

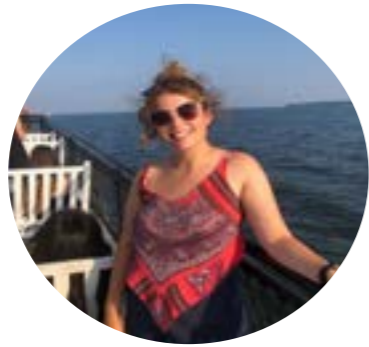
SPRING CHANGES

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HEAD OF NEWSPAPER



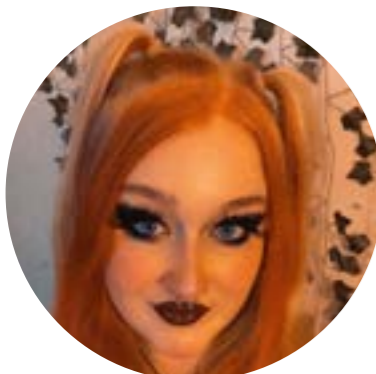
EKTA RAJAGOPLAN
DEPUTY EDITOR



ALUMITA SAUMOSI
CONTENT DESIGNER



ANNABEL HERBET
FEATURES EDITOR



BETH PARKS
NEWS EDITOR



OLLIE ATKINSON
ENTERTAINMENT
EDITOR



ROBYN DYSON
SPORTS EDITOR

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How is climate change affecting the world we currently live in?

It is no secret that climate change is happening, and it is very apparent. In the UK particularly the last four weeks have seen snow, rain, cold and sun all mixed together. As confusing as this is for many it is important to understand how our climate is changing and what it means.

As stated by Nasa's Global Climate Change Scientists, there is high confidence that temperatures will continue to increase within upcoming decades. The current affects of climate change have caused Glaciers to shrink, ice is breaking up earlier and plant/animal ranges are shifting. As many people have already noticed, too, there has been drastic changes in the weather in the UK lately, all due to climate change. Which are all things that have previously been predicted by scientists talking on climate change in the past.

What does this hold for the future?

It is hard to directly comment on what the future will be like if climate continues to change the way it is now. Many sources have stated that there will be intense droughts, various weather changes (as we are currently seeing), rising sea levels, more glacier damage and oceans becoming warmer.

It will also affect animals and humans. Animals' habitats will start to become destroyed, changing and so will our environment as humans. The weather events include dramatic changes that will hinder both animal and human livelihoods and the world as itself.

What can be done to prevent this?

There are a number of ways that climate change can be prevented or ways that we can contribute to reducing the how the climate is changing:

- 1 Reducing the amount of oils, carbon and other natural gasses that we are using: use your car less! Walk more! Change what you fuel your body with and other products that you buy.
- 2 Recycle our products more! Make sure you are recycling the right products!
- 3 Turn off your lights, why have them on if you don't need them on!
- 4 Go vegetarian! Maybe vegan!
- 5 Choose more eco-friendly products!
- 6 Close your doors at home, keep the heat in and avoid using your heater!
- 7 Use more plant based products!

There are numbers of things that can be done in order to provide a more sustainable future for our world and slow down climate change! We just need to do it!



Sport Scholar Spotlight



Name: Billie-Jo Smith
Course: PhD in Golf Biomechanics
Sport: Golf
Level/Team: Professional

At what age did you first start your sport/ how long have you been playing/how did you get involved?

I took an interest in golf at the age of 4 – My grandparents used to take me to the golf club, and I had a plastic set of golf clubs. They bought me my first set of real clubs when I was five and I've never looked back!

What is your favourite part/memory of playing for Team Derby?

Winning for Team Derby last year is up there but it is nice to feel part of something, especially as golf is such an individual sport, so the support network we have here and how friendly everyone is, it's great.

Outside of university sport, what team/level do you play for?

I recently turned professional in January after gaining partial status on the European Tour and a full Access Series card.

What is your proudest sporting achievement?

That's a tough one – either representing England as a junior or turning pro unplanned after a good result at European Tour Qualifying.

Have you returned back to where you were before the first lockdown?

Pretty much – it took a while, especially with my short game and putting as it's quite difficult to maintain a high standard in normal times never mind when the only facility I had was my lounge floor to practise!

