

January 2021

IN ASSOCIATION WITH



Near Year,
New Me?

UOD Rugby
Union sends
letters to local
care homes

Things to do
differently in
2021

New Beginnings

MEET THE TEAM



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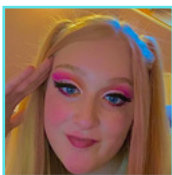
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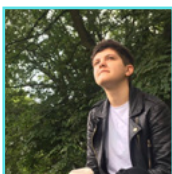
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Things to Do Differently in 2021 that You Might Not Have Done in 2020

It's New Year's Eve, but not the usual family gathering. The absence of friends and relatives is noticed as we sit in front of a laptop, looking at the familiar faces over Zoom. Glasses are raised hurrying the arrival of 2021, and a mutual sigh of relief is heard as the clock strikes midnight. We are no longer in 2020, a year which has been far from ordinary, but in a new year encouraging optimism, repair and hopefully some degree of 'normality'.

However, despite the excitement, it is important to remember that we are still amid the global pandemic, and it's okay to be feeling a little anxious about what the New Year will bring. Here are some actions to consider taking into 2021, which I believe are essential to promote positivity and wellness after some personal reflection on the past year.

Don't be afraid to take a break from social media.

Most of the time, social media can be a source of motivation and inspiration. More importantly, though, it has played a crucial role in maintaining connections with friends and loved ones throughout the pandemic. Although to take the occasional break from the likes of Instagram and Twitter can be equally as beneficial.

As many of us may know, social media can become very overwhelming and constant. We are continually exposed to people who we might feel are living 'perfect' lives or doing 'better' than us. However, in actuality, this is usually not the case, and we are doing just fine as we are. It is in these moments where social media becomes daunting that we must remember to take a step back and give ourselves more credit. The world we are currently living in has been entirely flipped on its head; therefore, our expectations of ourselves shouldn't be so high. It is essential to rest and acknowledge that we are all allowed to have bad days.

Check up on your friends more regularly.

Whilst it is easy to get caught up in your own personal battles and responsibilities, it is vital

to remember that other people may also be struggling. It comes to no one's surprise that people may feel more lonely than usual in the current situation, and studies have shown the rate of suicidal thoughts among young adults in the UK have risen from 12.5% to 14%. Therefore, reaching out to even your 'strong' friends to let them know you're there via a call or text goes a long way and is more critical than ever.

Moreover, I'm sure we all know that the two words "I'm fine" usually have a deeper meaning behind them. Sometimes, people may bottle their feelings and emotions inside of them, whilst others may be desperate to reach out for help but not know

where to start. Signs that your friends are struggling might be that they are becoming more withdrawn or quiet, or they could be feeling anxious or nervous. If you notice a change in one of your friends, reach out and ask how they're doing.

Explore what makes you happy or try something new.

Since there are currently restrictions governing socialising and going out, this is the perfect opportunity to explore what you enjoy doing. Something I learnt during the first lockdown was to devote more time to self-care and putting myself first. I found that this made me happy, and as a result, I was more motivated to try new things.

Picking up new and old hobbies not only keeps your mind active as you learn new skills, but it can also relieve stress and encourage positivity. Perhaps read that book you've always wanted to, try a new exercise, learn a language or keep a journal. There are so many things you can do to relax and unwind. Although there is no pressure to always be productive, sometimes, it can be just as important to do nothing, literally.

Finally, don't take life for granted.

The year 2020 definitely brought to our attention that life shouldn't be taken for granted, and it

is too short not to live in the present moment or be happy. When the government guidelines allow it, hug your family and friends

that little bit tighter, know you aren't alone, and be thankful for what you have. Put yourself out there, don't be afraid.



Written by Annabel Herbert

IN CONVERSATION WITH: KERRY BRENTNALL AND LISA VARLEY

Having recently recieved the news that students are being advised not to return to halls until at least mid-February, we decided to take a look back on an interview the Phantom Media team undertook last December.

We spoke with Kerry Brentnall and Lisa Varley of The Darley Bank Halls Team about what life looks like for student accomodation during the pandemic. This was under the assumption that returning to halls after Christmas would be a complicated and difficult scenario.

Our interviewer and Head of Phantom Radio, Alex Wood, started the interview with the topic of friendship in halls and the ability to make 'friends for life'. Halls Manager, Kerry was quick to stand up for students and their hard work in controlling this virus in a difficult living environment for social distancing.

The relationships between staff and students has always been quite strong. COVID has made students more reliant on us and we have built some very good relationships up this year.

