



# STUDENT VOICE

## AUTUMN/WINTER NEWSLETTER

- 2 INTRODUCTION**
- 4 STUDENT SPOTLIGHTS**
- 6 CAMPUS EVENTS**
- 7 CREATIVE COLLECTION CORNER**
- 8 WELLNESS CORNER**
- 14 SOCIETIES**
- 16 U MAKE IT HAPPEN**
- 18 UPCOMING OPPORTUNITIES**

 @TMCUCENStudentsUnion

 @TMCSU

 @TMCSU

# WELCOME MESSAGE YOUR STUDENT ENGAGEMENT TEAM



## The Student Union Team

The Students' Union (SU) at UCEN Manchester is your go-to support system, run by students like you, for students like you. Led by Sal as the SU President and Teri as the SU Vice President, it's all about making your time at UCEN Manchester unforgettable.

Forget the idea of a physical location – the SU is wherever you are, whether it's on campus or online. It's a hub for socialising, campaigning for causes you're passionate about, and making connections that last a lifetime.

Meet Sal, your energetic SU President, a Film and TV Production graduate with a love for Manchester that's infectious. He's all about creating a welcoming environment where everyone feels heard and valued.

Then there's Teri, your Vice President, a Sports and Exercise Science student with a passion for inclusivity. She's all about making sure every voice is heard and every problem tackled head-on, whether it's personal, academic, or professional.

Together, Sal and Teri are here to make your UCEN Manchester experience the best it can be. So, whether you're a new student or a returning one, get involved, share your ideas, and let's make your time at UCEN Manchester memorable.

## The Student Voice Team

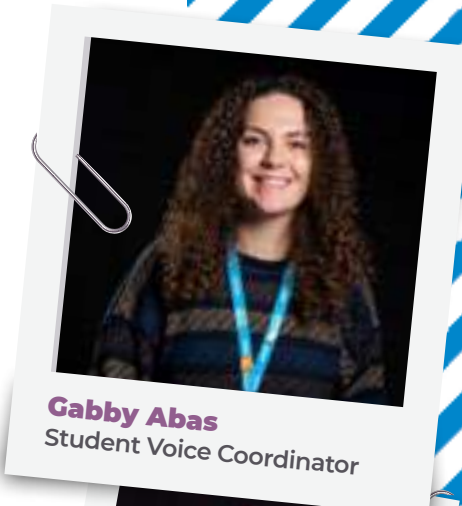
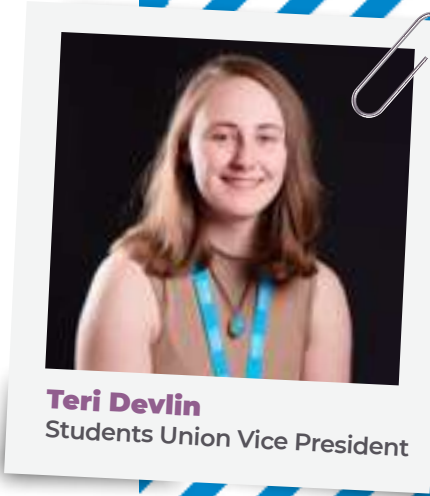
Gabby Abbas, the full-time Student Voice Coordinator for the Faculty of Creative Arts and Media Industries, and Ahmed Eldars, the part-time Student Voice Coordinator for the Faculty of Higher Technical and Professional, are here to ensure your voice is heard loud and clear.

We are here to create a platform to collaborate, share feedback, and shape your experience at UCEN Manchester. Your input isn't just valued – it's essential for the growth and improvement of the university.

### Here's how you can get involved:

- Take on formal roles like Student Reps, or SU Officers
- Participate in surveys to provide feedback on your experience
- Share your stories and insights through our student newsletter, website, or social media
- Join focus groups and student consultations to have a direct impact on policies and initiatives.

At UCEN Manchester, your voice matters. So, let's work together to make your university experience the best it can be!



## Georgia Lawrie – Student Engagement Officer

Meet Georgia, our Student Engagement Officer focused on enhancing your academic journey! Georgia is here to support you to enhance your study skills tailored to your needs.

