

ARTS UNIVERSITY BOURNEMOUTH

AUB COMMUNITY

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Issue 01 Jan 22

Hi there!

Welcome to Word: AUB Community's termly review, letting you know about what's been happening in your community and what's on in the months ahead. We'll be making sure you have the best information on where to get support, of any kind, if you need it, and putting the spotlight on different topics of interest to us, and hopefully you!

Remember to check out AUB Community on Facebook and Instagram, and keep your eyes peeled for posters up around halls about events happening throughout the term!

 **@aubchampions**

 **@aubcommunity**

Word

Hello! We are Abs, Amber, Erin, Federico, Issi, Katie and Shivam, and we are the AUB Community Champions.

Our role is to create, plan and attend events for you to enjoy and get to know other students in halls, across all courses at the university and to experience the best of the AUB Community.

We are seven caring students who all live in across all the AUB Halls: Home Park, Madeira Road and Campus Halls, and we wish to create a safe environment for all students, where we can offer advice, support and friendship. This role allows us to use our organisation skills and communication skills, helping us develop as individuals as well.

We are Mental Health First Aid Champions which allows us to provide support to you if you need it. Sometimes all you need is a listening ear, and we want to offer that. We do not want people to feel alone – we are always here to help.

Communicating well and making friends can be difficult and we want to help relieve some of that anxiety and build up your confidence as well as our own! This role is also a great way for us to talk to people and for all of us to become more comfortable in our accommodation.

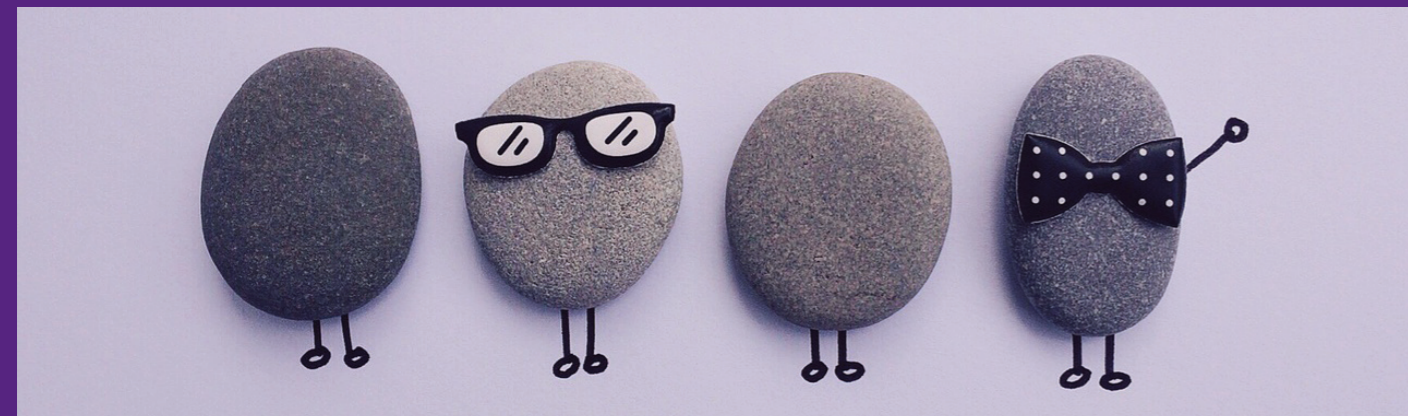
We'll be holding events every Tuesday at 18.30 across the halls. From

drawing and gaming to bring a cuppa and have a chat, playing cards and games (who doesn't love Exploding Kittens?!) to slam poetry nights and much more... there will be something for everyone.

Please feel free to email us communitychampions@aub.ac.uk or DM us on Instagram [@aubchampions](https://www.instagram.com/aubchampions).

We look forward to seeing you around!

Abs, Amber, Erin, Federico, Issi, Katie and Shivam



Want to get involved?

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?

—

What issue concerns you the most at the moment, or is there something about which you'd like to raise awareness?

—

We're looking for contributors for the next edition. So, if you want to join in, please let us know [**communitychampions@aub.ac.uk**](mailto:communitychampions@aub.ac.uk)



Community Champions

ERIN



| | |
|--|--|
| Pronouns | She/ Her |
| Course | BA (Hons) Photography |
| Key Interest | skateboarding |
| Favorite Book | All the Bright Places - Jennifer Niven |
| Favorite Movie | Les Misérables |
| Favorite Song | Changes regularly- depend on my mood |
| Favorite Food | Pasta |
| Favorite Artist | Sally Mann |
| If I could do any one thing in this world, it'd be | Travel to every country |

ABS



| | |
|--|--|
| Pronouns | He/Him |
| Course | BA (Hons) Animation Production |
| Key Interest | Anime, table tennis, afrobeats |
| Favorite Book | Mr Monday - Garth Nix |
| Favorite Movie | X-Men |
| Favorite Song | Cash App |
| Favorite Food | Depends on the day! |
| Favorite Artist | Roy Lichtenstein |
| If I could do any one thing in this world, it'd be | One thing I would do in the world is travel the world to experience different cultures |

FEDERICO



| | |
|--|------------------------------------|
| Pronouns | He/Him |
| Course | BA (Hons) Film Production |
| Key Interest | Movies, Literature, Philosophy |
| Favorite Book | Anansi Boys |
| Favorite Movie | Seven Samurai |
| Favorite Song | Maneskin - Zitti e Buoni |
| Favorite Food | Pizza |
| Favorite Artist | Akira Kurosawa |
| If I could do any one thing in this world, it'd be | Bring social equality to the world |

KATIE



| | |
|--|--|
| Pronouns | She/Her |
| Course | BA (Hons) Film Production |
| Key Interest | Horror Movies |
| Favorite Book | Harry Potter Franchise |
| Favorite Movie | Silence of the Lambs |
| Favorite Song | Valhalla calling - Peyton Parrish |
| Favorite Food | Steak |
| Favorite Artist | Tim Burton |
| If I could do any one thing in this world, it'd be | I would like to create my own horror film production company |

AMBER



| | |
|--|---|
| Pronouns | She/Her |
| Course | BA (Hons) Dance |
| Key Interest | Yoga, music |
| Favorite Book | Girl, Woman, Other - Bernadine Evaristo |
| Favorite Movie | Shark Tale |
| Favorite Song | Like a Girl - Lizzo |
| Favorite Food | Lollipops |
| Favorite Artist | Sarah Maple/Dodie Clark |
| If I could do any one thing in this world, it'd be | To make a positive change! |

SHIVAM



| | |
|--|---|
| Pronouns | He/Him |
| Course | MA Film Practice |
| Key Interest | Getting to know new people and watching films |
| Favorite Book | Letters to Theo |
| Favorite Movie | Mr Nobody/Annette (2021) |
| Favorite Song | American pie by Don McLean |
| Favorite Food | Pizza |
| Favorite Artist | Don McLean/ Beatles/ Guru Dutt |
| If I could do any one thing in this world, it'd be | Help everyone to feel more positive and happy |

ISSI



| | |
|--|----------------------------------|
| Pronouns | She/ Her |
| Course | Art, Design and Media Foundation |
| Key Interest | Music |
| Favorite Book | Surfacing - Margaret Atwood |
| Favorite Movie | Mr and Mrs Smith |
| Favorite Song | Woman - Diana Gordon |
| Favorite Food | Tuna-cheese toastie |
| Favorite Artist | Tara Donovan |
| If I could do any one thing in this world, it'd be | Reach my potential |

Autumn Review

Friday 24 September – The stage was truly set for another beautiful and sunny Friday afternoon, as AUB's Welcome Fest kicked off in style with a live music festival at Campus Halls.

In association with Madding Crowd **maddingcrowd.club**, AUB Community welcomed new and returning students to campus with a veritable smorgasbord of live music, from rock and blues to pop and alternative.

