



FCH PARK
GLOUCESTERSHIRE
HARDWICK
OXSTALLS



UOG
Students Union



FCH PARK
GLOUCESTERSHIRE
HARDWICK
OXSTALLS





WELCOME TO THE STUDENTS UNION

On behalf of everyone here at the Students' Union...

CONGRATULATIONS AND WELCOME TO THE UNIVERSITY OF GLOUCESTERSHIRE!

As your SU, we are here to ensure you have a life-enhancing student experience whilst you study. By joining UoG you automatically become a member of the SU **(FOR FREE!)**, meaning from day one you are part of a fantastic community.

During your first few weeks, our team are on hand to offer you advice and help you settle in. We are located on every campus so you can always find us throughout the year. We know this year might be a bit different, but we still be here for you with through every twist and turn. We have loads of exciting ways for you to meet new friends, get involved with university life and be a part of something special.





50% OFF

WHEN YOU SPEND £40 OR MORE

USE CODE **APPUNI50**



Domino's

Minimum spend £40. Can not be used in conjunction with any other offer. Valid at participating stores only.



WE'RE HIRING

FOR MORE INFORMATION VISIT

WWW.JOBSATDOMINOS.CO.UK

WE GOT THIS 

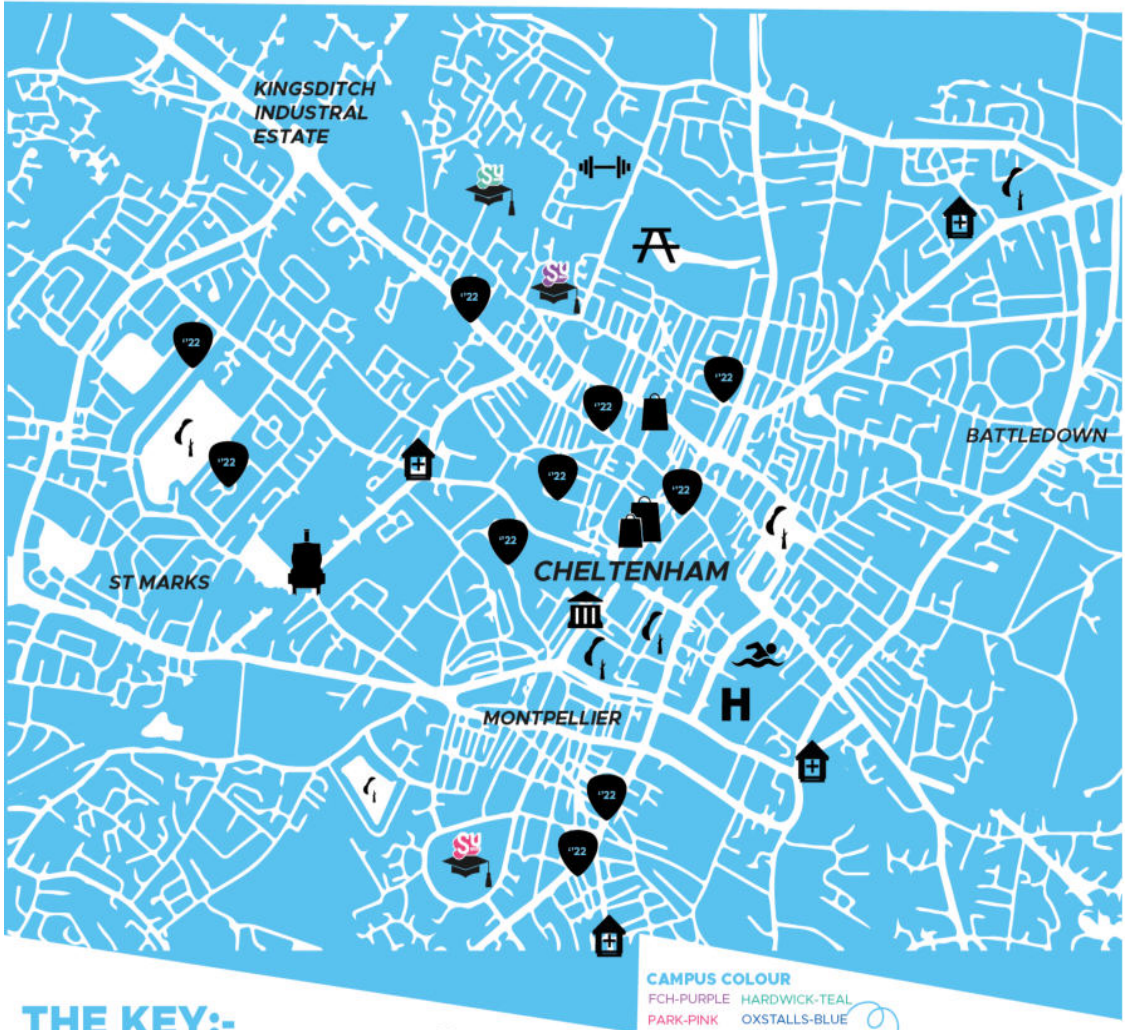




DISCOVER CHELTENHAM



A HIDDEN LOCATION



CAMPUS COLOUR

FCH-PURPLE HARDWICK-TEAL
 PARK-PINK OXSTALLS-BLUE

THE KEY:-



UOG CAMPUS'S
 FIND THE
 COLOUR



CHELTENHAM TOWN
 HALL



CHELTENHAM SPA
 (RAILWAY STATION)