Whether you're looking to excel in your exams, improve your writing skills, or master time management, Georgia has got you covered. From effective note-taking strategies to public speaking and presentation techniques, she is committed to helping you thrive academically. Georgia is your go-to person for all things study-related!

Don't hesitate to reach out and make the most of your studies with her guidance.

Email: [GLawrie@ucenmanchester.ac.uk](mailto:GLawrie@ucenmanchester.ac.uk)

LibCal: [LibCal](#): [Dashboard](#)

Phone: 07881 856072

## Introducing Jasmine England: Your New Activities Officer

Dear UCEN Manchester Students,

We're thrilled to introduce Jasmine England, a vibrant addition to our student community and your new Activities Officer within the Student Union. Jasmine brings a wealth of experience and enthusiasm to her role, ensuring your university experience is not just about classes but about enriching extracurricular activities too!

Jasmine is currently in her first year studying Make-up Artistry Year 1. Her journey into makeup artistry stems from a lifelong passion, which she turned into a career goal.

Jasmine's diverse background and passion for student life make her a perfect fit for her role as Activities Officer. She believes that university life should not only focus on academics but also on providing enriching experiences for all students. With her energy and dedication, Jasmine aims to enhance your time at UCEN Manchester by organising exciting events, promoting activities, and fostering a vibrant student community.

### Get Involved!

Stay tuned for upcoming events and activities organised by Jasmine and the Student Union. Whether you're interested in sports, arts, societies, fun, or simply connecting with fellow students, there will be something for everyone.

## Our students

UCEN Manchester boasts a diverse student population, reflecting Manchester's multicultural essence. We welcome individuals from various ethnicities, international backgrounds and age groups. Our inclusive approach extends to students with diverse educational backgrounds and disabilities, ensuring equal opportunities for all. Additionally, we support students from different socioeconomic backgrounds and foster an inclusive environment for LGBTQ+ individuals. Overall, UCEN Manchester celebrates diversity and strives to create an inclusive community where every student can thrive.





# STUDENT AWARDS 2024

These awards provide a fantastic opportunity to celebrate the hard work and dedication of our students.

Over the last few weeks, there has been plenty of work going on behind the scenes to read and judge the incredible nominations that were submitted for this year's Student Awards.

There's not long to go now until the celebratory event in June and we're looking forward to letting you know who our finalists are after the easter break.



## Student Spotlights

Last year UCEN Manchester held its annual Student Awards ceremony in partnership with The Manchester College, bringing together staff and students to celebrate the outstanding achievements of students throughout the 2022/23 academic year.

The event, held at the Imperial War Museum North, featured nominees nominated by peers or faculty for various categories, with finalists attending alongside their guests.

Attendees enjoyed a delightful evening with a street food buffet and captivating performances, including a solo act by Mani Hajipour Kahriz, a winner of The Manchester College's talent competition. The ceremony highlighted the exceptional accomplishments of finalists, culminating in the presentation of the Student of the Year Award to Jessica Hutchinson by Rachel Curry, Principal of The Manchester College and UCEN Manchester.

Rachel Curry expressed pride in the students' achievements and their contributions to the event, emphasizing their dedication to seizing opportunities and supporting one another. Jessica Hutchinson, the recipient of the Student of the



Year Award, shared her excitement, describing the evening as a privilege to celebrate alongside fellow hardworking individuals. Winners across various categories included Luke Whetham for Greatest Achiever, Lily Curbishley for Most Inspiring, Efdon Kibreyesus for Rising Star, Adam Edwards for UCEN Manchester Accelerate2industry, Andrews Acheampong for Access to HE Student of the Year, Ellie Parr for Creative Arts and Media Industries Student of the Year, and Manal Eissa for Higher Technical and Professional Industries Student of the Year.

Overall, the event showcased the talent, dedication, and community spirit of UCEN Manchester students, reflecting the institution's commitment to fostering excellence and supporting student success.





