

A problem shared



Your Union Advice newsletter – a little bit of help when you need it most

Issue 15 (Apr 2022)

Student Safety by your Vice President (Activities) Beth Baxtrem

Over the last few months at the Union, we have been working very hard on promoting student safety, both on campus and in the wider community. We have worked collaboratively with the University and the Council to ensure our students feel safe here at Derby University.

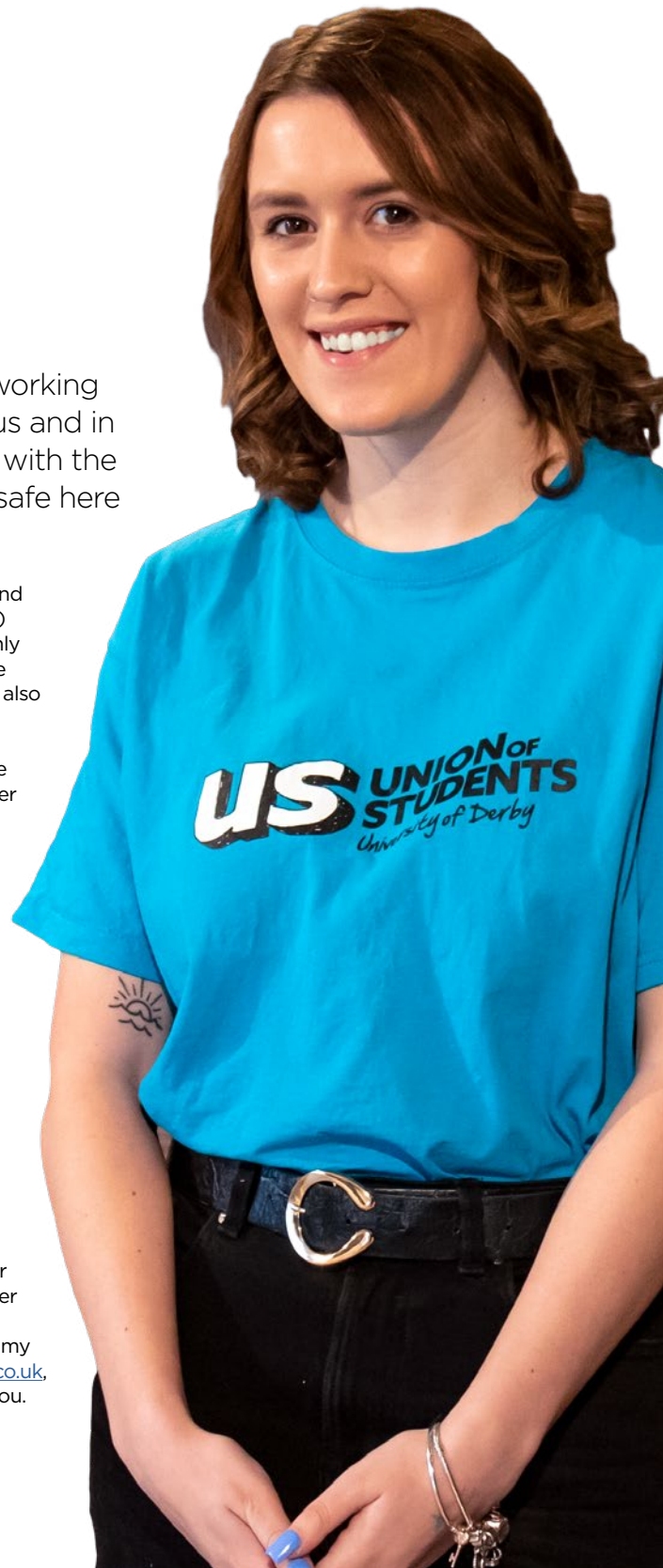
As a student myself, I know the feelings that come with moving away from home at 18, it can be scary and overwhelming and part of that comes from the newfound independence of living alone. We as a Union want to make sure that you feel safe in your new city!

