

STUDENT VOICE NEWSLETTER

WINTER EDITION

Welcome

to the Winter Edition of the UCEN
Manchester Student Newsletter!

#INTHISTOGETHER

STUDENT VOICE AND REPRESENTATION

Having a voice in your 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 to improving the student experience. Each one is responsible for representing students in their specified course group.

On the 14th October 2020, the Student Rep training session was held online, on Microsoft Teams, for the first time. With 31 Student Reps attending, the training sessions was an opportunity for both new and returning Reps to come together and meet each other for the first time. In addition to gaining valuable insight and information from guest speaker, Larissa Kennedy, NUS President, the session was buzzing with healthy discussion and an introduction by SU President Maryanne Letham and Vice-President Nela Blinkhorn.


Congratulations to our 132 UCEN Manchester Student Reps!





TO BE SEEN.
TO BE HEARD.
TO ELEVATE.

A body of minority students coming together to form a community

The P.E.V. society is open to all. Express your interest and join the conversation online. Email SU@ucenmanchester.ac.uk to join or let us know if you have a great idea for a society.

 @tmcSU

 @tmcSU

 tmcUCENstudentsunion

HOW HAVE YOU FOUND YOUR FIRST TERM AT THE ARDEN?

The Arden acting tutors have given me so much support! Their office is always open and they will always have time to help you and give the best advice! They have helped me in so many ways and I cannot thank them enough. I have grown so much in just one term and have learnt so many different acting techniques, from radio acting to scenes study, where I learnt how to use acting tools to break down a scene. I feel honoured and privileged to be taught by so many amazing tutors while learning how to become a professional actor.

- Kate Bethnell

Second year so far, wow! We've already progressed so much, from working in the recording studio, close ensemble harmonies and even dancing to a much higher level. This course pushes you as a vocalist to be the best you can possibly be, learning things you never thought you would, to become a professional vocalist and know your craft inside out. I look forward to the rest of this year and progressing into third year.

- Charlotte Woodhead

I've absolutely loved my first term at The Arden and have feel I have improved so much already. The level of support we have all received when learning during the pandemic is amazing and I can't wait to see what the rest of this year has in store for Vocal Studies!

- Daisy Lockley

Acting second years used the beautiful building of Nicholls House to perform scene studies as installations. This is a different and unique way of rehearsing and presenting this module to account for social distancing. The feedback has shown that this could be a new way of running this module and create a new tradition of the module being performed as installations moving forward.

Student quotes from this event:

Performing our scene studies, especially during these times, was a fun and enjoyable project for us all to take part in. Being able to perform and watch theatre right now in a safe and innovative way was an emotional moment for everyone, bringing us all back to the realisation of why we are in this industry and that we love what we do.

- Tasha Cooper

It was a brilliant process and experience and I'm so grateful to have had the opportunity to pick my own scene, choose my partner and then work on it so intensely in the run up to the final performance! I feel I really developed as an actor and I have an even better understanding of how to approach a script! The intimate setting for the final performance was nerve-wracking but another experience I'm lucky to have!

- Ellen Stoakes

The scene study module and show back has been a highlight of the course so far. Limited rehearsal time has pushed us to work hard at home, whilst still supported by Marie and her invaluable, detailed directing and collaborative approach. Performing ten times consecutively, for a promenade audience experience, gave us the rare opportunity to learn how to repeat a performance as we would in a professional run. It has been a fantastic opportunity to us provided by The Arden

- Isaac Milne

SPOTLIGHT: PRESTIGE VOICE COMMUNITY

Interview with Briget Uzodinma and Christine Osei

Why did we create P.E.V?

During the first lockdown, we saw so much going on in the news with the BLM movement, not only in America but also in the UK, and this prompted many drama school students and alumni to speak up about the discrimination and injustice they faced at their institutions. I reached out to Briget and we spoke about how hurt but sadly not shocked we were to hear about some of the other drama schools. Although The Arden is not as bad as some of the other drama schools, it lacked a lot in providing support for minority student like Briget and myself.

Many people are moving from their communities, their comfort zones and their homes to a place where they don't know anyone and everything is unfamiliar. A place like The Arden for Briget and I was just that, unfamiliar, in the sense we didn't have anyone but each other to speak to about issues that only we could understand.

What are our hopes for P.E.V?

We hope that P.E.V becomes a legacy in The Arden. We hope to come back in 10 years' time and see that the group we created is still here. We want to make sure that this group expands and reaches out to the people that most need it, as it makes the process of coming to a drama school easier for someone of colour and other minority groups. We don't just want this group to be about those of colour but hope that in the future we can grow and have more specific groups like an Asian community, African community, LGBTQ community etc. We hope that it encourages people to feel safe and open to discuss and share their feelings. We are all one and their opinions are worth being heard. We want to ensure that the students not only know this but know and value their self-worth.

