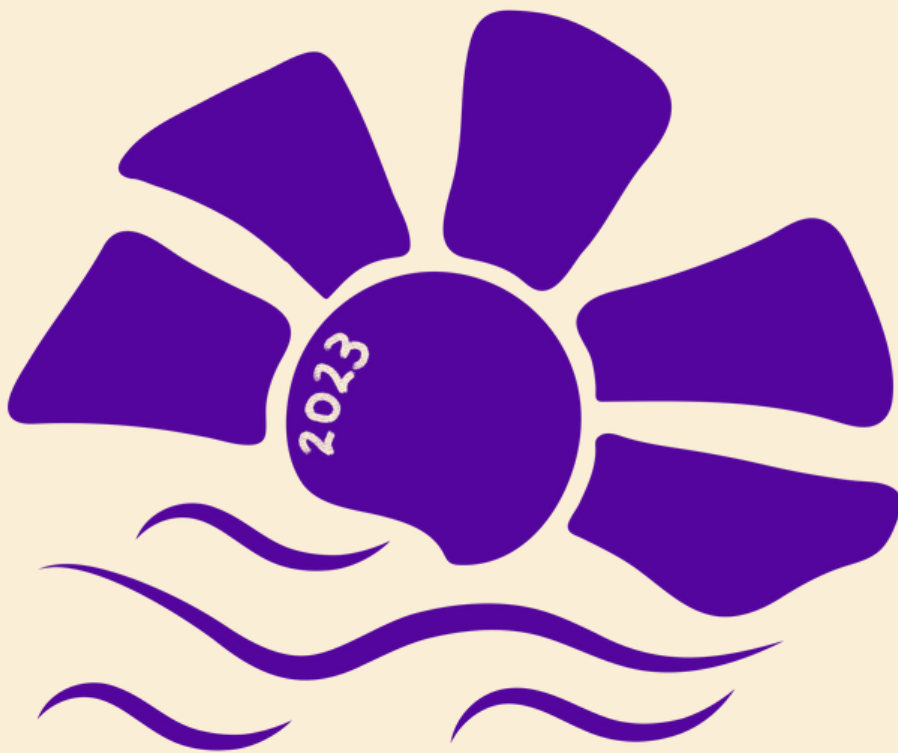


WORD

Spring 2024 Newsletter



AUB Community

A Spring in our step

Welcome to the Spring 2024 edition of the **WORD Newsletter!** Your one stop-shop for all things AUB Community.

The new year has brought a hubbub of excitement in its wake. Take a look back at the events AUB students enjoyed in January (p. 6), and a peek forward for what's to come in February and March (p. 16) - including a Swanage and Corfe Castle trip (p. 14).



**From all of us at AUB Community,
we wish you a wonderful new
year and spring term.**

Meet Your Champions



Charlotte-Ann

2nd Year Illustration

My favourite place in Bournemouth must be the beach, especially during sunset. At AUB, I'm part of the Huskies Volleyball society! It keeps me active, and I've made a lot of lovely friends there. I hope to contribute to the lively atmosphere at AUB events.

Krischan

*Foundation Diploma in Art
and Design*

I enjoy playing games, photography and reading. My favourite place in Bournemouth is probably the inside of my room, or on a particularly adventurous day, under a cool tree.





Isaac

2nd Year Illustration

My favourite part of Bournemouth has to be the beach and Coy pond! As well as all the little hidden gems dotted all over the place.



Bruna

Foundation Diploma in Art and Design

I am from Brazil. I've lived in Bournemouth for a few months and love it here. My favourite places are the bubble tea shop, Yobu, and the movie theatre!

Salma

2nd Year Film Production

I am from Egypt and grew up in the UAE. As well as being a community champion I am also the LGBTQ+ Officer at AUB. Outside of uni, I play the guitar and compete in open-water swimming. My favourite place in Bournemouth would be the upper gardens on a sunny day!



Daisy

*2nd Year Interior Architecture
and Design*

I enjoy crocheting and making jewellery. Outside of uni, I'm either having a cosy day watching Netflix and listening to music or spending time with my friends. One of my favourite places in Bournemouth is the beach, especially in the summer!



