

# STUDENT VOICE NEWSLETTER

OCTOBER 2020

## Welcome

to the Autumn Edition of the UCEN  
Manchester Student Newsletter!

**#INTHISTOGETHER**

# WELCOME

**WELCOME to all new and returning UCEN Manchester students! We hope you are well and adapting to the changes we are currently working, studying and living through.**

As we were unable to welcome all students onto our campuses, we replaced our on-campus Welcome Week and Induction with an interactive online experience! With two weeks' worth of activities, some of the events students' took part in were the SU Online Coffee Morning, Big Fat Quiz of the Year and the UCEN Manchester Bake Off competition. This online experience also provided students the chance to learn more about our Future U Student Support offer, meet other students and learn more about how you can make the most of your student experience whilst at UCEN Manchester, all from the comfort of your own home. If you started late or missed out you can still access information on our support services [here](#).

What did you get up to? Share your Welcome Week story with your Student Voice Coordinator, Sheri, and feature online in the student blog or the next student newsletter.

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

## WELCOME WEEK

**Full name: Ahmed Eldars**  
**Course: Sport Science and Human Performance**

“It is my first year and I joined the welcome week online. It was very helpful for me; they delivered all the information which I wanted to know as a fresher and learn about the SU as well as how to get involved and meet new people. It was great fun and enjoyable.”



# WELCOME MESSAGE

by **Laura Mason, UCEN Manchester Student of the Year 2020**

First, welcome to UCEN Manchester, this is the start of the rest of your life. The world is your oyster from here on out. Follow your dreams, work hard, and you can reach any heights.

Sometimes I don't know how I balance work, life and study. I find I must balance work and my son who has ADHD. Sometimes I stay up late when he is in bed so I can complete my work. I try and complete my work during this time, so I can spend as much time with him as possible... playing and helping with his homework.

I am so excited that I won student of the year, I still can't believe it.

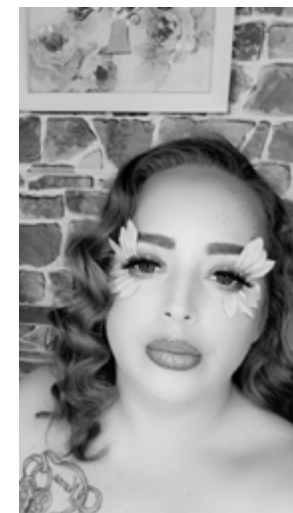
I can't wait to complete my course as I have a lot of plans for the future. I'm wanted to work in theatre and to make wigs for cancer patients as I had cancer at the beginning of the year and there's not many people who make them. This is something very close to my heart. I also would love to work in T.V. and Film doing Hair and Makeup.

For new students, believe in yourself, do not stress, IT IS WORTH IT, you're better than you think and be proud of yourself.

Returning students WE GOT THIS, keep going, be proud of yourself and it is worth every second.

Divide your time, plan everything and the stress is worth every second.

You may feel it's too much at times but in the end, it is worth it, hard work and dedication pays off. You are not alone in this journey to better your life or yourself. You will have a lot of support from not just other students but your tutors and support staff. If you feel you're struggling do not hesitate to speak to someone - I promise it will help. The support team are here to help you out!



Name - **Laura Mason**  
Course - **BA (Hons) Make up Artistry (Top Up)**  
Campus - **Fielden**

# MINDFULNESS FOR STUDENT LIFE

@ UCEN MANCHESTER

By Christine James, Student Mentor at the Fielden Campus

These are proven benefits of mindfulness which can also help your studies include:

- Reducing stress
- Enhancing wellbeing
- Building resilience

## Why not try this useful exercise - The 3 Step Breathing Space

The Breathing Space is a valuable tool for calming down, re-establishing mindfulness in the day and taking a minute when things are difficult. The simplest way to think about it is as a way to stop and breathe.

### Stage 1: Acknowledging

- Make sure you're sitting comfortably.
- Either closing the eyes or gazing at floor.
- Noticing sounds.
- Bringing attention to immediate physical sensations, starting with the strongest i.e. contact with the floor and seat.
- Paying attention present moment: noticing thoughts; noticing feelings/emotions.

