

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.

A person with long blonde hair, wearing a green sweater and a brown knit beanie, is sitting in a wooden boat on a calm lake. They are holding a wooden paddle. In the background, there are snow-covered mountains and a forest of evergreen trees. A small white box with the text 'BOXED WATER IS BETTER.' is visible on the boat. The scene is misty and serene.

YATTER RAG

‘Oh, the weather outside is frightful...’ the temperatures are starting to drop as winter draws in, but we have plenty of content for you to read as you warm up by the fire... or radiator.

In this edition of the Yatter Rag you can find out all about Academic Officer Lucy’s campaign, Study Smart. Check it out for useful writing tips and advice around university procedures.

In this edition, you will also find hear from one of the Campus reps (Ambleside) as they talk about what the role is really like.

You can also pick up some tips and tricks around exams from our Support Team and enjoy some of the festive activities to really get you in the holiday spirit!

IN THIS EDITION:

- Study Smart
- Where Students Matter...
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STUDY SMART



Study Smart is a campaign designed to give you access to top study tips and explain, in an easy-to-understand way, the university policies that exist and how they can affect you.

Each Tuesday will see a new study tip being posted to Lucy's Facebook page. Between these study tip posts you will find information about the different university policies. Lucy is currently sharing information about extenuating circumstances, examples of which you can see below. Make sure you are following her on [Facebook](#) to see the next set of tips and advice!



CAMPUS REP CATCH UP

In the last edition we met Eleanor, Campus Rep for Fusehill St. Here is an interview with Alex Littlechild, one of two Campus Reps for Ambleside taken by Activities Officer Charlotte Wheele.

CW: Hello! Can you give us your name, your course and your campus?

AL: Hello, I'm Alex Littlechild. I'm on Outdoor Adventure and Environmental Studies, I'm in my second year and I live in Ambleside. I'm campus rep for Ambleside too.

CW: Why did you decide to become a campus rep, and what drew you to the position?

AL: I decided I wanted to become campus rep mainly out of annoyance at first and then a realisation that change can't happen without someone to facilitate it. For me, it was the issue of the climbing wall here at Ambleside that really drew me to the position, and it was the thing that annoyed me most. As a climber myself, I couldn't understand why our climbing wall wasn't open when all the other walls (around Ambleside) were, so got involved through the Students' Union and we managed to sort it out. We got the wall back open and it was a major success for the students.

CW: Well done you! As you said before, the climbing wall was your main interest, but what other manifesto points did you have for the year?

AL: I wanted to open the climbing wall, which I did. I also wanted to increase the biodiversity of the campus, so I wanted to go to the people I knew were keen to be involved (mainly people who were living in my halls that year). I knew we could do something about the biodiversity, so this group eventually formed the Environmental Protection and Appreciation Society (EPAS), a group affiliated to the Students' Union.

At the end of this year, I'm hoping to hold a large Olympics style party event. I'm not completely sure what that's going to be yet, but it's going to be really fun and community based!

CW: That would be really cool! So, where can people find you?

AL: I'm around and about at Ambleside campus most days throughout the week, although that changes when I have practicals. If you want to get in contact with me, I'm on Facebook or Instagram. You could also pop into the Students' Union in Rigg Cottage, I'm sure they could find me wherever I am!

CW: What do you feel has been the hardest part of being campus rep?

AL: I guess it's trying to get other people involved with what you're passionate about. For some things, like the climbing wall, it was very very easy. It wasn't difficult to ask 200 outdoor students if they wanted to go climbing! With other things, like making the campus more biodiverse, it's more difficult to engage them. I think learning to engage better and being a bit more personal and getting involved face to face, was a bit more difficult for me personally.

CW: How can people get involved with what you're doing, or get involved with being a campus rep themselves?

AL: If you want to make your voice heard, or you want to make something change, there's always someone around to hear what you have to say, whether that be a campus rep, or one of the SU Officers. You can get in contact with the SU either on the website (www.ucsu.me), or email (student.union@cumbria.ac.uk).