Georgia

1st Year Fine Art

I've come to university as a mature student so it's a very different experience compared to the first time around. I love my daily walks, herbal teas (I have so many different types in my cupboard!), and connecting with other people.

January Recap



Things have come to a buzzing start for AUB Community in 2024. The Champs have been busy crafting away events for January, the most popular of which was bracelet making at Madeira Road Halls.

We are looking forward to doing more reflective crafts with you as we head into Spring!

We love sharing in the fun and seeing your wonderful creations!

On Massage Monday (Jan 15) Corinne worked wonders on the neck and shoulders of busy students, and helped them be more in tune with their bodies.



January was all about the freebies. Journals, tea, fruit, fizzy drinks, pizza and popcorn made an appearance (and prompt disappearance) across halls for various events.

Fluffy Friday (Feb 2) had everyone howling in anticipation for Helpful Hounds' visit. We were graced with tricks for treats and plenty of stress relief.



The racetrack was on fire during Wii Wednesday's Mariokart Tournament at Madeira Road Hall (Jan 31).

Notice

TRIP: Swanage and Corfe Castle

- 21st March 2024
- Coach leaving at 9am
- Returning by 5:30 pm
- £5 pp

Tickets now live on the AUB Store - click [here!](#)



Board



AUBooks

Visit the halls AUBook Swap located in or next to each halls common room to find something new to read.

The books are free - we just ask that you return them when you have finished.



Let's chat about Halls...

Launching MARCH 2024:

National Student Housing Survey (NSHS)

Halls Community Meetings

FREE Tea & Toast

Every weekday 8.00 - 9.00am Students and staff can enjoy free tea and toast in the refectory - so come on let's grab a brew!



February Events

12

6 PM | CH

Card Making

13

6 PM | CH

*V-Day Slime
Crafting*

14

5 PM | CH

*Cupcake
Decorating*

15

7 PM | CH

*Heartbreakers
Club*

16

6 PM | CH

*Kindness Rocks!
DIY*

20

6 PM | HP

Nail Painting

23

5:30 PM | ARTS BAR

Pub Quiz

27

5 PM | HP

*Emotional
Support Pickle
DIY*

29

6 PM | HP

*Games
Championship*

AUB Community

March Events

1

4 PM | CH

Fluffy Friday

5

12 PM | COURTYARD

British Pie Day

7

6 PM | HP

*World Book Day
Book Club*

14

6 PM | CH

*Uni Mental
Health Day*

15

4 PM | MRH

*Easter Egg
DIY*

19

3 PM | CH

*Spring Flowers
Arranging*

21

9 AM-5:30 PM

*Swanage & Corfe
Castle Trip*

25

2 PM | CAMPUS

Holi Festival

28

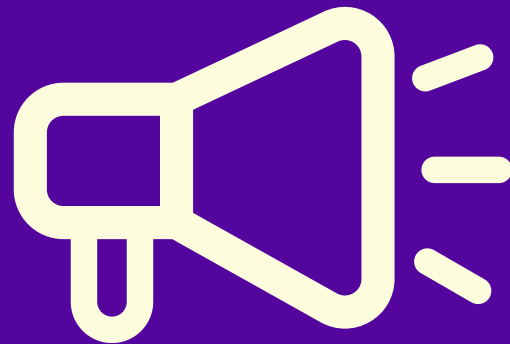
12 PM | MRH

*Walk: Upper
Gardens to Beach*

AUB Community

Student Voice

Keep an eye out for the **National Student Housing Survey (NSHS) 2024** which will be launched in March.



Take part and be in with a chance of winning some great prizes!

Let's raise our voice to celebrate all that is great about AUB Halls!

Halls Community Meetings

Madeira Road Tuesday 5 March 5.30pm

Home Park Wednesday 6 March 5.30pm

Campus Halls Thursday 7 March 5.30pm

We will be talking to AUB and AUBSU about what's working well and what needs to be improved.



Please come and join us and have your say too...

There will be Cake!

AUBSU

Arts University Bournemouth Students' Union is for
US!

Led by recent students for **all** the students at AUB,
we are all automatically members when we enrol and
AUBSU gives voice to us all.