# CAMPUS EVENTS

## Upcoming events, activities and workshops



**Create a Society Day**  
24 April: City Campus Manchester  
25 April: Openshaw Campus



**Swap Shop: This event is a chance for students to gain new to them items including books, clothes and accessories by swapping pre-loved items.**  
8 May: City Campus Manchester  
9 May: Openshaw Campus



**End of year celebration event involving current students and alumni (a networking opportunity as a redo of last year's 'Alumniation' event)**  
End of May: City Campus Manchester



**Pride month! Celebrate Pride by submitting your pride-inspired work to Sal, Students Union President sbrouwer@ucenmanchester.ac.uk to be featured across our social media platforms and on campus.**  
June

**Celebrate Manchester's Pride! Get in touch to find out how you can get involved in the city's Pride celebrations contact Sal, Student Union President sbrouwer@ucenmanchester.ac.uk**  
24 August

## What's New

### Cosy Club

**The new society - coming soon!**



# CREATIVE COLLECTIVE

**UCEN Manchester is organising a Creative Collective event aimed at fostering collaboration among students across different courses.**

The event will provide an opportunity for students to showcase their work, seek collaborators, and make new connections within the creative community.

The initiative stems from feedback received during Student Rep meetings that indicated a need for better collaboration opportunities and access to resources within the UCEN Manchester community.

The events will be held in a marketplace-style setup at The Hive Bar, with each course having its own stall for involvement.

Students who will be participating in the events need to bring project briefs, details of collaboration needs, key dates and locations, contact information, and visuals to showcase their projects.

The goal is to create a vibrant creative ecosystem within UCEN Manchester by leveraging the collective talents and resources of students from various disciplines.

These events aim to address the need for enhanced collaboration opportunities among UCEN Manchester students and foster a culture of teamwork and resource-sharing within the creative community.

**Interested students are required to contact Hollie Crankshaw [hcrankshaw@ucenmanchester.ac.uk](mailto:hcrankshaw@ucenmanchester.ac.uk) to join the working group.**





# WELLNESS CORNER

## Tips for Managing Stress During Exam Season

As exam season approaches, it's common to feel overwhelmed by the pressure to perform well academically. Here are some tips to help you manage stress during this challenging time:

- **Prioritise self-care:** Make sure to take care of your physical and mental well-being by getting enough sleep, eating nutritious meals, and engaging in regular exercise.
- **Time management:** Create a study schedule that allows for breaks and relaxation. Break your study sessions into manageable chunks and set realistic goals for each session.
- **Practice relaxation techniques:** Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or visualisation exercises to help calm your mind and reduce stress levels.
- **Stay connected:** Reach out to friends, family, or university support services if you're feeling overwhelmed. Talking to someone can provide valuable support and perspective.
- **Seek help if needed:** Don't hesitate to seek help from our Future U Team services or mental health professionals if you're struggling to cope with stress or anxiety.

## UCEN Manchester Mental Health Support

UCEN Manchester offers a variety of wellbeing workshops and services to support students in managing stress and promoting overall wellbeing. Here's what you need to know:

### Your Campus Counselling Team

Our campus-based counselling team offers confidential support to students facing various challenges, including academic stress, anxiety, depression, relationship issues, and more. Staff are here to listen and assist you in developing coping strategies to overcome difficulties.

Email them directly: [counselling@ucenmanchester.ac.uk](mailto:counselling@ucenmanchester.ac.uk)

### Your 24/7 Confidential Support Service – PAM ASSIST

As a student of UCEN Manchester, you're entitled to 24-hour support, 365 days per year from our partner PAM Assist. **You can telephone them for free on 08081 963533.**

Their digital platform features online CBT, mindfulness for mental health, a virtual gym, and sleep and nutrition advice for physical health. To log in follow the instructions below:

1. Pam-assist.co.uk
2. Click 'Activate ORG code' in menu
3. Organisation Code = Student1 (with uppercase 'S')
4. Confirmation LTE Group Students
5. Click on 'Yes I Confirm'
6. Finally, setup your own log-in details.