What is P.E.V?

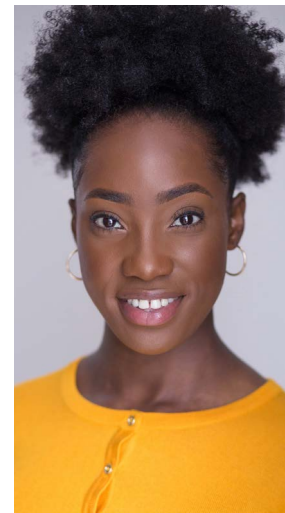
P.E.V stands for Prestige. Equality. Voices: To be Seen, To be Heard, To Elevate (A body of minority students coming together to form a community).

We are a group for The Arden School of Theatre that cater towards the needs of minority students. It is a place where peers alike can come together to communicate and share their thoughts and feelings. We aim to keep many places like The Arden accountable to their students, in terms of the curriculum and what support they can provide.



Briget Uzodinma
- Acting for Live and Recording Media (ALARM) Year 3

I came from a background where not a lot of people understand what it is like to be a performer, to act and understand the mindset. An institution like The Arden was a place and is a place that I was able to finally connect and meet people who do understand. However, it still is scary coming to a place like The Arden.



Christine Osei
- Musical Theatre Year 3

I was born and raised in Amsterdam, The Netherlands, where I didn't see discrimination because of the colour of my skin and I wasn't treated any differently to my Caucasian peers until the age of 6. I moved to a small town in the south of England called Swindon, where I then became a minority; in my street, in my school, in my performing arts school. For 14 years I felt as if I was neglected, not thought about and constantly stereotyped in every role played, especially in the arts, and there wasn't anyone in the education system that I could speak to or go to. Coming to The Arden, I felt the exact same. I was and still am very lucky to have my family as my support system, especially coming from an African household where performing arts isn't seen as a real career or job, and that is the only reason I have never stopped doing what I love.

EQUALITY AND DIVERSITY UK

Earlier this year, UCEN Manchester made a renewed commitment to standing against racism, promoting inclusion and equality and educating against hate, following feedback from colleagues after the tragic death of George Floyd.

In the Autumn term, we engaged in a process to appoint an independent advisor to act as a 'critical friend' and to challenge, shape and advise on the actions we take to achieve our goals in addressing racism and discrimination. At the conclusion of this process, we appointed Equality and Diversity UK by the unanimous judgement of a five person interview panel.

Our project lead is Equality and Diversity UK Director Alyson Malach.

STUDENT UNION
PRESIDENT,

MARYANNE
LETHAM, SAID:

"Nela Blinkhorn and I were invited to take part in the Equality, Diversity, and Inclusivity Task Force. In light of Black Lives Matter, reviews of the LTE Group's Equality, Diversity, and Inclusivity policies deemed them unsuitable for the needs of staff and students. The Student Union team were asked to review proposals put forward by six external companies and shortlist them down to three companies who would be interviewed. I was invited to take part in the interview stage of the three chosen Equality, Diversity and Inclusivity consultation companies.

"Having listened to all three presentations, the panel deliberated on what they thought of each presentation. I liked Equality & Diversity UK because I felt they understood what we required from them and they had the resources and experience to do the job well. Upon hearing all three presentations I felt that Alyson had a great understanding of our needs, and her presentation was confident and well thought out. She was clear in the goals that needed to be achieved and explained how these goals would be met and measured. Alyson also understood it wasn't just the staff that needed to be involved but students and board members. She was able to answer our questions clearly and with confidence and as such I am confident that she will complete the job well."

Alyson will be leading a range of initiatives to start gathering feedback from students on our strengths and weaknesses, with the aim of developing a set of practical recommendations for us to become the fully inclusive organisation we want to be. This will include surveys and student voice focus groups, more details of which will be announced shortly.

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, who is enthusiastic and able to work collaboratively with others to collate students' experiences and create meaningful solutions.

Express your interest by contacting Student Voice Coordinator Sheri Lawal. If you cannot attend a meeting but would still like to contribute your ideas, thoughts or experiences, please also contact the above email.

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

STUDENT SHOWCASE

Bethany Gallagher (Special Effects Make-up Artistry Foundation Degree)



Peacock look inspired by makeup of your Inner Self. As part of Val Garlands Glow up challenge.