### Stage 2: Gathering

- Gathering attention by noticing the breath, letting the breath be natural.
- Focusing on a part of the body where the breath is vivid, particularly the sensations in the belly as it rises and falls.
- If thoughts take your attention, gently guide it back to the breath.

### Stage 3: Expanding

- Expand the awareness to the whole body.
- Reconnect with how you're feeling and what's going on with you.
- Notice any areas of tightness or tension and let the breath flow into them.

# UNDERSTANDING THE STRUCTURE

- 1 The first stage recognises that the mind is likely to be caught up with stimuli. This stage helps in making a transition, and this needs to start with a broad awareness.
- 2 The second stage recognises the need to consciously focus the mind, being clear where the attention is directed.
- 3 The third stage suggests that a subtler kind of awareness of our experience is also possible once we have settled the mind a little.

It's possible to vary these elements a bit without changing the basic structure, which describes the process of settling and becoming aware.

Christine James is a registered social worker and a qualified mindfulness Teacher of Mindfulness for Stress and Mindfulness for Stress) and registered with BAMBA (British association of Mindfulness Based Approaches).

**VISIT:** [breathworks-mindfulness.org.uk](http://breathworks-mindfulness.org.uk) and to find out more click on 'learn mindfulness' tab. This will direct you to info on taster sessions and courses and free meditation sessions in Manchester

OR

Phone Breathworks on 0161 834 1110

OR Email: [info@breathworks.co.uk](mailto:info@breathworks.co.uk)

**How to find out more and develop mindfulness practice**

Future U

Melanie Lamb:

[CounsellingReferrals@tmc.ac.uk](mailto:CounsellingReferrals@tmc.ac.uk)

**PAM ASSIST: Telephone and online**

0808 196 3533 or visit [www.pamassist.co.uk](http://www.pamassist.co.uk)

Username: Student Password: student1







# 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 timetable:

-  **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 eat at your normal times and stay healthy
-  **Connect**  
Keep in touch with those important to you



# GETTING TO KNOW MANCHESTER

Manchester is a vibrant city and the heart of industry in the North. Explore information and activities to get to know the city.

- A multiple choice picture quiz of famous Manchester landmarks. [Play](#)
- An ultimate guide to places and events to visit in Manchester. [Play](#)



# AN INTRODUCTION TO STUDENT VOICE

*What is student voice? Student voice are opinions expressed by students regarding their education and experience; including learning opportunities, assessment and feedback, academic resources and support, student community and overall satisfaction.*



We'd like to introduce you to some of the key people here at UCEN Manchester, starting with your Student Voice Co-ordinator, **Sheri Lawal:**

"Hello my name is Sheri and I'm the Student Voice Coordinator at UCEN Manchester. My role is to represent the views of our students and work to ensure that every voice is heard. We do this by hosting rep meetings, focus groups, consultations and internal and external surveys. I also work closely with the Students' Union and edit and contribute to the UCEN Manchester Student Newsletter. The Newsletter is a place for you to share stories within your student community. I want to make sure that all students feel free to share their feedback and expectations, so if you are interested in getting involved with anything student voice related or want to be featured in the Newsletter, just drop me a message via email."

[slawal@ucenmanchester.ac.uk](mailto:slawal@ucenmanchester.ac.uk)

# INTRODUCING YOUR NEW SU PRESIDENT

MARYANNE LETHAM

Hello everyone, I am Maryanne your new Students' Union President and I am excited to begin my first term.



Computing and Business department, working closely with the student voice co-ordinator and staff members from the facility. I started working as a paid Student Advocate, supporting the staff by going to schools, colleges, universities, and UCAS fairs to promote Higher Education and UCEN Manchester.

It is a privilege to be able to be the new SU President and continue the work that was started by Sam Lowe, your previous SU President, in building up your Students' Union.

I would encourage everyone to get involved. Your time as a student will fly by, believe me. There are many ways for you to get involved: join social societies, or start up a new one, volunteer, help in our campaigns, and take part in events that will be taking place on our campuses.

This year, I am looking forward to developing societies, continuing the campaign on anti-single use plastic, working towards better mental health awareness for all, and meeting students whether that be online or face to face once campuses reopen.

