

ARTS UNIVERSITY BOURNEMOUTH

AUB COMMUNITY

Word

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Issue 02 May 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.

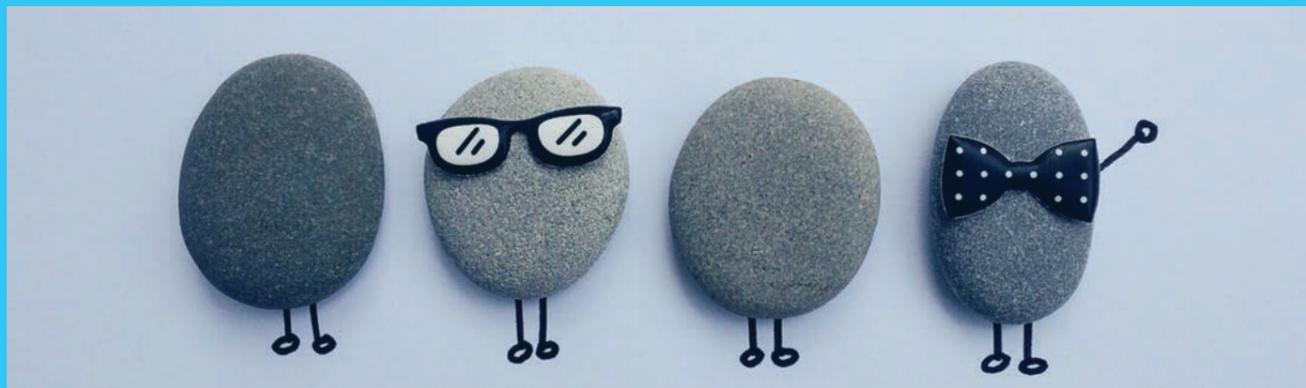
We'll be holding events every Tuesday at 18.30 across the halls. From

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

Spring Review

Brew Monday

We kicked off January with Brew Monday. So many of you joined in with the event, using your tea party pack, and having some fun getting to know each other over a cuppa. We really enjoyed meeting many of you and seeing your pics!

Winners of the **Insta Prize** were Tom, Oliver, Kriszta, Zach and Erin! We hope they have many more cups of tea in their new Bamboo Travel Mugs

Bike Tagging

Over 50 students had their bikes security tagged by the Universities Police Team, which is brilliant. If you didn't get the opportunity to attend for this and would like your bike tagged, please let the Community Champions know and we can set up another session with the Universities Police Team.

Hot Chocolate Mornings

January and February are always cold and that little bit greyer than we like, so we started several days off with some free hot chocolate and biccies to warm us up.

International Days

We celebrated World Book Day on 3 March and International Womens' Day on 8 March

Poetry & Prose

An inspiring Poetry and Prose gathering was held in March, where you met and shared your stories, poetry and love of all things literary.

Pennies for your Thoughts

In March Erin and Shivam asked to hear your thoughts in exchange for a penny or two – well, sweets actually! We've made a list of all the things you have told us you'd like to do this term and will be putting this into action... so keep an eye out on our IG and around halls for information of events coming up in May and June!

And all the while...

Throughout the term the Community Champions and Halls Teams have held a variety of events making the most of your creative talents. From mood jars and mandala painting, origami, and single line drawing, fusbball and table tennis competitions to litter picking and movie nights there has been lots going on!



Swanage trip



Swanage and Corfe Castle

In March we visited the beautiful town of Swanage and the sun shone (some snow too!) as we ate fish and chips and visited all the quirky shops and strolled along the windy seafront. Onwards we went to the ancient ruins of Corfe Castle, where we watched the Steam Train puff along the tracks beside us, ate cream tea in the café and drew our own coats of arms on the shields.

Skyler created an amazing representation of Corfe Castle itself from chalk... truly inspirational.



What students said about the trip:

"Thanks again for the amazing trip, I really enjoyed it."

"We had the most wonderful trip, thank you for organizing this!"

"It's a lovely trip! Thanks for holding trip. Can't wait for another one!!!!"



Spotlight Armin Rangani

and Corfe Castle

Corfe Castle is Dorset's very own ruins which has been a Saxon stronghold, a Norman fortress and a royal palace - not to mention the setting for Disney's *Bedknobs and Broomsticks!*