AUBSU societies are all student led and if you want
to start your own society then drop in and see the
SU on campus - they are always happy to say hi!



A message from **AUB Wellbeing**



Are you getting enough sleep?

Sleep is very important, it affects our mental health, our eating patterns, our energy levels and impacts on the ability to concentrate and produce quality work.

To help you get the best sleep possible, we have created an amazing set of resources on CANVAS - just for YOU!

On there is all sorts of self help tools, including a brilliant document that can be downloaded called SLEEP.

So please click on the image above and find your best ways to have sweet dreams and awake refreshed and energised.

Champions Journal



Bournemouth's Gems - discover delightful places to visit in the local area.

Self-Care - Top tips and resources for treating ourselves with kindness.

Digital Detox - Live with intention and take back control of your time.



Bournemouth's Gems

by Isaac

After living in Bournemouth for over a year, I've been able to explore all over this place I now call home. However, luckily for me, there are still many places I'm yet to visit.

I'm a huge fan of walking, and luckily there are lots of great places to go to! My first suggestion would always be Coy Pond, which starts in the town centre, and you can follow all the way through a beautiful hidden forest to a nature reserve!

My other suggestions would be along the beach and the pier, especially at dusk.

As a rather big fan of tattoos, finding studios was one of my first adventures when settling down. Luckily, there's practically a tattoo studio around every corner! There are so many wonderful studios here, and almost every day I find a new local artist to add to my list.





Bournemouth's Gems

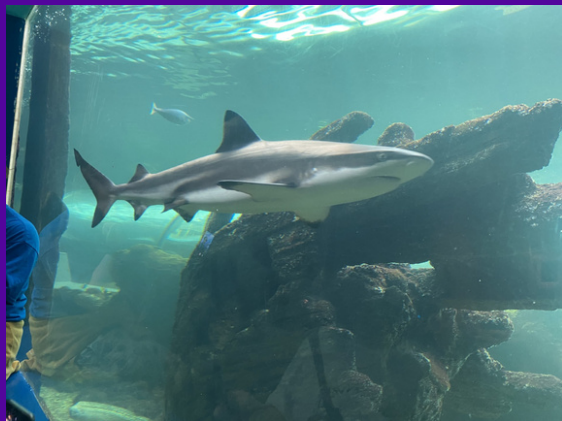
by Isaac

For more relaxed days, there are lots of good options. There are lots of open natural areas around Bournemouth, for example The Bourne upper and lower gardens. With large old trees, grassy spaces and an adorable river flowing through the middle, this is the perfect place to have a picnic with friends or yourself!

For cat lovers, there's a cat cafe! 'Pause' has free roaming cats lounging around the place.

In the town centre there's a beautiful Waterstones book shop, having multiple floors dedicated to different themes and on the top floor there is a lovely cafe where you can do some reading and have a nice drink at the same time.

We also have a rather impressive cinema. a huge Odeon, found inside the BH2 complex.



My final suggestion may be my favourite, which is the Oceanarium! They have an array of beautiful animals and fish, such as sharks, penguins and more! They have a student ticket! (just bring your student ID to show as proof)

Self Care:

Let's show ourselves some compassion



Here are some helpful resources and a few ideas of simple things we can all do when practising self care.

Practice mindful activities such as meditation, yoga, and learn how to sleep well.

Get involved in some of our mindful activities in halls... check out the calendar!



Develop positive connections - they are there waiting for you.

Knock on your flatmate's door and share a cuppa, watch a movie together, play a card game.

Be caring and understanding to ourselves rather than self-critical and judgmental.



(click on the icons!)

Self Care:

Let's show ourselves some compassion



Digital Detoxing is a good idea...finding ways to regularly move away from screens and from social media is important for lowering stress levels and improving mood.

Check out Charlotte's article!

Be inspired



Be kind



Be uplifted



Be caring



For the times when we are online, checking out these Instagram accounts can help support wellness and encourage us to be a little more kind to ourselves (click on the icons!).



Digital 'Detoxing' Prioritising My Time and Rediscovering Myself



by Charlotte

Going into 2024, after a year full of new experiences both stressful and equally rewarding, I knew that I wanted to make a goal to prioritise my mental health.