I am a BA (Hons) Network Security with Penetration Testing graduate from the Openshaw campus at UCEN Manchester. My journey began as a student 3 years ago where in my first year I was voted to take over as Student Representative for my class. In my final year, I applied and was selected to be the Core Representative for the Computing department which involved collating feedback from students within the

LAST BUT BY NO MEANS LEAST

# INTRODUCING YOUR NEW SU VICE PRESIDENT

**Hello!** I'm Nela, an Animation and Motion Graphics HND student at Fielden Campus. This is my second year at UCEN Manchester. I was a Student Rep for my course last year, which helped me gain confidence in sharing my voice but also listening to and understanding the opinions of other students. This year I'm getting even more involved in finding out what students want and need, and I will be supporting the SU President in making sure the Students' Union is what you want it to be. I aim to focus on student mental health and what the SU can do to help. I believe in good communication to solve any problems which arise and wish to encourage feedback and opinions from any and every one of you. This is about your student life, your wellbeing, and your experience at college. Let me know what we can do for you!



Follow us on social media:

 [@tmcUCENstudentsunion](https://www.facebook.com/tmcUCENstudentsunion) |  [@tmcsu](https://twitter.com/tmcsu) |  [@tmcsu](https://www.instagram.com/tmcsu)



The Manchester College | UCEN Manchester

# STUDENT VOICE AND REPRESENTATION

Having a voice in your student experience is essential to the growth and development of UCEN Manchester, as well as the managing of your expectations throughout your study. Student Reps are a vital part of student voice as the work they do is crucial in improving the student experience. We look forward to welcoming this year's Student Reps and working with them to seek and represent student views.

"I loved being a student rep! One of the other reps saw me at a student's conference as a fresh unconfident face and invited me over to a group of reps and from there I flourished in my 3 years of study."

*BA (Hons) Creative Media and Visual Communication (Top up)*

**MICHELLE COMAR**

**GRADUATE AT UCEN MANCHESTER**

## Returning Student - second year in a row!

Our current SU Vice President and UCEN Manchester student, Nela Blinkhorne, is looking forward to picking up her role as a Student Rep for the second consecutive year.

"Last year, in my first year at UCEN Manchester, I volunteered to be a Student Rep for my course (HND Animation at the Fielden Campus). I remember being a bit nervous of it but thinking that in this way I can help my small class be heard. Getting involved as a student Rep, or with the Students' Union, is an amazing opportunity. For me I found that being a student Rep was fun and straightforward, I had support whenever I needed it too. It really helped me build my confidence, something I needed to then become Vice President of the SU! It also helped me develop a few skills, like communicating other people's ideas and feedback and how to both talk and listen in meetings. I'm not saying I'm perfect at it now, just that the experience provided me the skills to build on and the confidence to believe I could learn.

I know you know about how good these things look on a CV, but I want to add that getting involved with a bit extra here in the college can really help your personal development, by which I mean you'll feel involved, accomplished, you'll make connections with people, and it might be fun!"

Make sure to speak with your class Student Rep and feedback! Interested in becoming a rep next year? Contact the Student Voice Coordinator for more information..

# APP STUDENT CONSULTATION GROUP

**WHEN: October onwards**

**WHERE: Online**

## Access and Participation Plan Student Consultation Group

The Access and Participation Plan (APP) is designed to help us understand and increase the outcomes of students from the following groups:

- Students who grew up in low socio-economic areas (SES)
- Students from Black, Asian and Ethnic Minority backgrounds (BAME)

## Become a part of the APP Student Consultation Group

### Who we are looking for?

A current UCEN Manchester student who is passionate about increasing the continuation and attainment of students from the two selected groups. Come and share your ideas, thoughts and experiences!