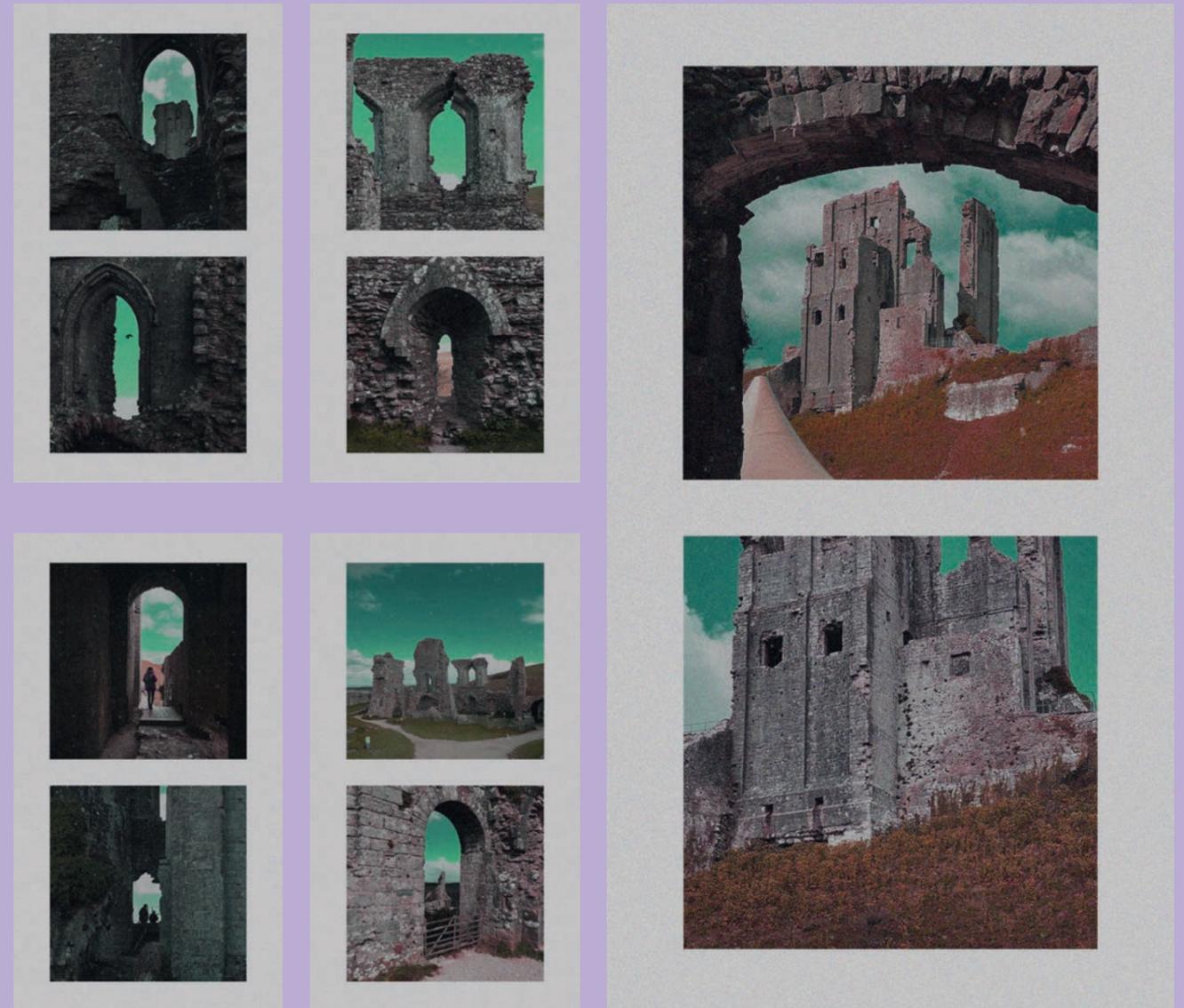
William the Conqueror built the castle as we know it, on the site of a Saxon Hall where Edward the Martyr was murdered in 978. Edward was later canonised, with his feast day falling on 18 March each

year. King John used Corfe Castle as a home and prison, storing his jewels there during his reign and Elizabeth I eventually sold the castle, with the Bankes family taking ownership in the 1600s. During the English Civil War the castle was a Cavalier base, loyal to the Monarch, but eventually it was infiltrated and slighted by Oliver Cromwell's Roundheads.

Corfe Castle is now home to many ravens, and there's a local legend that states if they leave the castle will crumble...

Inspiring stuff, no? MA Animation student Armin Rangani thought so too, and created these incredible images in response to the castle ruins!

If you'd like to see more of his work, check out his instagram [@colorani](https://www.instagram.com/colorani).



Bernstein
Chichester Psalms

Vivaldi
Magnificat

Elgar
Serenade for Strings

Mozart
Divertimenti in D



St Ambrose Church
Westbourne BH4 8BE

Saturday 7th May, 7.30pm

Tickets £15 **CARD PAYMENTS ONLY.** Students FREE.

Email: musicadmin@bournemouth.ac.uk **OR AT THE DOOR**

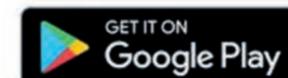
www.bournemouth.ac.uk/music

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redeem using the code

AUBSPRING22



AUB Community

What's On!

There's lots happening this term – from dogs paying a visit to campus, to end of tenancy parties to see your first year out in style – 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**

May

02.05.22 May Edition of WORD 10:00

It's Mental Health Awareness Week 09 – 15 May - So there will be lots of activities coming your way like Beach Walks, the Tree of Positivity, Forest Bathing and much more – keep your eyes peeled for more info coming out soon!

