation tab
- Once enough students have started joining the network, we will connect with them to chat about any events, campaigns and activities that they would like to do, if any.
- Teams should now contain a channel labelled Connect+ which should be visible to you. This channel already has a large number of students connected to it so hopefully, if you start the conversation, somebody should pick it up! If you can't access it, please let us know!

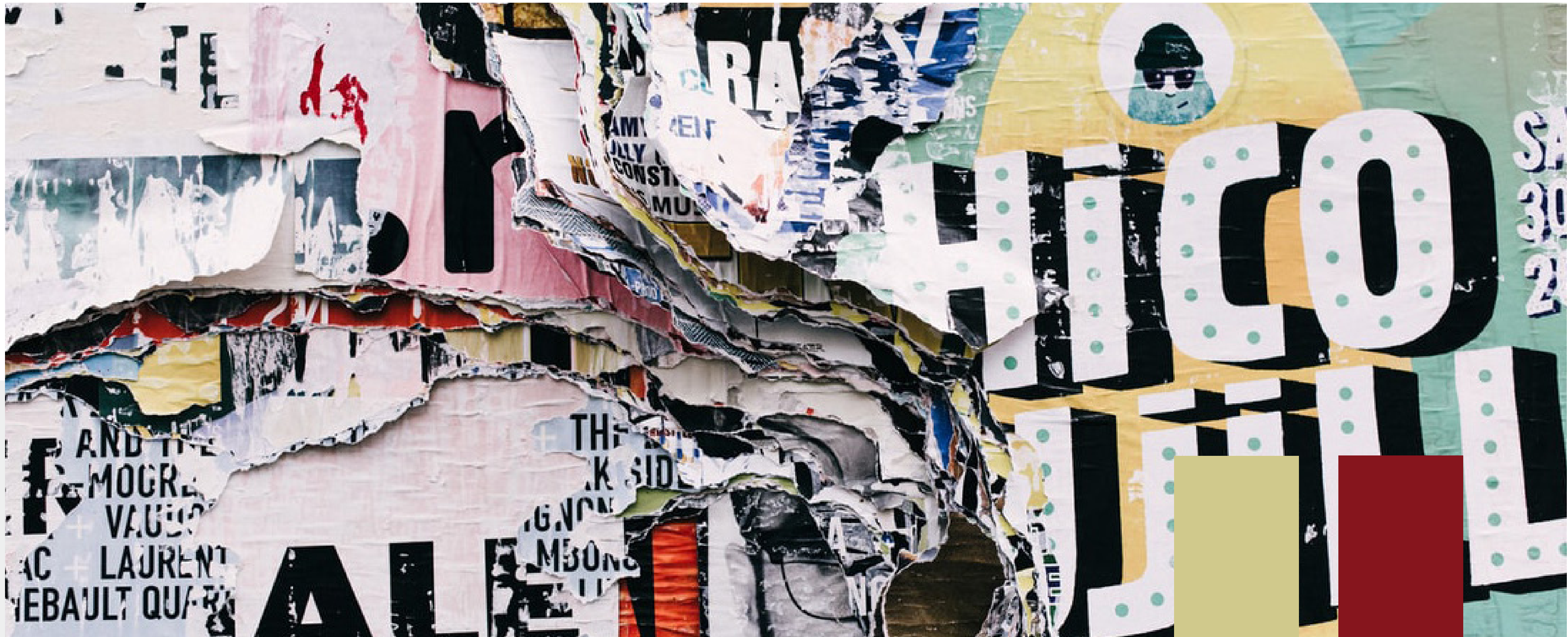


# WELCOME MEMORY LANE





# TURNING BLA BLA BLA INTO ACTION



Every Students' Union up and down the country parps on about the Student Voice but what is it and what does it do in practice?

In short, it is supposed to be about setting up opportunities for students to feed in their thoughts/feedback. Through follow-up action, changes are made that improve the overall experience of their time at Uni. With us so far?