Opening with a stunning performance from local artist Lizzie Pawsey, students took stock of the sunshine to enjoy browsing market stalls from local creatives Lauren Marina, Studio Zipcode, Pen Gallery and CJP Jewellery. All the while, the tunes continued as students sipped ice-cold drinks from AUB's Arts Bar stall and indulged in ice-cream and Poffertjes (delicious Dutch pancake delights).

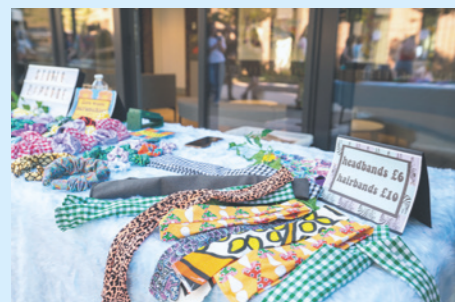
The grand finale of the campus concert was performed by roots, rock and blues outfit Barefoot Soul, who shared their own sun-soaked tunes as well as some familiar crowd-pleasers, and students gathered on the grass and courtyard to sing and dance along – positive energy spread far and wide across the campus!

Then as the night drew close, Madding Crowd opened its doors to students who joined an exclusive party in Bournemouth town centre with DD Allen, Bournemouth's very own resident songsmith and reputable dealer in 'music for thinkers', launching into a blistering set of earthy heartland rock and lamented tales of long-lost love.

Oh, what a day, and oh what a night indeed.

What students and visitors had to say about AUB Welcome Fest:

- “Such a chill vibe”
- “I moved in today and was a bit overwhelmed. This has been really nice”
- “It’s been nice to be able to meet people”
- “Love the variety of music”
- Stall holders quotes:
 - “Thank you for letting me be part of this, I've loved it.”
 - “It makes me nostalgic for my uni days – not that my uni did this, THIS is great!”



An open top bus tour around Bournemouth was just the ticket for students in September; seeing the sights and making new friends was a great way to start the term.

What students said:

- “Solid tunes!”
- “Cold but FUN”
- “Windy but great view”
- “Nice to see the sights with a great soundtrack”
- “Swaggy fun!”
- “Nice and long journey, great to see the coast”
- “I loved it all”

AUB Alumni Tanya March created an amazing interactive map for students, introducing you to the creative community of Bournemouth and Poole. With links to some of the best creative places to go, and directions on which buses to use, students have the opportunity to explore and discover this amazing part of the country, which buzzes with creative flair.

tanyamarchillustrations.com

University Police Team came to halls to offer free bike and laptop

tagging. They tagged 50 cycles and offered some great advice about safety and security. This service will be back on Tuesday 25 January 2022 in the Campus Halls courtyard.

@bmthcampuspolice

AUB Wellbeing offered a helpful workshop on the importance of sleep in October. Sleep On It was a chance for students to find out about the importance of sleep and how getting this right is so crucial to maintaining good mental health.

Don't worry if you missed it, there is another session happening on Wednesday 2 February 2022 – 17.00 – 18.30 at Madeira Road Halls. No booking needed, just come along and learn top tips on how to sleep better.

University Music's Contemporary Choir has been holding their rehearsals at Campus Halls once a month, which has been great to hear! We hope you have enjoyed and if you fancy getting involved with anything musical, do check out University Music (bournemouth.ac.uk/students/things-do/university-music/about-us). Whether you are new to music or highly experienced, there is something for you!

Community Champions got busy introducing themselves to their fellow students, with ping-pong tournaments,

single line drawing evenings, and more! They've been listening to your thoughts and ideas for activities and will be putting these into action in Spring Term

The AUB Community Raffle took place on 2 December, with over 100 students participating to win some great prizes, including:

- Tickets to see The Lottery Winners at Madding Crowd **maddingcrowd.club**
- Tickets to Live and Unheard at Poole Lighthouse **lighthousepoole.co.uk/whats-on**
- A Full Platter from Nandos
- Sketchbooks from UniPrint
- ...and who could forget the GREAT GREEN SOCKS from AUB?!

To be a part of future raffles and prizes, make sure you are following **@aubchampions** on Instagram.

Autumn Review Cont.

Night Market and Creative Start-Up Panel

With stalls from local independent creatives, AUB Alumni and AUB students, AUB Community held a night market on 25 November. The market was free to attend, and The Arts Bar was open for students to grab a coffee, whilst they wandered the stalls and purchased their favourite items.

In the Arts Bar a panel of AUB Makers discussed setting up their businesses, taking questions from the audience. This was very well attended and feedback has been positive. Panel members were Emma from Pen Gallery, Emily Coleman from Studio Zipcode, Beth Hawker from The Beauty Umbrella and Cora from TOSH

Three current AUB students showed their amazing creations:

Jasmine Kent:
[etsy.com/uk/shop/JasKentIllustrations](https://www.etsy.com/uk/shop/JasKentIllustrations)

Jules Santos:
[etsy.com/uk/shop/SeuljBeeStudio](https://www.etsy.com/uk/shop/SeuljBeeStudio)

Beth Hammond:
[etsy.com/uk/shop/SmartCookieDesign](https://www.etsy.com/uk/shop/SmartCookieDesign)



AUB Community caught up with Beth Hammond: Beth Hammond

2nd year Illustration

AUBSU Volunteering Officer

AUB: The Night Market was your first time selling in person, how did you find it?
BH: It was fun! It was a bit strange to begin with as I am used to just getting a notification from the shop... but it was really great! I liked talking to people about their choices and getting their opinions on my designs.

AUB: What is your best selling sticker?
BH: David Attenborough! Everyone seems to really like him! Also, I'd say my fairies and animals are well-liked, at the market these were really popular.

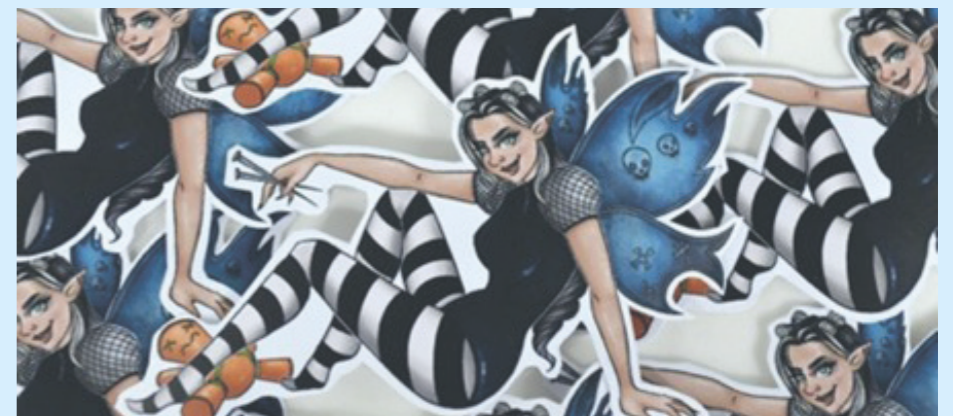
AUB: Do you ever see your designs being used?
BH: Yes, I often see my stickers on laptops or sketchbooks, even on Cricut boards. It's a bit other worldly but really cool to see my artwork out there. I also create designs for the AUBSU Green Society posts on social media, which I am really proud to be a member of.

AUB: Who is your biggest influence as an illustrator?
BH: Jasmine Beckett Griffiths - I have loved her work since I was about 12 years old. I really like her adaptations/interpretations of Alice in Wonderland. She has a really distinctive style.

AUB: What are your future plans?
BH: I'm hoping to be a character designer, that's the main career path I want to take, but I'll always be looking to run my shop alongside as it's fun. I'm just starting to venture into lino printing and tote bags - it would be so cool to see my designs being used on bags!

AUB: If you had one piece of advice for fellow AUB students, what would it be?
BH: NETWORK! Talk to everyone, any chance you get! Follow as many creatives as you can on social media and get involved...the more people you know, the more opportunities you will have.

Beth Hammond
 Etsy @SmartCookieDesign
 @AUBSU-green
 Instagram @smart.cookie_design



AUB Community What's On! Spring 2022

There's lots happening this term – from special screenings of AUB Dance performances and Yoga, to craft events and Hot Chocolate Mondays, as well as the weekly catch up with us full of fun and games – there's something for everyone!