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 – Origami, Table Tennis, Mandala Painting, Tarot Card Reading and more... something for everyone!

04.05.22 Caring Canines - Home Park 12:00 – 14:00

11.05.22 Caring Canines - Campus Halls at F006 15:00 – 17:00

19.05.22 F&R Pocket of Peace – Campus Halls 16:00 – 17:00

June

01.06.22 Poetry & Prose - Courtyard Garden by Refectory 15:00 – 16:30

It's National Garden Wildlife Week 06 – 12 June – just in time for the opening of the new garden at Madeira Road Halls. Watch this space for the event details and then come along and join in the festivities.

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 – Origami, Table Tennis, Mandala Painting, Tarot Card Reading and more... something for everyone!

21.06.22 World Humanist Day – Campus Halls Courtyard TBC

26.06.22 End of Tenancy Parties at each halls 14:00 – 16:00

Spotlight

Did you know...

From your Community Champions

German chocolate cake was invented in Texas
- Abs

I have two dogs. A Maltese Terrier called Buddy (after the elf) and Poppy, who is a Cavachon (King Charles Cavalier crossed with a Bichon Frise)
- Amber

A single piece of confetti is called a "confetto."
- Shivam

In Sobetsu, on the Japanese island of Hokkaido, the spectacular Yukigassen is held every year, the world championship dedicated to the most epic snow battle ever conceived!
- Federico

There are about 62,000,000 chickens born every day
- Erin

We have mites living on almost every part of our body :) ahah
-Issi

Before 1914, in the USA parents could mail their children through the postal service to their grandparents
- Katie

The Happiness Dogs are back!



**Come
meet me
and my
friends!**

**Home Park: 04.05.22
Campus Halls: 11.05.22**

**12noon - 2.00pm
3.00 - 5.00pm**

AUB COMMUNITY

Join Headspace

**Get Headspace FREE using your
AUB email account.**

**1000+ hours of
mindfulness content**

**Mini
exercises
for busy
schedules**

**Proven to reduce
stress in just 10 days**



 headspace

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App Store

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Google Play



Making the most of your summer

CAREERS AND EMPLOYABILITY

Making the most of your summer

As the end of your first year at AUB fast approaches you might be wondering what to do with your summer holidays. First and foremost, you should reward all your hard work with some well-earned time off! But in addition to this, you should make time to work towards developing your career. Depending on your last hand in date, it is likely that you will have around 14 weeks away from study this summer. It is sooooo easy to let this time pass by, so try to plan how you can make the most out of your break.

Make a plan

Split your summer into sections ensuring that you make time to:

- Take a break
- Prepare for your course next year
- Develop your career.

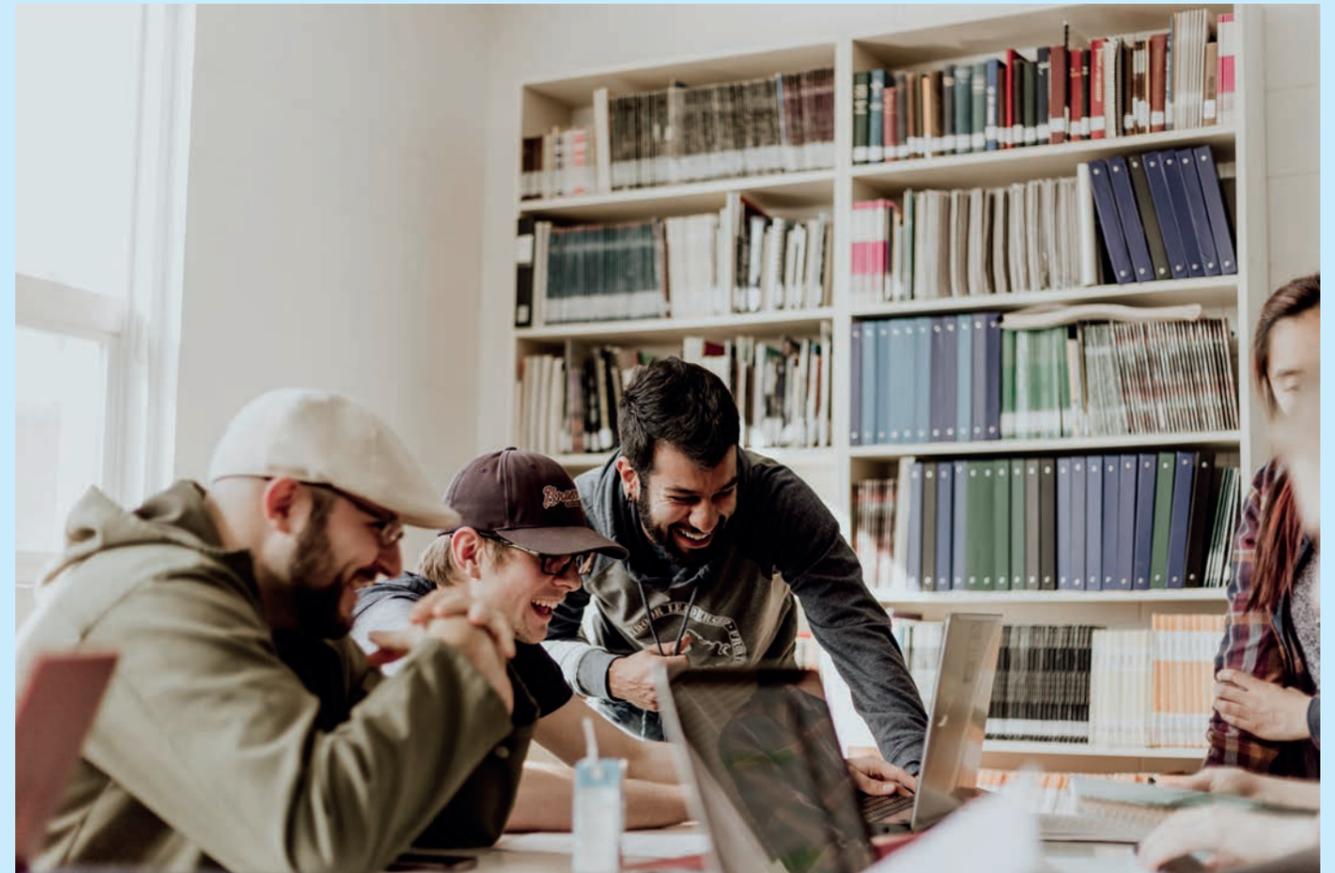
It's worth considering how long you would like to spend on each of these activities and where they will fit in your schedule.