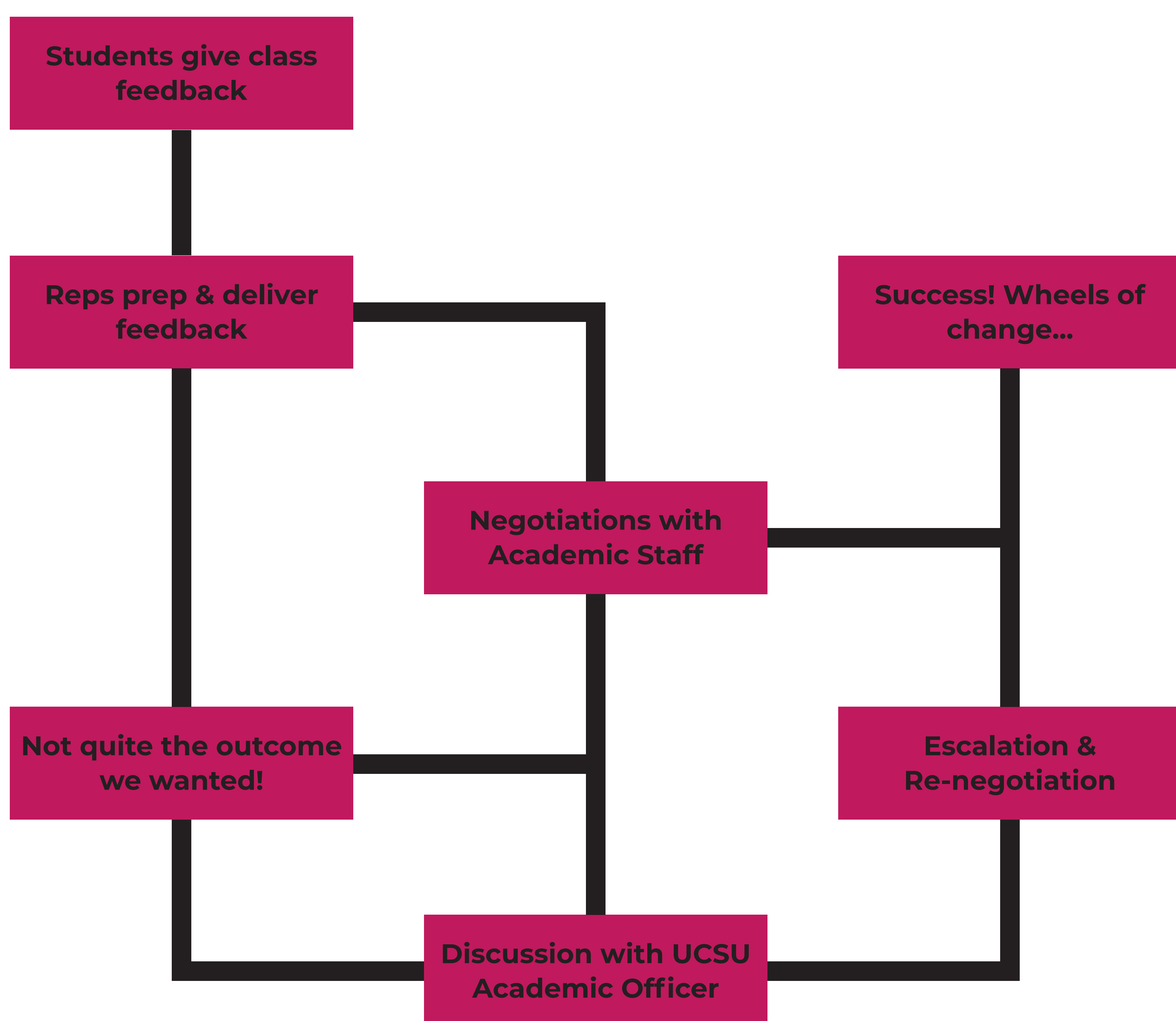
This is usually done by splitting Student Voice into 3 main channels: these are Welfare, Academic and broadly speaking Student Life.

To stop us from doing some more bla bla bla, here are some diagrams that show how to use your Voice, at the University of Cumbria.