'I always have been attracted to those colours and symmetrical shapes.

- Bethany Gallagher



Winning look by Beth. Picasso look for Val Garlands Glow up challenge on Instagram. Bethany won.

The brief as part of my last module with Tony (Wigs and hair tutor) was to create a wig, style it and create a makeup look. Mine was my interpretation of The Goddess of Nature.

- Bethany Gallagher



TO WHAT EXTENT DOES THE MAKE-UP INDUSTRY EMBRACE DIVERSITY

By Autumn Dabies, Level 4 Special Effects Make-Up Artistry student

The Makeup Industry is vastly changing and transforming as the years go by, making a continuous, moving shift to becoming more inclusive and diverse for all genders, races and ages. However, many people wonder why it has taken this long for makeup brands to embrace diversity and what the makeup brands are missing.

Foundation Shades

The most controversial area within the Beauty Industry is considered the Makeup Industry. This is due to the industry failing to cater to different ranges of skin tones, especially neglecting those with darker skin tones. Before the industry began making more inclusive changes, brands lacked in providing affordable beauty products for POC (people of colour) and many argue to this day it's still an issue.

In the early 1900s, a black businessman named Anthony Overton recognised the lack of beauty products catered to black women's skin tones. Overton, with his chemistry degree, created and released The Overton Hygienic Manufacturing Co.'s "high-brown" face powder, which was a huge hit across the US and other

countries. After many years, more brands began to cater for black women but not enough drugstore brands did the same. Affordable drugstore brands such as Maybelline and Rimmel are seen to only show up to 10 foundation shades in store and most of them only cater to lighter complexions.



Although figures show there are 45 different shades of black and brown people in the world and only 7 shades of white (Stevens 2020), there still seems to be a lack of diversity in affordable lines, meaning “women with darker skin tones often end up paying 70% more for foundations from specialist ranges” (Stylist 2015).

However, well-known global brand MAC Cosmetics continues its long history of diversity within their foundation shade range. Since the launch of MAC in 1980, they have held a wide spectrum of foundation shades and to this day, MAC carry 60 shades of its Studio Fix Foundation, 33 shades of a brand-new 24-Hour Concealer, plus additional shades of its contour palettes, conceal and correct palettes, and Perfecting Powder (Schallon, 2018).

Today, MAC Cosmetics is one of the top three most profitable global makeup brands (Stevens 2020), with their best-selling Studio Fix Fluid Foundation retailing at an affordable for £27 per 30ml.



Fenty Beauty

In 2017, the Makeup Industry was undoubtedly changed when popstar sensation Rihanna shed a whole new light to inclusivity and the empowerment of diversity after recognising the void in the industry. Robin Rihanna Fenty (Rihanna) launched a makeup line “so that women everywhere would be included” (Fenty 2017). Releasing over 40 shades, now expanding to 50, Rihanna’s focus was to really invest time into understanding the undertones and that every skin tone is different.

Reports show that “eight of the ten deep foundations had gone from Sephora’s website within six days of the Fenty Beauty launch” (Crockett 2017). Not only did she celebrate diversity within her shade range but also in her advertising campaign, highlighting inclusive marketing, by boasting a cast of nearly 15 models in their video campaign (Garel 2017), including Paloma Elsesser a black, plus sized model. This one campaign video was said to be more diverse than the whole beauty industry put together. It was the first time underrepresented women and cultures were featured in a worldwide beauty campaign for the Makeup Industry.

In a poll to the general public via Instagram, a question was asked: “Do you feel as though Fenty Beauty heavily influenced other brands to be more inclusive?” The answers were 79% “Yes” and 21% “No”. This concludes the public believe Fenty Beauty could have possibly influenced the makeup industry in becoming more diverse.

Diversity in Beauty Campaigns

After the launch of Fenty Beauty and the release of their incredibly diverse campaign, a lot of brands were taken back by the response Fenty received. This inspired brands to promote more diversity within their ad campaigns. Shortly after the Fenty Beauty launch, one of the world’s largest cosmetics company, Loreal, released an ad campaign for their True Match Foundation called “Your Skin, Your Story”. The campaign included a range of “diverse, high-profile celebrities and models of varying skin tones, including one man, one transgender model and two plus-size models” (Lubitz 2017).