Residence Life Coordinator, Lisa spoke on their work in setting up online and virtual events to preserve this idea that living in university can lead to lifelong friendships. Although there have been no face-to-face events, understandably, we were assured that the staff at every halls of residence have been brainstorming and working hard to provide as much social activity as they possibly can.

Alex went on by mentioning those students who have either opted not to live in halls for the 20/21 academic year or simply haven't had the opportunity to move to Derby. Kerry clearly sympathised with these students and went on to talk about the support systems they have put in place for those living in halls.

Lisa also mentioned their student housing



team that work alongside the ten halls teams on a 9-5 basis to ensure students always have someone to go to in this uncertain and uneasy time.

The personal touch seems to be a consistent theme in the team's approach to student care and student living. Even when discussing plans for the next academic year, given that the univerisity will always recieve applications regardless of a pandemic or not, the pair praised the student housing team's ability to match likeminded students in halls.

They were keen to debunk the myth that students are allocated rooms through an algorithm / computer – it is an actual person!

Alex went on to talk about the big issue on the table for both this current and the next academic year for staff working in halls teams. Student are undoubtedly anxious about returning to halls in any capacity.

Most of their residents moved home for the Christmas period by making use of the university's testing site and travel window. While this interview took place prior to the government announcement that students should refrain from returning until at least mid-February, Kerry and Lisa didn't shy away from the task at hand.

Speaking on returning students for next year, Lisa spoke highly on their ability to keep you with previous flatmates–if that is something you opt in for. Those friendships will be maintained throughout all years.



Applications for these residential assistant positions are often made public in the new year so any updates on that should be posted on the associated university social media accounts.

These RAs aid in bridging the gap between student and staff although Lisa did want to make it known that, as a halls manager, she does have a good understanding of what uni life entails and the

In recognition of the guidance that was available at that time, Lisa spoke on the perks of Darley Bank specifically for those particularly anxious about moving into halls during the pandemic and looking to distance.

Darley Bank provides dual occupancies with a number of studio flats that are well suited if the student is wary about sharing living spaces such as a kitchen, dining space and bathroom. These are suitable for students looking to move in with a member of their support bubble, perhaps a partner or a close friend also studying at the university.

These studios are also priced in three stages as are their more traditional flats allowing for flexibility without taking the leap into private accommodation where tenancy guidance changes so frequently. Students living in studios will still have the opportunities made available to those in flats, including those social activities that are adapting to virtual living and distanced communication.

Lisa went on to talk about the hard work that their team of residential assistants (RA) are undertaking to adhere to the government guidance and ensure those living in halls are safeguarded. From my personal experience prior to the pandemic, we would have an RA inspect our kitchen each week just to make sure everything was still working and suitable for the cleaner who was due the next day.

Of course, this approach isn't going to be suitable for the foreseeable future as entering a flat will expose both parties to a risk of infection and spreading the virus. For those worried that halls are going to continue their previous methods without aligning with the guidance, the teams at every halls site appear to be vigilant in their understanding of what they can and cannot do as the guidance and support changes.

kind of situations that need assistance. Even aspects of the job like managing post can open an opportunity for communication with an RA as they are often happy to chat with you while they search through the mounds of Amazon packages.

Although that is likely done with a thick perspex shield between the two of you, it still goes to show the lengths that the halls team are going to so that their students have every chance available to seek support and stay safe.

Alex concluded the conversation by talking about the staff and student's similarities over their differences. Nobody wants to feel taken advantage of and the ones running the show behind the scenes know that.

While the interview took place before the recent announcement, we will keep up with the halls situation and accommodation charges.

Written by Owen Corkin

You can find the full video interview on the [Phantom Media YouTube Channel](#) by [clicking here](#) or on the image below:



In conversation with: Kerry Brentnall and Lisa Varley

Tymon Talks: Why a New Year doesn't have to mean a New You!

Have you committed to go to the gym more? Or perhaps is it cut down on your takeaways? Drink less? Giving up the chocolate? Or have you binned all the crisps and now going to be eating nothing but cabbage and celery in the aim of losing 3 stone in a week?



Let me stop you there. Please. Rethink this whole sham. Do not be forced into change.

For many a new year symbolises the ability to turn over a new leaf and transform into something else. Its natural really, the next calendar year symbolises the start of something new and a blank canvas to do things differently.

Do not get me wrong, setting goals is great and can give sustained change but this must be done in a sustainable way.

