

# **.Support Booklet**

**SUSU.**  
Our Students'  
Union

# Introduction

from VP Welfare, plus what's in here.

Hello, I'm Sam and I'm VP Welfare for 2017/2018.

My role entails working on issues that affect students whilst at University and environmental sustainability. As a result, I work closely with relevant Student Leaders; some of whom have created this Support booklet, just for you!

We hope that you find the information within the booklet useful. If you have any questions, feel free to contact me at [vpwelfare@susu.org](mailto:vpwelfare@susu.org)



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# Leyla Elsey

## Housing Officer



Hello, I'm Leyla and I'm the Student Housing Officer for the 2017/18 academic year. I know how stressful the housing process can be at University, which is why I have created the following few pages to help make the process a little bit easier for when you do eventually move in, and out.

If you ever have any questions or would like any advice, then please don't hesitate to email me.

[housingofficer@susu.org](mailto:housingofficer@susu.org)

Courtesy of the responses we received from our 2017 *Rate My Crib* Survey, here are the top five things that our students wished they knew before renting a student property:

1

The average price of bills and how to pay them.

2

How trustworthy their landlord/agency was.

3

Knowing their housemates properly before signing a contract with them.

4

You don't need to rush to rent!

5

Pests and how to deal with them.

# Moving In Checklist

My general waste bin day is

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My recycling bin day is

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My electricity meter reading is

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My gas meter reading is

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My water meter reading is

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My provider of gas is

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My provider of electricity is

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My energy provider for water is

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If you haven't ticked some of the bullet points, please contact our Advice Centre:

☎ 023 8059 2085

✉ advice@susu.org

f 🗨 The Advice Centre - SUSU

📍 Building 40, above the Stag's

- Have you filled out an inventory and taken photos of your bedroom and the communal areas?
- Have you opened up accounts with your energy providers?
- Have you received proof that your deposits are covered as part of the Deposit Protection Scheme? (DPS)
- Have you received copies of gas safety and electricity certificates?



**Support  
Advice Centre**

# Are You Rent Savvy?

## **Don't Rush to Rent!**

You do not need to rent first house that you see! Take the time to inspect the house, and the area.

## **What to do about damp**

At the first sign of damp, disrepair or mould, you must contact your landlord, in writing. You will need to keep this written record of contact for future reference in case you encounter any problems. Help can be found at [www.susu.org/help-and-support/advice-centre/2015/housing-damp](http://www.susu.org/help-and-support/advice-centre/2015/housing-damp)

## **Know Your Rights**

Visit our Advice Centre to get your contract checked. You can also find your rights, guarantors and more details about renting as a student at [www.citizensadvice.org.uk/housing/renting-a-home/student-housing](http://www.citizensadvice.org.uk/housing/renting-a-home/student-housing)

## **Council Tax**

If you are a full-time student, then you are exempt from Council Tax. If your landlord or letting agency has not passed on those details to the Council, visit [www.southampton.gov.uk/council-tax/discounts-exemptions](http://www.southampton.gov.uk/council-tax/discounts-exemptions) to update your details.

## **Summer Rent**

The majority of contracts run from 01 July to 30 June the next academic year. This therefore means that you must pay rent for July, August and September.

## **Find out what you are letting yourself in for!**

Visit the current tenants of the property that you'd like to rent (at a convenient time!) and research your landlord/agency that you are renting from to make sure you're getting the best service available!



# Moving Out Checklist

This is not an exhaustive list and often your landlord may provide you with their own version of a checkout list but these are the essentials. You must take every belonging you brought with you to university, including lamps and bedding as well as everything you've purchased.

## Important Contact Details

If you have any questions about your tenancy, contact:

### Advice Centre

Building 40

02380 592 085

[advice@susu.org](mailto:advice@susu.org)



Support  
Advice Centre

### Housing Law Clinic

Building 4

[housingclinic@soton.ac.uk](mailto:housingclinic@soton.ac.uk)

- Remove all unwanted items from every room that were not listed on the original inventory
- Empty the contents of your vacuum cleaner and replace with an empty bag
- Fill up the wheelie bins with the correct waste only
- Leave the doors of the washing machine/tumble dryer open to ventilate
- Defrost fridge and freezer
- Hoover every floor space that you can get to, and mop any laminate floors
- Remove any blu-tac/pins/sellotape from the walls
- Take photos of the condition of the house and garden on your leaving day.