### What's involved and why join?

- Attend an online focus group or 1 to 1
- Receive a certificate for your dedicated time
- Express your interest by contacting - Student Voice Coordinator (Sheri Lawal) [slawal@ucenmanchester.ac.uk](mailto:slawal@ucenmanchester.ac.uk)
- Register your attendance by contacting: Sheri Lawal (Student Voice Coordinator) [slawal@ucenmanchester.ac.uk](mailto:slawal@ucenmanchester.ac.uk)

\*Please read the [UCEN Manchester Access and Participation Plan](#) for more information on why we are targeting the two groups

# SPOTLIGHT STORIES

## BLACK HISTORY MONTH

BY KEISHA ADAIR SWABY



*Keisha Adair Swaby,  
Black, Blessed and Gifted*

**My name is Keisha and I competed my BSc Degree in Applied Sport and Exercise Science at UCEN Manchester.**

I am currently studying for a MSc in Health Psychology at Manchester Metropolitan University. I am Afro Caribbean and came to the UK from Jamaica at the age of 14. We are all different but the same, these are my words that I use against racism. We are all part of the human race and someone's colour or differences shouldn't dictate how we treat others.

When I immigrated from Jamaica I was bullied in school because I was black and for the way I spoke, the school I went to in the Midlands was predominantly white so when I started there things was very different and it was really cold coming from a hot country. Daily I felt how different they treated me as they would make fun of my accent and get me to repeat things just so they could laugh at me. It was a sad time in my life however many others have experienced similar racism and more.

I have spoken to others who have also experience racism in other situations such as in the workplace and we all share similar experiences.

There is a lack of support and it can be a difficult thing to relive each time its discussed. It's hard to understand coming from the Caribbean because it's not something that I experienced in my home country.

I didn't let what happened define my dreams and goals and I am on my own journey of achieving my dreams as I achieved my degree and other goals. I am now a certified Les Brown Speaker, a Radio Presenter, Upcoming Author, Founder of Empowering Dyslexics an organisation I am developing to help others with Dyslexia, Dyspraxia and other learning differences. I want them all to know that they are "Blessed and Gifted" and that they can achieve anything they put their mind to.

Studying at UCEN Manchester changed my life and I am eternally grateful for the great teaching we received and I want to say a big thank you to the teaching team namely, Geoff Bowling, Rob Stock, Julian Monk and everyone else.

It was UCEN Manchester that helped me to get diagnosed with Dyslexia in the last few weeks of my degree. This changed everything for me. Thanks to Lesley in the library for spotting it which started the process of me getting tested. The student services were amazing in the support I received.

I know that we are going through a difficult period at the moment however if you are reading this please have faith that this too will pass. I want you to believe in your dreams and know that anything is possible. None of the above is to impress you but to impress upon you what you too can achieve with the right mindset. When I started at UCEN Manchester I was a very mature student with 4 children and was in the corporate world for 17 years however with hard work and dedication I finished with a first-class honours degree. Use my journey as an inspiration that anything is possible if you believe in yourself and your abilities, if I can do it so can you!

**Good luck in all you do, go out there, dream big and achieve!**

# Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.

- Les Brown

### Keisha Adair Swaby

<b>Course</b>	BSc (Hons) Sport and Exercise Science
<b>Year of Graduation</b>	2019
<b>What are you doing now</b>	Studying a MSc in Health Psychology at Manchester Metropolitan University



# SPOTLIGHT STORIES

BY JULIE ANN HAYES

**Julie Ann's Hayes, Manchester jewellery artist.**

The current climate of social restrictions dictates when and where we can be seen in person, will this be the make or break of the social media filtering fad that has dictated the lives of the self-conscious and popular crowd of modern society. Beauty salons, hairdressers and barbers are out of reach therefore virtually filtering one's image may become more prevalent to hide our imperfections. What if people didn't have these filtered persona options? How would humans cope with their unfiltered physical forms? How can we keep hold of this mirage of perfection? We all love to look beautiful and unique, using physical or virtual alterations, can we bring the online filters to life. This exhibition looks into the future of facial adornments. For beauty and political protest.



**'Magnification'**

The theatrical design of these facial adornments, represents the digital and physical enhancements. The lorgnette eyes are inspired by the doe-eyed filters, the lips are inspired by the lip fillers. In a dystopian vision of the future if apps no longer existed would people resort to jewelry for their vanity fix.



