

ARTS UNIVERSITY BOURNEMOUTH

AUB COMMUNITY

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Issue 04 Nov 22

# Hi there!

We hope you are all settling in well to your accommodation and are enjoying your time in the AUB Community. We've already met so many of you at our events and we have loads more upcoming opportunities for you to get involved.

In September we kicked off your time at AUB with a proper celebration, Welcome Fest. We met over 300 of you and you all enjoyed delicious food and drinks, picked up your own potted succulent, received a well needed massage and we sent 209 (yes 209) postcards to your pals. Since then we have tested your knowledge with quizzes, pampered you with nail painting sessions and scared you with a Dark Past of Bournemouth tour.

In the lead up to the Winter Break we still have some great events and trips coming up and we have also expanded our team as we welcome 7 new Community Champions. If you want to find out what is coming up in the next few weeks and if you want to meet our amazing Community Champions keep reading on.

Hope to see you all in the next few weeks,

**EI**

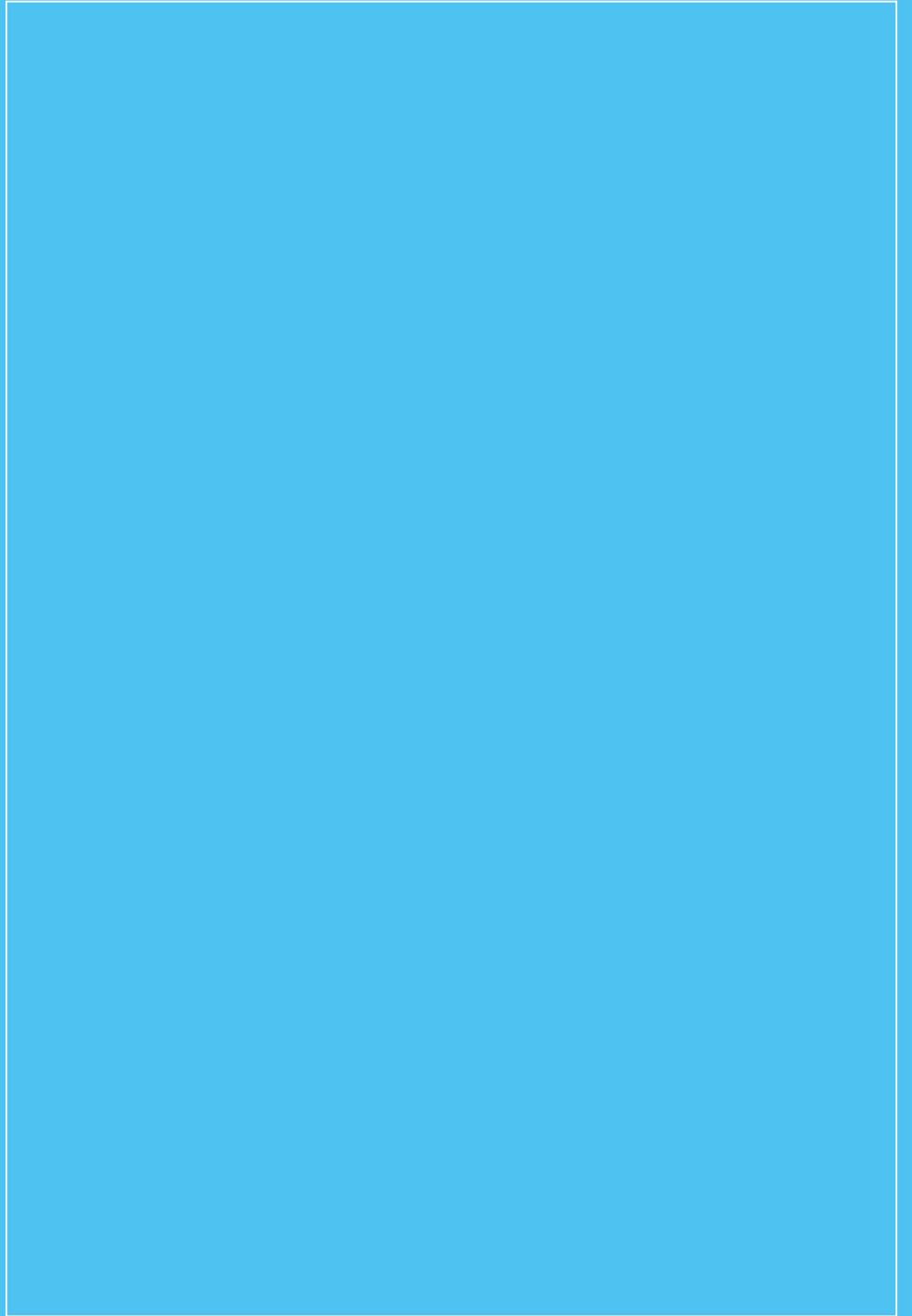
*Your Accommodation Officer*

 **@aubchampions**

 **@aubcommunity**

# Word

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# Design your own garden!