Check out what's on below. Other events will be happening throughout the months – so make sure you follow [@aubchampions](#) Instagram account and [@aubcommunity](#) Facebook page to know what's happening!

Don't forget to secure your place on the bookable events, by heading to [bookings.aub.ac.uk](#)

If there's something you'd like to do but we haven't organised it yet, then let us know and we will sort it! We are here for you, so don't be a stranger, say hi if you see us around and let us know what you'd like to have in your halls community. You can always email us as well on communitychampions@aub.ac.uk

To secure your place on the bookable events, head to [bookings.aub.ac.uk](#)

January

17.01.22 Brew Monday

In support of the Samaritans Brew Monday campaign, grab your free tea party pack and settle down for a cuppa and a chat with your flatmates – can you win a prize at the same time?

17.01.22 WORD lands!

24.01.22 The Fairytales we should tell our daughters A thought provoking film from AUB Dance, inspired by Nikita Gill. Showing in A025 for one night only. Free entry – book online.

5.01.22 Bike and laptop tagging

The Universities Police Team will be onsite at Campus Halls to offer free tagging for your valuable items such as bicycles, laptops, tablets, etc.

27.01.22 Pocket of Peace

Head over to Home Park and try your hand at some activities designed to relax your mind and nourish the soul.

03.03.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

Community Champions will be holding events and activities every TUESDAY evening from 18.30 onwards. The Halls location will change weekly, as will the activities – something for everyone!

February

Feedback February – your chance to have your say about halls**

Grab a postcard from halls reception and let us know what's good, what's not so good and what you'd like to see more of in halls.

23.02.22 Focus group

We are looking for students across all three AUB halls to participate in a focus group – discussing all aspects of student living and the accommodation provision at AUB. Want to get involved? Just pop an email to communitychampions@aub.ac.uk

**All feedback will be treated confidentially and anonymised.

02.02.22 Sleep On It

Pop along to Madeira Road and chat with Wellbeing about the importance of sleep, and how to rest well and maintain good mental health.

03.02.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

05.02.22 Dance Fitness with Cleo Symes

Shake off those blues and find your inner rhythm. Midday session – book online.

07.02.22 Hot Chocolate Monday

Time for another free hot chocolate to start your week with a smile.

08.02.22 Pen Power

Clear your mind, explore feelings, and build self-awareness in this fun workshop led by with Dr Natalie Scott (Lecturer AUB Creative Writing). Book online.

10.02.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

10.02.22 Check in and Chat

Ruth Wells will be in the common room at Home Park with a friendly smile and a listening ear for anyone in need of a chat.

12.02.22 Crafting with the Community Champs!

In need of some self-love or want to make something nice for a someone special? Pop along to the AUBSU Activities Room in the Campus Halls to get creative.. Times tbc – look out for the posters!

12.02.22 Dance Fitness with Cleo Symes

Shake off those blues and find your inner rhythm. Midday session – book online.

14.02.22 Valentine's Movie Night

Vote for your favourite Valentine's movie and then sit back, relax and enjoy the screening at Home Park.

15.02.22 Pen Power

Clear your mind, explore feelings, and build self-awareness in this fun workshop led by Dr Natalie Scott (Lecturer AUB Creative Writing). Book online.

16.02.22 Calm Connections

An evening of Mindfulness, exploring relaxing ways to practise self-care. Drop in to chat to one of the AUB Wellbeing Team, try some enjoyable activities and share your own tips for mindful living.

17.02.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

19.02.22 Dance Fitness with Cleo Symes

Shake off those blues and find your inner rhythm. Midday session –book online.

24.02.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

27.02.22 Litter Picking

Meet at Madeira Road Halls at 13.00. Give back to the Bournemouth Community by helping to keep our streets clean and tidy.

Community Champions will be holding events and activities every TUESDAY evening from 18.30 onwards. The Halls location will change weekly, as will the activities – something for everyone!

March

03.03.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

07.03.22 Check in and Chat

Ruth Wells will be in the reception (by laundry) at Campus Halls lending a friendly face and listening ear for anyone in need of a chat.

07.03.22 Charity Raffle

Amelia's Rainbow: ameliasrainbow.com Keep an eye out for the posters!

10.03.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

w/c 14.03.22 Spring Solstice Sing-along!

Come on over to Campus Halls Courtyard and celebrate Spring Solstice with singing, music, poetry readings and general merriment. Times tbc – look out for the posters!

17.03.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

24.03.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

31.03.22 Creative Yoga with Heidi Steller.

Gentle energising yoga, connecting your mind and body in a nurturing environment. 18.30: Book online.

Community Champions will be holding events and activities every TUESDAY evening from 18.30 onwards. The Halls location will change weekly, as will the activities – something for everyone!



Brew Monday

AUB Community is supporting the Samaritans' Brew Monday campaign to get people talking and listening to each other. Let's make this a day when we are reaching out to each other and reconnecting as the new term begins.

Monday Tea Parties

Collect your Brew Monday Pack (Tea, Cookies and Brew Monday Challenges) from Halls Reception (one per flat). If you're in a studio, never fear! Community Champions will be holding group tea party for all residents in studios...check out the place and times on their Halls' noticeboard.

Have a cuppa and a chat with your flatmates, try your hand at some of the challenges, or just spend the time connecting.

Make sure you follow the AUB Champions on Instagram and then take a pic and share it, tagging **@aubchampions** **@samaritanscharity** **@dorsetteauk** #brewmonday #aubcommunity

Prizes for:

Best tea party pic – one prize per halls

Most words found on the anagrams – one prize per halls

Funniest Brew Monday story – one prize per halls

Wild Card – Community Champions random choice!

The Fairytales We Should Tell Our Daughters



Inspired by the fiercely fabulous poetry of Nikita Gill, this is a truly collaborative piece of work performed by Dance students, designed by AUB Costume and Production Design students, filmed and edited by AUB Film and Commercial Photography graduates.

Created at a time when the arts world felt it had been paused by the pandemic, this film represents a unique moment in time.

AUB Community is proud to present an evening celebrating this wonderful production.

Monday 24 January 2022

bookings.aub.ac.uk

Spotlight Anime

by Abs



Anime is a style of cartoon produced or inspired by Japanese animation. My favourite anime are **Naruto**, **Bleach**, **Black Clover** and **Dragon Ball Z**. Each of these series has a unique narrative which keeps you watching more and also inspires you.

The one anime which stands out of all four is **Naruto**. This is about a

young boy who grew up with a monster called the 'Nine Tailed Fox' within him and everyone hating him. Naruto learnt to live through this and overcome so many challenges throughout the different episodes, growing up without parents and the consistent cold stares that everyone in the village gave him.

My favourite anime animator

is Norio Matsumoto, as he was the creator behind the complex fighting scenes of Naruto. He adds a lot of emotion and movement to the characters constantly zooming in on the fight scenes so we can see the exchange of blows up close between the protagonists and antagonists.



Check out the top 10 upcoming Animes for 2022 [here](#)



AUBSU

Have a hobby you want to share with others, or wanting to find a new one but feeling a little hesitant about how to do this?

Want to connect with others and make new friends but not sure where to go?

AUBSU Clubs and Societies are the answer! They are run by students for students and there is something for everyone. Check out the different clubs and societies available at AUBSU here:

aubsu.co.uk/activities/clubs_societies/

Best of all, if there isn't a club or society that fits the bill, don't worry, you can set one up yourself! Have a chat with a member of the SU team to find out more: studentunion@aub.ac.uk

AUBSU CLUBS & SOCIETIES

Spotlight

Favourite books

How do we decide if we want to read a book? Perhaps it's been recommended to us, we've read the author's previous work or we just like the cover...there's all manner of reasons. But what makes us go ahead and read it after we pick it up?