**'Censored'**

The opinion on the female body has played a part in the ritual of censoring the female figure because it has been sexualised or demonised. The female nipple is censored on social media however the male nipple is not. Throughout history, rules and restrictions have been placed on our body and mind, breaking these rules we become heathens, witches or whores. The mouthpiece is censored lips, this design is a political protest piece of the silence of the voice from marginalized groups. The eyepiece is a censored breast plate, the piece covers the eye to censor the wearer's sight instead of the body.



**Beauty expired**

When humans master cybernetics, it will either be used to stave off the aging process or enhance our physical attributes. My concept for this piece is over time these artificial prosthetics may deteriorate or corrode. Imagine these physical features rusting or gaining a patina over time. Upgrading the body would be an ongoing battle like constant upgrades of phones, some models and parts would become obsolete like our identities.

Julie Ann Hayes started at UCEN Manchester studying Jewellery and Contemporary 3D craft design. After which she went on to the top up year BA (Hons) Creative Media and Visual Communication. She graduated this year.

# ARDEN DANCE AT THE WHITWORTH

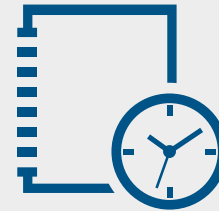
Congratulations to Arden second year dance students for their performance 'Close Enough' at the Whitworth on the 25th September

Keep your eyes peeled for more upcoming exciting projects from the Arden!



# MINDFULNESS MATTERS

With the campus now reopening, many of you are joining us for classes either on campus or on online. However, staying at home with limited interaction with friends, classmates and tutors can take a toll on your mental health. Here are a list of tips and tricks to help you with your studies and keep yourself positive!



## Work in bright and clear spaces

It is important to make sure your workspace is comfortable as possible, as well as being set up in a bright area and kept clear. Try to keep your workspace as close to a normal environment as possible. Avoid working in bed all day, this could then impact on your sleep.



## Maintain your routine

Although you won't always be commuting it is important to try to maintain your regular routine. Get up, washed, dressed and have breakfast. Not only will this help to improve your state of mind but will also help prepare you for classes and studying. If you do this it will also help you prepare for the transition back to classes when campuses reopen.



## Take breaks!

Taking breaks will help your mental health and give you a rest. Remember to move about and step away from the laptop/computer during this time. It is so easy to lose track of time so set an alarm on your phone to remind yourself. It is also easy to forget to eat so make sure you have food!



## Do something fun!

Whether you decide to pick up a new hobby or revisit an old one, having fun and trying something new are a big part of self-care.

Why not try colouring, arts and crafts, cooking or watch a new film or play!

To sign in use your student log in details.

[Learningonscreen](#) | [Digitaltheatreplus](#)



# CATERING - VEGAN CHOW MEIN FOR 2!

How are your culinary skills? A cheap and easy stir fry that won't burst the bank! A colourful and heart meal you can enjoy and make on a budget (only £1.48 a portion)

## INGREDIENTS

125g rice noodles	1 carrot	1 red pepper, seeds removed and thinly sliced
70g baby corn	1 tbsp veg oil	1 spring onion, sliced lengthways
2 tbsp light soy sauce	1 white onion	Freshly ground black pepper
2 garlic cloves	80g mangetout	
1 tsp five-spice powder	200g bean sprouts	
1 tsp chilli powder		

## EQUIPMENT

Knife	Tablespoon	Pan
Wok/frying pan	Peeler	Colander
Chopping board	Teaspoon	Wooden spoon

## METHOD

1. Cook the noodles in a pan of boiling water for 2-3 minutes, until al dente, or according to packet instructions. Drain, then rinse under cold running water and drain again.
2. Chop the onion, carrot, baby corn and red pepper into julienne (thin strips). Finely chop garlic and finely slice spring onion
3. Heat a wok until smoking and add the vegetable oil, add the onion, carrot, baby corn, mangetout and red pepper. Then add the garlic, 5 spice and chilli powder and stir fry for 1 minute add the bean sprouts and spring onion and stir fry for 30 seconds.
4. Stir in the cooked noodles and season with the soy sauce and ground black pepper.
5. Pile the noodles onto a serving plate and serve immediately cold running water and drain again.