If you experience any difficulties accessing your Pam Assist account, please contact the Wellbeing team: [wellbeing@ucenmanchester.ac.uk](mailto:wellbeing@ucenmanchester.ac.uk)

## Nurture-U research project

The Nurture-U research project is finding better ways to support students in higher education with their wellbeing and mental health.

Nurture-U is a research project running across the UK that wants to improve student well-being and mental health. They are offering a great opportunity for students to receive personalised wellbeing support while also helping us improve services for students in the future. And there is up to £30 in shopping vouchers available! There are two different types of support:

1. **A self-help app for students** who want to reduce worry and build confidence
2. **Online Cognitive-Behavioural Therapy** which compares psychologist-supported versus self-guided online therapy for students.

You can find out more from the Future U Team or directly from Nurture U on our website, Instagram or email [nurture-u@exeter.ac.uk](mailto:nurture-u@exeter.ac.uk) if you have any questions.

## WANT TO FEEL MORE CONFIDENT AND WORRY LESS?

Nurture-U can help!

Test a **free, innovative app** to help with confidence, or help us find out what type of **online therapy** is best for which students.









# WEEK PLANNER

A regular routine can help reduce boredom and help you create a sense of normality.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am							
9am							
10am							
11am							
12am							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

## Key

Colour code each of the following and use to fill in the planner:

-  **Timetabled study**  
Attempt to do your online learning at the same time as your usual contact hours
-  **Self-directed study**  
Reading, research etc.
-  **Exercise**  
Try for 30 minutes a day
-  **Relax**  
Reading, tv, films, talking to friends
-  **Eat**  
Try to eat at your normal times and stay healthy
-  **Connect**  
Keep in touch with those important to you

Why not try the following 28 days of mindfulness activities next month:

Week	Day	Activity
Week 1	Day 1	Mindful morning routine
	Day 2	Declutter a space in your home
	Day 3	Try a new healthy recipe
	Day 4	Nature walk
	Day 5	Unplug before bedtime
	Day 6	Practice gratitude
	Day 7	Self-care activity
Week 2	Day 8	Daily meditation
	Day 9	Outdoor activity
	Day 10	A virtual coffee date or phone call
	Day 11	Deep breathing exercises
	Day 12	DIY spa day at home
	Day 13	Creative activity
	Day 14	Sun time
Week 3	Day 15	Gratitude journal
	Day 16	Practice forgiveness
	Day 17	Digital detox day
	Day 18	Practice self-compassion
	Day 19	Time in nature
	Day 20	Explore a new hobby or skill
	Day 21	Reflect and celebrate accomplishments
Week 4	Day 22	Plan a fun outing or adventure
	Day 23	Random acts of kindness
	Day 24	Create a vision board
	Day 25	Surround yourself with positive influences
	Day 26	Indulge in a favourite hobby or pastime
	Day 27	Mindful eating
	Day 28	Reflect and set intentions for continued care





# SOCIETIES

## Creating a society

It's really simple to create a society! You just need a total of 5 students who are willing to form the society with you. Once there are five students, they can come to us and tell us about their ideas, we will send them a form to fill out ([or you can find the form link here](#)), we need to approve it and it's done.

## Benefits of joining a society

- A great place to meet like-minded people that you may have never crossed paths otherwise
- Somewhere to network or pitch your creative ideas
- A place for help and feedback on your work
- A place to organise fun activities with your friends.

## Why not join one of our Current Societies?

### Open Mic Society

The wonderful people in the Open Mic Society organise an open mic night once or twice every month, often in collaboration with the Students' Union. Open mic nights consist of fantastic musical performances, amazing comedy, and fun quizzes with mind-blowing prizes! There is often free pizza available as well, so there's really something for everyone. Come and be part of the show, or just enjoy it.



### Christian Union

The Christian Union (CU) meets weekly to study the Bible and share food, following studies provided by UCCF (The Christian Unions). Over the past year, the CU has grown from 2 to 15 members, with consistent attendance and active participation in a group chat. Members come from various courses and year groups, fostering a supportive community across the university. The CU aims to support Christians in the creative industries and provide a welcoming environment for non-Christians to explore faith. They receive training and support from UCCF, including events like Forum and Word Alive. The CU also benefits from the support of the University of Manchester's CU and staff workers. Upcoming plans include more promotional events and continued growth, with the current leader joining UCCF's Relay program after graduation to support the CU further.