In a statement regarding the “Your Skin, Your Story” campaign, the Deputy General Manager of Loreal Paris, Tim Coolican, said: “L’Oréal Paris is a brand fuelled by a mission to empower everyone to own and embrace their individual beauty and intrinsic worth.”. However, many of the general public debunked the statement when on June 1st 2017, transgender and black lives activist Munroe Bergdorf was sacked by Loreal due to her posting about “the racial violence of white people”. Loreal received a lot of backlash for going against the message they portray to the public. When the brand’s new President, Delphine Viguier, found out about the situation, she apologised for how it was handled and Munroe was offered her job back.

A comment taken from a poll to the general public regarding whether more brands are promoting diversity in ad campaigns, read “I’m seeing diversity but not enough. Brands aren’t providing the inclusivity that is shown within the marketing,” recognising the idea that brands in the makeup industry could be using diversity as a fleeting “trend” for their ad campaigns, bringing people in to believe they are embracing diversity and providing for all, yet not actually providing the products for those people. Blogger Karin Mbulo hopes that “brands will be more inclusive because of their values, not because they need to react to harsh responses online”. (Skye 2018)

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MEN IN THE MAKEUP INDUSTRY

By Harry Crooke

Previously, the makeup industry was one that limited its audience and had tunnel vision regarding whom could work within it. The makeup industry, for a long time, was stereotypically a “girls only” (Montell, 2020) sector with the odd male artist who would not get much recognition. Today, men are taking over and empowering make-up enthusiasts all over the world whilst creating revolutionary products, destroying the stigma that makeup is just for women and sending the message that makeup is inclusive.

For a long time, it was perceived that men had no place in makeup. However, there is evidence to suggest that up until the mid-1800s, it was normal for men to wear makeup for many purposes. Makeup has had a recorded use since 3000BCE when Egyptian men would use black pigments such as coal to create feline liner looks, green malachite eye shadow as well as cheek and lip stains made from red ochre. Whilst Egyptian men, arguably, did not apply makeup to their face for the same purpose as today, there were still links to vanity and confidence. Green eye shadow was believed to evoke the gods Horus and Ra, as it was said they would ward off harmful illness. Dramatic eyeliner was worn custom to each individual to express wealth and status (Montell, 2020). It was also said to “ward off the evil eye” (Walker, 2020).

During the 1st century AD, Roman men were known for applying red pigments to their cheeks. They would lighten their skin with powder and paint their nails using a stomach-turning elixir of pig fat and blood. This was done to keep Roman men looking young and groomed. Men continued to groom themselves with cosmetics until the 18th century. Throughout Elizabethan times and the early 18th century, men

continued to wear makeup and it became very popular, with men drawing on beauty marks and wearing wigs, while all men tried to make themselves look ghost-like by powdering their skin. However, this was the era where face make up was dangerously cakey and made with lead, which often caused a lot of high risk health problems (Montell, 2020).

A considerable amount of time passed before male vanity had any attention again. It wasn't until the 1930s when a more modern approach to movie making came around, leading to the evolution of Hollywood glamour. Hollywood glamour allowed hair and makeup for men to re-emerge as stars of Hollywood films always had to look well-groomed and polished. Clark Gable was the first recorded example of “metrosexual” beauty.

Later in the 20th century, makeup and “metrosexual beauty” was far from normal and was seen as “un-masculine” by society. However, it wasn't unheard of, it was just held back for films and musical artists such as David Bowie and Prince. Although the amount of men wearing and working in makeup was still small, a lot of today's iconic and highly respected male makeup artists were just starting their careers.

In 1982 the makeup industry was graced with the talent that is Kevyn Aucoin and an abundance of other male artists followed in his footsteps, one of them being the celebrity makeup artist to Jennifer Lopez, Scott Barnes. Scott Barnes is not only an iconic makeup artist but a brand creator; his cosmetics range has gone on to be tremendously successful and it's believed everyone in Hollywood will have used his brushes. When Scott Barnes was asked whether he has seen much change regarding men in the makeup industry, he

replied: “There have always been men as makeup artists. Actually, right now there are more female artists than ever before” (Barnes, 2020) giving the impression he believes there was once more male makeup artists than women- we just weren't aware. (Montell, 2020).

Moving forward we reach the early 2000s, when American male pop culture figures started to wear ‘guyliner’. Although this still didn't scream diversity (as the difference between male and female liner is unclear), it was a step in the right direction. Giving it the title ‘guyliner’ allowed men to believe this was ‘okay’ or ‘normal’ as other men were doing the same. ‘Metro sexuality’ seemed to re-enter the cultural consciousness at that time, leading to beauty brands releasing makeup targeted for the male gender and branding it as “makeup for men”. Yves Saint Laurent released the ‘male’ version of their iconic Touché Éclat in 2008 and whilst this product will likely have been the exact same formula as the Touché Éclat sold to women, the packaging aimed to take away the stigma of makeup only being for women.