PARKS



PITVILLE PARK



LESURE AT
 CHELTENHAM



LIDO



CHELTENHAM
 HOSPITAL



CHELTENHAM
 SURGERIES



REGENT
 ARCADE



BREWERY
 QUARTER





DISCOVER GLOUCESTER



A HIDDEN LOCATION



THE KEY:-

CAMPUS COLOUR

FCH-PURPLE HARDWICK-TEAL

PARK-PINK OXSTALLS-BLUE



UOG CAMPUS'S
FIND THE
COLOUR



PARKS



WINFIELD HOSPITAL



OXSTALLS AREA



GLOUCESTER
CATHEDRAL



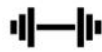
GLOUCESTERSHIRE ROYAL
HOSPITAL



GLOUCESTER
DOCKS



GLOUCESTER
RAILWAY STATION



G2
GLOUCESTER



GLOUCESTER
SURGERIES



CHOSEN
HILL





HIDDEN CHELTENHAM & GLOUCESTER

DEYA BREWERY

A Beer?

GL51 8PL

FROG & FIDDLE

Live Music?

GL50 3HW

SMOKEY JOES

50's Diner?

GL50 4ED

ST PAULS VINTAGE

Vintage Your Thing?

GL52 2LT

INCOM GAMING

Do You Game?

GL50 3HA

UNION PROJECT

Upcoming Fashion

GL50 3HA

CURIOSITY CAFE

Need A Coffee

GL53 7NE





SU CHECKLIST

WELCOME '22

Enrol With The University

'You will have been sent details on this. Can find out more on the University induction Website'.



ENROL

Welcome 2022 'Register Your Account'

'on uogsu.com/profile and let us know how to define yourself'.



REGISTER

Follow Us On Socials

@uogstudentsunion for info about events, uog student life updates and great deals.



FOLLOW

Check Out All The Sports Clubs And Societies You Can Join On Our Website



NIOR



50% OFF

WHEN YOU SPEND £40 OR MORE

USE CODE APPUNI50



MINIMUM SPEND £40. CAN NOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER. VALID AT PARTICIPATING STORES ONLY



WE'RE HIRING

FOR MORE INFORMATION VISIT

WWW.JOBSATDOMINOS.CO.UK

WE GOT THIS





UOG STUDENTS UNION

We make sure we're here for you during your time living and studying in Gloucestershire, working to help save you money, running campaigns and initiatives aiming to keep you safe, helping you get a job, getting you involved in sports and societies, running the student rep programme, volunteering and much more.

As a student at the University, you're automatically a member of the Student's Union. There's no membership or sign-up fee so you can get involved from day one! We also help make change happen at UoG. Help us to make Uni life better by giving feedback, letting us know about the issues you care about and getting involved with our Officer-led campaigns..



Welcome 2022

Check out
Whats Happening
in your first few weeks
by heading to

uogsu.com



BETH

Welfare and Diversity Officer

PAIGE

Activities and Opportunities Officer

ELEANOR

Education and Communities Officer

The Students' Union is run by students, who we call our **Full-Time Officers** or **FTOs** for short. They are elected annually by you to run campaigns and support you throughout your time at University.



THE LINE UP FOR 2022!


BETH



Beth Timmons (She/ They) Welfare and Diversity Officer

Hi I'm **Beth** and I'm going to be your **Welfare and Diversity Officer** for 2022/23. I'm passionate about inclusion and diversity, and this year I'm going to be working on giving underrepresented communities voice, supporting student mental health and pushing for more education and training of University staff.

 [uogsuwelfare](#)

 btimmons2@glos.ac.uk

Officer Fact: My nickname is Beef because in school I would always stand up to teachers if I thought someone was being mistreated.

PAIGE



Paige Archer (She/ Her) Activities and Opportunities Officer

Hello, I'm **Paige** and Welcome To UoG! As your **Activities and Opportunities Officer**. I take the lead on supporting Sports Clubs and Societies, as well as organising events to help you build your community. I want to support students in finding a sense of belonging and connecting student groups while aiming to reduce the costs of getting involved.

 [uogsuactivitiesapps](#)

 parcher2@glos.ac.uk

Officer Fact: I Speak Gaelic.

ELEANOR



Eleanor Hill (She / Her) Education and Community Officer

Hi, I'm **Ellie/ Eleanor** and I'll be your **Education and Community Officer** this year.

I support with ensuring your academic experience at UoG is the best it can be. I stand for inclusion, welcome and equity in all elements of educational experience and want to drive inclusion in the classroom, libraries and through volunteering opportunities.

I work closely with course reps (you can apply to be one!) and Student Subject Coordinators.

 [uogsuedcomm](#)

 ehill8@glos.ac.uk

Officer Fact: I was the Refugee Society President last year!