We've probably read the book cover, so we have an idea what the story is about but we're not too sure if it's going to be a page turner for us...so we open it up and read the first line. It's that first line which can make all the difference as to whether we put the book down or become immersed in that other world.

So, what makes a good first line? What makes us want to read on? Sometimes the first line creates a puzzle which needs solving, for example George Orwell's 1984 begins "It was a bright cold day in April, and the clocks were striking thirteen." You definitely need to know what that thirteenth hour is all about, don't you?!

Other times, the story starts with a simple sentence but one which sets the mind racing with questions. The Underground Railroad, by Colson Whitehead, opens with "The first time Caesar approached Cora about running north, she said no." How many times did he ask her? What's north? Why does he want to run? Does she ever say yes? What happens if she does or doesn't? Oh! Sooooo many questions, we must read on, yes?!

The nature of the line will differ and often they're downright bizarre (see Misery by Stephen King) but the good ones always have the same thing in common - they draw us in and then BAM! we're hooked!

We spoke to AUB Staff to ask them what one of their favourite books were and then had a look at the first sentences...maybe one of these will speak to you too?

"It was a nice day. All the days had been nice. There had been rather more than seven of them so far, and rain hadn't been invented yet"
- **Good Omens** Sir Terry Pratchett

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness..."
- **Tale of Two Cities** Charles Dickens

"Ash fell from the sky..."
- **Final Empire, Mistborn Series** Brandon Sanderson

"I sit with my wrists cuffed to the table and I think, but that I am forbid / to tell the secrets of my prison house / I could a tale unfold whose lightest words / would harrow up thy soul."
- **If We Were Villains** ML Rio

"It is a truth universally acknowledged, that a single man in possession of a good fortune, must be want of a wife."
- **Pride and Prejudice** Jane Austen

"umber whunnn."
- **Misery** Stephen King

"You better not never tell nobody but God."
- **The Color Purple** Alice Walker

"The last night I spent in London, I took some girl or other to the movies and, through her mediation, I paid you a tribute of spermatozoa."
- **Passion of New Eve** Angela Carter

"Squire Trelawney, Dr Livesey, and the rest of these gentlemen having asked me to write down the whole particulars about Treasure Island..."
- **Treasure Island** Robert Louis Stevenson

First lines of favourite books

"On the pleasant shore of the French Riviera, about halfway between Marseille and the Italian border stands a large, proud, rose-coloured hotel."
- **Tender is the Night** F Scott Fitzgerald

"There is an internal landscape, a geography of the soul; we search for its outlines all our lives."
- **Damage** Josephine Hart

"Amma is walking along the promenade of the waterway that bisects her city, a few early morning barges cruise slowly by..."
- **Girl, Woman, Other** Bernadine Evariso

"This is my favourite book in all the world, though I have never read it."
- **The Princess Bride** William Goldman

What power there is in a first sentence...

If you were writing a story, what would your first sentence be?

Bookswap advert

AUB COMMUNITY

AUBooks

Visit your halls' Book Swap to find something new to read

The books are free.

We only ask that you return the book when you finish or donate one of your own for someone else to discover.



Take care of you Starting 2022

Top tips for starting 2022 well by Federico

One of the strongest challenges of this 2022 will be to stay disciplined, intended as the control of one's time, one's habits and one's emotions.

Michel Siffre, a French speleologist, was locked up inside a cave for more than two months to conduct an experiment. His goal was to study the perception of time in a context where time could not be measured. For this he remained in the dark, without clocks or calendars for more than sixty days. He had the ability to read, write or sleep as he pleased. The only light he had was the artificial light of some lamps.

And this is where it gets interesting.

When his assistants went to get him out of the cave at the end of the two months, Michel was convinced he had been in the cave for a month. How is it possible that time had passed so quickly?

We have always been told that when we are bored, time passes slowly and that's true. What they didn't tell us, however, is that the mind is unable to remember moments that are very similar to each other.

The extreme repetition of the days and the lack of clear routines that mark the time for our mind can test our self-control.

Michael Gervais, a high-performance psychologist, has put together a few strategies to stay motivated and keep our leadership high during this time. Let's see them together.



1 - Have a morning routine

The first exercise is to do, as soon as you wake up in bed, an inhalation of 10 seconds and a consequent exhalation as long as possible.

Immediately after, you need to give yourself a mental intention for the day.

- What are the most important things to do today?
- What can I do that can make me feel better?
- What am I grateful for?

The third step is to place your feet on the ground, out of bed, and focus on the sensation of contact between the sole of the foot and the floor. This helps us ground ourselves and make ourselves present.



2 - Sleep and eat well

Sleep is one of the greatest regulators of stress and emotions, essential in this period.

Quick tips for better sleep: always go to bed at the same time, avoid electronic devices before sleeping, and always wake up at the same time.

A key thing to induce sleep is to read a book, 15-30 minutes before bed. I have been reading Stephen King's new book for over a month now. I'm still at page 80 because I keep falling asleep.

It goes without saying that sleeping less than seven hours leads to large deficits and that the ideal would be to exceed eight hours.

In this period, there is nothing more important than keeping our circadian cycles healthy.

In this period, it is easy for stress to increase the desire for sweets and carbohydrates. However, they should



be avoided as much as possible, in favour of vegetables, proteins (without antibiotics) and healthy fats. Staying hydrated is important.

3 - Create connections

There are those who are lucky enough to share spaces with loved ones and those who can hear them with a simple call. Living in the UK, I'm far away from my parents and friends since every one of them is in Italy. I give them a call every week just to make sure we are all safe and sound.

In this period, it is essential to maintain connection with the people we love.

Remember to call those who have always been close to you, to thank them, for your gratitude.

4 - Work out or move

It doesn't matter if you have weights or a workout schedule. Sometimes when I don't feel like training too much I put on earphones and run around campus. It helps me manage stress and feel more

at peace with myself.

We don't train to become as big as The Rock or to lose the belly (or rather, not only). We train for the burst of happiness hormones (serotonin) that are produced in our body. The point is to do what we enjoy the most and to produce good mood hormones.

I hope these four pointers can be a good gift for the start of 2022.

Thanks for your time,
Federico



Take care of you



It's a new year and often a time for making resolutions...even though we all know that often these get broken within a week! However, there is one resolution which we should all try to keep... taking care of ourselves.

Self-care is so important, and we will have good days and not so good days... that's okay. What's important is that we are kind to ourselves and make positive choices when we

can, to look after our own wellbeing.

On a daily basis, we don't need to do anything too huge, little things can make a big difference so we just do whatever we can manage. Some of our favourite things to do, which can make a big difference, include:

Guided meditation: Check out the Headspace App – it's free for AUB students to register and use – [work.headspace.com/aub/member-enroll](https://www.headspace.com/aub/member-enroll)

Reading: Maybe an old favourite or perhaps something new? Check out the books in the AUB Book Swap in Halls – there's always something new in there to try!

Listening to Music: Not sure what to choose? Spotify have some great ready-made playlists and if you sign up to Student Spotify you can save yourself 50%! Whether it's rock 'n' roll, soul, rap, pop, indie – you name it, it's there with a quick link to fantastic songs ready to listen to and enjoy.

Going outside: Whether it's sitting in the garden at Madeira Road Halls, having a stroll through the wellbeing walk at Campus Halls or heading down from Home Park to the beach to listen to the sea, getting outside can help clear the mind and refresh us.

Student Space from Student Minds has some brilliant ideas and advice on what we can all do to take care of ourselves. Whether we are in need of help with mental health and wellbeing, friendships and social issues or developing positive digital use habits, there is support and guidance available. Check out their website here for some excellent, helpful resources: studentspace.org.uk/advice-and-information

Pen Power: Express Yourself!

Madonna was telling us to do this in the 80s and it is still true today that being able to express our feelings can be incredibly helpful to maintaining good mental health.

Writing is a great way to clear the mind, explore feelings and build self-awareness. With a range of activities designed with emotional wellbeing in mind, this is the perfect session for maintaining your levels of mental fitness whilst doing something fun with other people.