What does a regular training week look like for you?

I practise almost every day, spend a couple of hours on the range; the same with my short game and putting and I'll try and get on the course a few times a week to transfer the things I've been working on in practise ready for competitive play. I go to the gym 4x per week, see my physio every few weeks and the same with my coach.

What are your goals for the year?

My goals for the year are to increase my category/ ranking on the Ladies European Tour to allow me to compete in more events next season.

How has Covid-19 affected your training?

All golf courses were closed through the lockdowns, so I had to be inventive with training. I have a net in my garden which I used every day to work on my golf swing technique, but it was difficult not being able to see the results of a shot. I did a lot of video work. I used a putting mat on the lounge floor but again, this was mainly to work on technique, you rarely get a straight putt on a golf course, but this was the only practise I could do! I'm lucky enough to have a bit of gym equipment at home so this was useful for keeping up with my S&C. I did a lot of running and cycling too.

What is your main sporting goal?

To be able to earn a living from doing the thing I love.



 @billiejosmith_golf

 @billiejo_golf

 @Billie-JoSmithGolf

2022 DERBY VS HERTS VARSITY US



Varsity 2022

University of Derby VS University of Hertfordshire

Wednesday the 6th of April saw the 2nd ever battle between the University of Derby and the University of Hertfordshire at the annual Varsity event – this time held in Derby. The day consisted of students competing in over 20 sports for points, that accumulate and result in a winning university.

At 10:30am we saw the **Pole Dancers, Cheerleaders, and Dancers** showcase their skills and routines to start the day off. Both the **men's and women's Badminton** teams scored the first points for Team Derby, winning 6-2 and 7-1 respectively.

Rowing and Dodgeball extended Derby's lead with the **men's Hockey** team also winning their match with a dominant 9-0 win.

On the upper 3G pitch, both the **women's Lacrosse team** and the **women's Football team** won their matches back-to-back over Hertfordshire. Team Herts scored their first points with wins over Derby in **women's Netball** and **women's Rugby Union**, after strong fights from both sides. They continued their wins over Derby in **Tennis and Climbing**.

Women's Hockey had a close game from start to finish and ultimately ended with a Herts win; 3-2.

Men's Rugby Union beat Herts 55-12 in a very exciting game, extending Derby's lead overall.

The **men's and women's Volleyball** teams scored big points for Derby with huge wins over their oppositions. In the sports centre, we saw intense **Basketball** matches with Hertfordshire taking the win in both men's and women's.

Towards the end of the day, the overall scores were very close, with the final few matches playing a huge part in who would win the day. The **men's football** teams saw a 2-2 tie, Hertfordshire took the win in **American Football** and Derby took a dominant win in the **Table Tennis**.

This then led us into the final sport of the day, **men's Futsal**.

At this point, Team Derby was in the lead, and would win the day if they won the match, but if Hertfordshire won, then the day would result in an overall tie.

After a full day of intense matches and games, the day resulted in a **31-31 tie!**

Next year Team Derby will travel down to Hertfordshire to battle it out at Varsity 2023. Will Derby bring home the win?

Written by Robyn Dyson



A Commentary on Change

There is no doubt that we all experience some kind of change during our lives. Many individuals spend a great amount of effort trying to avoid change. No matter how far you try and get away from it, it will eventually creep up behind you.

Dealing with change all comes down to how you control a situation, sometimes it can be difficult to find your level of control. It is fairly common and completely normal to become obsessed with events, which we have no power over. In relation to this, we are not always able to control a person who might never change their attitude towards something.

However, as opposed to trying to move the unmovable, you should instead aim to adopt resilience. When you become resilient, you will be able to set your sights on what you can control, rather than focusing, and losing, when attempting the impossible. In order to evaluate your level of control, you can ask yourself, "how can I take responsibility in this situation?" You can also consider what you can take responsibility of, which enables you to have power.

If you allow yourself to look for opportunities to empower yourself and work towards change, you are less likely to feel trapped in uncomfortable situations, and more likely to feel positive about change in your life.

It is also very important for us as individuals to take time out for ourselves and relax. **Do not allow yourself to become too stressed when dealing with change.**

If you feel as if you are not ready to take the next step, then it is vital that you take time to relax, before moving further. If you are not sure how to slow down your thoughts, then try practicing relaxation techniques. This could include deep breathing, going for a walk or anything else which helps you to feel calm.

