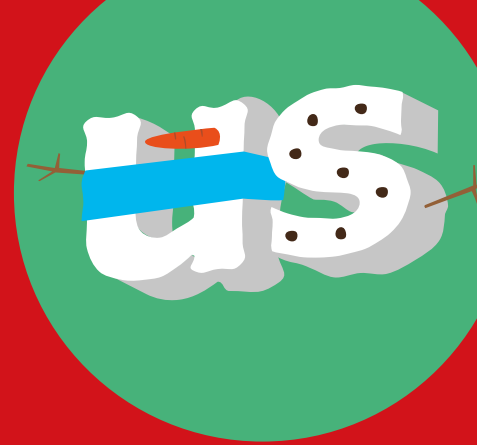


A problem shared

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

Issue 9 (Dec 2020)



Respect and kindness

A Message from your Vice President Welfare

It's a very simple thing to ask for respect and kindness from people. However, it is a rare thing to see in practise, especially when we have our own lives to worry about. Who has time to be thinking about what other people are going through when you have assignments to worry about, bills to pay?

What some people fail to realise is that small gestures can go a long way in making someone feel respected. Moving out of the way if you are walking on a narrow street, letting them go first in a long queue if they only have a few items or even something as small as a smile can be enough to brighten someone's day. Not only that but by taking that action it goes a long way to making you feel good to.

What does kindness mean to you?

The dictionary definition of kindness is 'the quality of being friendly, generous and considerate' but that is a little vague and kindness has a lot more nuance than the definition implies. There are many ways to practise kindness and so here are just a few.

Showing yourself kindness: Allow yourself space to make mistakes and forgive yourself when you do make them that way you can learn and grow as a person. Think about the language you are using to describe yourself; are you positive or negative? If someone else spoke to you that way how would that make you feel? Take the time to show yourself some love and kindness with the language you use and it can help shift your perspective.

Show others kindness: Being kind towards others doesn't have to be some carefully thought out plan where it takes time and effort to accomplish. Just the simple act of saying hello or smiling at someone can go a long way to making others feel better. Remember you don't know what each



person is going through so doing a small gesture of kindness can go a long way in helping them cope. But if they decide they don't want your gesture that is fine too, you are not responsible for their reaction only your own.

Feeling happy to be helping others: Kindness is a cycle, helping others not only makes them feel good but also makes you feel good as well. It can also inspire others to show kindness to those around them and so it continues. Knowing that you helped someone feel better

What is respect?

Respect is the way you treat someone based on several factors about that persons life. Whether it's their choice of career, the way they treat other people or how honest you perceive them to be. Self-respect takes the same premise but applies to yourself. So what can you do to improve your self-respect and your respect of others?

Self-respect: Accepting responsibility shows your willingness to grow and learn from your mistakes also demonstrates your honesty. Learning to listen to those around you and take on board other people's ideas. This can be tricky as it is difficult to take criticism or think that your idea might not be the best. But learning to take on board what other people are saying and not taking it personally allows you to broaden your way of thinking and see from other people's perspectives.

Showing respect: Your level of respect will vary from person to person depending on how they fit into your life. However, that means you do owe everyone at least a base level of respect just for being another person by being kind and polite to them. The further respect you show is then determined by how they respond and whether you feel it has been earned.

Six top tips for securing next year's accommodation

It's that time of year where you will be thinking about where you want to live for your next year at the University. We understand that these can be stressful times, whether you're looking for the perfect location, deciding who you want to live with or thinking about the cheapest rent- so we are here to give you tips and advice to secure your perfect accommodation and help you make an informed choice.

Tip 1



Don't rush! I know it feels like all of the good accommodation is going to be snatched up quickly, but you have more time than you realise and it's better to take your time to find the best accommodation that suits you. Remember, when you sign a tenancy agreement, this is a legally binding contract so it's not as simple as changing your mind.

Tip 2



Take your time on deciding who you want to live with. If you already have an idea of who you'd like to live with, that's great! Drop a few hints and ask if they have any plans - if you feel awkward, maybe just send them a Whatsapp! Equally, if there's someone in the group who you don't want to live with, try to keep an open mind. If they're tidy and reliable and living with them means living with your best friends, it might be worth it.

Tip 3



Choose an accredited landlord! It's easy to be sucked into a nice-looking property without looking closely at the quality of the property. The University of Derby operates an accredited landlord scheme to ensure the landlords they promote are providing good quality accommodation. The University will also support you if any issues arise. Read more about this at:

derby.ac.uk/life/accommodation/private-accommodation/

Tip 4



Prepare a checklist of must-have questions for when you're viewing properties. This is essential for ensuring you have the best accommodation that suits you. You should ask what's included in the property too - just because the photos show you have a washing machine and microwave, it doesn't necessarily mean they are included. If you're struggling to think of questions, we've put together a checklist to ensure you find your dream home at:

derbyunion.co.uk/pageassets/advice/resources/housingleaflet-2018.pdf

Tip 5



Read your contract carefully! Is it a joint tenancy agreement for the whole property or an individual contract for each housemate? Remember, if it's a joint tenancy agreement, you could be liable if your housemate doesn't pay their share of the rent in your household. You can book an appointment with our advice service for a contract check appointment where our advisor will review your contract and you can ask about anything in it you are unsure about.

Tip 6



Be honest with yourself about your budget. Before you start looking, decide how much you and your chosen housemates can afford. You also need to think about the hidden costs. So find out what deposit is required, if there is an agency fee, whether bills are included or if you need to find a separate supplier. If bills aren't included, you could always shop around to find the cheapest deals.