# CAMPUS CATERING UPDATE!

## Service Offer

- Starbucks full hot and cold drinks offer
- Homemade cakes, tray bakes and muffin available in Starbucks and refectories
- Grab and go food offer with all food items served in takeaway containers or bags
- Hot nutritional meals including halal and vegan options
- Freshly made sandwiches, paninis, baguettes available in refectories and Starbucks
- Variety of salad and snack pots including vegan and halal options

## Customer Guidelines

- We have signage to inform our learners and customers to keep to social distance guidelines
- We have provided hand sanitiser at the entrance of the service and till areas
- We have increased our touch point cleaning
- We have introduced staggered break times to minimize queues

# CAREERS CORNER

BOBBY SABBAR

CAREERS AND WELFARE SITE LEADER

It is quite cliché to say that we are living in unprecedented times, but it is obvious that the recent events have challenged almost all of us to think differently about how we approach many aspects of our lives. As members of the Careers, Employability and Welfare team we too have also been thinking about some of these new challenges and effective ways to help you tackle them.

The future of graduate employment lies in the ability of graduates to develop skills beyond the classroom. The best employers expect graduates to be highly adaptable and resilient in the face of a rapidly changing economic and social landscape. The support and advice our team can provide will allow you to make informed choices as you navigate this changing landscape for many years to come.

As part of your time with UCEN Manchester we would like to support you as you take steps towards achieving your future goals as well as your professional development outside of the classroom. As a student you will have the opportunity to be supported by one of our qualified and experienced Careers and Welfare Advisors, there are a number of ways they can support you including one to one appointments tailored to your specific needs and requirements, these appointments will allow you to look at how to address any potential challenges or barriers, some of the ways we can address these would include CV and application support, mock interviews, skills audits and general career planning.

## Not sure what you would like to do?

We don't expect everyone to have a detailed roadmap for their future and that's perfectly fine. You can still come and talk to us and we can help you take your first steps towards thinking about your future career, understanding what you want and exploring potential options.

We also appreciate that you may have more pressing and immediate barriers which may relate to your personal welfare, finances and accommodation. You can speak to our team about any of these issues and we will work with you to look at ways you may be able to improve your situation as well as inform you of what rights you have in relation to any matters. Where we cannot provide you with immediate support and advice, we will refer you to an appropriate organisation or individuals that will be able to provide with relevant help and advice.

**Careers, Employability and Welfare Advisors are available across all our campuses to speak to in person and can book appointments with you.**

We can also be reached through our dedicated email address [careers&welfare@ucenmanchester.ac.uk](mailto:careers&welfare@ucenmanchester.ac.uk) where you can ask any questions or request an appointment or call back, please make sure to give us your student number and briefly explain what you would like to speak about

Also check out the **part-time jobs** section on the UCEN Manchester website for more guidance.

# SU CORNER

Hello everyone and a warm welcome to all new & returning students from your SU. I hope you enjoyed Welcome Week and have settled well into your classes. It was lovely getting to virtually meet so many of you at our coffee mornings and quizzes. You were all very lovely and enthusiastic with so many enquiring about becoming student reps, SU officers and the campaigns / societies we support.

If you were unable to make the Welcome Week events and would like to get involved with the Students' Union, please do email us at [SU@ucenmanchester.ac.uk](mailto:SU@ucenmanchester.ac.uk) at any time!

Also, don't forget to get your Totum Card. Totum offers over 200 UK discounts to use at home and abroad, instore, and online. There's also an app to download too. Currently Totum are running a deal for the price of 2 years you can get a 3-year card! A bonus for final year students is you will get 2 years of student discount after you have finished your course!

**DID YOU KNOW...**not only do you save money when purchasing a card, but you are also adding to the Students' Union income for student benefits. If you haven't already, get one now by visiting [www.totum.com](http://www.totum.com)



## SU DROP IN, DROP BY!

As many of you are aware due to Covid-19 has meant a lot of classes and events are taking place online and that includes the Students' Union, our drop-in sessions will be taking place online via Teams. However, my door physically and virtually is always open. If you wish to speak to me at any time just drop me a quick email.