Christmas has been a very strange and difficult time. Last minute cancelled plans will have left many of us feeling off. Its great we have now ended the era of 2020, but we are yet to see what lurks around the corner in 2021. That is why you should not be shoehorned into being something new for the sake of it.

In all honesty let us just take 2021 as a cooling of year to process what's gone on in the previous 9 months and we can think about summer bodies again in 2021. For me I'll hold my hands up and say I've developed a rubber ring around my midriff but I'm not going to be pushed into getting rid of it at the start of new year.

I must caveat this all by saying if you do want to set goals, I think that is a good thing, you should always be motivated. Motivation and focus are what keep us plugging away to the finish line, it makes time go faster and you just feel better.

So if you are saying you're going to the gym more, have a plan, set a goal. Don't just see a z-lister on Instagram and think you need to look like them by February 1st. It's not healthy!

With all change let it occur slowly and at a steady pace. Have a plan in place and that is how you will get sustained and healthy change.

When everyone's social medias go crazy in the first weeks of January with the whole 'new me new year nonsense'. Take a breath and be safe in the knowledge that a new year does not have to mean a new you.



Jack Tymon is a 3rd Year Theatre Arts Student. He has been broadcasting on Phantom Radio for the last 2 years and is the Assistant Head of the Radio.

Twitter [@jacktymon1](https://twitter.com/jacktymon1)
Instagram [@tymonj](https://www.instagram.com/tymonj)

Living Waste Free: Lifestyle Changes to Help the Globe

The world is full of wasteful material and it is important we all take small (or big steps) to help improve our environment for future generations. The first step in this is to reduce waste output by cutting out single use packaging. Plastic consumption took off in the 1950's and since then humans have produced around 8.3 billion tonnes of the stuff, 9% of which has been recycled and the rest has been clogging landfills and polluting waterways for decades.

It isn't easy for us to avoid plastic packaging as our society depends on it for many conveniences and luxuries, and so we are forced to use our own initiative in striving for a better future. To give us a better guide on where to start, there are the 7 R's of zero waste living to start to live in a more environmentally-free way.

Refuse

Refuse might seem like the most obvious of all the R's but it's the fundamental first step in your new lifestyle. We need to start by recognising what products are and aren't zero waste, as well as being able to say no to once loved items. You need to be able to put the plastic water bottles back on the shelf and purchase a reusable one. Other small things you could refuse are straws and coffee cups by bringing your own, as well as swapping plastic bags for tote bags and bringing glass jars to purchase things such as lentils, nuts and seeds.

Reduce

The main thing you can do to reduce your waste is to be more conscious when shopping. For example, when you're shopping for clothes you can ask yourself "do i really need this?" or "could I buy this in a more sustainable way". You should always be checking sites such as Swapabee to see whether the item you're about to purchase could be swapped with an item you are no longer using, saving you money and reducing your carbon footprint.

When you buy clothes, it creates a demand for both the item, its journey of production, and the waste that comes along with it. Therefore, swapping with Swapabee would eliminate all these factors, leaving you with a new item, and will make a meaningful contribution in saving the planet. You can also reduce the space in your wardrobe by selling items through Swapabee, donating them to local charity shops, or passing them onto family and friends.

Reuse

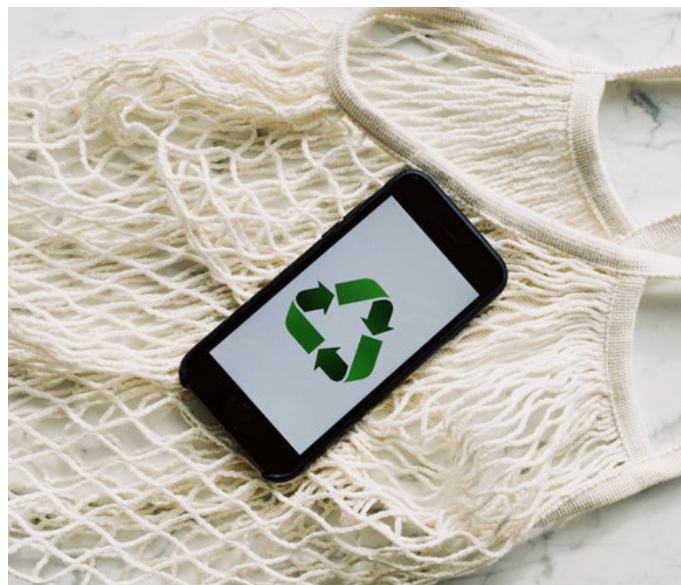
Reuse is all about buying items which have more than one use, rather than throwing out what can't be fixed. Say goodbye to your cotton pads and introduce new washable ones instead, swap your plastic straws for bamboo or metal alternatives and start using handkerchiefs instead of tissues. A great way to get creative when reusing old household items is to upcycle! You could turn an old pair of jeans into a handbag or a purse, paint tin cans to create beautiful vases or fill old teacups with wax and you have custom candles!