Get some work experience

One of the best ways to start developing your career is by getting work experience in your chosen field. You can also gather experience that isn't directly related to your chosen pathway but will provide you with transferable skills.

Here's how to do it:

1. Think about whether you know anybody who could help you to land opportunities. Could you ask family, friends, or lecturers.?
2. Do a Google search of relevant employers in your local area and write down any employers who you would like to ask about placements.
3. Before making contact, decide how much time you have to offer, and which dates you will be available. Be prepared to be flexible.
4. Prepare a CV and write a speculative cover letter asking companies about work placements over the summer. Need help with doing this? Visit aub.jobteaser.com to explore our resources on **CVs** and **speculative cover letters**.



Advertised opportunities

As well as asking employers if they will take you for a work placement, you may also find summer work advertised online. Advertised summer roles are few and far between but remember even work which isn't directly related to your ultimate career goal can be useful! Here are a few we have found to get you started:

DC site Services Work at a variety of summer festivals

NCS staff recruitment Spend your summer supporting young people

ATG careers Enquire about placements in theatre and events

Project International residential summer camp Support at summer camp for international teenagers

Wesser fundraising Charity fundraisers

Bright Network Summer internships

Fashion workie Fashion and branding work placements

Earning money through part time work

It can be difficult to find official work experience or summer placement opportunities but remember that any part time work can also bring transferable skills that employers value. For example, working in catering could build your ability to communicate with others, work under pressure and support a wider team. Reflecting on work experience After you have completed work experience or part time work take some

time to reflect. Try to consider what you liked and disliked about the placement as well as the skills that you learnt. Sum up the placement in a couple of bullet points ready for your CV. For example:

August 2022 Boomtown Festival Work Experience

– Created promotional material to advertise the festival line up to attendees

– Supported with ticket collection and admission

– Prepared costumes with performers at the side of the stage

Other opportunities

Look out for competitions, volunteering, networking events and projects that you can get involved with over the summer. This all counts towards experience for your CV so try to be open-minded!

Contact Careers

If you would like some help planning your summer, writing your CV or drafting a cover letter you can book a 1-1 appointment with Alison or Emily from the AUB careers team using the bookings tab on My AUB. Make sure you are signed up to our careers platform, aub.jobteaser.com, for the latest updates on jobs and opportunities! Follow us on Instagram [@aubcareers](https://www.instagram.com/aubcareers) and get in touch through careers@aub.ac.uk

To stay up to date, don't forget to follow us on Instagram [@aubcareers](https://www.instagram.com/aubcareers) and Facebook [@careersAUB](https://www.facebook.com/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

Spotlight Film Review

Lost in Translation by Shivam



Bill Murray plays an aged actor with declining stardom and **Scarlett Johansson**, a young lady on a trip with her boyfriend, stumble upon each other in Tokyo. They are bored, restless, and dissatisfied with the lives they lead and the trip to Tokyo seems just like another monotonous step.

The essence of the film lies in the subtlety and realism, that the film grounds its two characters in. It teaches us a thing or two about how romance is not limited by age, is not classified by physical needs, and can blossom amongst two strangers emotionally.