If you want to get involved with the SU, or become a campus rep, you can get in contact through the website.

CW: What was the best bit about welcome week 2021?

AL: I'm heavily involved in the Paddling Society and we had a really good time at the Fresher's Fair! It was pretty good, and we took some kayaks out which was a lot of fun.

CW: Thank you Alex, I appreciate you taking time out to chat to me today.



The University of Cumbria Students' Union's (UCSU) main aim is to support the advancement of education of all Cumbria students. This is done by:

1. Promoting student interests and welfare through representation, support and advice
2. Acting as the key recognised channel between students, the University and other external organisations
3. Providing social, cultural, sporting and recreational activities or forums for discussion and debate that enhance the personal development of students

Without the fuzzy words, in essence, this boils down to:

- Providing an independent Student Advice service
- Encouraging the formation of Student-Led Groups and supporting students in running them
- Promoting volunteering
- Training and supporting students to represent their views on course quality (Academic Reps)
- Encouraging students to raise wishes and issues and engaging them in decision-making processes.

The aims, goals and activities of the Union as an organisation are shaped largely by the needs or views of students. And this is how:

The Executive Committee

This is made up of 3 full-time, paid Officers who are the drive of the Union and members of its Trustee Board. They can be students who have intercalated or students who have just finished their study.

Academic Officer

Supports the Academic reps, attends the University Academic quality meetings and generally liaises with the University in relation to any academic matter, raised by students

Welfare Officer

Attends University meetings linked with Wellbeing or Accommodation. Champions students' needs and issues in this area directly with relevant University staff. This Officer sits on the University's Trustee Board.

Activities Officer

Champions and promotes the work of Student-Led Groups and encourages students to run their own events and activities. This Officer is also the Chair of the Union's Trustee Board.

Also part of the Executive Committee are 2 Campus student representatives, one each for the key University of Cumbria campuses. Campus reps are always current students and the roles are voluntary.

Campus Reps

Engage with students on their campus to bring about changes relating to the campus experience. This may be done just by chatting to students or by creating local student councils that meet to discuss local issues.

Together, the Exec Committee as a whole, decides on how the Union should be run and actions the Ideas that are generated by students through the online Ideas platform. You can view this at www.ucsu.me/thestudentvoice.

A new Executive Committee is elected every year, usually in March/April and this is the Union's biggest democratic event, in which all students are encouraged to take part by voting.

Any student is entitled to put themselves forward and run for the positions and all candidates receive a budget and training on how to campaign for their votes.

Once elected, before the start of the new Academic year, they go through a programme of Induction so that they are ready to spring into action and to welcome new students.

If you are interested in any of the positions, we would love to chat to you and explain a little more about what the whole process entails and what the roles are all about. Get in touch by e-mailing studentvoice@cumbria.ac.uk.

FESTIVE RECIPES



There is no better time of year than winter to get your bake on! Here are two recipes, one sweet and one savoury to whet your appetite! Be sure to tag us on social media so we can see your creations!

Hot Chocolate Stirrers

Ingredients

- vegetable oil, for the mould
- 400g dark chocolate or milk chocolate, chopped
- Flavourings (You can swap these out for your choices)
- 3 whole cardamom pods, husks removed and seeds ground to a powder
- 2 tsp chopped pistachios
- 1 small unwaxed orange or tangerine, finely zested
- 2 tsp candied peel, finely chopped
- pinch of freshly grated nutmeg
- 4 squares white chocolate, finely grated or shaved
- 1 tsp freeze-dried raspberries
- ¼ whole star anise, finely ground

Equipment

- Ice lolly mould
- Small wooden spoons or ice lolly sticks

Method

STEP 1

Lightly oil the ice lolly moulds. Melt the chocolate in a bowl set over a pan of just-simmering water, stirring occasionally – take care to not scald the chocolate, as this will make it waxy and granular. Alternatively melt the chocolate in short, sharp bursts in a microwave on a medium heat. Put the spoons or lolly sticks into the holes of the lolly mould.