Recycle

If you've embraced the first two steps, there should not be too much left to recycle. Many products tell you exactly what can and can't be recycled and how to do so, if certain items can't be collected from your home you should be close enough to a recycling centre. The plastics you do recycle will be passed on to companies who make all sorts from our old bottles, including clothes!

Rehome

Rehoming things you no longer have a love for is an easy way to clear space in your home as well as giving someone else the chance to treasure them. Your unloved belongings could be given to a friend as a gift or donated to charities. When upgrading products, making a habit out of rehoming them with these options is a good way to get what you might consider trash out of your house but without putting them straight to landfill. As long as the items you no longer want still work, you can sell many of them on apps such as ebay, depop or swap them on swapabee.



Clothes are a good place to start if you're feeling a little lost. We generally let our closets overfill and clothes start to accumulate, leaving us with clothes we haven't worn for 6 years and have no intention of seeing again. Start by taking them all out of your wardrobe and decide what can't be worn by anyone, these are to be recycled. Then, if something is in good condition but you've grown out of it, it's time to offer it up to charity, sell them or give them to a friend or family member. Alternatively, charities such as Planet Aid rely on donations of clothes and shoes to give to people living in third world countries who can't afford to buy these items themselves.

Replant

A great way to reduce the footprint of the fruit and vegetables you buy in the supermarket is to grow these yourself. It's surprisingly easy to do and can be made into a fun, family friendly activity. If you've been able to create a compost, which we will talk



about in the last step, then you're already well on your way to your new luscious garden! If not, don't panic as you can make small containers out of old wooden boxes or crates. Firstly you will need to pick the right patch in your garden. Make sure to pick an area where the soil is dry and sunny, nothing will grow if you plant it under a shady tree! The size of your garden is up to you, it's always better to start small and give all your love to a few fruits and veggies than overwhelming yourself with a large area. Now for the fun part, choose what you would like to grow! This can depend on where you live and the amount of sunlight you're able to give your new plants, but a nice place to start is to think about your favourites, and to replace what you would usually purchase from the supermarket.

A great way to acquire seeds is to pick them out of the foods you have already eaten and replant them in your new plot. A couple ideas of plants which are easy to replant is garlic, you only need one clove submerged in water and then wait for it to grow shoots and basil, submerge a few sprigs of this in water also and wait for them to grow around 5 centimetres. You can then pot them separately and watch them grow!

Rot

It's been estimated by the EPA (Environmental Protection Agency) that up to one-fourth of landfill waste could have been thrown into compost. Composting is really simple but many people don't do it still, once you're in the habit of throwing waste into your compost bin, you will be able to replant all your fruits and vegetables. You can use grass clippings, vegetable food scraps, black and white newspaper and tree leaves in your compost bin and avoid these going into landfill.

These examples will put you on the right track for choosing a waste free lifestyle. Not only does it help the environment, it is a brilliant way of bringing new life to old items, it helps those closest to you, and ensures that the world is kept bright and healthy. We don't have a care in the world for the items we use every day, and maybe understanding the value of having the few items we have will make sure we appreciate how lucky we really are.

Written by Jena Mitchell

This article is in association with **SWAPABEE**. An environmental app company that allows anyone to swap their items for others. Create an account and start swapping today at <https://swapabee.co.uk/>

New Year, New Me?

I've never been one for New Year's resolutions. They're great in concept – you convince yourself that it's

going to be your year, and for the first week or so, everything is fantastic. You hit the gym, you keep up that new diet, and maybe

even go for a cheeky run or two. More often than not though, I find that I either lose my commitment, or I forget them entirely, settling for starting again next January. With the state of the world at the moment though, just getting through the past year was enough of a challenge.



2020 Vision

Life as we know it is vastly different to the lives we led last January, with so many of our everyday actions being dictated by guidelines and tier systems. Even small rays of positivity have struggled to overpower the doom and gloom that COVID-19 brought us. Along with myself, many people seemed eager for the New Year to roll in. 2020 wasn't what anybody hoped for, and as a student, I found it difficult to adjust to online learning and being isolated from friends and family. In spite of this though, I'm heading into this January with a completely different outlook on life. The combination of cabin fever and increased free time helped me come to several realisations.