WHO CAN HELP

HELPZONE: Your first port of call for information on all aspects of student life.

Email: helpzones@glos.ac.uk

Or Call:

FCH: 01242 714444 ext 1

Oxstalls: 01242 714444 ext 2

Park: 01242 714444 ext 3

CONTACTS

REPORT AN INCIDENT

Park Campus Security: 01242 714402 or 07801 183630

FCH Campus Security: 01242 714836 or 07736 692087

Oxstalls Campus Security: 01452 715231 or 07793 245 017

Pittville Campus Security: 01242 715 069 or 07740 913684

FCH Campus Library: 01242 714666 or libraryfch@glos.ac.uk

Oxstalls Campus Library: 01242 715100 or libraryoxstalls@glos.ac.uk

Park Campus Library: 01242 714555 or librarypark@glos.ac.uk

Disability, Dyslexia and Learning Support: 01242 714541
or disability@glos.ac.uk



**NEED
HELP?**

REPORT AN INCIDENT

VISIT: [UOGSU.COM/REPORT](https://uogsu.com/report)

We want everyone to feel safe and included at UoG. If you have been made to feel uncomfortable or unsafe, regardless of how that incident might be defined, you can tell the Uni using their incident reporting tool



IT'S NEVER OK



In **October 2021**, we launched **#NEVEROK** to change the culture around harassment, assault and abuse across all our campuses, and in partner venues. We believe everyone has the right to study, live, work and have fun in a safe and supportive environment.

We want to ensure that violent, aggressive behaviour and abuse of others is known to be unacceptable and will be taken seriously, with consequences for any and all found to be perpetrating such behaviour.

We work with a number of partners to keep you safe during your time at UoG:

We have free anti-spiking devices available at all of our SU shops - just pop in and ask one of our team will be able to get you one free of charge

These include drink stoppers and testing kits.

We operate the **Ask for Angela** scheme in our **SU Bars**
Moo Moo's have **Welfare Officers** and **FREE** bottles of water, **just ask a member of staff!**

There is a **Discounted bus service every hour** from the promenade on student nights at MooMoos.

There is a **Stagecoach Bus Service**
that runs from **The Promenade**

The 94N Bus on The Promenade also takes you to **Oxstalls Campus and The City Centre.**



uogsu.com/neverok

#NEVEROK



Planning accommodation for next year?

Approved private housing:

➤ glosstudentpad.com

Halls:

➤ glos.ac.uk/accommodation

Housing and Halls Fayre coming in
November 2022

Accommodation team - we have you covered!

accommodation@glos.ac.uk / 01242 714544



THE UK'S BIGGEST STUDENT EVENTS



MOOMOO & POPWORLD

moo WORLD

£1.50
SELECTED
DRINKS
ALL NIGHT

#Glam

ROOM 1
RNB | URBAN

ROOM 2
DANCE | DNB

ROOM 3
CHART | ROCK

ROOM 4
PARTY | POP

Mondays

FREE FOOD FROM
THE GLAM GROTTO

CHEAP DRINKS DEALS
EPIC EVENT PRODUCTION

THE UK'S BEST RESIDENT D.J'S
UP TO FOUR ROOMS!

AMAZING VENUE DECOR
TOTAL TRANSFORMATION

THOUSANDS OF GIVEAWAYS
THE COUNTIES BEST CROWDS

MEET THE GLAM MASCOT
CONFETTI & CO2 BLASTS



glamfam.co.uk

#glamfam



STUDENT VOICE

Your Voice Matters

NETWORKS

Student Networks create spaces for students from a variety of different communities to connect and create change. We have a range of networks which are free and open to students! Check out the below to see what fantastic networks we already have for you to join....

- LGBTQ+
- Mature Students
- Black, Asian and Minority Ethnic +
- International Students
- Students with Disabilities

- Women+
- Mental Health
- Postgraduate Students
- Sports
- Sustainability
- Care Leavers

Course Reps

Course Reps are elected by students on their course to listen and collect feedback. There are 500 course reps for the SU. They work closely with the Student Subject Coordinator to bring about course changes.

Student Subject Coordinators

Student Subject Coordinators are students employed by the union and are passionate about improving the quality of the academic student experience at the University of Gloucestershire. They effectively engage with Course Reps and students to understand how to enhance teaching, learning and the wider student experience.

SSC's use survey outcomes alongside other feedback from students to identify areas within their subject community where additional activity is required, and work with staff and students to plan and implement up to four enhancement 'projects'/'targets',

visit: uogsu.com/studentvoice for more info





VOICE IT

FORM

Got Some Feedback You Want To Share?

Our Voice It Feedback form gives you the opportunity to tell us about your experiences... good or bad, about anything in the University.



Whether it's about anything from course leaders to sports teams we want to know PLUS it's anonymous, open 24/7 and takes only a couple of minutes to complete.

VISIT

<https://www.uogsu.com/feedback/changeit/>

Have You Got A Great Idea About How We Can Make Life At UoG Better?



From changing food options in Uni cafes, to removing additional course fees we want to hear YOUR ideas and then other students can vote on whether they think they are good or bad!

Get enough upvotes and we will take your idea to Student Council!