### Ukulele Society

Come and have fun playing and singing in a group.

No experience or skills necessary, bring a ukulele or try one of ours.

Not a singer? Just play! Not a player? Just sing! Not either?

Just join us at the Hive Bar, every Wednesday 5-7pm and have fun!

For any questions please feel free to contact Lily MacKenzie at [lmackenzie@ucenmanchester.ac.uk](mailto:lmackenzie@ucenmanchester.ac.uk)



### Men's football team

The football society trains regularly at our Openshaw Campus, so come along and take advantage of our fun and competitive training sessions. We have lots of regular fixtures in our calendar, so there are always opportunities to join and have the chance of travelling with us to win some matches against other university teams!

Our training sessions are twice a week on Monday and Friday and fixtures are usually on Wednesdays.

For more details please feel free to contact James Barraclough [jbarraclough@ucenmanchester.ac.uk](mailto:jbarraclough@ucenmanchester.ac.uk)

## Feature Fridays





# U

## MAKE IT HAPPEN

Students' Union supported by the Future U team are working together to bring forward projects that will support students during this difficult time. Some of these projects include; UCENM toilets are now stocked with free sanitary products, all UCENM students can grab free breakfast from 8:30 am to 10:00 am and we will continue with "Food for Thought Events" where students can get free lunch in exchange for filling out a survey or two!

If you have any ideas about other projects, you'd like us to work on, please get in touch - [su@ucenmanchester.ac.uk](mailto:su@ucenmanchester.ac.uk)

### Students asked for the additional charge for alternative milk to be removed

The catering team took action and removed the extra charge meaning all milk is now the same price across all UCEN Manchester sites.

### Students asked for non-alcoholic beer in The Hive Bar

This has now been actioned by the catering team and alcohol free beer is now available.

### Students asked to use the rooftop space at CCM

Plans have now started on the rooftop and will be designed in collaboration with our SU and students from both UCEN Manchester and TMC.

### Students asked for Breakfast Club to be extended to 10am to accommodate those with slightly later starts

The catering team have actioned this with immediate effect and UCEN Manchester

students can now get their free breakfast until 10am.

### Students asked for a Fiction section in the Library

Influenced by 'BookTok', both CCM and Openshaw Libraries now have a fiction stand. You can also join in their 'Reading Challenge' with prizes to be won!

### Students told us they would like to see the Cost of Living Coupons return to ensure they are able to get a free lunch whilst on campus

They're back! The Students Union in collaboration with the Future U team have launched the CoL Coupons. Your Personal Tutor will be handing these out during tutorial and all UCEN Manchester students will receive x4, £4 vouchers which can be spent in our on-site canteens and Starbucks.

### Students said they would like more help with navigating the Office365 package

Tutorials are available through the Library website and one-to-one appointments can be booked with our Student Engagement Officer.

### Students told us there were not enough cups available for the water fountains

An order has been placed to ensure regular availability and there is a commitment from the facilities team to keep these stocked throughout the day.

### Students reported a number of IT issues across campus

We invited Group IT Director Jamie Marshall to our latest round to Student Rep Forums to ensure open communication around these key issues. Work is ongoing to update and resolve the issues reported including WiFi, access to Macs and specialist software. Students can report IT issues direct through TopDesk.

### Students asked for more collaboration opportunities

We held our first ever Creative Collective event on 13 March. We hope this will be the first of many!