Skipping forward to 2010, men in makeup were nowhere near where they are in the modern day. Social media had evolved, allowing more and more men to express and show off their artistic talent. This inspired others and slowly destroyed the stereotypes that were centuries strong, leading to first ever male face for the brand Covergirl, who announced their and the industry's first male ambassador, James Charles, paving the way for the brand Maybelline.

In 2017, Maybelline, who were known for the slogan “Maybe she's born with it, maybe its Maybelline” (Maybelline, 1991) hired Manny Gutierrez, their first male face for their brand. Manny joked about this slogan by titling one of his YouTube videos “maybe he's born with it” (Gutierrez 2017). When asked by Marie Claire, Manny said: “I wanted to play with eyeliner and makeup while other boys were playing with G.I. Joes. So, it was kind of tough for me because I didn't really understand why I wanted to play with the ‘girl’ things rather than the ‘boy’ things” (Gutierrez 2017).

This demonstrated how he had been bought up around the stigma that makeup was only for women, that it was not normal for men to wear makeup and how many males have potentially been oppressed by the idea that makeup was only for women. In recent years male interest in beauty and make-up has spiked considerably and studies in the USA “predict [that] the market will hit \$166 billion by 2022, noting that men's skincare sales have leaped 7% within the last year” (Jotanovic, 2020).

It is fair to argue that male make-up has always been prolific throughout time and whilst possibly not for the same purposes it is used today, many modern day looks have been influenced by historic trends. It feels only recently though, that male make-up is accepted as an expression of art and for both genders

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STUDENTS' UNION CORNER

MARYANNE LETHAM
SU PRESIDENT

Hi everyone. How is it 2021 already? I hope you're feeling settled and making the most of your time here. Let me tell you briefly about the many things we've been up to.

MEET THE STUDENTS' UNION OFFICERS

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

Zahid's introduction as a new SU Officer

Hi! Just a quick introduction; I'm Zahid Hussain, a 2nd year networking student. I joined the SU to be proactive in helping fellow students to overcome challenges that they may face. A significant challenge is mental health, therefore whatever we can do to help those affected is well worth our time and effort. There are further challenges that we face with the environment and sustainability, which we can directly impact, not only for ourselves but for the benefit of generations to come. I hope to play a role in the SU team in each of these endeavours and more, so as to help create a better future for everyone.

GET TO KNOW YOUR SU OFFICERS

INTERVIEW WITH JP STUDENTS' UNION FINANCE OFFICER

Why did you want to get involved with the Students' Union?

I got involved with the Students' Union for a variety of reasons. I wanted to learn more about the behind the scenes management of the university systems and I wanted to be able to get directly involved with subjects that I am passionate about. It is of great importance to me to know that my fellow students are enjoying their time at university and reaching their full potential. I believe that higher education should be a positive experience for all and should not be tarnished by problems with money, accommodation, bullying etc, so I hope to mitigate these issues by working with the Students' Union and providing support for my peers.

Do you have any hobbies you could tell us about?

I love filmmaking and film watching. I also enjoy keeping fit and healthy with jogs and weightlifting. During lockdown I found myself getting into computer programming and have built a few basic websites, apps and games. I am an avid reader and tend to lean towards non-fiction science books but have recently been reading more filmmaking books due to my course, which has been very enjoyable.

What's your favourite animal and why?

My favourite animal is Rex, my dog. He's an old man now at 16 years of age but he is still kicking. I got him when I

was 7 and chose him out of the rest of his litter because he was the weird one that was rolling around and being crazy so I took him home. Not including Rex, my favourite animals are octopi. The octopus is an interesting creature. For example, did you know that an octopus has more neurons in its arms than it does in its brain? Or, did you know that they have demonstrated problems solving skills and are able to open closed jars and bottles? I highly recommend reading more about them if you haven't already.

What are you hoping to achieve in the college and the SU this year?

I am hoping to achieve a first in all of my studies and I hope to gain some good, professional skills from being involved in the Students' Union in addition to making an impact and improving the university experience for my peers

INTERVIEW WITH FREYA

STUDENTS' UNION WELFARE OFFICER

What do you want to achieve with the Students' Union this year?

Tough question! I joined in the hope I can help people through their studies and be an advocate for mental health awareness and help.

If you could recommend a book you have read, what would it be and why?

'Being Mortal' By Atul Gawande, a brilliant non-fiction self-help book. It's written by a surgeon who brings to light the importance of well-being rather than survival of the terminally ill and elderly. I promise it's not as depressing as it sounds!