# Isabella Camilleri

## Wellbeing Officer



Hey, I'm Isabella and I'm the Student Wellbeing Officer for 2017/18! My role is to help run and promote campaigns about mental and physical health. University life can be tough, but also so much fun. Don't put too much pressure on yourself to **#workhardplayhard!** Go at your own pace, practice self-care and do you. There's such a range of societies and clubs on offer so whatever you're into, there's plenty of opportunity to meet people and spend your leisure time doing what you like, from Cake Decorating Society to Surfing! In addition, if you ever find yourself needing some help, the Students' Union and the University

offer a wide range of support services, which can help you with anything from finances to friendships! I hope you have a great time at University and if you have any questions please feel free message me **wbeingof@soton.ac.uk**

Keep reading for some top tips for keeping a healthy mind and healthy body at University.



# Self-Care is a Priority!

“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival”- Audre Lorde

Self-care differs for every person. Here are a few tips on how you can practice self-care, but ultimately it's down to you to find what makes you feel good – you deserve it!

Eat a balanced diet and get those healthy vitamins and minerals in! This doesn't have to be expensive, baked beans and bananas are cheap and good for you!

Say no. It's okay to say no! Do what's good for you and listen to your mind and body. You are your top priority.

Drink enough water in the day, at least 6 to 8 glasses. If you're not a fan of water why not try herbal tea?

Give yourself a daily compliment and love yourself. What have you done well today? Even something as 'little' as getting out of bed can be an achievement!

Aim to do 30mins exercise a day- even if this is just walking to and from uni.

Give yourself time to rest and relax! Plan into your day a time where you can stop and chill.

Get a sleep routine. Try to go to bed at the same time and wake up at the same time each day. This will ensure a better quality night's sleep, even if you have been out partying the night before!

# Get a Routine.

Being at university means you are responsible for structuring your life. Having a routine, even just for the morning and evening, can help you feel more

secure. Follow the top tips on the following pages and fill in our timetable to create a routine that works for you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:00			09:00		
	10:00			10:00		
	11:00			11:00		
	12:00			12:00		
	13:00			13:00		
	14:00			14:00		
	15:00			15:00		
	16:00			16:00		
	17:00			17:00		
	18:00			18:00		

# Make Exercise Easy.

Staying fit does not have to be time-consuming or expensive! We have an array of sports clubs available for all abilities ranging from Quidditch to Kitesurfing! You can check the whole list at [www.susu.org/sports](http://www.susu.org/sports)

There are also plenty of opportunities to stay fit in the city's green spaces, including a Park Run every Saturday morning on the Southampton Common. However you don't even need to leave your house! You can practise yoga or stretching in your room or garden; all you need is a mat!

## Easy healthy eating

It's very easy to skip breakfast and buy ready meals or Domino's after a long day of lecture when you don't feel like cooking. However, breakfast is very important for concentration and mental health, and food with high fat/salt content can lead to low

mood and nutrient deficiencies. And eating out adds up - even if you spend £3 for lunch each Monday to Friday, that's £15 a week or £60 a month!

We've prepared for you some yummy, healthy breakfast alternatives to get you started!

Sugary, high calorie cereal	→ High fibre, low sugar cereal or porridge with fruit
High fat cooked breakfast	→ Omelette or breakfast frittata, or poached eggs on wholemeal bread
White toast with sugary spread	→ Seeded toast with healthy toppings like honey, figs, or peanut butter and banana

# Take Time for Yourself.

## An introduction to Mindfulness

### What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of our surroundings and what we're doing, and not overly reactive or overwhelmed by our environment. Mindfulness originates in Buddhism, but it is a skill that anyone can learn. It can be practiced in different forms including meditation, yoga and colouring.