The garden in Madeira Road is in desperate need of a makeover and we need your help!

We would like you to design and create a sustainable wellbeing and sensory garden for Madeira and we'll provide a budget of £200.

Contact [communitychampions@aub.ac.uk](mailto:communitychampions@aub.ac.uk) for more info!



# Bournemouth Vintage Clothing Sales

Nothing looks better than second-hand – purchase your tickets online for an event

Bournemouth Vintage Kilo Sale  
Saturday 12 November | 11:00am – 17:00pm  
Bournemouth Pavilion Theatre

The Bournemouth Vintage Kilo Sale  
Saturday 19 November | 10:30am – 16:00pm  
Citygate Centre, 138A Holdenhurst Road,  
Boscombe





# Christmas at AUB

## *Home Park:*

Over the Christmas period Home Park will be operating as usual with the same opening hours as term time. Keep an eye out for posters and emails during this period as Home Park will be hosting events throughout the holidays.

## *Campus Halls:*

Campus Halls will be open and operating as normal during the university Christmas closure period. Keep an eye out for posters popping up around Campus Halls and expect some Christmas movies and hot chocolate evenings.

## *Madeira Road Halls:*

Christmas at Madeira Road will see the team and services operating as normal. The best way to stay in the loop with any events over this period will be via posters around the accommodation, get ready to enjoy a few Christmas movies and some tasty hot chocolate.



## Winchester Christmas Market

Thursday 24 November | 5pm

Register your interest via:  
[communitychampions@aub.ac.uk](mailto:communitychampions@aub.ac.uk)



# AUB Community What's on

November  
December

## Home Park

**22.08.22** Beach | 12.00-14.00  
**24.08.22** Drum Workshop  
 13.00-14.00  
**25.08.22** Beach | 12.00-14.00  
**30.08.22** Treat Yourself Nails  
 14.00-16.00

## Campus Halls

**22.08.22** Beach | 12.00-14.00  
**23.08.22** Dip 'n Dig | 14.00-16.00  
**25.08.22** Beach | 12.00-14.00  
**31.08.22** Drum Workshop  
 13.00-14.00

## Madeira Road

N/A

**1.09.22** MoDiP Session  
**1.09.22** Secret Cinema | 16.00  
**5.09.22** Welcome Quiz and  
 Musical Bingo | 15.00-17.00  
**6.09.22** Beach | 12.00-14.00  
**8.09.22** Uni Choir | 19.00-21.00  
**8.09.22** Secret Cinema | 16.00  
**12.09.22** Dip 'n Dig | 14.00-16.00  
**13.09.22** Beach | 12.00-14.00  
**15.09.22** Secret Cinema | 16.00  
**20.09.22** Thorpe Park  
**22.09.22** Secret Cinema | 16.00  
**23.09.22** WELCOME FEST  
**29.09.22** Secret Cinema | 16.00

**1.09.22** MoDiP Session  
**6.09.22** Beach | 12.00-14.00  
**8.09.22** Uni Choir | 19.00-21.00  
**9.09.22** Dip 'n Dig | 14.00-16.00  
**13.09.22** Beach | 12.00-14.00  
**14.09.22** Treat Yourself Nails  
 14.00-16.00  
**20.09.22** Thorpe Park  
**23.09.22** WELCOME FEST

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**13.09.22** Beach | 12.00-14.00  
**19.09.22** Welcome Quiz and  
 Musical Bingo | 15.00-17.00  
**20.09.22** Thorpe Park  
**21.09.22** Dip 'n Dig | 14.00-16.00  
**23.09.22** WELCOME FEST

We want to hear from  
you!

What events or activities would you  
like to see you in your  
accommodation?

Let us know by emailing  
[communitychampions@aub.ac.uk](mailto:communitychampions@aub.ac.uk)

## Community Events

Final timings and information about our events, including new surprise events, will be advertised through our Instagram **@aubchampions** and on the notice boards in our accommodation. Make sure to keep checking to stay up to date with AUB Community!

# TOP 4 TIPS

## TO SAVE ON YOUR FOOD BILL

### 1 PLAN Your Meals

Make a list of what you want to eat in a week, then transform that into a shopping list and stick to it. Don't even think about picking anything else up off the shelf until you have got all the items on your list!

### 2 UNBRAND Yourself

Try to buy supermarket own brands if you can, they are often just as tasty but a whole lot cheaper as you are not paying for the name.

### Buy One Get One Free?

3 These are not always the bargains you think they are – especially if it's on a food item that will go out of date quickly. However, if you and a friend both need the same thing, then you might find it saves you money!

### 4 HUNGRY?

Don't shop! You'll end up buying lots of 'special treats' and spending far too much on things you don't need. Heading out after dinner means you may grab some end of the day yellow sticker items too!



# TRAVEL



Dorset has excellent travel links to places like London, Southampton and beyond. But it also has a world of places to explore on its doorstep! Read our thrifty travel tips and see it doesn't have to break the bank to feed your inner wanderlust...