What achievement or moment in your life are you most proud of?

It sounds cliché from someone who works in health care, but any time I got to spend with patients and managed to make them smile or laugh in - sometimes - the scariest time of their lives.

What makes you happy?

A cup of tea and a chat with my grandma.



INTERVIEW WITH AHMED

STUDENTS' UNION SPORTS & ACTIVITIES OFFICER

Tell me about yourself and what you do (as the SU officer)?

I am Ahmed and I am studying sport science and human performance in year one. I have a huge passion for sport and fitness. I want to make sure that everyone has a chance to be involved in any sport they would like. Because of the current situation, I am planning to create a fitness club on Microsoft Teams, where we will have some challenges to help us keep active.

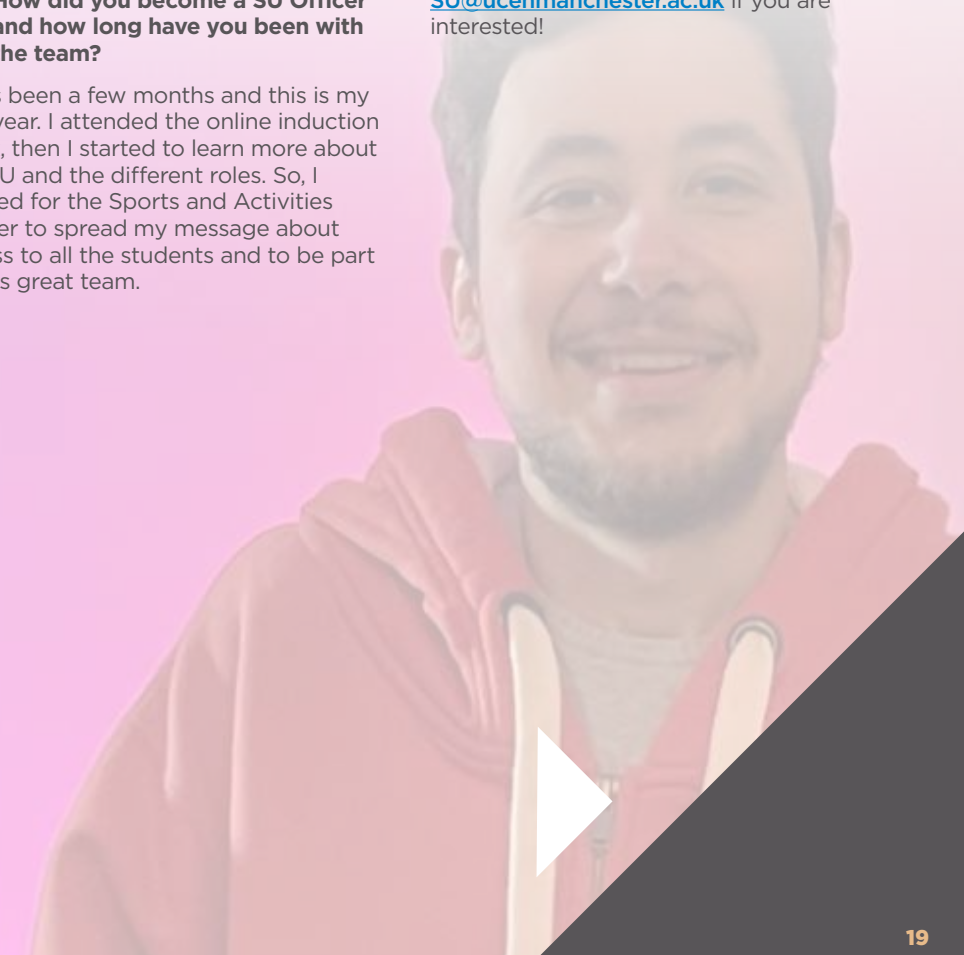
How did you become a SU Officer and how long have you been with the team?

It has been a few months and this is my first year. I attended the online induction week, then I started to learn more about the SU and the different roles. So, I applied for the Sports and Activities Officer to spread my message about fitness to all the students and to be part of this great team.

What are your hobbies and interests?

I am a long-distance runner. I have completed lots of half-marathons and a few full marathons. Last month I ran the London marathon virtually around Manchester because of Covid-19. It was tough but I really enjoyed it. I love baking as well to fuel me up for my runs.

I am setting up a Fitness Society in the spring term and would love to get students to join. Contact the SU@ucenmanchester.ac.uk if you are interested!