You don't need to be a 'writer' to take part, and you don't have to share your writing. The session is about process, not product. All you need is a notebook and pen, and a willingness to give it a try!

Facilitated by published poet and certified practitioner Dr Natalie Scott, Lecturer in Creative Writing at AUB: nataliescottwriter.com

Pen Power

8 and 16 February 2022 | 18.00 – 20.00
Location – online (Zoom) | Cost – FREE
Bookable via booking.aub.ac.uk



Take care of you

The importance of sleep

by Erin



Times can be difficult, right? Stress on top of stress, leaving you feeling overworked and drained.

In times like that, are you getting enough sleep?

I can take a guess that if you are still reading you may not be sleeping very well. Sleep is very important, and I know there are tons of articles and pages about sleep, and you have probably tried countless methods. I get it, me too. Sleep is something I crave but do not seem to get enough of. As a university student the struggle for me to sleep has risen. The late-night drinking sessions, the long conversations, Netflix series, thoughts running through my head and studying... 100% studying :/

Not getting enough sleep can decrease your motivation and you may not have the energy to study, at least not to the best of your ability. You've probably

read it before but sleep also affects your mental health and eating patterns. It's hard to get to sleep sometimes.

So, what can we do?

Maybe put down the alcohol and dim the brightness on your phone. Small things activate the brain – even when we don't realise. Podcasts are handy to listen to, but choose something you're not that interested in so you won't want to stay awake to hear it. Maybe something dull – a lecture that put you to sleep the first time you heard it? (I know you've done that – I've been there.) Investing in a soft teddy can also help, one that's a little large to make you feel less alone while you sleep. Having the sensation that something is there to cuddle or even cuddle you is a comfort we all crave at some point, even if it's just a hug to feel safe.

Everyone has different techniques to help them and maybe these methods won't do the trick, but don't worry, there is a healthy way that will be effective. You've just got to keep on trying different things until you find what works for you.

If you're struggling and would like to talk to someone, AUB Wellbeing can offer support. There is a 'Sleep on It' support session taking place at Madeira Road Halls on Wednesday 2 February. Come along any time between 17.00-18.30 and have a chat about how you can learn to sleep better. No booking needed, just turn up, you are very welcome.

Alternatively, if you would like to talk to a student in person or online (not just about sleep – it can be for anything), the AUB Community Champions are just an email away and can offer a listening ear and advice on: communitychampions@aub.ac.uk

Let's get Physical!

Physical activity is proven to help with our wellbeing, so why not think about giving a new sport a go?

Give it a Go: AUBSU's Give it a Go programme is excellent. This is all about social sports and is £2 per session which is different to the fee for any other AUB Clubs and Societies. The programme is constantly changing, so it's always best to check out the website for an update on classes. aubsu.co.uk/activities/sports/giveitago/

Campus Sport: There are also plenty of sports available via Campus Sports, with Campus Course tasters (FREE) running the week of 24 January, in the following sports:

Boxing: Tuesday, 18:30-19:30 (Studio 1)

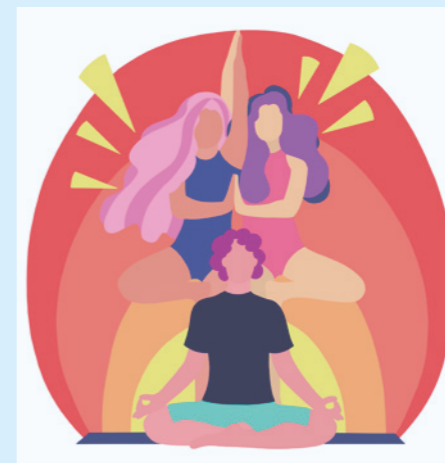
Pole Fitness: Tuesday and Wednesday, 18.00-19.00 (Studio 2)

Karate: Thursday, 19.00-20.00 (Studio 2) Followed by nine-week courses,

starting week commencing 31 January for £63 for nine lessons.

Find out more about all the different sports available by visiting the Campus Sport website: bournemouth.ac.uk/why-bu/sportbu/campus-sport

Yoga: If you are looking for something energising but gentle, what about Yoga?



**GIVE IT
A GO**

We spoke to Heidi Steller, an Artist, Theatre Designer and Yoga instructor. She also teaches at AUB on the BA (Hons) Performance Design and Film Costume course.

Speaking to AUB Community, Heidi explains: "Yoga has many benefits not just for physical wellbeing but also for mental and emotional wellbeing. This led me to complete my yoga teacher training and I love teaching and sharing my passion for yoga and art with others".

Heidi runs weekly Creative Yoga sessions at AUB Campus. She describes these sessions as being a "guide through a gentle and energising yoga practise, encouraging you to connect your mind and body. We then take advantage of our lovely, relaxed yoga 'flow' state to explore our creativity with mark making and drawing, finding the marks we make that are unique to us. No judgement, no expectation, just time to explore being you and what inspires you."

Heidi's approach is holistic, creative and nurturing and she can't wait to welcome you to class. No previous drawing or yoga experience is necessary, and all materials will be provided. All you need to do is bring a yoga mat and wear something you feel comfortable moving in.

What our students thought about Heidi's Creative Yoga sessions:

"That's the first time I've felt I can really breathe for a long time"

"Thank you, it was exactly what I needed"

"It was so lovely, I loved how open and easy the drawing was, just like a meditation"

Checkout booking.aub.ac.uk for details of Heidi's sessions this term.

Dance Fitness: AUB Community is also offering the opportunity to have fun with movement with Cleo Symes, AUB Dance Graduate, and her Dance Fitness classes in January and February.

Cleo is a recent AUB Dance Graduate. Prior to AUB, Cleo trained at a young age at Guildford Italian Conti, to Reigate Italia Conti, before heading to the BRIT SCHOOL of performing arts for her Diploma and then ultimately onto AUB for her degree.

Cleo spoke to AUB Community about her passion for dancing. "If dance was a medicine that could be prescribed, everyone would take it. I feel as if I can speak through dance. There is no better feeling, than speaking through movement."

Checkout booking.aub.ac.uk for details of Cleo's dance sessions this term.

[instagram.com/cleosymes.fd](https://www.instagram.com/cleosymes.fd)

Spotlight Faith and Reflection at AUB

There's no simple way of saying that university can be overwhelming. It's a time of continuous change and development in life, with the transitions still coming in full force. We all need something to keep us sane in trying times, things that can keep us calm and focused in every aspect of life. Whether you're religious, spiritual, atheist or agnostic, the Faith and Reflection service is here for all of us to be a source of support and kindness whenever you need it.

A short walk away you'll find the Faith and Reflection centre where you have the time and space to pray,

meditate, think, chat, or whatever else you need to help you get through any stressful period. I didn't actually know that such a place existed until I became a student at AUB and met the wonderful Ruth Wells, who runs the Faith and Reflection service.

I began conversing with Ruth via email just a few short weeks ago and immediately realised that her enthusiasm and excitement was infectious. My team and I then met with her to discuss events and planning and I found her to be even more incredible in person. Ruth is extremely kind, compassionate, and easy to talk to, so I was not at all surprised to hear about her willingness to offer a cup of tea and an ear to listen to any student.

The Faith and Reflection service is for both AUB and BU students and the centre really is such a lovely place to visit. With a supportive and passionate team from a variety of backgrounds, faiths and spiritualities there is something or someone for everyone to explore and express themselves in a safe environment. It is also a great opportunity to meet others that share your faith and beliefs. Whether you want to talk, sit, or pray, the Faith and Reflection centre is for anyone and everyone.

Deadlines may be approaching and covid restrictions may be changing, but it is so important to keep a positive state of mind and remember to look after your mental health. There are plenty of things that you can do to help yourself. Here are some tips for looking after your mental wellbeing:

by Amber

Remind yourself that you're doing great: Be proud of your achievements and remember that you're doing so well in various aspects of your life.

Reach out to others: If you are stressed or anxious or worried, talk to people. Maybe a friend, family member, roommate, tutor, classmate, someone at the Faith and Reflection centre. Someone will always be willing to help.