The first of these, and the largest of all, was that I don't appreciate my family enough. During the first lockdown over the summer, I could hardly wait to return to university again in September. I began to crave the freedom and independence that comes with moving away from home – my mental health had reached a new low, and most of all I hated being so far away from my friends. Zoom calls can only do so much, after all. Two weeks into the autumn semester however, I found myself missing all those little quirks that were so annoying before. My dad's made-up songs and terrible jokes, my mum's numerous craft projects scattered around the house – even my two dogs, who are perpetually underfoot – I wanted them back.

Too Much Me Time

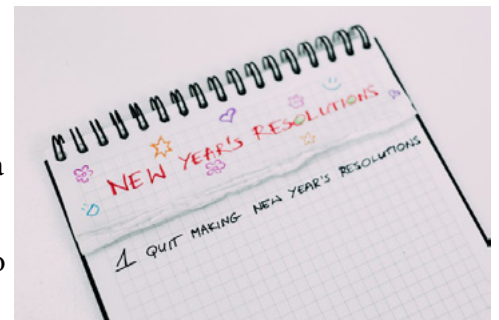
Quarantine has this weird way of making you vulnerable. You can bake as much banana bread as you want, participate in each weekly Zoom quiz, or catch up on that Netflix show you never had time for – none are a good substitute for human contact. Even though my days became filled with series binging and making baked goods

I couldn't finish, none of it stopped me from almost crying when I first hugged my dad again. Something about the safety and warmth of that embrace made me so emotional, and that joy stayed with me all throughout the car drive back home. Christmas and the holidays in general had become the proverbial light at the end of a long and dark tunnel, whereas in previous years I hadn't cared that much for it.

Being away from home also made me realise the importance of looking after yourself and reaching out. Me and my body have always had a rocky relationship, and I often found myself fluctuating between reluctant acceptance of myself, and flat-out negativity. There's always that persistent, underlying thought that you can't tell anybody about what you're going through, as if struggling equates to weakness. In fact, the opposite is true – to show weakness is to be human. It doesn't make me, or anybody else, less of a person. In a time where our contact with others has become limited, the connections we make now carry a much higher value. Opening up about my problems has never been a strength of mine, but I've learned not to underestimate the benefits of a call to a friend, or a simple text message to a loved one.

This Is My New Beginning

It's been a custom of mine to keep the darker, more fragile parts of my psyche well hidden. Although old habits really do die hard, it doesn't mean that they can't be replaced with new, healthier ones. Isolation has broken me down, and consequently allowed me to start building a better version of myself – somebody who isn't afraid to show love, or emotional weakness. I'm finally making amends with myself, after a year of being at war. This is my new beginning.



Contrary to my pre-conceptions, a resolution doesn't have to be a goal that's set in stone, or one that you can't deviate from. It doesn't need to be a drastic change – it can be as simple as calling family and friends more often, or spending more time outdoors, or taking more breaks. That's the wonderful thing about them: it serves as a chance to change yourself, and regardless of whether you stick to them or not, it's still a positive way to kickstart the New Year. After all that 2020 had to offer us, a fresh start will definitely be welcomed with open arms.

Like I said, I've never been a believer in resolutions. That was, until I wrote this.

Written By Millie Hodgson

OUR SPONSORS



Give life to old things and get items for free!

Start the year right with swapabee, a free app that lets you swap clothes, books, games and furniture all from your phone.

Download the app on [Android](#) and [iOS](#) now

www.swapabee.co.uk



Inspire Fitness Academy are a local charity looking for enthusiastic students to work with them in the new year.

Brilliant chance to promote yourself and support the local community! Get in touch on [Facebook](#) or send them an email:

contact@inspirefitnessacademy.co.uk

GET PAID TO MAKE A CHANGE UNION ELECTIONS 2021

Want an 18k a year job straight out of uni? Don't like what's happening at University? Want to see things done differently? Want to effect real and lasting change? Then put yourself forward for one of the roles at the Union of Students!

We have four full-time, paid, roles where you'll lead the Union of Students and dozens of part-time, unpaid, positions that Derby students can put themselves forward for right now in the Union Elections. Our roles are designed so that you can change and improve university life for yourself, your peers, fellow students, and future students. So, don't just sit there wishing things were different, stand up and make that change happen. You have the power to do so and the support and resources of the Union behind you all the way. All roles run from July 2021-July 2022 and if you really enjoy the role, you can even run for re-election the following year!

