

A problem shared



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

Issue 3 (February 2019)

Happy new year (kinda)

Whilst it is not the start of a new academic year, or quite the start of 2019, this is our first new issue since the Christmas and New Year break. It's been a busy few weeks since staff and students returned to the University with the winter exams having taken place and the start of semester two teaching.

For the Union, it's a busy time as election fever takes over where you get the chance to shape the future of the Union and the University. In addition, February sees two important awareness weeks with Sexual Violence Awareness Week and Eating Disorder Awareness Week taking place. As an advice service, our key message throughout both of these awareness weeks is to reassure students that they are not alone and that our service as well as multiple university support services are here to listen and offer support.

This month, the advice team are out and about around all the campuses quite a bit too with Love Your Mind events taking place at Ked Rd and Markeaton St; advice drop-ins happening at OFGS, Markeaton St and Brit Mill; the annual Be Healthy, Be

Happy event in Buxton and Leek and then in early March our distress event will be taking place in Chesterfield. With so many opportunities to come and meet the Union advisors, keep an eye on our social media channels to find out when and where we will be, usually with some free giveaways.

As always, remember that the Union advice service is always here for you and we encourage you to talk to us sooner rather than later if you need support to ensure we can help you overcome any difficulties you are facing.

Upcoming advice drop-ins

One Friar Gate in Blends

- 📍 Tuesday 19th February 2019
- 📍 Tuesday 26th March 2019
- 📍 Tuesday 16th April 2019

Markeaton Street in MS116b

- 📍 Wednesday 20th February 2019
- 📍 Wednesday 27th March 2019
- 📍 Wednesday 17th April 2019

Britannia Mill by the Union Shop

- 📍 Thursday 21st February 2019
- 📍 Thursday 28th March 2019
- 📍 Thursday 11th April 2019

Relax, don't do it

And by 'it' we mean miss our Destressfest event

Starting on the 1st April we have a week of events to help you take a step back, relax, and just enjoy life.



An update from your Vice President (Education)



Hey everyone! I'm Scarlet, your Vice-President Education, which means that you can talk to me about anything and everything academic, whether it's to do with representation, advice or just for a general chit-chat - my door's always open!

We're just over half way through the academic year now and what a year it's been so far. One of the biggest wins, for me personally, has been the launch of the **first ever** 24 hour library period at Derby! Students have been lobbying for years for a library service that opens for longer, and luckily that is exactly what we managed to get - that's one manifesto point ticked off the list! The first 24 hour period ran from November to December at Ked Rd, lasting for six weeks, and you'll be thrilled to hear that we have secured a second 24 hour period which will be running from March through to May.

If you have any feedback about the 24 hour period, whether that be on how the first half of the period went, any views on the dates for the second half, the accompanying bus service or anything library related then please, get in touch! My email is: vpeducation@derbyunion.co.uk

Another thing which I think is really important to talk about here is Valentines Day! This is a time of year which many people love, but also one that some of us really struggle with. We, as a Union, will be hosting a Valentines event in which we'll be encouraging students to think of reasons why they love themselves, and promoting different ways to look after your own mental health and wellbeing as well as general mindfulness and positivity tips. Please look out for us and come say hi

