

UNIVERSITY OF STIRLING STUDENTS' UNION 22/23



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UNION WELCOME

As your elected Sabbatical Officers and fellow students, we would like to welcome you all to Your Students' Union and look forward to meeting you in the coming year!

The University of Stirling Students' Union is an organisation dedicated to Making Students' Lives Better. The Union is a democratic body led by students, ensuring that at the centre of everything the Union does, there is a beneficial impact on students' lives.

As you read on, you'll see that we work across a huge range of areas for you – from representation to Clubs & Societies/Sports, volunteering to environmental projects. The previous Sabbatical teams worked hard on various initiatives such as increasing study spaces, widening engagement in physical activity, promotion of student wellbeing and launching successful environmental initiatives. This year we want to build on these successes and further enhance your student experience. We want to ensure every student knows about the Students' Union and how we make students' lives better.

Read on to find out what we're here to do for you, with you and alongside you; from Clubs and Sports teams to environmental changes, volunteering in the community to course representation and activism. Anything that is a part of your student experience is a part of the Student Union. You will also find out about our great bar and catering outlets which will become your second home.

Last year the Union achieved great things in trying times, we hope to build on this and take our Union to the next level. To do this, we need you, our students, to help us out by getting involved.

Tash, Jess & Murray

#MakingStudentsLivesBetter



Union President
@stir_president



VP Education
@stir_education



Sports President
@stir_sports



VP Communities
@stir_communities



Find us on Facebook too!

www.stirlingstudentsunion.com

Making Students' Lives Better

ABOUT YOUR UNION

Your Students' Union is a student-led organisation with you at its very core. Each year you elect a set of Volunteer Officers and full time Officers, all chosen to run your Students' Union alongside our team of Union Staff. These Officers are accountable to you - so make sure you use your vote at election time and your voice at General Meetings to get the best out of your Union.

OUR PURPOSE & MISSION

Our mission is to provide a student voice when it comes to furthering and protecting your experience here at Stirling University. Fairer grading for your coursework, lower rent costs or more mental health support for all students are just some of the issues on which we campaign. Our job is making sure that you have somewhere to go when you're in need of help and guidance. We also give support to Clubs and Sports teams as well as providing that essential coffee after a hard day in classes. The Union cares about its membership and will do everything it can to provide you with the best possible student experience.

STUDENT VOICE

The Union has different levels of student representation. Firstly, the Sabbatical Officers are full time Union Reps who work day-to-day to improve your University experience as a whole. A key part of this role is the academic representation they provide so if you have any queries, questions or concerns, be sure to get in touch. Your Executive Officers are another important aspect of your representation, especially if you have a specific interest or issue, and they can also be contacted via the Union Office and website. We are here to Make Students Lives Better, but we work best when you get involved, in touch and are informed. Make sure you follow our social media accounts or check out our website below.

Visit: www.stirlingstudentsunion.com

Contact Us

e: theunion@stir.ac.uk

t: 01786 467166

a: The Robbins Centre, University of Stirling FK9 4LA

w: www.stirlingstudentsunion.com



WHAT DOES **YOUR** **UNION** DO FOR **YOU?**



**STUDENT
VOICE**



**SUPPORT &
ADVOCACY**



**CLUBS &
SOCS**



**SPORTS
UNION**



**VOLUNTEERING
&
EMPLOYABILITY**



**BARS,
CATERING &
EVENTS**



**UNION
SHOP**



**SUSTAINABILITY
&
THE GREEN
& BLUE SPACE**

#MakingStudentsLivesBetter

STIRLINGSTUDENTSUNION.COM





EQUALITY IN YOUR UNION

Hey, I'm Tash and I'm your Union President for 2022/23! I'm all about equality, diversity and advocacy - making you feel at home here in Stirling. My role mostly focuses on ensuring that everyone has the same opportunities during their studies and has someone in their corner advocating for student rights.

Your Union takes its role as a champion for equality & diversity very seriously; everything that we do as a Union is bound by our Equality, Diversity and Inclusion (ED&I) Policy and informed by the work of our elected Student Officers.

From our Inspirational Women Awards, working to Decolonise the curriculum, to embedding effective mental health and wellbeing practices in everything we do - our aim is to bring about positive change. We are proud to work with the University of Stirling to prevent and tackle sexual violence through our joint strategy, that includes the creation of a Gender-Based Violence module which gives you the tools to intervene and help you in a variety of situations, such as witnessing homophobia, racism, sexism or any other form of discrimination.

Together with the University, we're developing an Anti-Racism & Race Equality strategy which will develop and nurture a culture and environment that respects, protects, promotes and enhances the diversity of our students and staff. We want to ensure that Stirling promotes a culture of respect where discrimination is not tolerated, and where it does occur, those affected can come forward with the knowledge that they will be believed and taken seriously.

EQUALITIES ZONE

The Equalities Zone is a safe space for under-represented groups to discuss issues, plan activities and share knowledge and understanding. The group focuses on how we can make our university environment, but also the wider world, more equal, inclusive, and safe. These meetings are open to all BAME (Black, Asian, and Minority Ethnic), LGBTQ+, Women, and Disabled Students to attend. Meeting info is posted regularly on the Union website at: www.stirlingstudentsunion.com/unionmeetings

We are always here to listen to any issues you might be facing as a Stirling student, so please don't ever hesitate to get in touch. The more you tell us about what is or isn't working, the more we can do to Make Students' Lives Better.



Tash Miller | Union President

e: president.union@stir.ac.uk

t: 01786 467166



EDUCATION ZONE

The Union's Vice President Education role is currently vacant so the wider Officer team will lead on education and student engagement (essentially all things related to your studies) ahead of a by-election in October. Whether it's to do with the learning environment, accessibility and inclusion, library and study resources, feedback and assessments, or even celebrating you and your peers' hard work, the team are here to make sure you have the best possible experience at Stirling.