CHANGE IT

IDEAS





**TEAM
PLAYER
COACH**

**VARSIITY '23
CAN WE WIN AGAIN THIS YEAR?**

**SPORTS
IS IT FOR U?**

#TEAMGLOS

**DISCOVER
SPORT AT UOG**

www.uogsu.com/sports/clubs



FRIENDSHIP
CULTURE
LIFESTYLE

OVER 80 +
SOCITIES

COMMUNITY

DISCOVER YOUR
NEW PASSTION

www.uogsu.com/societies/join



moo WORLD

**EVERY
WEDNESDAY**

moomoo CLUBROOMS

blue

blue

POPWORLD

GLOUCESTERSHIRE'S BIGGEST STUDENT NIGHT

EVERY WEDNESDAY NIGHT

AT MOOMOO & POPWORLD

THE BEST STUDENT NIGHT IN THE SOUTH WEST

THOUSANDS OF GIVEAWAYS INCLUDING OUR LEGENDARY TUCKSHOP

THE CHEAPEST DRINKS AROUND

5 ROOMS OF MUSIC WITH THE BEST DJ'S!!

UOGBLUE



SHUTTLE BUSES BACK TO

GLOUCESTER & PITTVILLE

07580 423 423

**CHEAP
DRINK
OFFERS!**



TICKETS

Whether you want to dip your toe into our welcome events, or want to secure your top spot for the whole year, we have ticket and wristband options for you.

NIGHTPASS

This gives you access to the biggest nightclub events across Gloucestershire this September. With every official UoG clubnight included, this pass gets you into the SU approved venues who value student safety. Access to a minimum of 8 events in the Welcome fortnight, this saves you up to £6!

ONLY £20!

BLACK CARD

The ultimate year pass for Uni life at UoG. If you want access all areas and to help you have the best first year, you're going to want our black card.

This includes:

- Entry into **EVERY** nightclub event this Welcome fortnight
- Entry into **EVERY** Glam Monday and Blue& Blue Wednesday **ALL** year
- Entry to every Society Thursday at Home&Botanic **ALL** year
- UoG Sweatshirt or Hoodie of **YOUR CHOICE**
- 10% off all SU Events and SU Shop **ALL YEAR**

ONLY £120!

INDIVIDUAL TICKETS

If you're not sure how many club nights you want to attend, or prefer to stick to daytime/evening events, you can buy individual and group tickets to loads of our activities! You can browse all the different options on our events page, or in this booklet!

But don't delay- lots of our SU evening events and the big clubnights sell out fast.

FROM £3!

[UOGSU.COM/EVENTS](https://uogsu.com/events)

TICKETS ON SALE
Thursday 18th August



GLOUCESTERSHIRE

OFFICIAL

CLUB NIGHTS '22

popWORLD
Welcome Party

#Glam



PROPAGANDA



#Glam



Get your tickets and wristbands at

uogsu.com/events





**WELCOME CALENDER
SEPTEMBER 2022**

GLAM
EVERY MONDAY

BLUE AND BLUE
EVERY WEDNESDAY

PROPAGANDA
EVERY THURSDAY



WED 7TH



**PITVILLE MOVE
IN**

ALL DAY

FRI 9TH



**PARK, OXSTALLS,
ERMIN MOVE IN**

ALL DAY

**PARK, OXSTALLS AND
HARDWICK ACCOMMODATION**

SAT 10TH



**LOFT FCH EVENT
PIZZA X BOARDGAMES
FOR NON-HALLS STUDENTS**

12PM-4PM

SUN 11TH

**OXSTALLS, PARK, FCH &
PITVILLE EVENT
CAKE AND CHAT**

2pm-4pm



**WELCOME PARTY
POPWORLD X MOOS
TICKETED**

10PM

MON 12TH



**OXSTALLS, FCH, PARK &
PITVILLE EVENT
MUG PAINTING**

ALL DAY

TUES 13TH

**OXSTALLS, FCH &
PITVILLE EVENT
WALK IN THE PARK**

2PM-4PM



**FCH LOFT EVENT
DRAG NIGHT**

8:30AM - 10:30PM

WED 14TH



**PARK CAMPUS EVENT
WELCOME FAYRE**

10AM - 4PM

THURS 15TH



**FCH LOFT EVENT
PLANT SALES**

12PM - 4PM

CLUB NIGHTS ABOVE!





FRI 16TH



FCH THE LOFT EVENT
SOCIETY QUIZ
NIGHT

FROM 6PM

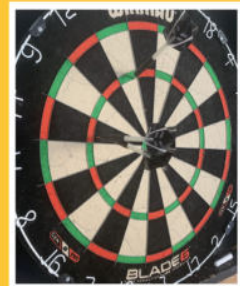
MON 19TH



FCH THE LOFT EVENT
KILO SALE

10AM-5PM

TUES 20TH



LOUNGE EVENT
FCH
FLIGHT NIGHT

FROM 5PM

TUES 20TH



LOUNGE EVENT
KILO SALE
OXSTALLS

10AM-5PM

WEDS 21ST



SPORTS DAY
GIVE IT A GO
PLOCK COURT

1PM-5PM

THURS 23RD



COCKTAIL
MASTERCLASS
REVOLUTION

7:30PM

FROGFEST 2022

SEPTEMBER 23RD, 24TH & 25TH
@ FROG & FIDDLE CHELTENHAM
FREE ENTRY ALL WEEKEND!