It's so easy to live through every day doing the same routines that you think are harmless, but if you take a step back to think about how you're really doing it can work wonders.

I've been active on social media since I was very young so it quickly became a part of the 'norm', similar to most people in my generation.

When I came to AUB I was instantly doing a lot more than I ever had with new friends and a sudden bout of independence. Everything was exciting and unfamiliar - I felt like I had to share everything online to keep it as a memory, and to show others what I was up to.

While this didn't seem harmful at first, since I was having such a good time, as the months went by I slowly started to realise that my choices and even my self-image was being moulded entirely around this 'persona' I had built online.



Digital 'Detoxing' Prioritising My Time and Rediscovering Myself



by Charlotte

Every time I was with friends or doing something remotely interesting, my hand would reach for my phone to post it to my story accompanied with a song that I was into at the time.

At the end of 2023 I suddenly become very aware of the fact that I missed the old me, the person I was before I became so deeply sucked into Instagram posts and endless TikTok swiping. I missed the time when I had the attention span to draw or read for hours, or sit and watch a film without picking up my flashing phone every five minutes.

I started getting back into reading, journaling, and other creative hobbies from when I was a child that I had lost since I started spending more time on my phone.

My attitude towards social media started to shift the more I took time for myself and reflected on my priorities. I made the decision on the last day of the year to delete a lot of social media apps from my phone, particularly the ones that were taking up hours in each day and warping my sense of self.



Digital 'Detoxing' Prioritising My Time and Rediscovering Myself



by Charlotte

In the first couple of weeks of my 'digital detox', I was spending around 1 hour on my phone each day compared to the usual 4-5 or more when I was on social media. I started doing things for myself instead of for others, and now halfway through February, I can feel that I'm slowly rediscovering myself.

This article isn't me trying to tell you that you need to delete social media.

Everyone is on different paths and that may not be the right call for you.

There are some fantastic resources online for mental health and wellness and of course it is impossible to be totally digitally free in this world.

However, I do implore everyone to at least take a breather and think about the role your phone has in your precious life.

What could you do today, to begin living with intention, be present for yourself and take back control of your own time?

Top Tip 1:

Turn off push notifications from non essential apps. Set aside specific times to check them and be more in control of dealing with what's coming through to you online

Top Tip 2:

Put your phone away during meal times. The act of putting it away prevents you from waiting subconsciously for it to ping! It allows you to be more present.

Top Tip 3:

Set yourself a goal of how long to spend offline in a week. Scheduling specific times to be digitally free & setting yourself something to do during that time can help you to success.

Top Tip 4:

Do not start the day looking at your phone. Make a cup of tea, have a shower, read a book, doodle, listen to some music...allow yourself at least 30mins to wake up from sleep inertia.

Top Tip 5:

Make your online time have purpose. Rather than aimless scrolling, be mindful of what you are wanting to do, and then come off line when action completed. Setting an alarm with a time limit can help too!

We're looking for contributors for the next edition of
WORD

Do you have an interest, a hobby or a passion
that you would like to share with others?

–

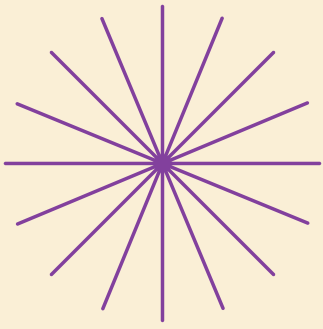
Are you a member of an AUBSU Society, sports
club, choir, or other group and would like to
highlight your activities?

–

Would you like to raise awareness
about any issue?

Please let us know and get in contact:
communitychampions@aub.ac.uk





Become a Champion

Want to be part of the team that makes all of the AUB Community events possible?

Submit a letter of interest to communitychampions@aub.ac.uk

Earn
£11.08 an
hour for
having fun!

Tell us

- How many hours you are looking for in a week.
- Two events you want to see happen next term.
- Two things you would do differently when managing AUB Community events.
- Write a 400 word piece on what “making community at AUB” means to you.

Student Services

AUB offers support across various aspects of student life. Many of these teams are found at the Student Services building.