Overall, it's essential that you find somewhere that's going to make you feel safe and happy. Stand strong in what you want in a property and don't give in to peer pressure. If your housemates want somewhere that you don't feel comfortable with, speak up and see if you can find somewhere that suits all. It may seem daunting and stressful but remind yourself that it will only be for a year and you will find somewhere - you just have to persevere. It's all part of the experience, so try and enjoy it!

To book an appointment with an advisor to discuss any housing queries, please use the details below:

Use our online appointment system at derbyunion.co.uk/advice

Call us on 01332 591507

Email us at advice@derbyunion.co.uk

Union Advice Training Workshops

2021 will see the return of the advice service's training workshops for students. Themes covered including eating disorders, consent and bullying and banter as well as delivering Student Minds' "Look After Your Mate" and "Mental Health in Sport" workshops.

Keep an eye out for announcements of dates on the Union's social media channels and website.

If you have a specific interest in attending or organising a training workshop for a group of students, please don't hesitate to contact the service and we can work with you to arrange a session.

You can contact the service at advice@derbyunion.co.uk

Welcome to Becca!

Hi everyone! My name is Becca and I'm the new Student Advisor at the Union of Students. I recently graduated from Sheffield Hallam University with a degree in Sociology.



My favourite thing about being a Student Advisor is engaging with a diverse range of students and supporting them in a variety of ways. I am passionate about empowering students and I want to ensure that everyone enjoys their time at University so if you need support or advice, feel free to book an appointment with me and I will be happy to help.

SUPPORT HUB

**Stay safe.
Stay well.
Stay connected.**
derbyunion.co.uk/covid



A message from TrentPTS Increasing Access to Free Psychological Therapy

We understand that the transition to Higher Education can present challenges for students, especially this year. That is why we are raising awareness of our free, flexible and responsive mental health service. We hope that you might consider recommending us to students and anyone else that may be struggling this year.

What is TrentPTS?

TrentPTS is an approved NHS provider of psychological therapies for 18+ adults first commissioned in 2003. We are commissioned by the NHS to provide free, flexible, responsive and accessible high-quality psychological therapy services, at no cost to our clients.

As part of the Improving Access to Psychological Therapies (IAPT), we provide therapy in Derbyshire and Nottinghamshire. You can access the service if you are registered with a GP in one of these areas.

We help people with a range of problems such as:
Anxiety, Stress, Depression, Panic, Phobias, OCD, Trauma, Loss, and Relationship Problems

We offer a range of services including:
Guided-Self Help, Cognitive Behavioural Therapy, Counselling, Couples Therapy, EMDR and Employment Support

Who can apply?

Any adult 18+ who is concerned about their mental health and is registered at a GP Surgery in Derbyshire or Nottinghamshire

How to apply:

Complete an online referral form on our website trentpts.co.uk/self-referral or contact your GP.

We will then be in touch to book a telephone appointment to have a chat about your difficulties and work together to create a treatment plan.

All conversations and notes are confidential unless we are concerned about safety. The wait time for an assessment is usually 2 weeks. The wait time for treatment is 1-4 weeks depending on treatment type and client availability. We stay in regular contact with anyone waiting for their treatment.

Currently all appointments are telephone or video call unless there are exceptional circumstances.

To find out more about the process, meet the team, or ask us a question please visit us on our platforms:

- [facebook.com/trentptstherapies](https://www.facebook.com/trentptstherapies)
- [@trentpts](https://www.instagram.com/trentpts)
- [linkedin.com/company/trent-pts](https://www.linkedin.com/company/trent-pts)
- www.trentpts.co.uk
- enquiries@trentpts.co.uk
- [0115 896 3160](tel:01158963160)

Representing your Academic interests

The University's academic regulations documents contain the academic policies, procedures and regulations about your rights and responsibilities as a student at the University of Derby.

Some key times to consider within the University regulations are:

- **Appeals must be submitted within ten working days of formal publication of results or a decision**
- **Complaints should be submitted within three calendar months of the issue arising**

These documents are really helpful at supporting you if things do go wrong, they will advise you of the next steps to take and help you follow the process.

The Advice Service are here to support you each step of the way, whether that is with help drafting emails, reading statements, proof reading forms or advising you of the procedure if you are at a loose end.

All the documents we provide can be found online at derby.ac.uk/about/academic-regulations/

These documents also cover; how your assessments are marked, what happens if you miss a deadline, how to apply for EECs and how to access support for your academic work should you feel you need to.

These documents also provide information on what happens if something goes wrong, or if you are accused of committing a "suspected academic offence".

We at the advice service are trained on how to help you within all these scenarios. However if your questions, queries or issues don't fit into these categories you can contact us anyway. We are happy to help with any problem, in many instances we can signpost you to the best possible person to assist you.

Academic appeals

A Union self-help guide

Your Union of Students'
Independent advice service
01332 591507
advice@derbyunion.co.uk
derbyunion.co.uk/advice

Talk to
US

Making a complaint

A Union self-help guide

Your Union of Students'
Independent advice service
01332 591507
advice@derbyunion.co.uk
derbyunion.co.uk/advice

Talk to
US

Other sources of advice

If you are feeling overwhelmed or need support with your mental health or wellbeing, please contact the Student Wellbeing Centre to receive support during your time here

📞 01332 59300

✉ studentwellbeing@derby.ac.uk

Live Chat

Speak with an advisor from any device using our live chat feature

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