Reward yourself: Take breaks, eat a cookie, order a pizza – do whatever is going to make you feel good when you overcome something, or just to celebrate the little things.

Look forward: The future is bright and good work will often have a positive consequence. Things may just be a little better tomorrow than they were today.

Exercise: Dance, swim, run, walk, do something active that gets your blood flowing and makes you feel good. Exercise is wonderful for your mental health as well as your physical health, with positive effects such as improved sleep and cognitive function, alongside reduced anxiety.

Find something good in each day: It may be raining but at least the flowers are being watered. Putting a positive spin on things can often help to reframe your perspective in a more positive way. Finding something good in each day is a great way of reminding yourself of how lovely the world can be.

If you'd like to know more about the Faith and Reflection Centre, follow [@buandaubfaith](https://www.instagram.com/buandaubfaith) on Instagram.



FAITH AND
REFLECTION

Check in and Chat

Ruth Wells, Chaplain, and her team will be out and about all year visiting AUB halls, offering a listening ear to all who may need support. Sometimes it's good to talk things over with someone, other times, to sit in gentle supportive silence with them. Whatever works for you, there is support from Ruth and her team.

16.00 – 17.00 on the first Thursday of every month:

Campus Halls November, March

Home Park October, February

Madeira Road December, April

Pocket of Peace

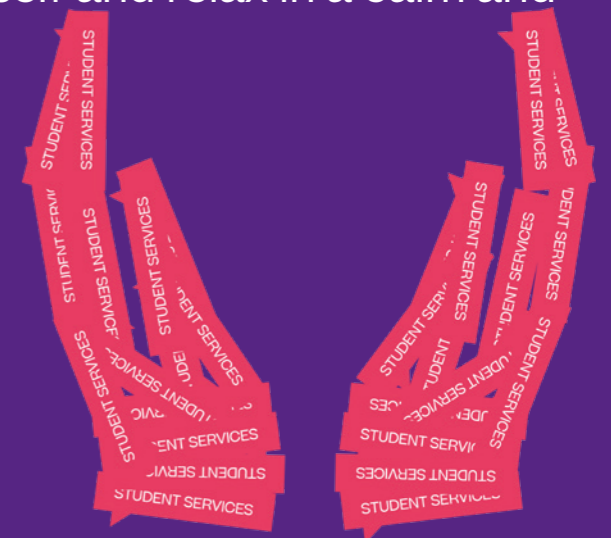
Ruth is a performance poet who enjoys using the arts to nurture wellness. So come along to the Pocket of Peace and take part in activities designed to give enjoyment and nourish the soul. Drop by and have a go at making a macramé plant holder, try some gentle meditation, connect with your peers through crafting or have a chat over a cuppa. Make time for yourself and relax in a calm and positive environment.

16.00 – 17.00 on the following dates:

Campus Halls 19 May

Home Park 27 January

Madeira Road 30 September



Careers and Employability

February



New Year, fresh start! It's never too early to start thinking about your career so why not book onto small group career coaching to get your started with making a plan? Sharing your ideas and questions in a small group can really help you to move forward and is a great way to meet like-minded people to help spur you on! We also run one-to-one appointments that you can book on AUB bookings.

To stay up to date, don't forget to follow us on Instagram [@aubcareers](#) and Facebook [@careersAUB](#) and to log into the careers portal [aub.jobteaser.com](#) to find out about events, jobs and access careers resources.

Looking forward to seeing you!



Ali and Emily
Careers and Employability

The Careers service is planning a variety of events in the Spring term. From January you can sign up to a freelancing course with Laura Mulhern, Creative business consultant, and in March look out for The Creative Futures Fest, which will host a variety of speakers, including AUB Alumni and professionals from industry giving you insights and tips about breaking into a variety of careers.

January

| | | |
|---------------------|--|-------------|
| Thursday 20 January | CVs and Cover Letters | 13.00-14.00 |
| Monday 24 January | Small Group Career Coaching | 13.00-14.00 |
| Thursday 27 January | Freelancing Course with Laura Mulhern | 10.00-11.30 |
| Monday 31 January | Small Group Career Planning | 13.00-14.00 |

| | | |
|-------------------------------|--|-------------|
| Tuesday 1 February | Personal Branding | 13.00-14.00 |
| Monday 7 February | Small Group Career planning | 13.00-14.00 |
| Thursday 10 February | Freelancing Course with Laura Mulhern: How to raise your profile online and off | 10.00-11.30 |
| Tuesday 22 February | Connecting with Industry | 13.00-14.00 |
| Thursday 24 February | Freelancing Course with Laura Mulhern: How to win commissions and get clients | 10.00-11.30 |
| Friday 25 v | Small Group Career Coaching | 13.00-14.00 |
| Monday 28 February – 11 March | Creative Futures Fest 2022 | All Day |

March

| | | |
|-------------------|--|-------------|
| Tuesday 1 March | Careers in Therapy and The Arts | TBC |
| Wednesday 2 March | Careers in Community Arts | TBC |
| Thursday 3 March | How to network with confidence! | 13.00-14.00 |
| Friday 4 March | Small Group Career Coaching: Know what you want, find out how to get there! | 13.00-14.00 |
| Tuesday 8 March | Careers in Marketing, Advertising and Branding | TBC |
| Thursday 10 March | Freelancing Course with Laura Mulhern: Goal planning: Why you should bother writing a business plan | 10.00-11.30 |
| Thursday 10 March | Creative Industries Networking evening: Speed networking and portfolio reviews | 17.00-19.00 |
| Friday 11 March | Small Group Career Coaching: Know what you want, find out how to get there! | 13.00-14.00 |
| Thursday 24 March | Essential Contracts, Pricing, and Negotiation in the arts | 10.00-11.30 |

Spotlight Card games

Playing cards and card games



We all know that you can never be bored if you have a pack of cards, right? But do we know who invented playing cards?

Although no one can be exactly sure, it is generally considered that 'playing cards' was first recorded in the 9th Century in Ancient China. During the Tang Dynasty it is thought that the 'Leaf Game', reported to be played by Princess Tongchang (daughter of the emperor), was a game played with pieces of a new material, paper, and that this was the precursor of what we now know as 'playing cards.'

According to research, this game evolved across Asia, sometimes not just on paper but on bone and ceramic tiles, and then spread into Europe and across to the Americas. Now the biggest producer of packs of playing cards is the United States Playing Cards Company, which produces over 100 million packs of cards every year.

There have been several variations on the suits and number of cards in a pack. For example, in Germany in the 14th Century the suits were Hearts, Bells, Leaves and Acorns and there were 56 cards in a pack. The current (most popular worldwide) form is a pack of 52 playing cards in 4 suits of Hearts, Diamonds, Spades and Clubs, originating from the French version which swapped out the German Leaves and Acorns for Spades and Clubs respectively and established 2 suits of red and 2 of black. The final addition to the card pack which remains in place today is courtesy of the USA and that is the Jokers.

There is a school of thought that suggests the 13 cards in each suit represents the lunar cycles, 52 cards for the weeks of the year and 12 picture cards for the months of the year. Is this true? We are not sure... but it makes you think, doesn't it?!

Did you know?

Playing cards in casinos are not made of paper, they are plastic.

For more detailed information about the history of playing cards, check out the article's sources:

bicyclecards.com/article/a-history-of-playing-cards/

theplayingcardfactory.com/history

casino.org/blog/10-most-amazing-facts-about-playing-cards/

vanishinginmagic.com/playing-cards/articles/fun-facts-about-playing-cards/

referenceforbusiness.com/history2/33/United-States-Playing-Card-Company.html

playingcarddecks.com/blogs/all-in/history-playing-cards-modern-deck



Fun card games to play

There are loads of card games that you can play, by yourself or with others. Just type Card Games into Google and you will find so many to choose from! Here are just a few simple ones you could try:

Patience This is a classic and is also called Solitaire. It's a game you play by yourself. Check out how to play it in the link below.