Julia, Study Skills Tutor

Appointments for these services can be made via bookings.aub.ac.uk

General inquiries to: studentadvice@aub.ac.uk

We have dedicated teams for areas such as:

- Student Advice
- Study Skills
- Futures and Careers
- Disabilities
- Wellbeing
- Counselling



○ ○ ○ ○ ○ Halls & Accommodation



Campus & Madeira Road Halls

- Admin
- 01202 363105
 - hallsadmin@derwentfm.com
- Security
- 01202 363201 / 07920812538 / 07775540510
 - securityofficer@aub.ac.uk
-



Home Park Halls

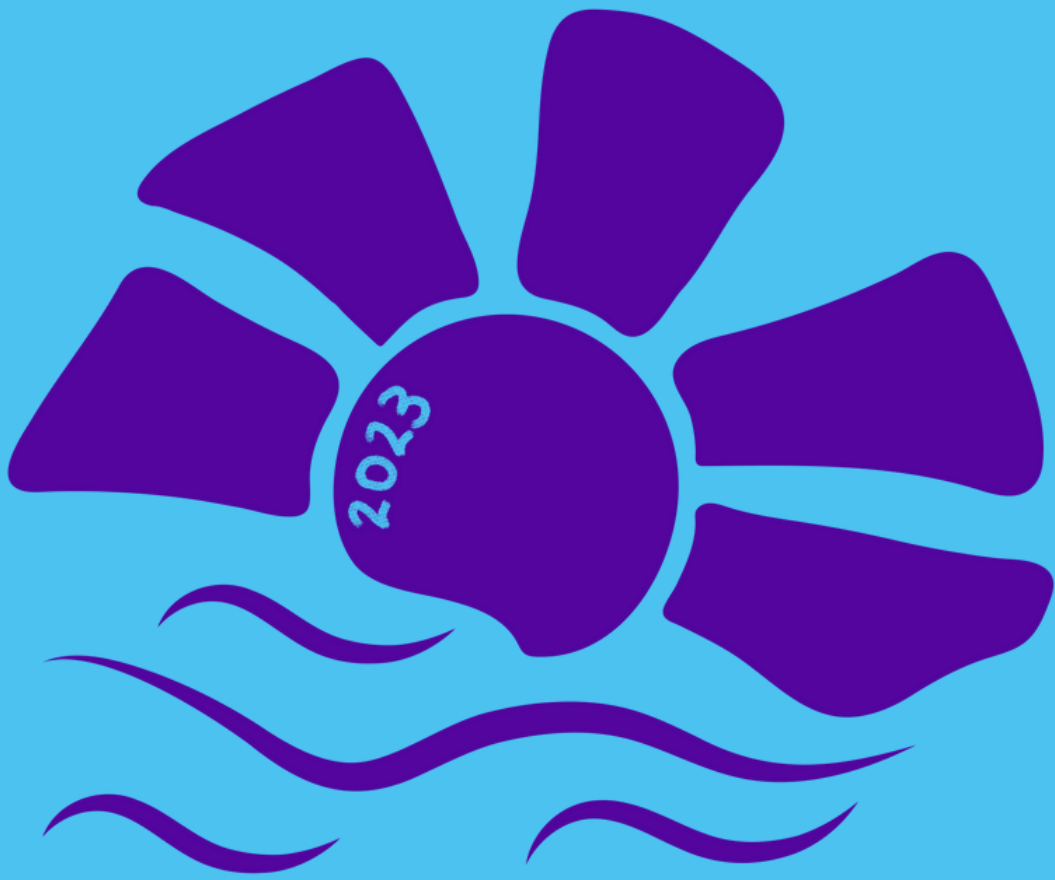
- 01202 001487
 - home.park@studentroost.co.uk
 - Security (24hrs): 07476 644345
-

Reach out to your Halls team if you have any maintenance issues or require immediate assistance.



AUB Accommodation Support

- Browse the [AUB Accommodation](#) page for more information
- Still unsure? Appointments to discuss accommodation concerns can be made via bookings.aub.ac.uk



aubchampions



communitychampions@aub.ac.uk