Both the full and part time roles offer you amazing

experience, contacts and connections and a chance to improve University life for all. We have so many different roles you can run for, there's bound to be one that speaks to you.

Unlike a traditional role, you don't come to a job interview. Instead you put yourself forward as a candidate in the Union Elections and your fellow University of Derby students vote for which person they think is best for the role. The person with the most votes is elected and takes office in July 2021.

To find out everything about the roles, how to put yourself forward and what it all entails, head on over to [our dedicated Elections page](#).

You can also contact our elections officials at any time with any questions, no matter how big or small, or for more information by emailing elections@derbyunion.co.uk or contacting Laura Maher (STF3832) on Microsoft Teams.

One previous officer said:

"It's the knowing you have made a difference and freely put in your time. How amazing will this look on your CV too when applying for jobs along with the extra skills, confidence, assertiveness, knowledge and the overall experiences you will learn along the way you can take away with you."

"The Union represents inclusivity and opportunity, so why not get your voices heard and make an impact"

Carla Fletcher, Programme Rep, Joint Honours Psychology with Sociology

"Give it a go and learn new skill, there is always someone to turn to for help as a rep. You're never alone and every rep is vital to the development of the university."

Zoe Walker, Programme Rep, Criminology

University of Derby Rugby Union gave letters to local care homes for Christmas

The University of Derby Rugby Union have decided to mark the end of the 2020 year with a new beginning of their own. To help combat loneliness, the players at the Rugby Union have taken it upon themselves to write letters to the residents at some of the local care homes.



Unfortunately, due to COVID-19 restrictions, care homes are unable to facilitate visitors with residents being vulnerable people to the virus. This means that this Christmas, residents will be unable to see their friends and family.

Christmas can be a lonely time for some people, particularly those in care homes, even without the restrictions

in place. Therefore, the Rugby Union thought this would be a great time to reach out to some of the local care homes and offer some personal letter to pass on to the residents, to show that there are people out there who care about them.

Josh Cant, chairman of the University of Derby Rugby Union said: "Due to the Pandemic and everything that is happening, there's a lot of lonely people out there in the care homes who aren't actually able to meet their families over Christmas".

"What we are aiming from this is to, one, bring a bit of happiness to people and, two, potentially get replies from the residents. Then if it's something they're willing to get involved in, then maybe set up a kind of pen pal thing and eventually, when this all blows over, be able to get the boys introduced to the care homes and then we can do some interactive stuff.

"There will be people out there who won't get any contact or anything from anyone and I think that is pretty sad really, so doing something and giving back to people would be a really good thing to do at Christmas time."

Scott Backler, who plays for the rugby team, has worked in a nursing home himself, and has seen first-hand how elderly people can be particularly susceptible to loneliness.

"For a lot of instances with the elderly people, they

might be sat in their rooms, basically void of a lot of human contact, which for a lot of elderly people that is what they look forward to every week".

"We thought it would be a really good idea to give back to the community, and we thought: how can we really connect with these elderly people? Obviously with COVID-19 we can't really go over there and do events, so we thought this would be the next best thing".

Inside the letters are questions such as 'when was the last time you laughed?', and 'when was the last time you did something a bit naughty?'. These questions will hopefully stimulate their brains and get them to think and reflect back on their lives. By sharing these moments with the rugby club, it will hopefully build a rapport between the players and the residents.

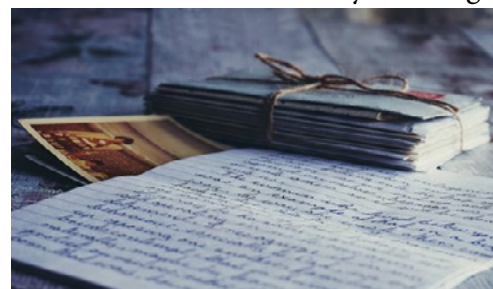
Backler said: "The response from the boys has been really good, and there's been some really good letters. They [the letters] weren't generic either, they've been really heartfelt and really personal. Everyone's got their own personality and there's a little bit of personality in each of these letters".

The idea to do this was inspired by Cant, who has been keeping in touch regularly with his grandma over lockdown. Seeing the positive effects that regular communication can have on elderly people at risk, has encouraged him to give back to the community.

"With everything that's gone on, I would hope that we can draw away from the gloominess of COVID, it's been discussed so much recently. So, for them to have a day filled with thinking about what's been [written] in the letters, would be absolutely amazing," Cant said.