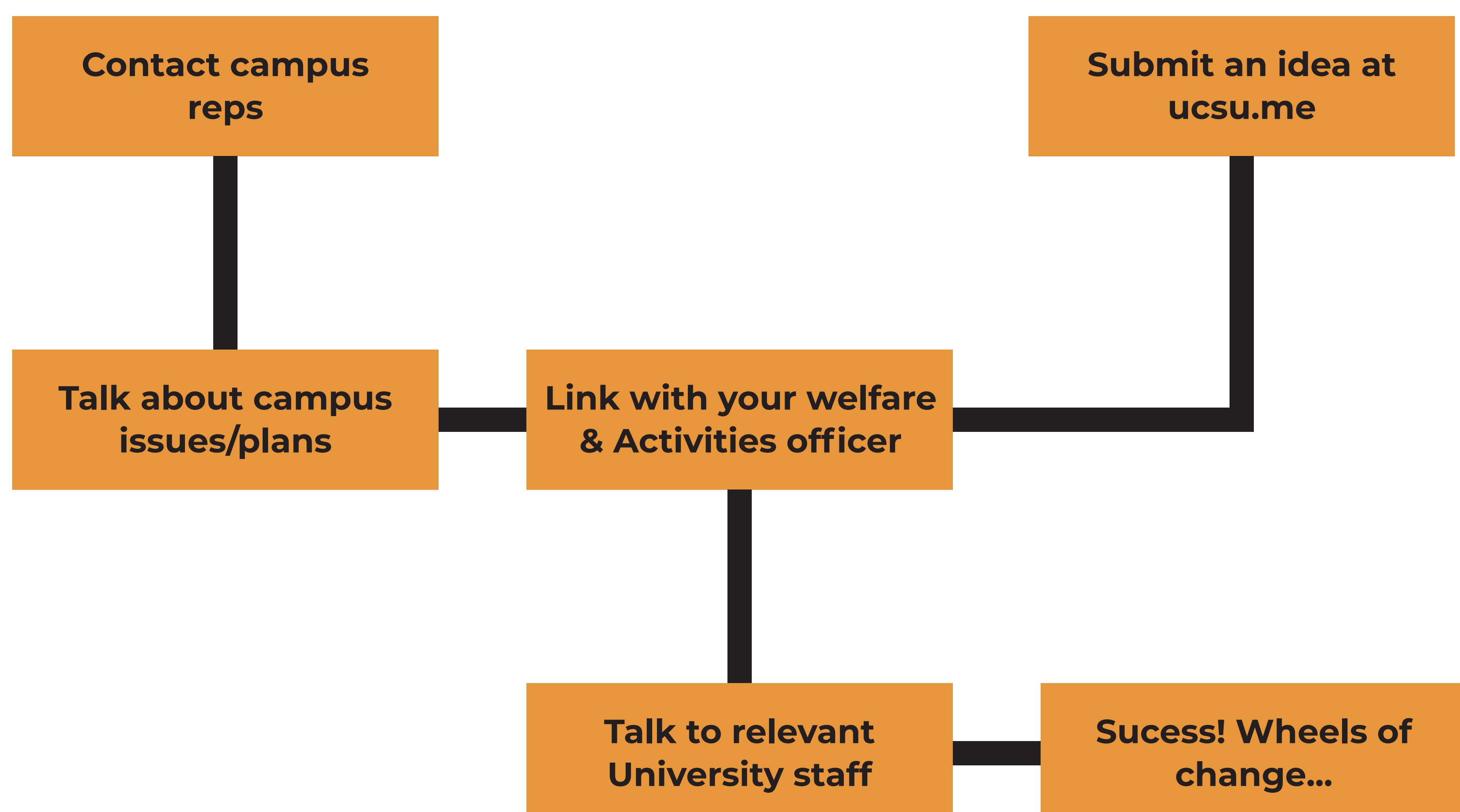


# STUDENT VOICE

## ACADEMIC



## NON ACADEMIC



We don't blame you if you're more confused! However, we are super flexible, meaning that, so long as you get in touch, we will take you through the right route!

If you want to read more about the Student Voice, your Officers or the Union in general, just take a tour round our [website](#).





# STUDENT VOICE IN ACTION

In case you haven't seen or heard me around the Fusehill Street campus yet, I'm Eleanor Armstrong. I am a third-year social work student and your campus representative. As a campus rep it's my job to represent you all and it's an absolute honour to do so. I am a part of your Student's Union which played a huge part in Welcome Week. I hope you all enjoyed the events that were put on to welcome you to the campus, it was an absolute pleasure to see so many of you in person. Last year's Welcome Week was obviously very different to this year. For me it was a great to see so many happy, smiling faces on campus and to be able to talk to so many of you face to face.

The week began with helping students move into their campus accommodation. Unfortunately, I couldn't be there to help but I hope you found the other members of the union and the accommodation staff helpful. On Sunday night we held a burger and chips night in the Cube, and I got to meet even more people!

On Monday morning we had free breakfast in the Learning Gateway. I had the pleasure of meeting so many of you - after 18 months of only talking to people through a screen it was great seeing people in 3D. We catered for 110 students that morning and we were blown away by the numbers as they had almost trebled from pre pandemic years, I guess you were as keen as us to get out there and see real humans again.