Though it often blurs the line between what is morally acceptable or not, it distracts you from such surface-level questions through its beautifully layered storyline and stunningly shot sequences.

The transformation from monotonous to graceful, with the help of togetherness and hope, is what this movie is about.

As Bob says to Charlotte and the viewers, 'You're not hopeless.'



Design your own garden competition:

Design and create a sustainable wellbeing and sensory garden for Madeira Road Halls.

Budget of £300.00

For more information and full brief, please contact

studentadvice@aub.ac.uk

Deadline for submissions: 15 May 2022

Spotlight Who to Follow

11 accounts to follow on Instagram and TikTok by Erin

Instagram

AUBSU

AUB Students Union! A great way to stay connected and stay informed on exciting events!

Aubsu_green

AUBSU Green Society! A way to stay connected and discover healthier ways of living and protecting the environment. Doing your bit for the earth.

Florence.simpsonn

Posts about body positivity and being comfortable in your own skin. Inspiring posts to make you feel more confident.

Pengallerystore

Local creatives selling cool art and monthly exhibitions. Based in Poole! Could be a way to get your art out into the world and a way to see other creators work!

Headspace

Learn new techniques for your health and happiness. A positive look on life with daily uploads to keep you inspired. Uplifting messages.

Laurenmarina

Local artist whose work you may have seen on your walk down to the beach! 16 Black and white illustrative pieces! A chance to gain inspiration and purchase new pieces of art

TikTok

Attenboroughcomedy

David Attenborough animal videos with a comedy voice over. Funny videos that make you laugh.

Annaxsitar

A young woman who shares her difficulties and creates a comfortable environment. Sharing her success and how her life has changed. Giving a do it attitude to life and not letting the bad days take over.

Angryreactions

Funny and inspirational videos- small lift me ups to make you laugh.

Spencer2thewest

A disabled man that shows how he does day to day activities. Inspiring others to live life to the fullest.

Oldgays

Funny videos about a group of old men expressing their sexuality and allowing people from the LGBTQ+ community to feel safe. Feeling comfortable to share and express who they are now as it was not accepted when they were younger.

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.

AUB COMMUNITY



Spotlight Tech Moon

For many of us, Banksy is synonymous with street art. From iconic frescos of the Flower Thrower in Israel to Brighton's Kissing Coppers, the adored (and anonymous) street artist has taken up mantle as a potent force for reflection in today's consumer-motivated society.

And to a large extent, Banksy has paved the way for a new generation of street artists looking to explore their artform in public spaces, just like AUB graduate Krishna Malla. The Boscombe-based street artist, who goes by the name Tech Moon, has transformed areas of Bournemouth and Poole with his captivating graffiti style.

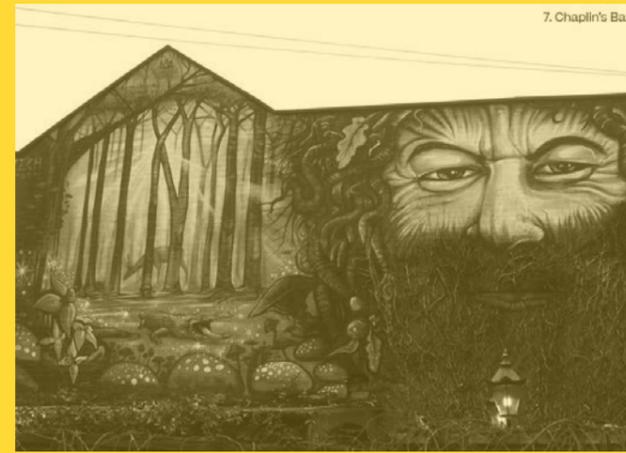
Studying BA (Hons) Illustration before becoming AUBSU President in 2009, Krishna, who is originally from Cornwall, decided upon AUB after a recommendation from his A-Level Art Teacher.

He says: "I thought that perhaps I could do something unique here. There were great artists coming out of Bournemouth, but they weren't staying local. I always have the sense that Bournemouth is a thriving place that aspires to so much, and I felt like there was a real niche here."

But Krishna's love and passion for street art goes back further than Banksy's stencilled explosion onto the popular street art scene in the late 90's. Visiting Spain as a child, Krishna dabbled with sketches, soaking up the country's long-held love for street art, while future talents Belin and Saturno sharpened their iconic hyperrealist and fantastic styles beneath Barcelona's Catalan sun.

And perhaps to encourage similar art here in the UK, many councils across the country are considering how street art can transform public spaces for the better. Working with BCP Council, Krishna has started to develop community-based artworks that enhance areas and reflect their sense of identity, like the nautical blues of Southbourne's new mural, Gods of The Sea.