Once you have managed to make yourself feel at ease, you will have more control over your mind. This will result in you being able to take control and decide how you will want to evaluate any changes in your life.

Transitions in life permit you to examine where your priorities lie. You should ask yourself questions such as, "what do you really want to achieve in life?" As well as "what is really important to you?" Once you ask yourself these questions, you will have a clear sense of goals and values. You will know what matters the most to you.

Above everything else, your health should always come first. When you are dealing with transitions in life, never be afraid to ask for help if you need it. We are human beings and humans were not built to withstand every sudden event in life. Therefore, you should not worry about reaching out to others for support.

If you think it would benefit you to seek advice from a councillor, family member or friend then don't be afraid to do that! It is possible that these individuals will be able to help you to build resilience. You can embrace different transitions in your life and see challenges as opportunities to flourish, rather than struggles.



If you are ever in need of support, don't be afraid to contact the Universities student wellbeing centre. They will offer you support and guidance on how take care of your well-being. **Select the link to find out more information: [Student Wellbeing Support - Student support - University of Derby](#)**

Dealing with Calories

The reasons and dangers of the Government's new legislation on calories on menus



On April 6th the UK government's new legislation based around calories on menus came into motion. The legislation, put in place by the Department of Health and Social care, requires businesses, including restaurants, takeaways, and cafes, over a certain size to put all calorie information on their menus, with the aim of promoting healthy eating and reducing obesity rates. Though the goal of the legislation is to promote knowledge on healthy eating and reduce obesity related healthy conditions, a legitimate goal, the legislation has received large amount of backlash from the British public.

For a lot of people, the idea of calories on menus will have little impact or may be some welcome information. But for those who have had a hard or negative relationship with food or their body, this new legislation has the power to be damaging to individuals' mental wellbeing. Calorie counting is a main aspect of multiple eating disorders, which is why calories being displayed on menus could negatively impact so many individuals.

Between 1.25 and 3.4 million people in UK are affected by an eating disorder and eating disorders have the highest mortality rate of any psychiatric disorders. Though this legislation has been made with positive goals in mind, it seems the negative implications on mental wellbeing have not been considered, even though mental health is meant to be a priority of the Department of Health and Social Care.

No extra support has been offered to the public, especially those suffering with eating disorders, alongside this new legislation. It is important to note that calories do not offer any nutritional information on foods and cannot independently describe whether a food is healthy or not, so even though the legislation is to promote healthy eating, it is not 100% effectively doing so, yet it is 100% damaging to those suffering with eating disorders. Lowest calories does not mean the best option.

If the new legislation on calories is negatively impacting you, there is multiple things you can do to reduce that negative impact:



Go to familiar favourites: go to your favourite restaurants where you already know your favourite dishes, then you can order off the top of your head rather than reading the menu.

Get others to read the menu to you: if dining out at a new place where you do not know the menu, get a friend or family member to read the menu aloud so you do not have to read the calorie information on it.



Some restaurants, such as Wagamama's, offer calorie-free menus on request. So do your research and see if any of your local restaurants offer this, if they don't contact them on social media to suggest this as an idea.



Eating out should be enjoyable and stress free for everyone.

Though this new legislation seems like a step back in support for the public mental health, especially regarding eating disorders, there is organisations that are supporting and destigmatising eating disorders. Beat is a non-profit UK organisation that can offer support and guidance to anyone who needs it. They offer advice on handling different situations, such as reaching out to a GP about your mental health struggles and guidance on dealing with different events that may be difficult. Beat can be found at <https://www.beateatingdisorders.org.uk/> and can also be followed on various social media, and in particular their Instagram is very informative.

Other resources you can be found at:

TalkED: <https://www.talk-ed.org.uk/>

FirstStep ED: <https://first-stepsed.co.uk/>

National Centre for Eating Disorders: <https://eating-disorders.org.uk/>

Student Wellbeing at University of Derby: wellbeingcentre@derby.ac.uk
01332 593000

Your local GP

If you are struggling with any issues mentioned in this article, please reach out to someone, whether it be a friend, family member or organisation showed above, you are not alone.

Written by Natalie McNeill



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