## Thrifty Tickets

If you're travelling by train, make it a habit to check your route on the **Split My Fare** website. By splitting your journey into multiple tickets automatically, Split My Fare can save you up to 90% on your ticket fare. What's best, you still travel on the same train without any changes to the normal journey. If you're travelling by Coach, you can do the same and search on **Check My Bus** to shop the best deals around. It's a no brainer, right?

## Student Savers

Use your University email address to sign up to **UNIBUS**, and get a discount on tickets and journeys throughout the local network. You can visit local gems like Southbourne, Westbourne and more for a great price! Discount cards are also worthy investments that can give you big savings later on. The **16-25 Railcard**, and **National Express Young Persons Coach Card** can save you up to a 1/3 off ticket prices (including mature students aged 26+ on full time courses).

## Beryl Bikes

**Beryl bikes** are a great way to travel to and from AUB as they are cost effective and environmentally friendly. Download the app to explore Bicycles, E-Bikes and Electric Scooters available to rent throughout Bournemouth, and keep an eye out around campus for the latest promotions and deals on minutes!

## AUB Support?

AUB can offer financial support with travel to eligible students. For BA students with an annual household income of under £25k, this includes a travel bursary to assist with the purchase of a bus pass, or bike to travel to AUB. Foundation students with an annual household income of under £45k can apply for an Advanced Learner Bursary or Discretionary Bursary via the Funding tile on eVision. If you'd like to know more about eligibility, contact **Student Advice**.



# Wellbeing Webinars

Every Wednesday, 17.00-18.00 on Teams.  
Reserve your space via bookings on MyAUB.

## Transitions to uni life

We know it can be tough coming to university, so we've put together a workshop to support you on your journey, from budgeting to living with others and much more.

21 Sept  
25 Sept  
5 Oct

## Sleep on it

A workshop all about sleep and its role in maintaining and restoring our mind and body. Learn skills to help develop a healthy sleep routine to catch those all important ZZZs.

12 Oct  
30 Nov

## Confident communication

Communication is key in forming and maintaining healthy relationships, but its not always easy! Boost your relationships with friends, family and housemates with these tools

19 Oct

## Skills for self-esteem

Self esteem is how we value ourselves, which heavily impacts on how we live our lives. This workshop will look broadening our understanding of self esteem and the tools used to change negative self-beliefs.

26 Oct  
7 Dec

## Managing perfection

Seeking perfection can be great, in moderation. Is perfectionism taking it's toll on your wellbeing, sleep or friendships? Learn how to be the best you without burning out.

2 Nov

## Imposter syndrome

Is self-doubt sabotaging your work? Do you attribute your success to luck? This work-shop looks at what imposter syndrome is and what we can do to tackle it.

9 Nov

## Managing stress

We'll all face stress throughout our lives, so its important we lean how to manage it. In this workshop, we will be exploring ways to manage our stress, find a good work/life balance, and improve wellbeing.

16 Nov  
23 Nov



# Say hello to... AUB Futures

The AUB Careers team have recently undergone a new name change and are now known as AUB Futures. The Futures team provide a wealth of support, advice and guidance to help your career take off in the right direction



**Alison Zorraquin**  
Employability  
Manager



**Emily Rogers**  
Senior Careers Coach



**Stephanie Briggs**  
Careers Coach

## **What is the AUB Futures Hub?**

The AUB Futures HUB hosts a whole variety of careers resources and past webinars for you to review. You can also use the hub to search for jobs and book onto events.

## **How can I book a 1-1?**

1-1 appointments are a great way for you to plan your future. Whether you are unsure of your career direction or just need a CV reviewed, we are here to provide confidential impartial advice and guidance. To book your 1-1 visit the bookings tab on My AUB.

## **Where can I see your events?**

You can book onto our events through the bookings page on My AUB or on the AUB Futures HUB. Our Autumn term events include our Creativity in teaching webinar, Happiness of Ides workshop and a panel discussion on Getting into the Arts and Cultural Sector. Don't miss out!

# ART QUIZ

- 1) Who painted the Sistine Chapel?
- 2) What nationality is Vincent Van Gogh?
- 3) What furniture item found in your room is also the name of an art piece by Tracey Emin?
- 4) Where is the Mona Lisa displayed?
- 5) Which Shakespeare character play features Ophelia – the subject of a painting by John Everett Millais?
- 6) Which New York museum hosts a famous gala every year on the first Monday in May?
- 7) Who created the piece Campbell's Soup Can?
- 8) Located in New York, what does the MoMA stand for?
- 9) What is Picasso's first name?
- 10) Which artist was married to the Mexican painter Diego Rivera?



# 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**

In partnership with



# 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**



# 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](mailto: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](http://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](mailto:communitychampions@aub.ac.uk)

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

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

[booking.aub.ac.uk](http://booking.aub.ac.uk)

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