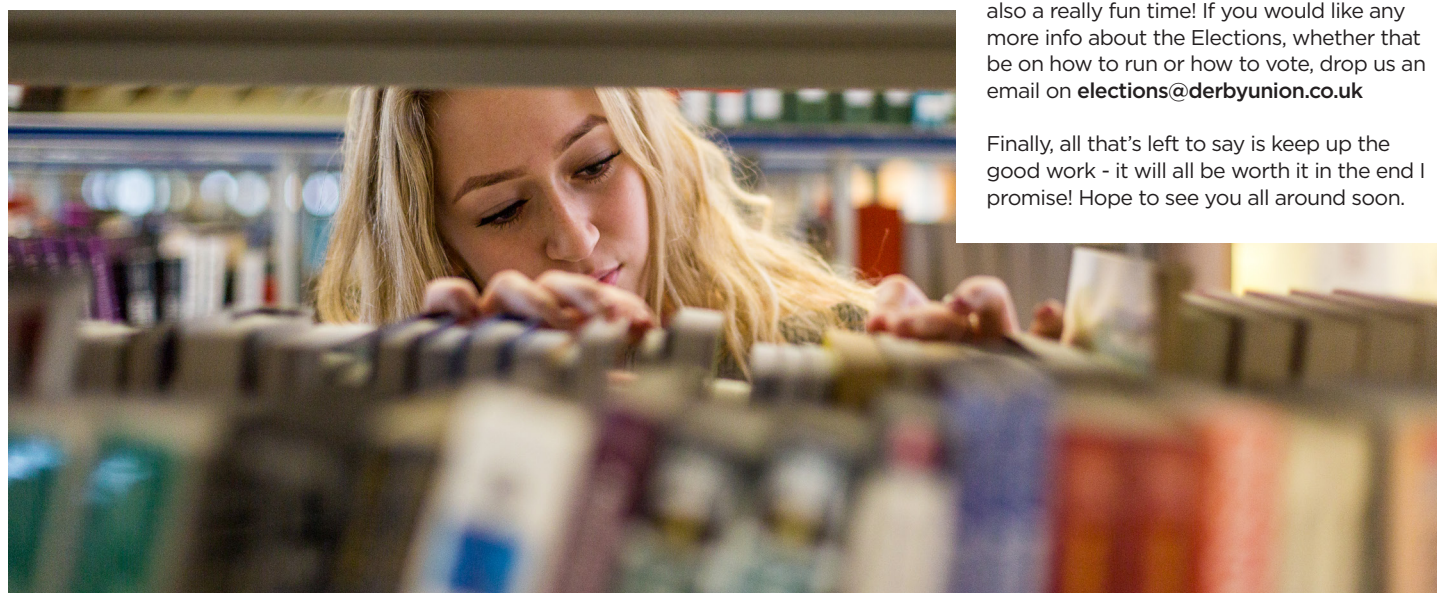
Dates	Opening Hours
11 March - 14 April	24 HOURS!
15 April	Closes at 7.00pm
16 - 18 April	8.30am - 7.00pm
19 - 22 April	CLOSED
23 April	10.00am - 5.00pm
24 - 26 April	8.30am - 7.00pm
27 - 28 April	10.00am - 5.00pm
29 April - 5 May	24 HOURS!
6 May	Closes at 5.00pm

but equally, remember that our independent advice service is here year-round to offer you support on anything and everything while you're here at University.

The last **big** thing I want to touch upon is... Elections! As some of you may know, the Elections happen every year around

February/March time and students run for both full-time officer positions (like mine), as well as Part Time Officer positions, in which students are responsible for collecting the feedback of their student cohort. I would encourage each and every person to run for a position, as you will learn so much about yourself during the process, and will gain so much confidence and transferable skills. It's also a really fun time! If you would like any more info about the Elections, whether that be on how to run or how to vote, drop us an email on elections@derbyunion.co.uk

Finally, all that's left to say is keep up the good work - it will all be worth it in the end I promise! Hope to see you all around soon.



Making the right choices

As we depart from the Christmas celebrations, afternoon naps and indulging on all of our favourite food and drink, we know that it can be difficult to get back into a regular routine with sleep, exercise and maintaining a healthy balanced diet. We understand that for students there can be a great deal of social pressure to drink excessively and try dangerous illegal substances. Our featuring articles will focus on the importance of understanding the impact of excessive consumption of alcohol and drugs, and how this can affect you, others around you and other important aspects of your life such as your education.

It is at this point of your life where you will consider your relationship with your alcohol consumption. Nobody expects all young people in the UK to stop drinking, in fact it is part of our culture and going out is part of many of our social lives. However, it is important to consider the implications of our alcohol consumption, especially when you are aged under 18. According to an NHS survey, 43% of males and 46% of females under the age of 18 have drunk alcohol at some point. Ideally, the average units of alcohol consumed per week is 9.6 units, below the recommended 14 units per week.