At the start of the first semester, the “Girl’s night in” movement started, and this was an extremely powerful, but also concerning campaign that gathered a lot of interest from our student population and we knew we needed to act. Firstly, we contacted our affiliate venues and asked them for a detailed description of their safety measures that they have in place. We also then conducted spot checks on the venues to ensure they were doing what they told us they would do; this took place on a night-time economy walk I attended back in December to see how the council keeps the community safe at night. We saw the street pastors in action on multiple occasions throughout the evening and they informed us that in the past year they have picked up and disposed of 3,000 glass bottles, a shocking figure. We also had chance to see how the cctv systems work in Derby and, from the council’s point of view, which night clubs and bar are the safest, and which aren’t up to standard. Luckily, all our affiliate venues, and those which we know students attend regularly, were up to standard. From this walk we have agreed to work with the council on a safety charter to monitor the safety procedures in all night-time venues across the city.

Following on from this, myself and Owen (Vice President (Welfare)) have worked together on not only making our venues safer, but the commute to and from. We have also joined the student safety group in the university to ensure that the student voice is heard by the university and that we can further improve safety on and around campus.

Finally, the Union Advice service began their consent campaign in December. The aim of the campaign was to raise awareness around consent and get students talking about the importance of consent. Through their consent roadshow, they visited multiple campuses across Derby, Buxton and Leek to talk to students and hand out lots of freebies, including alarms, flashlights and bottle toppers.

If anyone has any suggestions or comments on how we can further improve safety in and around campus, please get in touch via my email vpactivities@derbyunion.co.uk. I look forward to hearing from you.





Exam Stress

How to prepare for an exam

Make a study plan: Making a plan of when you'll revise each topic will ensure that you aren't rushing to revise last minute. You should write down how many exams you have, how many topics you need to cover and how many days you have until your exam. That way you can be tailor your study plan to suit you. Your plan must be SMART!

Specific: Be clear about what day and time you'll study which topic. The more specific you are, the less you have to think about what to do each week.

Measurable: Think concrete and binary - did you study that topic when you should have or not?

Attainable: Ensure it's a sensible study plan which allows time for downtime and breaks.

Relevant: Focus on the relevant necessary topics. Prioritise your most recent assessments before moving on to your later ones.

Timebound: Ensure that you are leaving yourself enough time to study each topic, depending on the size of the section. It will also be useful to leave yourself enough time at the end of your study plan to do mock exams and run through each topic again in less detail.

Tidy space, tidy mind: Clear your desk and make sure you only have what you need around you. This will limit your distractions and keep you focused on the task ahead. Ensure that your study space is comfortable and with lots of light to keep you awake and engaged.

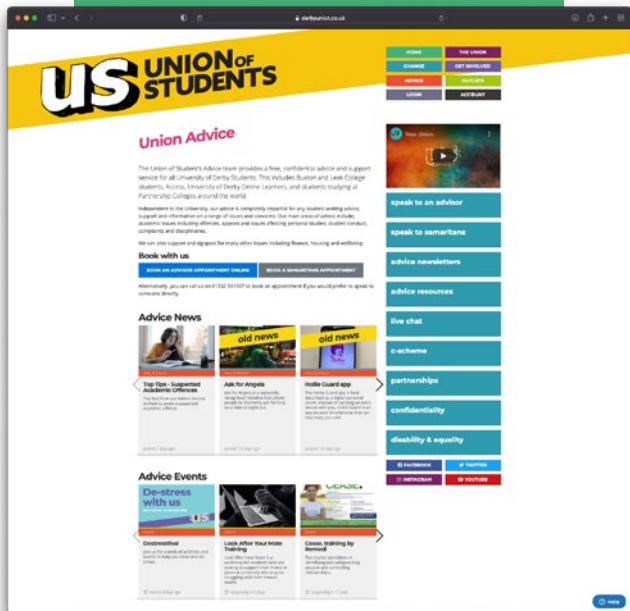
Make use of mock exams: The more practice you get in, the better. Try doing mock papers or old papers to prepare you for what to expect. This will also allow you to practice formulating your answers and practice allowing yourself enough time to finish the exam.

Stay healthy and hydrated: A healthy diet is proven to support brain function. Certain foods that are considered 'brain food' include citrus fruits, fish, nuts, eggs and avocados. But most importantly, eating a balanced diet will ensure that you fuel your body and brain and will perform at your best. It's also important to keep hydrated to prevent fatigue. Water is proven to help you think more clearly and focus.