Follow our social media channels for updates, news, events, and campaigns happening on your campus:

[f @tmcUCENstudentsunion](https://www.facebook.com/tmcUCENstudentsunion) | [t @tmcSU](https://twitter.com/tmcSU) | [i @tmcSU](https://www.instagram.com/tmcSU)



## MEET THE STUDENTS' UNION OFFICERS

<b>Louise Long</b>	Equality and Diversity
<b>Ahmed Eldars</b>	Sports & Activities
<b>Shaikh Waqas</b>	Employability & Enterprise
<b>Zahid Hussain</b>	Communications & Campaigns
<b>Suad Amin</b>	Secretary
<b>Freya Durkin</b>	Welfare
<b>John-Paul Conway</b>	Finance

### **SU Equality and Diversity Officer Louise Long**

My name is Louise Long, I am 33 years old and I am studying, as a mature student, on the access to HE in nursing and midwifery. I am currently working as a support worker, while studying, working with adults with autism and learning disabilities. I have two children aged 15 & 7. My hope is to attend university in September to study adult nursing and then move on to specialising in learning disabilities. I am the student union officer for equality and diversity. This role interested me because I strongly believe that everyone deserves equal opportunities regardless of which minority group you belong to. I am here to ensure that all minority groups are fairly represented

### **SU Welfare Officer Freya Durkin**

Hello everyone, my name is Freya. I'm currently on the Graphic Design and Advertising FDA course at UCEN Manchester. I chose to become a welfare officer as I believe overall wellness and mental health is a big contributing factor to how well people can study and the worse thing to do is suffer in silence. Coming from a health care background I understand how important frame of mind is. I hope we can work together to make our academic journey an enjoyable experience where we help one another.

The Students'  
**UNION**  
The Manchester College | UCEN Manchester

### **SU Employability and Enterprise Officer - Shaikh Wasqas**

Hi, my name is Shaikh Waqas and I am doing foundation degree in Computer Network Engineering with Administration. Currently I am in 2nd year of my foundation degree.

In my first year I joined SU as an Employability and Enterprise officer and I also worked as student rep. I was nominated again as the student rep for a 2nd year by my class and I am also continuing my SU Employability and Enterprise role this year as well.

The reason why I chose to be the SU officer was that I always wanted to help students who need support and help. Last year I helped in running the Tech Society with different ideas in coordination with SU president and tutors. Another reason why I chose to continue my role this year is that I want to keep helping students in need, with any kind of help I can provide them with. I'm also looking forward to doing my graduation from UCEN Manchester and The Manchester College.

### **SU Sports and Activities Officer Ahmed Eldars**

My name is Ahmed and I am studying Sport Science and Human Performance at Year One, where I'm the SU officer for Sports & Activities.

I am an avid long-distance runner and have a huge passion for sport and fitness. I decided to take part and join the SU to help deliver positive energy and lead a healthy active year for all students. I want to make sure that everyone has a chance to be involved in any sport they would like.

## SU SUPPORTS MENTAL HEALTH AWARENESS

This year following the restrictions in social interactions and isolation due to covid-19 mental health concerns have been several exacerbated. The Manchester College and UCEN Manchester have pledge to work alongside the Students' Union to create the Mental health Charter which at its core promises to better support students and staff with mental health concerns to stop them from reaching a crisis point. As such the Students Union staff will be working alongside key members of staff to make sure that even though we are not together on campus and classes that you all know you are not alone.

Part of our campaign is Mental health awareness November where we will be conducting activities and talking to you the student body about how we can support you better, what you need and what things we are doing right!

If you want to get involved or have any thoughts email us at the [SU@ucenmanchester.ac.uk](mailto:SU@ucenmanchester.ac.uk)

I look forward to seeing and meeting you all very soon!



# HAVE A STORY YOU WANT TO SHARE? WANT TO FEATURE IN THE NEXT EDITION?

Contact [slawal@ucenmanchester.ac.uk](mailto:slawal@ucenmanchester.ac.uk)

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- Submit your news stories, headlines and achievements to the newsletter for publication
- Read the newsletter on Moodle (via the Student Engagement tab)
- Become a blogger for HE Bee by submitting your stories, recipes and general student life chat
- For students by students – We are looking for features for the October edition

**UCEN**<sup>®</sup>  
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