NUS TOTUM CARD

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



WAYS TO GET INVOLVED

- Join a Students' Union society (or create your own!)
- Become a writer for the SU Bee Blog or submit stories for this quarterly newsletter
- Volunteer at SU events
- Campaign for change across campus
- Become an SU Officer
- Get your National Union of Students TOTUM card at www.totum.com for access to lots of student discounts. There is also the free version, TOTUM Lite, with selected discounts. Download the app on the App Store or Google Play.

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

[Stu Tmc](https://www.facebook.com/StuTmc) | [@atmcsu](https://twitter.com/atmcsu) | [@atmcsu](https://www.instagram.com/atmcsu)

POEMS WRITTEN BY STUDENTS AS PART OF THE SU'S 'NOBODY'S PERFECT' CAMPAIGN

I'm not perfect and I love myself.
I'm unique and perfect doesn't fit me.
I make mistakes but every day is a learning opportunity.
We were born to make mistakes but that shouldn't be your stopping point.
You should be the best you, which is the perfect you
You are not a trend.
So, stop worrying and seek happiness and growth.

By Suad

None of us are perfect. I know I am not perfect, and I still love myself. It is okay to make mistakes, even with the best intentions. The best we can do is to learn from our mistakes, so we do not make them again. We should accept that others make mistakes too and help them to move on for the better.

As the saying goes: *"to err is human, to forgive divine"*

We all are imperfect human beings.

By Ahmed

Is it ok, to just be normal?
When we say this, it sounds so abnormal
Like we ought to be perfect each day
Is this really what we hope and pray?
Or are we content with being "me"
Isn't this what others see?
If we can just learn to love ourselves
Then this is what surely overwhelms
Each other's hearts to a love so bold
Just like it was once so foretold

By Zahid

SUPPORTING YOUR EMOTIONAL WELLBEING

By Melanie Lamb

The Counselling Psychology Support Service is a free and confidential counselling service available to all students studying at UCEN Manchester.

We are a dynamic and supportive team, made up of trainee and qualified counsellors, offering one-to-one confidential counselling sessions. Alongside the Student Support Team, we are here to promote positive emotional wellbeing and to support you through difficult times during your time at UCEN Manchester.

One of our students shares their experience of the support available to them while studying at UCEN Manchester:

"I used the counselling services at UCEN Manchester last year. I had had issues with my mental health before coming to Manchester and so I was already wondering what support the college would provide. At the start of the year there was a class visit, someone came into the class and gave a short presentation about all kinds of support and help available. From this I gained the confidence to refer myself to the services.

"I was put on a waiting list for counselling and couldn't be given the support immediately, but then I was not highest priority and I knew that. My personal tutor was incredibly supportive when I confided in her that I was waiting for that support, and I was directed to student mentors who could also support me as I waited. I quickly realised there were

people around me I could talk to, people who understood if I was struggling, and staff who were able to give help and advice".

Student Experience Support Practitioners are the people to go to if you feel unsafe in or out of college. They can provide emotional support and help you to get the right support through internal & external agencies. They also organise enrichment events to support you with your personal and employability skills.

Student Mentors are available to offer friendly chat and advice. They can provide support plans to help you achieve your targets and can also provide study sessions. Student Mentors can help you develop solutions and support your progression.

Personal Tutors are here to facilitate group sessions (online and face to face), monitor your progress and help keep you on track. Personal Tutors will deliver tutorial sessions on employability and developing awareness and provide one-to-one sessions (face to face and online).

"The counselling was very helpful once I had it, there was regularity and structure now that I had a specific appointment with someone to talk to, I would look forward to it even if I was nervous, and it felt like a break from the rest of life once I was in there. It was made clear how many appointments there would be, and I had the option of officially requesting more support if I felt I needed it. I feel the college has provided a good space and support system for me, but I am aware that I just had to ask and ask again when I wasn't sure what was happening. I found that there were staff who would follow up on my situation and check up on me to see how I was doing. I'm very glad there was a variety of people to turn to, as I'm sure many agree that you don't feel comfortable sharing with just anyone".

The Counselling Psychology Support Service is for students who are struggling with mild to moderate psychological issues. In addition to our internal counselling, PAM Assist can provide a free and confidential life management and personal support service that is available to you on an entirely self-referral basis 24/7. No need to sign up, register or seek approval first – just call 0808 196 3533 or visit www.pamassist.co.uk.

I would encourage people to look for the help the college provides, and don't wait until you are out of your depth. If you need just a little bit of support, don't be afraid to ask for it.