The Welcome Fair took place in the Learning Gateway on the Tuesday. We had Dominos giving away free pizza, the Glass House and Walkabout giving away shots and offers. We also had a careers table and the Samaritans there amongst many more local and national organisations. Upstairs we had student led groups and societies for people to sign up to. Again, it was fantastic to meet so many students, I met over 300 of you at this event! If you managed to catch it, I was the one in the sumo wrestling costume parading around the Learning Gateway to advertise the inflatables that had been set up outside. I had so much fun, I even gave the Bucking Bronco a go, admittedly I only managed to stay on it for about 5 seconds, but it encouraged a lot of you to take part in the activities. I am grateful to each and every one of for making the day go with a bang!

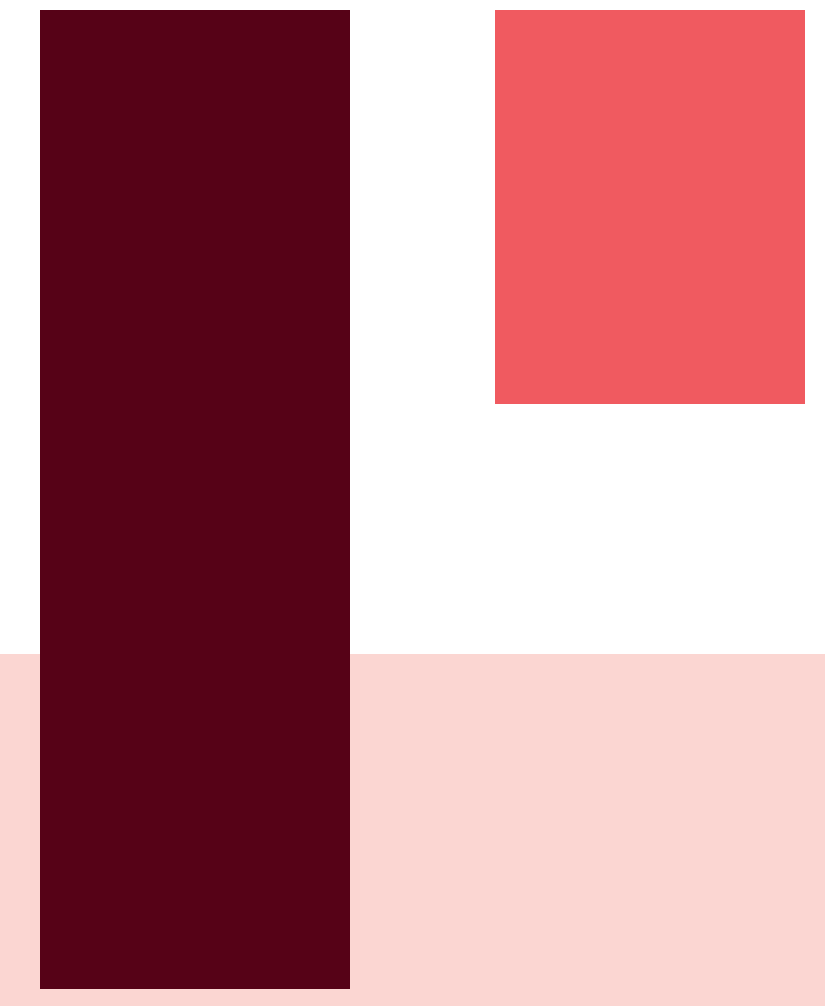
The Wednesday was also an action-packed day, but we moved the party to the Brampton Road campus. That didn't mean that Fusehill Street students were left out as we bused a bunch of you up to the other site. The turnout of students was amazing, I was delighted to see you all enjoying yourselves and taking part in the activities. We had an escape room, axe throwing, archery, laser tunnels, and of course free food. After a fun filled start to the week, we decided to let you all rest on Thursday and settle into your new surroundings.

I was sorry I missed the kids party on Friday, which was held for those students who have children, we want to welcome all students to our campus, and we understand that our students are diverse so we try to cater for everyone. There was a lot of effort put into this event and I hope those that attended enjoyed spending time with their children and meeting other parents.

I would just like to take this opportunity to reach out to all the students I represent on the Fusehill Street Campus. I have had such an amazing experience and have thoroughly enjoyed attending the University. I have been honoured to be voted campus rep two years running and I'm glad I can carry out my role this year face to face. I would strongly recommend to students that they get involved in all the activities and opportunities the campus has to offer. Whether it's taking part in sports and representing the university or by taking on a role within the union.