**22 Pat on the Backs have been given out during the first term to staff members who have gone above and beyond for the student body.**

"The best lecturers any student could possibly have"

"My tutor ensures a positive culture on my course which makes everyone feel supported"

**Brenda Campbell**

**Vanessa Lees**

**Corey Welden**

**Chris Hall**

**Karen Cooke**

**Jasmine Lascelles**

**Simon Jones**

**Rochelle Martin**

**Cath Mullins**

**Tasha Ravenscroft**

**Cameron Ashall**

**Olivia Owens**

**Kerry Kawai**

**Paul Ashby**

**Jan Shah**

**Lukel Spencer**

**Wendy Brookes**

**Carl Bedwell**

**Matthew Garner**

**Mark Croft**

**Elliott Loboda**

**Harry O'Brien Radfor**

"My tutor is very organised and has really pushed us as actors to be confident and to trust the process"

"My tutors have been fantastic!!!"

# UPCOMING OPPORTUNITIES

## Careers Corner

You know career advice is available but think you don't need it – is this you?

Whether you know what you are going to do or already have a job don't fall into the trap of thinking you don't need advice or help. Whether it is for your long-term career goals or just finding a part-time job whilst studying it can help you.

### The Value of Career Advice

#### What is career advice?

Guidance and support provided to individuals regarding their career choices, goals, and development.

#### What is the point of it?

To help individuals make informed decisions about their career paths.

#### Why is it important and why do I need it when I know what I am going to do or I already have a job ?

Careers Advice will help you with;

- **Personal growth** helping you understand your strengths, weaknesses, and interests, aiding in self-awareness and personal development
- **Informed decision-making** as it provides information about various career options, educational pathways, and job markets, enabling individuals to make informed choices
- **Assists in setting realistic goals** developing strategies, and acquiring relevant skills, enhancing prospects for career success
- **Helps clarify career goals** and aspirations, reducing uncertainty and confusion
- **Boosts confidence** by providing reassurance and direction in career decision-making
- **Enables you to maximise your potential** by identifying and pursuing suitable career paths
- **Equips you with the skills** to navigate career transitions and changes effectively
- **For professionals** it can support career advancement, skill development, or guidance in navigating workplace challenges.

Advice can help and support you at whatever stage you are at and whether you already have a job or not so please come and see us. Get help with planning, CVs, interview skills and anything else connected to careers and employability. And it's free!!

Appointments can be booked here:

[Book time with Brett Wicks](#)

Or feel free to contact Brett Wicks at  
[bwicks@ucenmanchester.ac.uk](mailto:bwicks@ucenmanchester.ac.uk)

## Confident Future Series

Our Confident Future Series for applicants and pre-applicants is designed to support and empower you with the information and skills you need to apply to university.

This workshop will cover essential details for effectively navigating Student Finance England, providing key information on loan repayment and maintenance loan specifics.

This session will take place online via Microsoft Teams.

Keep checking the events page on the website for future dates.

Book your place now.

<https://www.tickettailor.com/events/ucenmanchesteroutreachteam/1135197>

## CLOSING REMARKS

**A message of thanks to our Student Reps for their continued support, engagement, and feedback.**

I just wanted to say a big thank you to everyone who joined us for the Student Rep Forums meeting! It was lovely to meet you all and great to hear your feedback. Thanks also to those who couldn't attend but have filled out the digital pro forma, we appreciate you taking the time to speak with your peers to ensure we hear your voice.

If you haven't been able to attend a meeting or fill out pro forma, please don't worry and join us for the final Student Rep forum of the year in April.

**As always, if you have any questions or concerns, please do not hesitate to contact us.**

### Get Involved!

Share your feedback or suggestions for future editions of the newsletter or submit a news story to the UCEN Manchester newsletter.

**Submit your story to Student Voice Team, by emailing: [svc@ucenmanchester.ac.uk](mailto:svc@ucenmanchester.ac.uk)**



# The Students' **UNION**

The Manchester College | UCEN Manchester

## GET INVOLVED



**[su@ucenmanchester.ac.uk](mailto:su@ucenmanchester.ac.uk)**



**[@TMCUCENStudentsUnion](https://www.facebook.com/TMCUCENStudentsUnion)**



**[@TMCSU](https://www.instagram.com/TMCSU)**



**[@TMCSU](https://twitter.com/TMCSU)**



UCEN Manchester is committed to equality of opportunity, non-discriminatory practices and supporting individual learners. This information is also available in a range of formats, such as large print, on request.