3 DAYS - 3 STAGES - 30 BANDS
20 ACOUSTIC ACTS - 24 COMEDY ACTS
STUDENT DRINK OFFERS! - STRICTLY 18+ ONLY!

BUTCOMBE  University of Gloucestershire
Students' Union

@FROG&FIDDLECHELTENHAM
@FROG&FIDDLE
@FROG&FIDDLE





WELCOME FAYRE

An afternoon of filling your bags with freebies from a wide range of commercial outlets in the Cheltenham and Gloucester. A chance to sign up to the vast range of Students' Union sports teams, societies and volunteering activities. You'll also have the opportunity to purchase official UOG clothing, Totum Card and other merchandise at a special 'Welcome' Fayre discount!

This year's quiet hour is for those who are uncomfortable with crowds and lots of noise such as students with physical access difficulties, sensory impairments, autistic spectrum disorder (ASD) and those who experience anxiety or other mental health difficulties. By introducing a quiet hour, we do ask that all students who don't mind a bit of hustle and bustle respect this hour and arrive after 11am where music will be turned up and we expect there to be bigger crowds!.



WED 14



UoG Students Union Presents
WELCOME FAYRE '22

QUIET HOUR
10AM

**AT PARK CAMPUS
GROUNDS!**

visit uogsu.com/welcome
for more information





CHAPLAINCY

A SPACE FOR YOU

We have created a Sanctuary on each campus, and at Pittville too. Our Sanctuary spaces are relaxed and welcoming - think comfy sofas, peaceful surroundings, and free tea and coffee on tap. They're a great place to chill in between lectures, or chat with others over lunch, or take some time out in the rooms we've set aside for prayer and meditation. Our spaces are for you, whatever your beliefs.

ACTIVITIES FOR EVERYONE

- Walking to a local park with some of the chaplains and their dogs
- Getting your hands dirty in the Oxstalls Peace Garden
- Singing for fun in the Chapel at FCH
- Mindfulness meditation to support your wellbeing
- Global Café - meeting up with international students for games, chat and hot chocolate
- Cake and Chat - does what it says on the tin!



SOMETHING SPIRITUAL

For those who are interested we have opportunities for prayer, discussion and reflection...

Big Questions Cafe - different beliefs in dialogue over lunch

Midday Prayer

Lunchtime Communion in the Chapel
Friday Prayers for Muslim students and Staff

Breathe - Quiet Prayer for the end of the week

Find Out More -



University of Gloucestershire
Chaplaincy



uogchaplaincy

A LISTENING EAR

You'll often find a Chaplain around in one of the Sanctuary spaces. We're always up for a chat over a coffee, and we're good listeners.

You can also contact any of us through

chaplaincy@glos.ac.uk





INTERNATIONAL STUDENTS

There are lots of ways to meet other International students at UoG, and it can be a valuable way of looking after your mental health while at University.



SU International Network

A student run network where international students can meet, chat and talk about their experiences at UoG.

This is where topics such as diversity and welfare are discussed and reviewed for further work.

International Café

Meet with other international students every Wednesday from 5:30 - 7:30pm for activities, information sessions and hot chocolates.

International Student WhatsApp Group

Find out about local events, share information and arrange social gatherings.

International Trips

Come sightseeing on our international trips.

For information about all of the above contact:-

Jo Parkin (E. jparkin@glos.ac.uk or M. 07801 183620)

Halló Bonjour
HELLO
你好 SHAMAE
Привіт

Halla 안녕하세요





 FOLLOW US!

UOG.LGBTQ

LGBTQ+ 

TOP TIPS FOR GETTING INVOLVED AS A QUEER PERSON

- Connect with **other** LGBTQ+ Individuals, either through the LGBTQ+ society or the local partnerships.
- Go to one of the LGBTQ+ Society Socials on Thursday 5.30-6.30pm @ The Loft In FCH
- Volunteer for a queer project- visit www.consortium.lgbt/jobs/ or search queer events on Eventbrite
- Get involved with sports clubs/ societies that you are interested in and that make you feel comfortable (read their #neverok pledges on their insta pages).

NEED TO TALK?

Galop

Hate crime helpline - 0207 704 2040 or galop.org.uk
 Gendered intelligence - Support for transgender people under 25 - <https://genderedintelligence.co.uk/>

GBTQ+ foundation - Advice, support and information
 - 0345 3 30 30 30 or <https://lgbt.foundation/>

Stonewall - Advice, support and information
 - 08000 50 20 20 or <https://www.stonewall.org.uk/>

-Albert Kennedy Trust - Support those who are in challenging housing situations
 - <https://www.akt.org.uk/>

-Being Gay Is Okay - Provides information for those under 25 -
 01483 727667 or <http://www.bgiok.org.uk/>

Switchboard - listening service
 0300 330 0630 or <https://switchboard.lgbt/>

Mermaids - -support for gender diverse young people- 0808 801 0400 www.mermaidsuk.org.uk

Your SU LGBTQ+ Network Lead - They feedback student views to construct changes within the University and the Student Union



BAME+

LET'S HELP YOU FEEL AT HOME

UOG AND BAME+

You can get involved with the BAME Network or our reciprocal mentoring scheme by contacting

Clare Peterson (cpeterson@glos.ac.uk)

At UOG we're dedicated to developing an inclusive culture where everyone has equal opportunities and diversity of culture, ethnicity and experiences are valued.