I'd like to thank all the University and Union staff for all the hard work that you put into to ensure students are safe, well represented and achieve their goals. There is a lot of time and effort that goes into planning and preparing courses, putting on events and supporting students. Our Campus maybe small compared to larger cities universities but what we lack in size we make up for with personality and our person-centred approach. I hope you all enjoy your University experience as much I have, and I will be deeply sorry to leave next year. The last three years have been some of the best years of my life. I have formed so many new friendships, met so many wonderful people and I have learnt a lot about myself on this incredible journey.





# CAMPAIGNS SPOTLIGHT

Each edition of Yatter Rag will showcase a campaign that your Officer Team is running this year.

## RED SPOTS

**Welfare Officer, Molly McConnell**

Red Spots is a relaunch of a previous Officer's campaign (Pink Spots) aimed at supporting those experiencing period poverty at university. This has been inspired by a student's dissertation project, which was exploring period poverty at universities. We have been working together, with the data from her research, to come up with a proposal for a more inclusive, educational and sustainable initiative.

The campaign saw its new launch over Welcome week, during which time, Molly was able to chat to students from most key campuses. This gave Molly an opportunity to find out about different people's experiences and to showcase the new sanitary products, which are now available in most main toilet facilities.

### **The key aims of the campaign are:**

- To move away from 'fluffy' terminology and imagery, opting for more accurate and descriptive language that will open up conversations and break down barriers.

### **To look at potential initiatives such as:**

**Package for Grace** (based on Morrisons 'Package for Sandy' campaign)  
- We hope to launch our own campaign that would tie in with the supplier. Practically, it would work to support those who experience feelings of shame when accessing period products or those who feel their gender may be a barrier. Those in need could access a free pack of products by going to reception and asking to collect a 'package for Grace'. This could be an alternative to having stock in male bathrooms, where it may be misunderstood and misused, but also useful when bathroom stock runs low.

**SU/Accommodation Shop** - There's may be scope to sell the products directly, either through the Union or the Accommodation Team. This is yet to be discussed though and will need exploring further.

**Educational opportunities** - We aim to raise awareness of period poverty and educate on what it means to experience periods & menopause and how to support others. This will mainly be done through promotional materials, both physical and virtual, but we're also exploring opportunities for live events.

There are many ways in which the campaign could be taken further and Molly would be keen to hear from people with an interest in this area, who would be happy to get involved in this project. If that is you, please e-mail [molly.mcconnell2@cumbria.ac.uk](mailto:molly.mcconnell2@cumbria.ac.uk)



# CURRENT ADVERTS

**SAMARITANS**

Day or night  
We're here  
when life's  
difficult

Call free day or night on

**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

A registered charity  
Chris O'Donovan Photography/Samaritans



[samaritans.org/lancaster](https://samaritans.org/lancaster)



[www.kendalwall.co.uk](http://www.kendalwall.co.uk)



[www.lancasterwall.co.uk](http://www.lancasterwall.co.uk)



[www.prestonwall.co.uk](http://www.prestonwall.co.uk)

Student Discounts  
Student Nights  
Student climbing  
**3 walls 1 membership**



**Lakeland Climbing Centres**

# 50% OFF

when you spend £25

@ [dominos.co.uk](https://dominos.co.uk)

COLLECTION ONLY

USE CODE  
**ST50%OFF**  
AT CHECKOUT

Domino's Pizza Lancaster only. Deal excludes drinks, ice cream & 14 piece chicken sides. Cannot be used in conjunction with any other offer. Student ID required upon collection Exp. 31/05/2022. boring legal stuff at [dominos.co.uk](https://dominos.co.uk)

**WE GOT THIS**

**STUDENT THURSDAYS**  
*Every Thursday 10pm - late*

FREE ENTRY ALL NIGHT

- £5 COCKTAIL JUG
- £4 2 BOTTLES OF WKD/CORONA
- £3 DOUBLE VODKA & RED BULL
- £2 PINT CARLING
- £1 SELECTED SHOTS

CHART, RNB, DANCE AND MUCH MORE WITH DJ DAN

**SKINT MONDAYS**

OPEN FROM 10PM-4AM

SELECTED DRINKS 3 FOR £5

KARAOKE - CHART - RNB - PARTY - CLUB ANTHEMS  
WEEKLY THEMED EVENTS

MID WEEK VIP BOOTH PACKAGES FROM £40

GLow BAR • LOUNGE • NIGHTCLUB

UCSU OFFICIAL STUDENT NIGHT  
UNIVERSITY OF CUMBRIA STUDENTS' UNION

£1 SHOTS