Plan study groups: Studying with friends may help to motivate you; make revision more enjoyable; and help you to learn from each other. Setting regular revision dates could keep you on track to achieving your best.

Make use of the academic support: It's important to make use of all the resources and support available to you at the University. The library has [lots of online resources](#) to help prepare you for your exams.

If you are struggling with a particular topic, make your sure you get in contact with your Personal Academic Tutor or Module Leader. If you are experiencing extenuating circumstances and need support, contact the Advice service for support in applying for an extension: advice@derbyunion.co.uk.



Representing your academic interests

The Union Advice Service is here to support and represent you! We offer support on a range of issues including, academic issues, housing support, general queries, support around disciplinary procedures and complaints.

We can also signpost to external services for financial and wellbeing issues.

We are a free, confidential service for all University of Derby Students, including for Buxton and Leek College students, online students, access students and for students studying at partnership colleges around the world.

For queries, you can visit our welcome desk based at Kedleston Road, contact us on advice@derbyunion.co.uk, or use our Live Chat function on our website; derbyunion.co.uk.

To make an appointment with an advisor, you can use [our online booking service](#) which can be found on our website or you can call 01332 591507 to book an appointment over the phone.

Free training courses



REMEDI are delivering a free specialist course called CEASE – The course specialises in identifying and safeguarding abusive and controlling relationships. Students can sign up to the sessions and will receive a certificate on completion.

Students are to email katie.measures@derbyunion.co.uk as soon as possible for more information and to sign up to the sessions.

April Courses

- Course 1** Session 1 - 4th, 10.00am-12.00pm
Session 2 - 5th, 10.00am-12.00pm
- Course 2** Session 1 - 20th, 1.00pm-3.00pm
Session 2 - 21st, 1.00pm-3.00pm

May Courses

- Course 1** Session 1 - 9th, 10.00am-12.00pm
Session 2 10th, 10.00am-12.00pm
- Course 2** Session 1 - 25th, 1.00pm-3.00pm
Session 2 - 26th, 1.00pm-3.00pm

June Courses

- Course 1** Session 1 - 6th, 10.00am-12.00pm
Session 2 - 7th, 10.00am-12.00pm
- Course 2** Session 1 - 22th, 1.00pm-3.00pm
Session 2 - 23th, 1.00pm-3.00pm

De-stress with us

Mon 4th April - Fri 8th April 2022



Destressival 2022

Our annual Destressival event is here! At the Union, we understand how stressful assessment period can be and so we are here to ensure that your wellbeing is a priority.

This week-long event starting from the 4th April is filled with activities and events aiming to help you de-stress and have fun! There will be a range of activities that you can get involved in, including an arts and crafts fair, ballroom and Latin dance classes, therapy dogs, free massages and much more!

Keep an eye out on Social Media and our website for updates and roundups on the events that are part of the week.





FREE Condom Postal Service from the NHS

Your Sexual Health Matters provides a free and confidential condom and lube by post service to people who live in Derbyshire and Derby City.

Packs are sent in a discrete plain envelope with a plain postmark and will fit through a letter box.

They will process one order per month per person.

For more information, please visit:
yoursexualhealthmatters.org.uk/contraception/condoms/postal-condoms



The Hollie Guard app is best described as a digital personal alarm. Instead of carrying an extra device with you, Hollie Guard is an app on your smartphone that can help keep you safe.

The free plan will allow you to add trusted contacts, raise alerts, track a journey, monitor a meeting, record audio and visual evidence and send accident alerts.

To activate the app, you just shake or tap your device which will notify you chosen contacts, pinpoint your location and activate camera and microphone to record potential evidence.

hollieguard.com

Improve the advice service

Any ideas on how to improve your advice service, we'd love to hear them.

Either pop them onto the ideas forum via derbyunion.co.uk/ideas or contact us directly using the contact details below.

Live Chat

The Advice Team are now available through the Live Chat function on the Union website for quick guidance and information

derbyunion.co.uk/advice/livechat/

Your Union's independent advice service

Contact us on 01332 591507 if you need advice or help or email advice@derbyunion.co.uk

derbyunion.co.uk/advice