STEP 2

Divide the melted chocolate into four separate bowls. Now work quickly to add the different flavours. Stir the ground cardamom into one bowl and fill two lolly moulds to the top of the spoon, then sprinkle on the chopped pistachios. Mix the orange zest into the next bowl, then fill

two moulds to the top of the spoon and top with candied peel. Mix the nutmeg into the next bowl, then fill two moulds as before and top with white chocolate. Add the star anise to the final bowl of chocolate, mix, then fill the remaining moulds and top with the freeze-dried raspberries.

STEP 3

Chill the moulds in the fridge for at least 2-3 hrs. When the chocolate has completely set, ease the stirrers out of the moulds, wrap each spoon in cellophane and secure with string.

Winter Vegetable & Lentil Soup

Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

Method

STEP 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

STEP 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.



STUDENT SUPPORT

Support Over the Exam Period

In the UCSU Student Support team, we understand that the Christmas break isn't just about turkey, mince pies and Santa (as lovely all those things are!). For many of you, you'll be getting ready for assessments in January, and we know it can be a tricky time for some.

We've put together a few ideas to help you minimise stress and worry, giving you more time to spend enjoying the holidays.

- 1.** Do plan early and give yourself some time to relax and enjoy the holidays. You work hard all year, so it's important to enjoy some down time too
- 2.** If you run into any issues, report them early. It's always a good idea to talk things through with your personal tutor before things get worse – they can do everything they can to help you
- 3.** If you need appointments with Disability Services or Library Services, book those as early as possible. The university is closed over the holidays (see details below), so get the support you need before 24th December
- 4.** If you don't think you'll be able to do an assessment to the best of your ability, speak to your tutor about extensions or the extenuating circumstances (EC) process. Both are designed to give you a little extra support, so we'd recommend discussing these early if possible
- 5.** Remember to look after yourself, eat well and take regular breaks.

Services to Support You

The UCSU support service runs by telephone appointment and offers face to face support in formal meetings. We can discuss all things academic, so please get in touch if you need any advice on extensions, ECs, academic appeal and much more.

For more information, or to book a 30-minute appointment, visit www.ucsu.me/support.

The university also offers a wellbeing service, giving you access to trained counsellors. You can self-refer through the Student Enquiry Point (STEP) on the Student Hub.

Remember, the UCSU support service will close at 4pm on Thursday 23 December and will reopen at 9am on Tuesday 4 January. Please

SEASON'S GREETINGS



Winter is a season of celebrations for many faiths. It can be a time of happiness and togetherness for some and of sadness and loneliness for others.

Nonetheless, the focus of many Winter festivals is around light and hope. Whatever your situation, we hope that you will be able to find some light and joy over the upcoming Winter months.

Remember, whilst we are not a counselling service and may not always be around, our door will be open if you fancy a cuppa and a chat. We hope that you enjoy the break and leave you with a small poem which we feel, speaks very much of hope.

Team UCSU

Light

*Light, my light, the world-filling light,
the eye-kissing light,
heart-sweetening light!*

*Ah, the light dances, my darling,
at the center of my life;*

*The light strikes, my darling,
the chords of my love;*

*The sky opens, the wind runs wild,
laughter passes over the earth.*

*The butterflies spread their sails
on the sea of light.*

*Lilies and jasmines surge up
on the crest of the waves of light.*

*The light is shattered into gold
on every cloud, my darling,
and it scatters gems in profusion.*

*Mirth spreads from leaf to leaf, my darling,
and gladness without measure.*

*The heaven's river has drowned its banks
and the flood of joy is abroad.*

Rabindranath Tagore



WINTER FUN

UCSU Winter Crossword!

You can download it [here](#).

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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

GLÖW
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UCSU OFFICIAL STUDENT NIGHT
UNIVERSITY OF CUMBRIA STUDENTS' UNION

£1 SHOTS