Adorning a set of public toilets beside a cliff top coastal view, Gods of The Sea was initially met with some distrust by locals, explains Krishna. "The thing is, when I started the job, I'd white emulsions the building, and I'd begun sketches on the plain walls. Sketches rarely look good initially, as you attempt to work your drawn ideas onto a physical space.



"But over the course of six weeks, the same people that had come over to complain to me started to really like the work. The Southbourne mural really demonstrates how much more Bournemouth has embraced street art in the past 10 years. The more people see it done well in public, the more they love it. I have no ownership of the work so, once it's out in public it belongs to the public, which is what makes street art so unique."

As well as creating more public works like the fly in an underpass near St Stephen's Road, Krishna has also taken on private commissions for local clients too, including filmmaker Steven Murphy, who tasked him with a huge six-foot painting of Sylvester Stallone's

Rocky character for his new tour bus. The popular freelance artist, who was able to turn his artistry into a full-time career in 2013 now has a four-month waiting list for work and identifies his mural of an owl on Boscombe High Street, commissioned by Bournemouth's Emerging Arts Fringe Festival (BEAF), as his favourite piece to date.

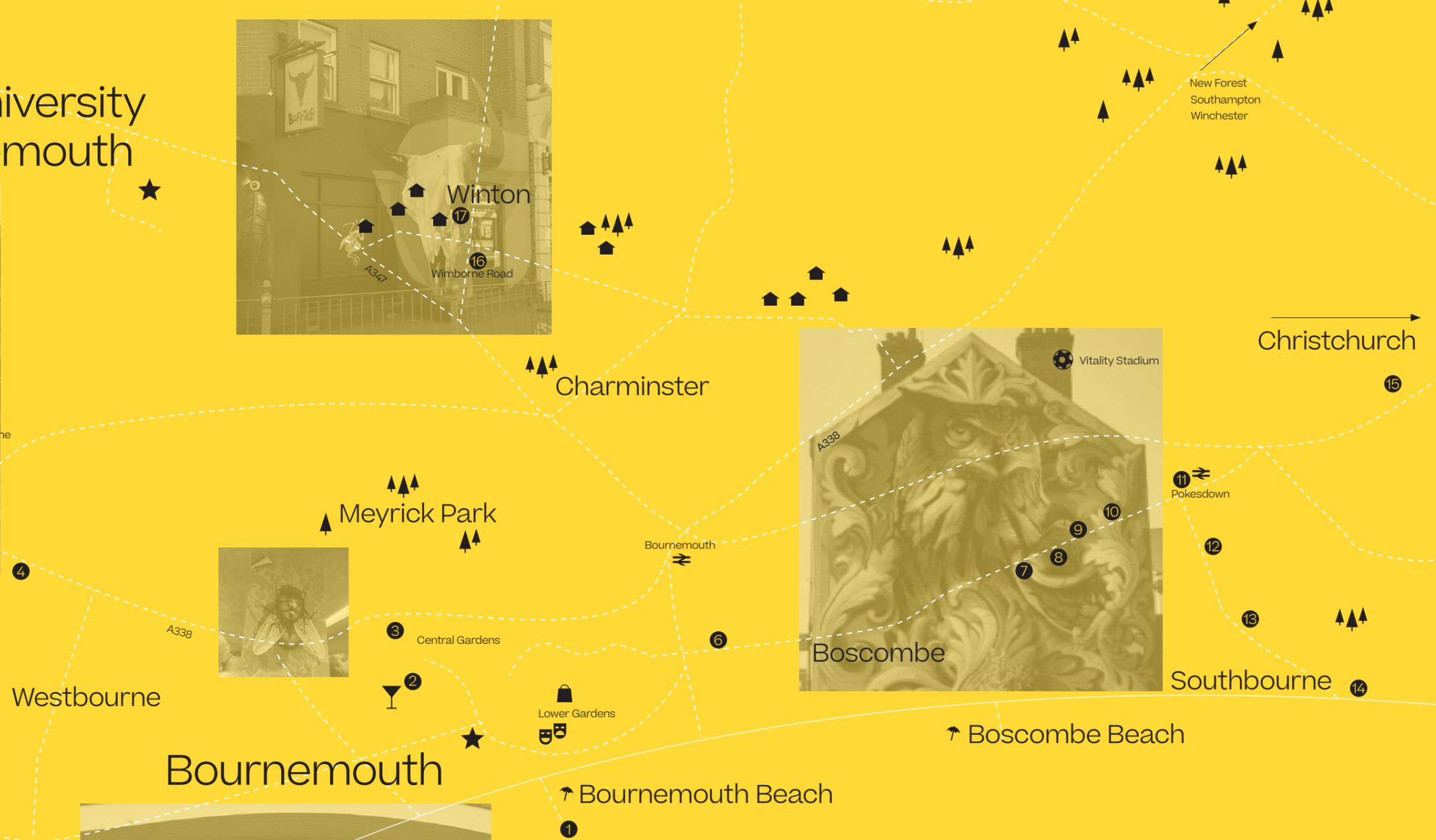
And although it's been more than a decade since he graduated, Krishna still fondly remembers his time at AUB; the place where he also developed essential business skills like marketing and networking. He says: "I have many things to thank AUB for; from the huge range of course projects I took part in, to working in other environments like music video shoots and on product illustration work."