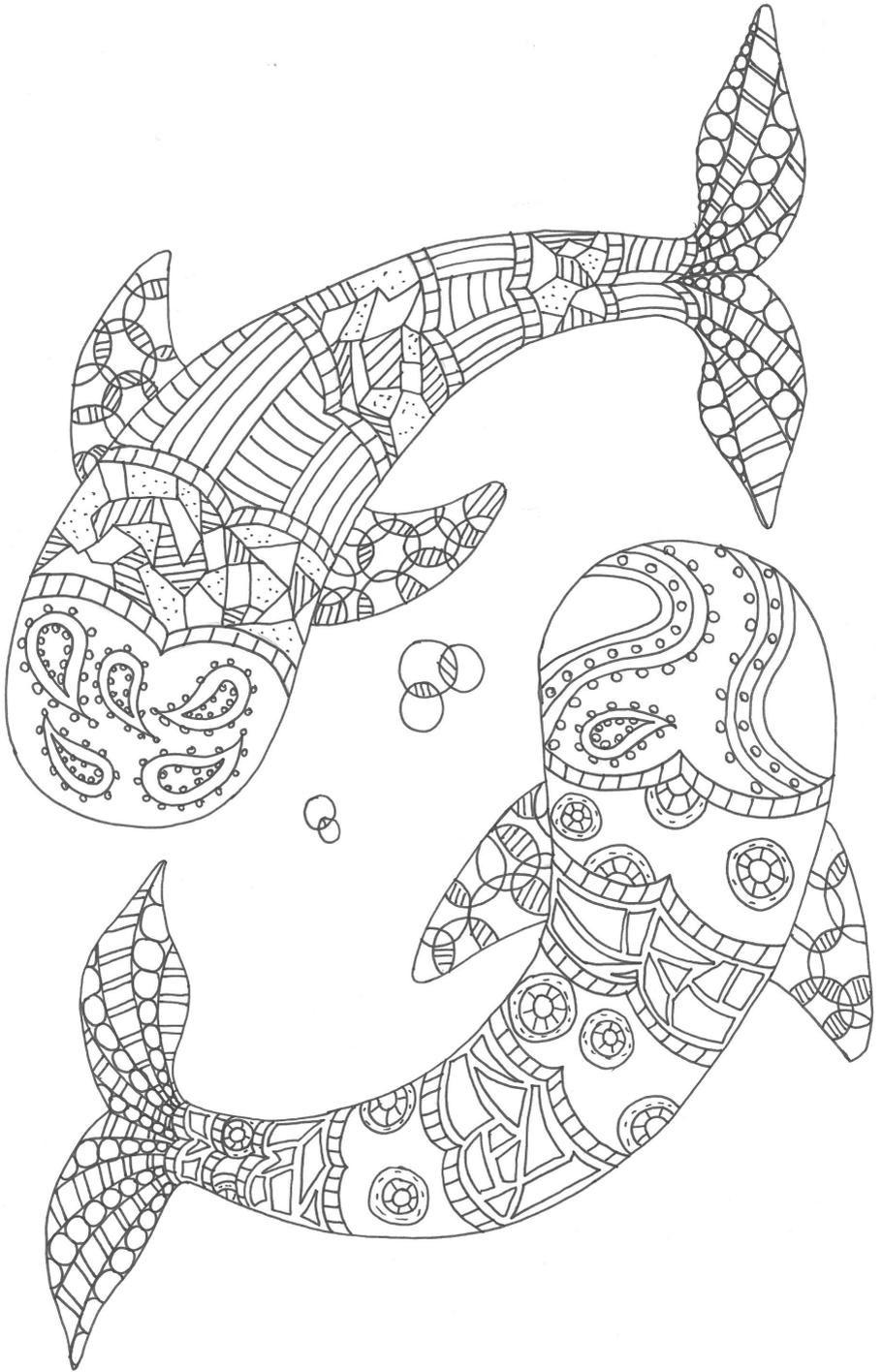
Give it a go and practice some meditation with our Buddhist Meditation Society, just visit [www.susu.org/groups/buddhist-meditation-society](http://www.susu.org/groups/buddhist-meditation-society)

If you fancy something with a bit more movement, try out yoga with our Yoga society [www.susu.org/groups/yogasoc](http://www.susu.org/groups/yogasoc)

You can take time to sit down and get creative with the mindful colouring picture on the next page!

