

11/10/05
Issue 1

ULU Welfare

The Newsletter for Welfare officers in the University of London

ULU - A Campaigning Union

ULU has a strong campaigning history. In the past, we have won many victories to improve the lives of students in London. This year, we aim to continue that tradition. Our priority campaigns are designed to reflect the issues that affect students and the issues students care about, as well as events in the wider world.

Trade Fair - We will be lobbying the University to aim for Fair-trade status and implementing last years environmental audit. This will make the ULU building a more environmentally and ethically friendly place to work and play.

Access all Areas - Our students have the right to good quality facilities and services. ULU is compiling a comparative document of University services, providing College Unions with ammunition with which to lobby their institution.

London Liberated - ULU operates an Equal Opportunities Policy, as do all Students Unions. We will work to promote an environment of acceptance and understanding in which our students feel safe.

For more info on ULU Campaigns, contact s.hill@ulu.lon.ac.uk

Student Welfare at ULU

The welfare of our members is something we take very seriously at ULU and the service we provide is growing. Our remit covers the academic casework for PhD and research students, the Central Institutions and students on the External Programme. We also work with the smaller college unions, providing them with help and advice on academic regulations and procedures.

We are very lucky to have access to professional advice within our staff team, something we hope to formalise this year. Not only do we provide academic advice ourselves, we also act as a signposting service. Currently, we are putting together a list of UL academic advice centres for the new ULU Website, allowing us to promote college services for undergraduates.

However, student welfare is not just about academic advice but the student experience as a whole. ULU has a fine tradition of running successful campaigns on finance, responsible drinking, student safety and student equality.

The role of the Vice-President (Welfare) is the same as any college sabbatical, to give students impartial advice where appropriate, or to put them in touch with the right people to help them. As well as our own services and the colleges, we will be posting links and contact details of organisations such as Nightline and the Samaritans. By working together, we can provide a solid peer support structure that is open and accessible to all.

For more info contact the VP Welfare



“... Many students believe that healthy food is too expensive.”

ULU Healthy Living Campaign

One of ULUs four priority campaigns, Healthy Living aims to dispel common misconceptions about healthy living and empower our students to take control of their own choices.

Many students believe that healthy food is too expensive, exercise is too time consuming and that sport is only for those who excel in it. At ULU, we don't believe this to be the case. We will be holding events throughout the year to show students that exercise can be fun and socialising doesn't have to be done in the pub.

This year, we will be taking the campaign out of the ULU building and working with the colleges to bring the message to their students.

There will be a planning meeting on October 18th at the Royal Academy of Music, open to all officers. This will be your chance to see what ULU has planned, how you can get involved and what support ULU can offer.

For more information on the Healthy Living campaign, contact **Nicky Grant** or **Laura Bigg-Wither**.

Healthy Living Challenge Cup

This year, ULU wants to get even more people involved in sport. Playing sport is not only a lot of fun; it is also good for your mental and physical wellbeing. This is why we are kicking off this year's Healthy Living Campaign with a 7-a-side football tournament, to be held on Sunday the 6th November. The tournament is open to friends, course mates or sabbatical teams; basically for those of us who think walking to the shops constitutes a day's exercise!

All teams must be mixed sex and made up of students who don't already play in

the ULU Leagues for their college. The aim of the event is to show people that sport doesn't have to be overly competitive and that exercise can be fun!

Hopefully, the event will lead to other Healthy Living Tournaments in hockey or rugby.

For more information on the Challenge Cup and other ULU sports initiatives, contact l.bigg-wither@ulu.lon.ac.uk



ULU Equalities Month

ULU will be holding its annual Equalities Month from January 27th to February 28th. This is part of our London Liberated Campaign, celebrating the rich diversity of our membership. Equalities Month is an umbrella event, aimed at providing London wide publicity for college events, as well as events hosted by ULU. We are holding a

planning meeting at ULU on October 25th. This is open to all officers and any Union interested in taking part. Our fantastic staff team will be more than happy to offer advice and support for any event being run.

Contact Nicky Grant
Nicky.grant@ulu.lon.ac.uk

Introducing the LGBT Societies Network

A new and exciting addition to both ULU Welfare and Societies launches next month. Welcome to the ULU LGBT Societies Network. The network exists to help London Colleges and Universities' LGBT Societies and their members. It was set up at the end of last year, after several of the UL Colleges found that they were having difficulty in recruiting members simply because of the competition with the worlds' biggest gay capital, Soho. In short, it aims to act as somewhere to seek advice with any issues LGBT-related and to widen the student social network, both by promoting member societies' events and putting on their own.

The Network is not just about partying. It also provides a massive support network for LGBT students, and a strong

campaigning force. Campaigns planned for the coming year include lobbying the national Blood Service on their policy on Gay and Bisexual men giving blood.

The LGBT Societies Network is holding a launch event, Glitter Ball on November 21st, to which all are welcome.

If you want any more information on the LGBT Societies Network, Contact the President and Convener, Jason Peachey.

geographer_jay04@hotmail.com



ULU Practical Living Programme

This year heralds a first for ULU, the introduction of our key skills workshop series, Practical Living. University life is demanding. There are course work deadlines, presentations to do and the dreaded exams. These are a constant source of stress for many students.

However, it doesn't need to be like this. Study skills, time management and project management are all things that can be learnt and developed. The Practical Living Programme is designed to help students develop these skills that will make exams and deadlines painless. They are skills that will stand students in good stead in the wider world.

We are well aware that, eventually, students have to leave University. To help with the job seeking, we are also running courses on CV writing, job applications and interview skills. Run by our highly qualified staff, these sessions are going to be fun and informative.

The first session is Project management with Nick Berg, our General Manager on October 24th.

For more information, or to sign up, contact Nicky Grant

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Union

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We're on the Web!

See us at:

www.ulu.co.uk

Upcoming ULU Events

	Time	Event	Venue
Oct 12th	6.00	Stonewall Launch event	ULU Room 101
Oct 17 th	6.30	ULU Council	Senate House
Oct 18th	3.15	Healthy Living Planning meeting	Royal Academy of Music
Oct 18th	8.00	ULU Med group 999 event	Ministry of Sound
Oct 21st	8.00	ULU LGBT Soc. Network Launch	ULU Room 101
Oct 25th	3.00	Equalities Month meeting	ULU
Nov. 1st	3.00	ULU Welfare Network	ULU
Nov. 6th		HL Challenge Cup	Tbc.
Nov. 9th	Tbc.	Rise week gig	ULU Room 101

ULU Sabbatical Contacts

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