The Rugby Union are no stranger to charitable work. For 'Movember', the club grew moustaches

and raised an impressive £6,000 for charity. Whilst this is not a new beginning for their regular charity work, it could be the start of something which not only happens each year, but also continues throughout the year as they get responses from the care homes.



Written by Mark Bodey

Goodbye 2020, Hello 2021!

control in EU countries and that an individual has health insurance and the correct driving documentation. Thirdly, the UK will no longer have to make big annual payments towards the EU's budget and business trading with the EU will face a lot more paperwork.

Come January 2021, the UK will no longer be part of the EU's Single Market and Customs Union. Meaning it will be free to implement trade deals struck with third world countries. New custom formalities and regulatory controls will be introduced between the UK and EU.

How is the current 11-month transition period going?

- At the current moment conditions for a deal between the UK and EU are still not there. Three of the main sticking points include:
- The EU has concerns that the UK could give financial help to its own firms or find other ways to present them with an unfair advantage.
- Both sides share concerns about who will be allowed to fish in UK waters.
- They need to decide on how any agreement they conclude will be enforced.

What could result if a deal cannot be made?

If a deal cannot be made this could result in a number of things. One thing this includes is the public seeing higher prices in UK shops, delays on lorries bringing products as they would be presented with border checks. In addition to this when the UK was a part of the EU it was automatically part of the EU trade deals with over 70 different countries. Although, since leaving the EU deals have been made with approximately 50 of those continues with the promise of trading in its usual way, but it is unlikely about the other 30 countries that are still left. Furthermore, if a deal is not reached the UK will, as previously mentioned, face trading with the EU following the basic rules set out by the World Trade Organization. Meaning tariffs would be applied to most goods which are sent to the EU. Making UK goods higher priced and difficult to sell in Europe. Likewise, this can be applied to goods from the EU.

Conclusion

It is safe to say that the exit of the European Union may not be a steady or smooth ride, but it is somewhat a new beginning for the United Kingdom as we enter 2021 as an independent country.

Written by Bethany Parkes



Introduction

2020 has certainly been the year of challenge across the world. In particular, due to the Coronavirus pandemic that hit in March 2020 causing a nationwide lockdown to control the spread of it pushing towards the end of the year with second lockdown in the United Kingdom in November 2020. However, as we enter 2021 the United Kingdom will see some changes for itself. New beginnings.

What is Brexit?

On the 31st January 2020 the United Kingdom began its process of leaving the European Union. The UK is currently undergoing its 11-month transition period. During which, the UK continues to follow EU rules and leaders attempt to make a deal. The current deal that is attempting to be made is the Free trade agreement that encourages trade by removing barriers such as taxes on goods. Alternatively, if a deal is unable to be made then trade must occur according to the rules set by a global body known as World Trade Organization.

How will the United Kingdom be affected by Brexit?

The way that people live and work in the United Kingdom will be different once Brexit is finalised. This includes a number of things such as people planning to move between the UK and EU to live/work/retire will no longer be automatically allowed to do so. Secondly, travel rules will change, passports will need to be checked as arrivals from the UK will stand in a different queue at passport



How effective are New Year's resolutions anyway?

'A journey of a thousand miles must begin with a single step'
- Lao-Tsu

How many of you have promised yourself to stick to your New Year's resolutions? And how did it pan out? The likelihood is pretty slim – although congratulations on those of you that have managed this challenging goal!

From couch-potato to 5km runs every Sunday morning in a matter of two weeks. To complimenting



a stranger during every supermarket trip, or striking conversation with a new acquaintance. Or how about promising yourself to write a novel in a month? Maybe even promising to not swear anymore, cold turkey.

One way or another, we are gullible to this everlasting tradition. It is parallel with time and

urgency. Feeling as though you are not an active member in society without being accountable for something.

Our lives are all in some way filled with demand, whether from peers, family, lecturers, even ourselves. But, what if our resolution was to be calm?

We are infallible by nature. Humans realistically cannot work at full potential without a break.