### Benefits of Mindfulness

- Makes you feel calmer and improve stress management.
- Develops more helpful responses to difficult feelings and events.
- Helps you sleep better.
- Helps you manage unhelpful thoughts.
- Can help manage physical health problems.
- Helps you have better control in processing emotions.
- Increases your awareness of your thoughts and feelings.



# Relax and Take Care of Yourself.

Keeping track of how you're feeling in a journal or diary can be really helpful in monitoring your wellbeing, triggers and what helps you power through when you're feeling bad.

Have a go at tracking your mood every day, what causes you stress and what makes you

feel good. Then, at the end of the week reflect on what you can continue, avoid, change or prepare in order to improve every week.

Here is an example of how to structure your diary if you need some inspiration.



# Laura Barr

## Student Life Zone Open Places Member



## #ExpectRespect

How can you have a healthy sex life? 5 B's.

**Be unashamed.** There is nothing wrong with being sexual, with being monogamous or not wanting a relationship. There is nothing slutty about hooking up and nothing frigid or shameful about not wanting sex altogether. There is nothing wrong with liking the same sex, with liking both, or not being bothered by either. The only one in control of your body is YOU.

**Be sure.** To enjoy a healthy sex life, you need to look after yourself. This includes mentally. If you are using sex as a crutch or a coping mechanism then this will only be a short term fix for a potentially longer term and bigger problem.

## I am not content unless there's consent.

**Be in control.** The only one in control of your body is YOU. No one should make you feel pressured into doing things you aren't comfortable with, or if you're not in a position to consent to. Sex is meant to be enjoyed, not forced.

**Be YOU.** Sex does not define you, so don't let it. Enjoy yourself, and allow yourself to grow emotionally, sexually and as a person. But sex does not drive your personal development and the amount of people you have slept with, be it 0 or 50, in no way defines the person you are. You define you.

**Be safe.** Use condoms! Especially with first time sexual activities and hook ups. You won't always know someone's sexual history, so it's recommended you get tested every time you change sexual partner. But please note, STDs can be passed on through oral sex.

# Ellis Murrell

## Environment & Ethics Officer

Hey, my name's Ellis and I'm the Environment and Ethics Officer for 2017/18. My role is to contribute advice on the Union and University's sustainability policies and feedback your ideas so we can adapt and build the most environmentally-friendly campuses we can. I'm always looking for new approaches so if you have any ideas, I'd love to hear about them! You can reach me at [eande@soton.ac.uk](mailto:eande@soton.ac.uk)



Our Union has a huge selection of opportunities and societies that help make a difference to the environment. Just to mention a few, there are the Marine Conservation Society, Vegetarian and Vegan Society, Campus Collective and SUCV (Conservation Volunteers).

Read more about these societies (and the 300 others) at [www.susu.org/opportunities/societies](http://www.susu.org/opportunities/societies)



# Top Tips on Saving the Planet... and Saving Money!

**Make sure your taps are fully turned off**, one dripping tap can add at least £100 a year to your water bill!

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**Cold house?** Get yourself a jumper, comfy blanket or snuggie before you turn on the heating!

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**Say no to straws!** We don't give out straws as we like to make turtles happy!

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**Get a reuseable water bottle** - there's water fountains on every level of the students union, in many lecture buildings and in the library!

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**Bring in your own reusable mug** to get money off hot drinks at The Bridge, the Student Union's bistro bar.

**We have vegan and vegetarian options** in all our food outlets; grab yourself a soya latte and a falafel wrap!

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**Get spotted** for Wessex Scene's 'most stylish student', by looking fly in vintage, one of a kind and reasonably priced clothes from a charity shop! There's loads of charity shops along Portswood Highstreet and in the City - make use!

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**Cycle to uni!** There are far more parking options at uni for bikes than cars and cycling is a great way to stay fit! We have secure bike lockups (all you need is to add a pass to your student ID to be able to enter), so you don't have to worry about your bike either!