[Click here to see how to play Solitaire Card Game \(aka Klondike\)](#)

SNAP! One of the first card games we learnt as kids. This is for two or more players and the object of the game is to be the player that wins all the cards.

Deal out all the cards between the players, face down.

The first player places their top card down on the table face up. Each player takes their turn to do the same, building a pile in the middle of the table. (Take turns in a clockwise direction.)

If a card being placed down is the same number or KQJ as the card it is being placed on, then the first person to notice should shout 'SNAP!' to win the pile.

Play continues until all the cards are won by one player, who is declared the victor.

WAR! This is another good game for two players, simple and fun!

[Click here to see how to play War](#)

Concentration Sometimes also called Memory or Pairs, the object of this game is to win as many pairs of cards as possible. You can play this with others, or by yourself and use it to help train your concentration and observational skills.

Deal out all the cards on the table face down.

The first player picks two cards and turn them over. If they are the same number/picture and colour, e.g., ace of spades and ace of clubs, or Jack of hearts and Jack of diamonds, the player can keep the pair and then have another go. If the cards do not match, then the cards are returned face down and the next player has their go. (Take turns in a clockwise direction.)

The game finishes when all the pairs have been found. The winner is whomever has the most pairs of cards.

Rummy A great game to play with up to six players but four players is optimum.

[Check out how to play here: How to play Rummy](#)



Go Fish! This is a game for two or more players and the object of the game is to win as many sets of '4' as possible (4 kings, 4 aces, 4 twos etc.)

Cards are dealt face down to each player: if 2 or 3 players then each get 7 cards, if 4 or 5 players then each get 5 cards. The rest are placed face down in a pile in the middle of the table.

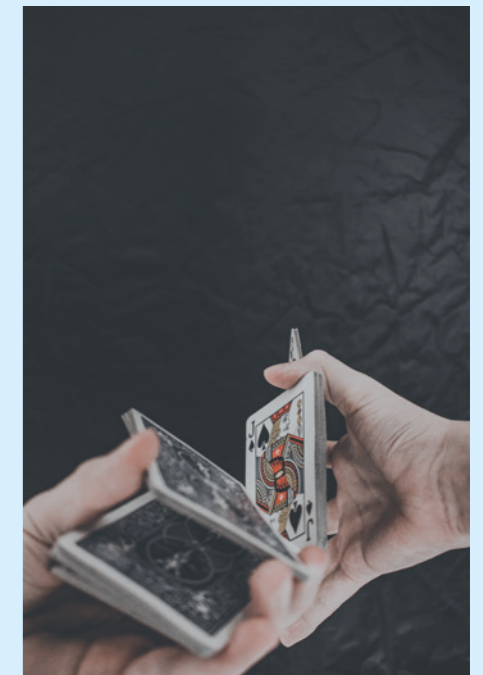
The first player addresses the player to their left and asks them for a type of card e.g., "Give me all your Queens." If the player being asked has any Queens, they must hand them over, and the first player continues to go around the group, in a clockwise direction, asking for cards.

If a player being asked does not have any of the specified cards, then they say, "GO FISH!" The asking player then takes a card from the central pile and the turn to ask moves onto the next player. (Take turns in a clockwise direction.)

Once a set of '4' has been won, the player must place the set down on the table face up in front of them.

The game ends when all 13 sets of '4' have been won and the winner is the player with most sets.

NB. If during the game a player runs out of cards, they should take cards from the central pile when it is their turn. However, if there are no cards left in the pile then they are out of the game.



(Credit to Triple S Games for these great instructional videos – check out their youtube channel [here](#).)

Competition time!

What's in a name?

Can you answer the following questions correctly?

1. What is the name of AUB's Principal and Vice Chancellor?
2. Name the different pathways available on the AUB Foundation Diploma.
3. What is the name of the architect who designed the CRAB Drawing Studio and AUB's new Innovation Studio?
4. What is the name of the online AUB Career Hub?
5. A recent graduate from AUB Make-up for Media and Performance has just won the Creator Revolution competition. What is her name?
6. Name the three AUB Halls of Residence.
7. Which President of the Royal Academy of Dance and former Prima Ballerina was given an honorary Fellowship by AUB in 2018?
8. What are the names of the AUB Community Champions?
9. The only accredited museum in the UK with a focus on plastics is based at AUB. What is it called?
10. What is the name of the bicycles which can be found on AUB Campus, and for which you can access 100 free minutes courtesy of AUB?

Send through your answers to **communitychampions@aub.ac.uk** by Monday 24 January and you could be in with a chance to win!

Make sure to include your student ID number and confirmation of your halls room number with your entry.

Good Luck!

NB. Competition only open to residents of AUB halls of residence. Top scorers from each AUB halls of residence will receive a prize. (Where there is a tiebreak, winners will be chosen at random from a hat!)

Wordsearch

ARTS UNIVERSITY BOURNEMOUTH

J F A I T H A N D N P B X V Z Y Y S S Q
 K O T R F I L M P R O D U C T I O N A K
 A U E J I U N I V E R S I T Y I K D G V
 C N X B B O U R N E M O U T H Z A E Q Y
 T D T X M R B C G P H O T O G R A P H Y
 I A I F M N R I R G T C C S W H R A V A
 N T L X I J H X L F P U G D Q U J D P G
 G I E L J G I W K L D U Q A G C E C F A
 G O S U D M X Z V G U L H N J V K L W L
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 N E T G F P R I N T R O O M E E D A P A
 X J S N N P F S X E K V O Z K C W G G R
 H I I G B D R A W I N G Z N O C D A J Y

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|------------------|-----------------|--------------|--------------|
| student services | film production | illustration | bourne-mouth |
| university | foundation | photography | innovation |
| reflection | champions | textiles | faith and |
| imagination | drawing | gallery | community |
| print room | creative | animation | library |
| design | acting | dance | arts |

Anagram

How many English words can you find in the following phrase?

COMMUNITY CHAMPIONS

Words must be 3 letters or more, no plurals and no names.

30 words = Very Good

50 words = Super

80 words = Amazing

More than 80 words = YOU ARE A GENIUS!

AUBSU

The Arts University Bournemouth Students' Union is for YOU!

It is an organisation which is led by students for all the students at AUB. Every student automatically becomes a member when they enrol and AUBSU gives voice to every student.

AUBSU supports students in all aspects of university life, from help with welfare and academic issues, through to organising events and societies. AUBSU works hard to ensure each student is represented and can have the best experience possible at AUB.

To find out more about what AUBSU has to offer, and how you can get involved, visit aubsu.co.uk



AUB Halls of Residence

Home Park

One Lansdowne Plaza
York Rd
Boscombe
Bournemouth
BH1 3BW

Manager: **Sarah Parr**

Assistant Operations Manager:
Eunice Leitao

Telephone number: **01202 001487**

Email: home.park@studentroost.co.uk

Halls Security (24hrs): **07476 644345**

Living at Home Park, you should have registered with Student Roost to access online support from the Student Roost team – for maintenance, security, welfare and social events. If you haven't already done so, please contact the team at Home Park and they will help you with the registration.

Campus Halls

Fern Barrow Road
Wallisdown
Poole
BH12 5HH

Manager: **Carol Granocchia**

Telephone number: **01202 363105**

Email: hallsadmin@derwentfm.com

Derwent FM office number:
01202 363105

Halls Security (24hrs): **01202 363201**

Madeira Road Halls

Madeira Road
Bournemouth
Dorset
BH1 1AT

Manager: **Carol Granocchia**

Telephone number: **01202 797000**

Email: hallsadmin@derwentfm.com

Halls Security (24hrs): **07476 644345**

As residents of Campus Halls and Madeira Road Halls, you have been asked to download the MyHalls App. This enables you to access online support from the Derwent FM team – for maintenance, security, welfare and social events. If you haven't already done so, please download the App as needed.

MyHalls App

iOS/Apple: apps.apple.com/us/app/id149777543

Android: play.google.com/store/apps/details?id=com.heyhub.aubhalls



Student Services

STUDENT SERVICES

Throughout your time at AUB, support is always available from Student Services.