We hope to provide a sense of community to all members of staff and students alongside working to fight against discrimination, harassment and prejudice by challenging harmful stereotypes and the status quo.

HAIR & BEAUTY

Gracious Afro Hair Salon
442 High St, Cheltenham GL50 3JA

Gracious Store & Afro Hair Salon
100 Eastgate St, Gloucester GL1 1QN

Blakes Unisex Hair Salon
149 Barton Street, Gloucester
GL1 4HT
07947 771611

Anna's Hair and Beauty
Northwood Dr, Quedgeley, Gloucester
GL2 2DZ
07763 512446

FOOD AND DRINK

Thai Emerald
60 St George's Place,
Cheltenham, GL50 3PN
01242 522004

The Coconut Tree
59 St Paul's Road,
Cheltenham, GL50 4JA
01242 46575

Reece's Bar & Restaurant
(Jamaican)
Llanthony Road, The
Docks, Gloucester,
GL2 5QX
01452 301111
Bombay & Co
337 High St, Cheltenham
GL50 3HS

Cheltenham Halaal Butchers LTD
420 High St, Cheltenham
GL50 3JA

PLACES OF WORSHIP

The UoG Sanctuaries are open to all religions, with Christian and Muslim chaplains on campus.

Cheltenham Mosque
25 Sherborne Pl,
Cheltenham
GL52 2RZ

Masjid E Noor Mosque
44 Ryecroft St,
Gloucester
GL1 4LY

New Testament Church
of God, 89 Stroud Road,
Gloucester,
GL1 5AH

Church of God of Prophecy
Melbourne Street East,
Gloucester,
GL1 4NU

Hindu Community Centre
Swindon Road, Cheltenham,
GL50 4AY
01242 584250

Gloucester Pillaiyar Temple
1 Badminton Road, Matson,
Gloucester GL4 6AX
07496 415056



BAME+[!]

COMMUNITIES

MENTAL HEALTH SUPPORT AS AS A BAME+ STUDENT

Taraki - founded by student Shuranjeet Singh after his personal experiences with mental health – is working with Punjabi communities to reshape approaches to mental health.
@taraki_
www.taraki.co.uk

South Asian Therapists is the world's largest online South Asian mental health community.
@southasiantherapists
www.southasiantherapists.org

OTHER HELPFULL RESOURCES

Mind - www.mind.org.uk and check out their specific web pages for BAME people

Boloh (Barnardos) – www.helpline.barnardos.org.uk/
Mental Health Foundation

– visit www.mentalhealth.org.uk and search **BAME** in their A-Z

Join the Black, Asian and Minority Ethnic Networks - either the student network or wider University participation network for staff and students.

RECIPROCAL MENTORING

The reciprocal mentoring scheme at UoG is a great opportunity to connect University leaders with students, where both parties can learn and grow their skills and knowledge.

Email cpeterson@glos.ac.uk for more details.



WELCOME BACK POSTGRADUATES

What support is available for postgraduate students at UoG?



If you want some support with university work, you can see the student achievement team for advice, feedback and help.

Book a session with them on the Your Future Plan portal: Future Plan (glos.ac.uk)

- Both full time and part time students can access all university resources, such as My Glos and Student services.
- There is a specific page on Moodle, including a resources hub, guides, documents and more for Postgraduate researchers.

Postgraduate Research Students' Association (PGRA)

This society offers a range of activities for postgraduate students, such as social events like a book club and the opportunity of training and sessions to get involved with. The society has a mailing list where you can sign up and join with like-minded individuals.

Find them on the SU site!
Financial Support.

Financial Support

Whilst there isn't any specific financial support for postgraduate students, they are however eligible for the Financial Assistance Fund, should they need support.

Find out more and how to apply by contacting:-

moneyadvice@glos.ac.uk

You can also get involved with
The Postgraduate Network
[visit \[uogsu.com/studentvoice\]\(https://visit.uogsu.com/studentvoice\) to find out more](https://visit.uogsu.com/studentvoice)



**START
AND
GROW
ENTERPRISE**



START

OR

GROW

Become Your Own Boss

Student-centric support for big ideas and small businesses.

**You have the idea, the time, the energy and the ambition.
We can help with the rest:**

Getting Started

Get a handle on the boring stuff, so that you can focus on what you're best at. Understand business structures, tax systems, and how to protect your idea.

Finding Money To Grow

Once you've set up, apply for one of our £1,000 grants to really get things going, then polish your pitch and learn how to find investors for the next stage.