So, what's key to succeeding in the world of street art? "I think that success is very much about 'keeping the faith' with your own ideas", says Krishna.

"Sometimes you can be trying so hard to establish yourself that you almost lose track of motivation; you're constantly looking at how to make this passion a full-time job. For me, it's about being brave enough to make mistakes. Embrace them and make them part of your journey."



Arts University
Bournemouth



Explore Tech Moon
in Bournemouth

- | | |
|------------------------------|-----------------------------------|
| 1. Bournemouth Pier | 10. Ashley Road |
| 2. Ojo Rojo | 11. Pokesdown Station |
| 3. Upside Gallery | 12. Webster Butchers, Southbourne |
| 4. The Duck | 13. Terroir Tapas |
| 5. Sandbanks Public Toilets | 14. Southbourne Crossroads |
| 6. Zephyr Bar | 15. Iford Bridge |
| 7. Chaplin's Bar | 16. Buffalo Bar |
| 8. Sovereign Shopping Centre | 17. Webster Butchers, Winton |
| 9. Boscombe High Street | 18. The Lion Works School |

@tech.moon

alumni.aub.ac.uk

Spotlight Interview

With Vanessa from Home Park, by Issi

Issi interviewed one of the new members of the Home Park team, Vanessa.

Vanessa moved from Portugal to the UK in 2020 and has just graduated with a MSc in Forensic Anthropology & Archaeology.

Issi: Tell us a bit about yourself with these quick fire questions:

I: Favourite colour?

Vanessa: I don't have a set favourite colour, as it changes a few times a year depending on what I'm obsessing over, but at the moment my choice would be deep emerald green

I: Favourite book?

V: I love The Discovery of Witches by Deborah Harkness.

I: Favourite song?

V: This also changes according to my mood, currently I'm obsessed with Pizzazz by Akintoye

I: What do you like to do for fun?

V: I love to travel, so I'll go to different places every time, I'd like to try and visit every country in the world! My favourite hobby is caring for my plants. I have 75 plants at home!

I: What made you apply for the role working at Home Park?

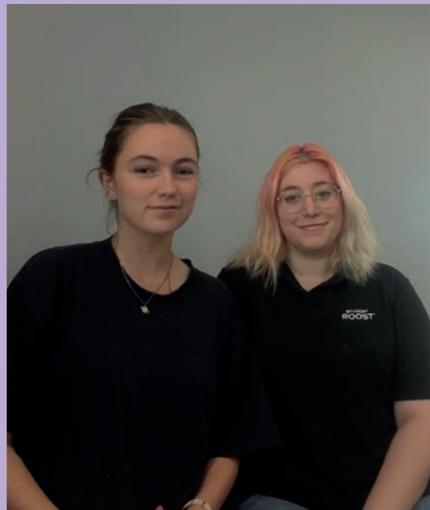
V: I wanted a job and I enjoy seeing the residents every day. Even on bad days to check if you are ok- it's always nice especially when people who you've spoken to before come past and say 'Hi'. It's a type of kindness that's very lovely to witness as you don't see it much in the world anymore.

I: What's the best part of your job?

V: I think it is always fun when we do events. Especially when we did Women's Day because everyone was standing around taking pictures with the balloons and getting involved. It's a bit different from everyday life. Oh, and I can't forget taking care of the plants in the social room too!

I: And finally, where do you see yourself in 5 years?

V: Hopefully in my area of forensic archaeology. I finished my masters last year, so I really resonate with you guys doing work in the common area. I wish I could bring you an energy drink and tell you it will be ok.



AUB LIBRARY COLLECTIONS

EXPLORE YOUR LIBRARY

The Library is full of treasures to support your research, practice and creative development.

SUBJECT GUIDES



A good starting point to explore all the resources we have is your Subject Guide on the Library website. This page gives subject specific advice listing relevant books, journals, databases, streaming media and specialist resources such as trend forecasting or precedent research. We update these pages regularly with new and interesting material.

ARTISTS' BOOKS

We have about 350 artist's books in a wide variety of materials and forms. They can be found in the colourful cabinets by the Library reception area.



MATERIALS LIBRARY



The Materials Library is a collection of new and innovative product samples and includes ceramics, plastics, glass, paper, metal and eco materials such as compostable mushroom packaging. Using the physical collection and the online Materials database you can explore the properties and applications for hundreds of product samples.

SEARCH THE CATALOGUE & FIND OUT MORE AT

aub.ac.uk/library

Spotlight on AUBSU

Arts University Bournemouth Students' Union is all about you: the students – led by the students, for the students.