- Melanie Lamb

HEALTH, HAPPINESS AND WELLBEING IN THE AGE OF COVID-19 AND BEYOND

By Elizabeth Flack- HNC in Healthcare Practice (Integrated Health and Social Care)

As part of Wellbeing Wednesday celebrations, guest lecturer David Tross from Birkbeck, University of London, shared research and perceptions of happiness and wellbeing before, during, and after the Covid-19 crisis. I can think of nothing more relevant to the current social climate than a Teams meeting about happiness. Mr. Tross' lecture validated many of the attendee's own views on happiness.

The first session is 'What makes people happy?' A clear consensus between attendees found that family, sense of purpose, and fulfilment were valued over financial success.

One of the most interesting things that I discovered in the second lecture (What has the Covid-19 crisis taught us about happiness?) was that the Office for National Statistics has been tracking the UK populations' happiness levels for many years and the reported level has hardly changed in that time, until Covid-19.

The impact this virus has had on us as individuals and families has provided some with time to explore hobbies and grow, while others that suffered socioeconomic depression before the pandemic are in a more perilous situation than ever. If anything, this crisis has provided people opportunity to evaluate their careers.

While discussing 'Good Vocations: happiness and well-being at work and home', Mr. Toss asked the group what job we enjoyed most. The underlying theme in everyone's response had a sense of autonomy and value that is/was acknowledged by the organization or management.



I really enjoyed these sessions, particularly thinking about happiness in relation to Covid-19. Of course, there's lots of unhappiness and anxiety, and the data shows this, but there's also some really hopeful aspects- the upsurge of community volunteering for one, but also the way in which lockdown gave people a chance to reflect on their lives. One of the participants on the course summed it up really well: 'What I thought mattered, didn't matter'. It was great from my point of view not just to share the research but also talk it through with others, connecting big national themes with people's daily lives.

- David Tross (Birkbeck, University of London)

Stage 1: What makes people happy?

Stage 2: What has Covid-19 crisis taught us about happiness?

Stage 3: Good Vocations: happiness and well-being at work (and home)

Stage 4: Community Development, participation and happiness in personal life, community participation and work during and beyond the Covid-19 crisis.

INTRODUCING YOUR STUDENT GOVERNOR

UCEN Manchester HE Student Governor - Modupe Dosumu



Modupe is a women's interest enthusiast/advocate, currently studying Criminology and Criminal Justice at UCEN Manchester. She also serves as the Student Representative for her course. She formerly trained in Los Angeles as a fashion and media makeup artist and previously ran her beauty E-commerce business for over 10 years. She loves to sing, salsa and cook with her girls. Her motto is to positively influence one life at a time.

- 1 Hi Modupe and congratulations on the new role! Why did you want to become the HE Student Governor?**
I wanted to become a student governor to amplify the student voice to the leadership of the LTE group
- 2 You have a passion for women's interests, tell us more about this?**
I have a passion for women's interests' advocacy, I want to see more opportunities and social justice available to women and girls everywhere.
- 3 What advice would you give to students who are completing assessments or exams?**
Organise your time, maximise your resources, read, read and then read some more. Then rest.
- 4 What are you hoping to achieve in your new role?**
I hope to get to know more of the student reps and the concerns of the students that they represent. Also, I hope to gain new executive skills and insights.
- 5 What would you say to those students who don't know what career path they want to take?**
Life is not always linear, you may need to experience a few things to get to 'it'.
- 6 What do you dream of doing in the future?**
Big question, I am exploring a few options. The ultimate will be a role that advances policies which put women and girls on a stable and positive playing field.



NSS 2021

The National Student Survey (NSS) is a survey of final-year undergraduates in the UK which gathers students' opinions on the quality of their courses. The survey is conducted by Ipsos MORI, an independent research agency. It is commissioned by the Office for Students (OfS) on behalf of the UK funding and regulatory bodies in England, Wales, Northern Ireland and Scotland.



SCAN ME

Why does the NSS matter?

The NSS matters because it makes a tangible difference to the experience students have at university and college. By completing the survey, students can make it clear what is - and isn't - working for them. At UCEN Manchester, we also rely on your feedback to identify what needs improving within the student experience.

The published results help prospective students make informed decisions of where and what to study. The data are published on the OfS and Discover Uni websites.

How does the survey work?

The survey can be completed online from 6th January until 30th April 2020. However, the prize draw campaign will only run until 28th February - so make sure you take part before then to be entered (if you are eligible).

Give your views and complete the survey here: www.thestudentsurvey.com



UCEN MANCHESTER STUDENT NEWSLETTER

Don't forget to share your news - send any interesting articles or potential features to slawal@ucenmanchester.ac.uk to be featured in the Spring Edition

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