Fill Gaps In Your Knowledge

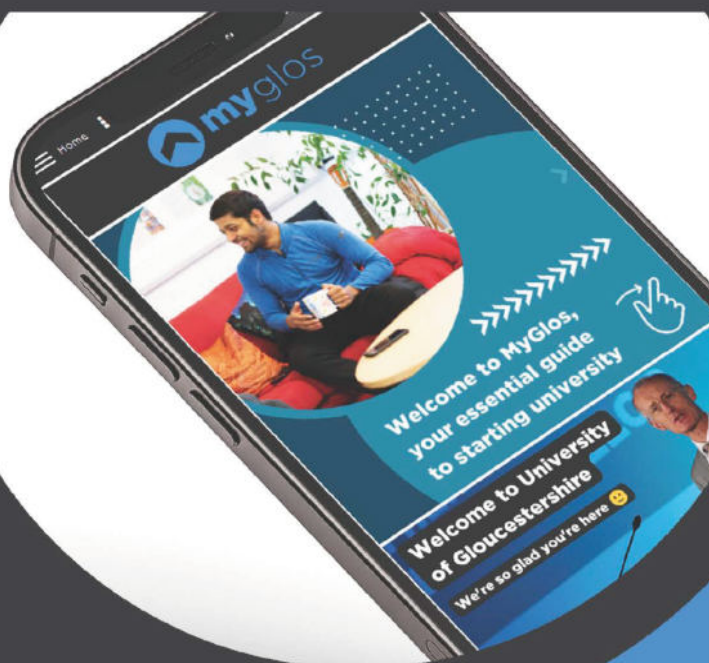
Master the skills you need to succeed. Attend workshops and webinars, designed to give you all the skills of a successful entrepreneur.

Build Your Network

It's always who you know. Meet with experts, business leaders, and fellow student-preneurs. Futureproof your idea through connections.

**Everything you need is waiting for you, on-campus and free-of-charge.
Contact us: E: startandgrow@glos.ac.uk T: 01242 715400**





Have you downloaded MyGlos?

MyGlos is your essential guide to life at UOG. From key information about starting your course and how to enrol, to allowing you to access your emails, timetable and resources on the go, MyGlos is there for you every step of the way.

Download for mobile devices
or visit my.glos.ac.uk





SUSTAINABILITY TEAM



PROUD TO BE GREEN!

At UOG you've joined a community with sustainability at its heart.

Together we are learning and working to shape a better future for people and the planet.



WE ARE A TEAM!

Get Involved:

- Join the Green Team Society
- Contact your Sustainability Network Lead
- Become a sustainability influencer and #BeTheChange
- Get involved with one of our campus gardens

Live Smart

Want to boost your wellbeing, save money, make friends and be part of your local community?

Live Smart helps create positive change for you and those around you, whilst protecting the planet. Visit uniofglos.blog/livesmart/ for top tips.

Instagram (UoGSustainability), **Twitter** (@UniGlosSustain), **Facebook** (UniGlosSustainability)
Visit our website: sustainability.glos.ac.uk





FREE

Montpellier Skate Park

The Wilson Art Gallery and Museum

Visit Pittville Park

Cleeve and Leckhampton Hills

ACTIVITIES

Cheltenham Lido

Boulders Cheltenham

The Bicycle Hub Bike Hire

Cheltenham Science Group

Visit the Everyman Theatre

SOMETHING NEW

Paint It Yourself Pottery

Escape Hunt

Eat, Sleep, Axe

Mulligans Golf

Hollywood Bowl

FIND WHATS NEAR YOU!



CHELTENHAM

WHAT TO DO





FREE

Museum of Gloucester

Visit Gloucester Docks

Jet Age Museum

Gloucester Cathedral

Chosen and Robinswood Hill

Explore the Forest of Dean

ACTIVITIES

Warehouse Climbing Centre Gloucester

Go Paddling Gloucester Quays

Martin Berrill Indoor Batting Lane

JDR Karting

Gloucester Ski Slope

SOMETHING NEW

Gloucester Arts and
Crafts Centre

Trapped Escape Room

VRXperience

Axe Play

Laser Tag

**FIND WHATS
NEAR YOU!**

**GLoucester
WHAT TO DO**



LAUNDRIES

HOW TO USE LAUNDRIES

1. GENTLY OPEN THE DOOR

Have a quick look inside the drum to make sure there is no residue or substance from the previous user's wash.

2. ADD DETERGENT

Put your powder or tablet into the bottom of the drum.

Do not use fabric conditioner as this can cause damage to your clothes with direct contact.

3. LOAD THE MACHINE

Add all your washing, but be careful not to under- or over-load. Fill to around 75% for the best wash quality.

4. CLOSE THE DOOR

Without pushing too hard or slamming, make sure the door is fully closed. If it isn't, your wash will not start.