Whether mythical or past Chinese philosopher, Lao-Tsu, has had some revolutionary impact on

spirituality and Taoism. [You do not need to follow such path to learn about, and perhaps contemplate some writings and simple life advice.](#)

On being calm:

- Being satisfied for the victories we accomplish. Even the small things like waking up and taking a stroll around campus, or creating your own recipe from scratch can raise morale.
- Calm does not always need to be synonymous with meditation, yoga, and no technology. If watching your favourite television programme for a day is relaxing to you, why not indulge once in a while?
- Calmness and tranquillity can be refreshing – can often spark creative and innovative ideas or solutions to projects you may be working tirelessly on.
- With comfort in taking a day out comes acceptance of patience and time. You will begin to notice all that stood, stands, and will be built in years to come. From the trees to the home you reside in. [Taking the conscious effort in being still and appreciating the moments you experience.](#)

On embracing our experiences:

New beginnings are about embracing the past, whether you felt content or otherwise. Rather than dwelling on circumstances, perhaps we need to remind ourselves we have survived – and are stronger because of it!

Humans are naturally self-critical, but by implementing some of these ideas you can come closer to calmness.

1. Writing kind messages and phrases about yourself (attributes are favourable) on post it notes and pinning these around the house – work desk, bedside table, bathroom mirror etc.
2. Do not underestimate the power of senses! Having a bath with a wintery scented candle will calm you in an instant. (I apologise for those of you in halls that are not able to have candles. Alternatively, spritz some lavender spray or use roll on essential oils). Get involved in hobbies, whether picking up a past instrument, painting or learning how to do embroidery.
3. Learn to breathe and love the path you are on. Know you can change direction at any point in your life. You are not failing if the career you thought at a young age was your destiny.
4. Finally, embrace the past, present and future. Remember everyone breaks New Years resolutions are some point – otherwise we would not need resolutions!

Written by Kayleigh Ayriss

Join Fusion: An Opportunity for Derby Music Promotion

Now in its third year, a live music project called Fusion is looking for students to get involved in its plans for 2021. We spoke with co-founder Imran Khan about what they're offering our students.

Why did you decide to start Fusion and what is your main focus?

We started Fusion in 2017 at a Derby Uni RAG event in aid of Sophie's Journey. At the time, fundraising meant more to us than staging live music. Once we invested in a PA system we started to do live gigs more and more, combining it with our charity work. We started raising money for the Nottingham Children's Hospital IMRI Scanner Appeal at regular Wednesday and Thursday venues in Nottingham. We aim to promote local musicians but also to take artists into new regions where they aren't as known to increase their following. In 2019 we also became a resource to help artists find gigs and made our first music video with an artist. We've been putting on gigs for a long time now and our current focus is on live sessions.

What do you do in terms of promotion?

We put on our own gigs or collaborative with other promoters and have done for some time now. We have our own media team headed by Shannon O'Hagan and Salford University student Ellie Kemp. We also work closely with Derby Sound Community Radio and are interested in any students keen to join the team. We have been interviewed on BBC Radio to promote our gigs on Radio Leicester on the A Word, Radio Derby's Top Floor Sessions, BBC Radio Stoke and BBC Introducing in the East Midlands.

What do you do in terms of gigs?

We've done gigs around the East Midlands such as Nottingham's Rough Trade, Derby's Dubrek Studios, Leicester's The Soundhouse as well as at The Brunswick which is a Great Escape Festival venue in Brighton that we love. We've also been keen to readdress what we see as problems in the music scene; artists not being adequately paid for example. Last year, we ran three live music nights in Nottingham where this was our main motivation. I also travel with artists doing gigs at restaurants and taverns requiring music.

Why do you want to explore spoken word?

I've always been interested in literature and originally wanted to be a writer myself. I feel like our live sessions can translate easily across in the world of spoken word. We'd be keen to film with students with poems, stories, written pieces. Lately, through Poet Laurette Emily Rose Galvin, I've been able to connect with prominent spoken word groups.

What charitable events have you done?

We've raised over £1,000 for Sophie's Journey and £500 towards the Nottingham Children's Hospital IMRI Scanner Appeal. In addition to music events, we've also received kind donations from several sports clubs and businesses towards raffles and auctions. We are also closely connected to Nottingham Moderns Rugby Club through our work with Bloodwise and members of our media team have been 'gunged' to raise money for charity.

What will getting involved offer to students?

Students can gain the opportunity to get involved in putting on events, be involved in sound, lighting and videography. We offer opportunities to perform musically or with spoken word, as well as take part in website building, fundraising participation and to join our journalism team.

Should the COVID-19 situation improve with, we can return to putting on live events. For now, we are running sessions at Dubrek Studios. We hope to do more sessions involving spoken word artists and to broaden our team with more creative people.

How to get involved with Fusion

As this opportunity is not affiliated with the Union of Students, you can get involved by [sending Imran an email](#) or [finding Fusion on Facebook](#).

Written by Alfie Pritchard



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