Whether you need help with your studies, advice on accommodation or support with health and wellbeing issues, Student Services have you covered.

To book an appointment with any service please visit booking.aub.ac.uk or email studentadvice@aub.ac.uk for assistance.

COUNSELLING

Professionally accredited by the British Association for Counselling and Psychotherapy, the AUB Counselling Service works with students to help manage any personal, emotional issues within a safe, confidential, and non-judgmental space.

STUDENT ADVICE

Advisers are here to offer guidance on practical issues such as accommodation, funding and financial support, as well as accessing local services. They can also guide you through the booking processes to access the support in Student Services.

STUDY SKILLS

Study Skills offer 1:1 and small group support in study skills and strategies to help you develop as an independent learner. Study Skills Tutors can help you understand assignment briefs, manage your time, and improve critical thinking skills.

ENGLISH FOR ACADEMIC PURPOSES (EAP)

If your first language is not English, EAP tutors can support your academic language and communication skills. They too offer 1:1 and small group support in study skills and strategies to help you develop as an independent learner, as well as support with time management, understand assignment briefs and improve critical thinking skills.

WELLBEING

This service offers confidential guidance and practical strategies of self-management, for all AUB students and particularly those with mental health difficulties. Students can access for themselves or can also seek advice and support for another. There is a daily drop-in online (via booking site) or in person – where no appointment is needed.

DISABILITY SUPPORT

Advice and support with any disability related issue can be accessed via this service. Whether this be Disabled Students Allowances (DSA), accessibility issues or reasonable adjustments for learning difficulties, e.g. dyslexia.

Click here for more detailed information on each service

FAITH AND REFLECTION

The Faith and Reflection Team offer support, soul care, sanctuary space and opportunities for exploring spirituality to all staff and students from AUB and BU.

Our multifaith chaplaincy team is made up of local people of faith, but we are around for people of all faiths and none.

The Faith and Reflection Centre is based in Talbot House, on BU campus just next to AUB. The centre has a quiet room, an Islamic prayer room and has space for you to come and relax with no booking; open daily 08.30 – 19.00.

For more information about the service and all that it has to offer, head over to the Faith and Reflection Website or check them out on IG - [@buandaubfaith](https://www.instagram.com/buandaubfaith)

If you would like to get in contact with the service, you can do so on the following:

Tel: **+44 1202 965383**

Email:

faithandreflection@bournemouth.ac.uk

REPORT AND SUPPORT

Report and Support

AUB is committed to providing a positive experience for our students and believe that abusive behaviours are never acceptable. Our online Report and Support tool enables anyone to report concerns anonymously, make a formal complaint, and/or receive support.

reportandsupport.aub.ac.uk

External Support

You may wish to talk to someone but might not be ready to meet with one of the AUB team. That's okay, there are lots of organisations and charities available that can offer you a range of options to make sure that you can still find the help you want.

Connections

24/7 Dorsethealthcare helpline for anyone experiencing a crisis with their mental health: **0300 123 5440**.

The Retreat (Dorset Mental Health Forum)

The Retreat is a safe and welcoming environment for anyone over 18 years of age, based in Dorset and who have self-identified their crisis and want to access support. You can find them at Hahnemann House, Hahnemann Road, Bournemouth, BH2 5JW open daily (16:30-00:00). You can drop in – no appointment needed.

Papyrus

The national suicide prevention charity to offer support and guidance if you or someone you know is struggling to cope. Contact them on **0800 0684141**.

*SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. You can text them on **85258**.

The Counselling Directory

The Counselling Directory is a great resource to find counsellors near you. Don't forget that that counselling at AUB is free for students – you may have to pay privately to see a registered therapist on this list.

Students Against Depression

The Students Against Depression is a website by students, for students. They offer guidance and resources to those affected by low mood, depression and suicidal thinking.

The Samaritans

To speak to someone in confidence, the Samaritans are available 24-hours a day, seven days a week on **08457 909090** or **116 123** (free from mobiles and landlines). You can also email **jo@samaritans.org**

Relate (The Relationship People)

Relate are the UK's largest provider of relationship support. Find out more, or call them **01202 311231**.

Cruse (Bereavement and Loss)

Cruse can offer support, advice and information on coping with a bereavement: **01202 302000**.

Alcoholics Anonymous

Alcoholics Anonymous can be contacted on their free helpline **0800 9177 650** or you can live chat with a volunteer through their chatbox.

Narcotics Anonymous

Narcotics Anonymous can help support you with local or online meetings. Their support line is open 10:00-22:00 on **0300 999 1212**.

British Pregnancy Advisory Service

The local branch is Dean Park Clinic, 23-25 Ophir Road, Bournemouth, BH8 8LS. They're open Tuesday (08:00-18:00), Wednesday (08:00-20:00) and Thursday (08:00-18:00): **03457 304030**.

The Shores

The Shores are the dedicated Sexual Assault Referral Centre (SARC) for Dorset, providing a comprehensive service to men, women and children who have been raped or sexually assaulted.

Stars

Stars (formerly Dorset Rape Crisis Support Centre) is a voluntary organisation run for men, women and young people over 16 who have been raped or sexually abused. They offer support through the criminal justice process and also provide counselling support.

Somerset and Wessex Eating Disorders Association

Somerset and Wessex Eating Disorders Association have useful message boards and helplines. Find out more on **their website** or call them on **01458 448600**.

Number 18 Poole

A young people's drop-in centre based in Poole town centre for advice on housing, health, money most specific issues affecting people aged 11-25. Number 18 (previously The Quay Advice Centre) can be contacted on **01202 262291**.

Over the Rainbow Bournemouth

A drop-in centre for the LGBTQIA+ Community. Now based at The Shores with a clinic open on Wednesdays 12:00-19:00. To book appointments call **07788415522**.

Dorset Sexual Health

To contact Dorset Sexual Health call **0300 303 1948**.

Voice Collective

Voice Collective is a UK wide London-based project that supports children.

AUB Community wants to say a HUGE thank you to everyone who has supported AUB Community in the Autumn Term:

Barefoot Soul: **f @BarefootSoulMusic**

Bee Wrap UK: **beewrap.co.uk**

Beth Hammond:
etsy.com/uk/shop/SmartCookieDesign

Chartwells:
aub.ac.uk/campus/food-and-drink

CJP Jewellery: **cjp-jewellery.com**

Coastal Forage Pies:
coastalforagepies.co.uk

Dorset Poffertjes:
dorsetpoffertjes.co.uk

DIGIN: **digin.co.uk**

Els Vintage Workwear:
@els.vintage.workwear

Faith and Reflection: **@buandaubfaith**

Hangover Hill: **f @hangoverhill**

Heidi Steller: **@stelleryoga**

HeyPRESSto: **@hey_pressto**

Jasmine Kent:
etsy.com/uk/shop/JasKentillustrations

Jimmy's Iced Coffee:
jimmysicedcoffee.com

Jules Santos:
etsy.com/uk/shop/SeuljBeeStudio

L'arte Coffee House: **@lartecoffeehouse**

La Maison des Macarons:
southcoastmakers.com/project/la-maison-des-macarons/

Lauren Emmett:
etsy.com/uk/shop/LaurenEmmettArt

Lauren Marina: **laurenmarina.com**

Madding Crowd: **maddingcrowd.club**

Molly Alice: **mollyaliceuk.com**

Mr Mulligans:
mrmulligan.com

Nandos: **nandos.co.uk**

Pen Gallery: **pengallery.co.uk**

Tanya March:
tanyamarchillustrations.com

The Beauty Umbrella:
thebeautyumbrella.com

The Gallery: **aub.ac.uk/thegallery**

TOSH: **toshspace.co.uk**

Uniprint: **uniprintuk.com**

University Music:
f @UniversityMusicBmth

Universities Police Team:
@bmthcampuspolice

AUB COMMUNITY



communitychampions@aub.ac.uk

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

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

booking.aub.ac.uk

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