5. MAKE YOUR PAYMENT

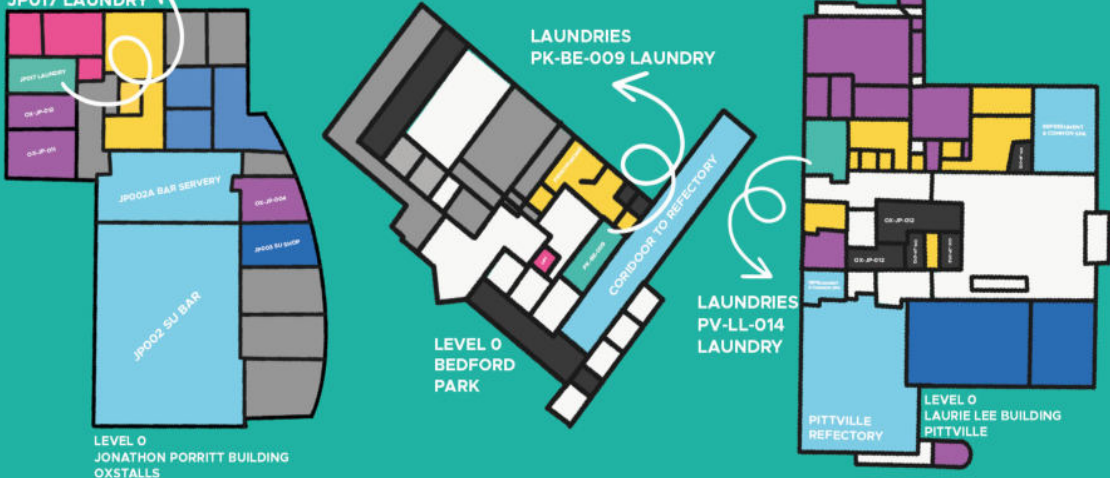
Depending on the launderette you are using, different payment options are available.

Please note that some machines will automatically start once payment is made and you select a programme.

You have four options for payment, either insert coins, insert card, scan your top-up card or use the mobile app.



LAUNDRIES



LAUNDRY LOCATIONS



£60 PRE BOOKED CÎROC BOOTHS

Cheltenham's premium student night

★★★★★

Society Thursdays

2 FOR £5 VK
COCKTAILS £3.95
2 COCKTAILS £6
4-4-£10 SHOTS

Make yourself part of the scene and join the Society!

BUY YOUR TICKETS @ [UOGSU.COM/EVENTS](https://uogsu.com/events)
13, ST GEORGE'S ROAD, CHELTENHAM, GL50 3DT
[WWW.HOMEHELTHENHAM.COM](https://www.homecheltenham.com) / [VIP@HOMEHELTHENHAM.COM](mailto:vip@homecheltenham.com) / 07736 456669





Student Advice

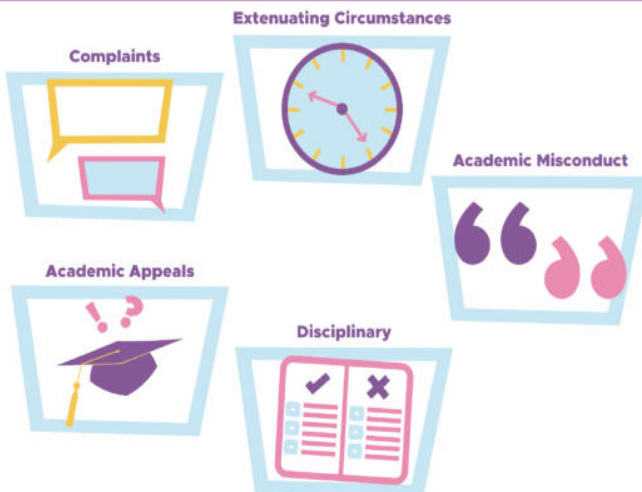
Support · Help · Guidance

NO
PROBLEM TO
BIG NOR SMALL

The SU advice service is independent, impartial and confidential. Housed within the Students' Union, we've always got your back. Whether you're in dispute with the University, need guidance on a process or want advice on where to go next, the SU is a place to start, even on the little things.

We know that **The University of Gloucestershire** offer amazing support to students, but sometimes things just don't work out for one reason or another.

Whether you think you've been treated unfairly, think you might need some help to tell your side of a complaint or you need support knowing what to write in your academic appeal - **The Independent SU Advice Service** is the place to turn. We have trained, student focussed staff who want to support you to reach the best outcome possible for you.
- **Whatever that might be**



uogsu.com/advice



STAY CONNECTED



uogstudentsunion



01242 714360



uogstudentsunion



University of
Gloucestershire
Students' Union



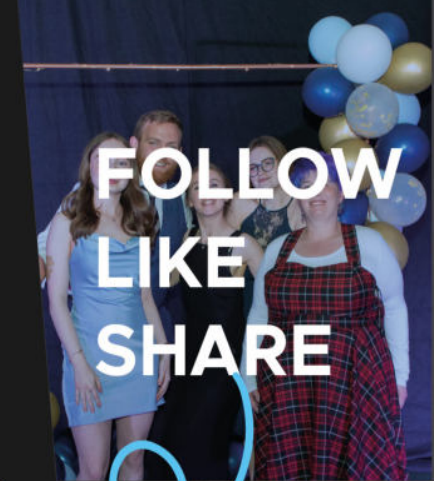
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UOGSU.com



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