All students at AUB automatically become members of the Union when they enrol on their course. AUBSU works hard to ensure that all aspects of student life are well represented including: welfare, academia, employment, events, sports, and societies. Here are a few things that AUBSU has coming up this term:

Events

AUBSU plans loads of exciting events and activities for you! These are updated on the 'What's on Calendar' on the AUBSU website. To keep up to date with what's going on each month go to aubsu.co.uk/calendar. To purchase tickets to events, or to sign up for free, head over to aubsu.co.uk/tickets. Don't forget to follow @aubsu on Instagram for daily updates on things that are going on. Here are a few things that are coming up:

The AUB Staff Thank You Awards

The nominations are now closed for the AUB Staff Thank You Awards! The awards are an opportunity to thank a member of AUB Staff who has made your time at uni special. It could be an inspirational tutor who has kept you motivated, technical staff who have given you their life-saving expert knowledge and dedicated hours to help with your projects, or even a friendly cleaner or caterer at AUB who always goes out of their way to treat you well. The awards will be held on Wednesday 18 May, so keep your eyes peeled for more information to come!

Market Days

On the first Wednesday of every month AUBSU hosts a bustling mini market between 12.00-14.00. Not only are there prints and cakes galore (all made by your talented fellow student beans) up for grabs, but you'll also be able to swap your unwanted clothes for snazzy new ones at the Green Team's Swap Shop. Exciting stuff, huh? The next Market Days are on Wednesday 4 May and Wednesday 8 June. Keep an eye on @aubsu on Instagram to find out where they will be held on campus.

Mental Health Awareness Week

Mental Health Awareness Week is an annual event in the UK to focus on your own mental health from 9 to 12 May. AUBSU is organising lots of different activities during the week, focusing on the themes of loneliness and connecting. Check out @aubsu on Instagram to find out more.

The Small Things Matter Courtyard Pop-Ups

Have you noticed the AUBSU Staff giving away cute little freebies on the AUB Courtyard? On the last Tuesday of every month AUBSU's wellbeing campaign, The Small Things Matter, host a wellbeing pop-up for all students during lunch time. The next pop-up will be 31 May, come along and join in!

Representation

Every term AUBSU dedicates a whole week to collecting all your ideas and feedback. Think Tank is your chance to tell AUBSU what is on your mind, whether there is something you love about your course or the campus, or something you want to see changed. Whatever it is, AUBSU wants to hear about it! All your thoughts and feelings are collected and typed up into their



big feedback database. They will sort all your comments by topic, and then look for any patterns or common issues, and then will get to work resolving them. The next Think Tank week starts on 9 May. Look out for the online feedback form on @aubsu on social media, or collect a pink Think Tank card from your Course Reps.



AUBSU Activities Clubs, Societies and Networks

Have you joined an AUBSU Club, Society or Network? The Clubs, Societies and Networks are groups run by students for students and there are plenty to choose from to get involved with. For more information on the different groups that are running currently, head over to aubsu.co.uk/clubsandsocs.

A couple of Clubs and Societies to keep an eye out for are the Life drawing Society which takes place in PassivHaus every Thursday from 18.00 to 20.00. This session is open to all AUB students, of any course and ability. Don't forget to book a ticket first on aubsu.co.uk/tickets. Also, the AUB Rugby Club is starting up again! AUBSU are so excited, they've even got a rugby themed joke for you: What tea do rugby

players drink? Penal-tea. If you fancy getting involved and getting just a little bit muddy, then email studentunion@aub.ac.uk to let AUBSU know that you're interested.

If you fancy trying out another sport, Taekwondo Club runs every Wednesday. Taekwondo Club train weekly with an experienced instructor and often grade-up and compete. Open to everyone, any skill level. You'll also need to book a ticket at aubsu.co.uk/tickets

Give it a Go

Have you heard about AUBSU's Give it a Go classes? Ever wanted to try your hand at a new activity, get fit, or make new friends? Thanks to the funding grant from Sport England, AUBSU's Give it a Go program can help you do just that. All sessions are fun, friendly, and inclusive for

all, and will be led by a trained instructor or activator. GIAG Yoga runs every Monday and Wednesday. GIAG Boxing runs every Thursday. Grab a ticket before the session at aubsu.co.uk/tickets



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/id1497775543**

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



STUDENT SERVICES



COMMUNITY



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**

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

STUDENT ADVICE

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:

AUBSU:  @aubsu

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

Dorset Tea:  @dorsetteauk

National Trust – Corfe Castle:
 @corfecastle_nt

Samaritans:
 @samaritanscharity

Student Roost – Home Park Team:
 @srhomepark

Uniprint: uniprintuk.com

University Music:
 @UniversityMusicBmth

Universities Police Team:
 @bmthcampuspolice

AUB COMMUNITY



communitychampions@aub.ac.uk

@aubchampions

@aubcommunity

booking.aub.ac.uk

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BH12 5HH

aub.ac.uk