For many of us, alcohol is an expectation when we go out, and for college students the data reflects this. According to the NHS, around 70% of under 18's surveyed who had consumed alcohol did so mainly on a Saturday. What is important to consider is avoiding excessive drinking, as getting too drunk can place you in dangerous situations, and influence your ability to make your own decisions. Being able to avoid peer pressure, drink within your limits, and avoid dangerous drinking habits is something all of us should reflect upon.

Although some people may label risk taking such as drinking excessively, taking illegal drugs and driving recklessly as 'fun' or 'cool' it is important to remember the consequences of these actions:

- **An impact of your mental/physical health**
- **A decline in your college/university work**
- **Losing your license or worse**
- **Damaged relationships with families and friends**
- **After continued use of alcohol or drugs, addiction that could result in homelessness**
- **Increase of injuries or death**
- **Lose your job**
- **Get a criminal record**

Top Tips

- Eat before you drink, this helps to slow down the rate at which alcohol enters the bloodstream.
- Avoid getting into buying rounds, this is a guaranteed way that will lead you into overdoing it.
- Don't cave into peer pressure, you know your limits best!
- Watch your drinks, don't leave drinks around unattended. There has been a dramatic increase of young people getting drinks spiked when out or attending parties. Use a spikey to put in bottles or make sure you have your drink with you at all times.
- Get home safely, make plans to get home before you go out, this way you won't need to plan anything later. It is also important to make sure you have your phone on you with a sufficient amount of charge.
- Drink plenty of water! Although this won't cure a hangover it will keep you hydrated.
- Remember, it takes 1 hour for the body to break down 1 unit of alcohol. Give yourself enough time to recover.

43% of young people, who drink alcohol, have reported that they are drinking to cope in some way, such as to cheer themselves up or to forget about problems.

While excessive drinking is a problem in its own right, it is at times linked to other harmful behaviours - like taking illegal drugs.

Over 25% of young drivers were killed as a result of being over the legal drink drive limit in 2017.

Drinking alcohol can increase the risk of developing liver disease and young people who drink regularly are also at risk and start to damage their livers without realising.



Support from your Union

If you are affected by anything you have read within this issue or you are worried about someone you care about, please do not hesitate to get into contact with the Union Advice team. There are also many external support services available with a wealth of knowledge and information to support you. Please find some of these services below.

derbyshirerecoverypartnership.co.uk/professionals/derbyshire-alcohol-advisory-service/
talktofrank.com/treatment-centre/derbyshire-alcohol-advice-service
changegrowlive.org/young-people/t3-staffordshire

Jailbreak 2019

#escapewithus
2nd April

derbyunion.co.uk/jailbreak

US UNION OF STUDENTS

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.

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

Know the Law on Drinks, Drugs and Driving

Driving whilst above the legal limit could lead to six months in prison, an unlimited fine or a driving ban for a minimum of one year.

Being caught in possession of a class A drug could land you up to seven years in prison, an unlimited fine or both, with up to life in prison for producing and supplying.

Refusal of breathalyser test could lead to six months in prison, an unlimited fine or a driving ban.

Being caught in possession of a class B drug could land you up to five years in prison, an unlimited fine or both, with up to 14 years in prison for producing and supplying.

Death by careless driving could result in 14 years in prison, unlimited fine and a driving ban for a minimum of two years.

Being caught in possession of a class C drug could land you up to two years in prison, an unlimited fine or both, with up to 14 years in prison for producing and supplying.

Being the owner of a vehicle whilst above the legal limit could result in three months in prison, a fine up to £2,500 or a driving ban.

The legal alcohol consumption age is 18+, if you are caught drinking alcohol under the legal age three times or more you could face a social contract or be arrested.

Free Condoms and Lube

If you're 18-24 you're entitled to free condoms, dams, and lube with a C-Card from your Union!