If you have any questions or queries related to your education in the absence of a VP Education, please contact theunion@stir.ac.uk and we will be happy to answer from there.

STUDENT VOICE

Volunteering to be a module or programme rep is a fantastic opportunity to have your voice heard and shape your learning experience. Our reps work in partnership with the University to transform learning and teaching at Stirling. Not only that, but you will also receive official accreditation of this on your transcript. This demonstrates to future employers that you have taken the initiative to improve the student experience for yourself and others at the University. To learn more, visit:

www.stirlingstudentsunion.com/courserepresentation

NOMINATE AND RECOGNISE

This year we will once again be celebrating RATE, our teaching excellence awards. Through these awards we celebrate the work of the staff who go above and beyond to make sure you get the most of your education, feel supported during your time here, and can go on to have the future you want. Has there been a member of staff who really made a positive impact on you and your peers' experience at Stirling? Considering nominating them this November when the nominations open at:

www.stirlingstudentsunion.com/rate

MAKE CHANGE HAPPEN

Your education here matters and will likely be the first step towards achieving your aspirations, so we want to make sure that any changes we make at the Union or University are guided by students in the interest of students. So make sure to check out the Union website and our social media pages for any updates on what's going on and how you can get involved.

All this and so much more is discussed at our Education Zone meetings, so come along to have the opportunity to shape your student experience.

www.stirlingstudentsunion.com/unionmeetings

e: theunion@stir.ac.uk
t: 01786 467166

Vice
President
Education



YOUR COMMUNITIES ZONE

Hi there, I'm Jess (She/Her), your Vice President Communities for 2022/23. My role focuses on supporting activities outside your studies – helping you meet some amazing people, do great things with them and create fantastic memories. I help promote and organise the various Clubs & Societies, Environmental/Sustainable projects, Transport to and from campus, Volunteering, Charities, Housing projects, and International themed projects. There's so many ways to get involved here!

CLUBS & SOCIETIES

A huge part of University life is our ever-growing community of Clubs & Societies. Every club is led by students who run activities from activism to collaborations and celebrations to international trips. From our campus radio station AIR3 Radio to the Debating Society, to our cancer awareness society the Uni Boob Team. If our 60+ Clubs don't have what you're looking for, we can help you bring your ideas to life by forming a new society to do awesome things. www.stirlingstudentsunion.com/clubsocieties

VOLUNTEERING

Do you want experience, skills and knowledge, as well as getting a boost to your CV? Lending a helping hand opens all sorts of doors, and doing good, feels good! Whether it's gardening or community outreach, leading local groups or helping build a welcoming campus – if you want to make the most of your time in Stirling, check out Volunteering opportunities here: www.stirlingstudentsunion.com/volunteering

STEER

Student support by students, for students. STEER is our way of helping every new student, including international and post-graduate students, settle in to Stirling and know where to find support, especially beyond Freshers' Week. To find out more about getting a peer mentor please visit: www.stirlingstudentsunion.com/steer

Every month each of these topics are discussed at our Communities Zone meetings. Come along to hear what's happening or shape your experience here at Stirling – info at: www.stirlingstudentsunion.com/aboutus/unionmeetings

Our community is made up of students like you, let's work together to make it stronger than ever!



Jess Reid | Vice President Communities

e: communities.union@stir.ac.uk

t: 01786 467172



YOUR SPORTS UNION

Hey, I'm Murray your Sports Union President for 2022/23!

Sport is at the heart of the University here at Stirling and is a fantastic way to get involved and meet new people. We have over 50 unique sports in the Sports Union - there really is something for everyone.

SPORT TEAMS

From more traditional sports such as football, rugby and hockey to more niche sports such as American Football, Ultimate Frisbee and Lacrosse, all of our clubs are student led. This means they have a committee full of students helping to run the club. If you would like to get involved in one of the sports clubs, check out the full list available and sign up at: www.stirlingstudentsunion.com/sportsunion

COMPETITIONS

Our sports teams take part in regional, national and international competitions throughout the year. BUCS Wednesdays are renowned on campus as the day of sport! There are no compulsory classes during this time, this means you can play or just go down and show your support. Sports Union members can and have represented their countries at national levels including Scottish University squads and even Team GB!

PARTICIPATION

Some clubs offer social teams, where you join to just take part for the fun of the sport! We also offer the Social Club which runs every Tuesday and allows you to try out a range of new sports on campus. Remember to look out for our campaigns throughout the year which supports charities and causes close to our heart, whilst also encouraging people to get physically active. Get ready to get involved, especially in September with our Give it a Go schedule!

WELLBEING

Alongside keeping physically healthy, we like to encourage you to look after your mental and social wellbeing. We offer a wide range of activities for you to get involved in, whilst working towards our Healthy Body Healthy Mind award with Scottish Student Sport.

Keep up to date with all things Sport at our Sports Zone meetings www.stirlingstudentsunion.com/unionmeetings or across our social media platforms, remember to #BleedGreen!

Murray Bushell | Sports President

e: sports.union@stir.ac.uk

t: 01786 467180





Welcome Week 2022

Free sport, health and wellbeing activities for all students

Silent Disco | wellbeing and fitness tasters | UV events | Just Play Sport

Download the University of Stirling Sport App
to find out more



Ways to pay



Bus

Student life powered by First Bus



First
Day

First
Week

4
Week

Uni
Single

Term

Carnet

Find out how to get around
Visit firstscotlandeast.com/stirlinguni

First  **Bus**



SUPPORT & ADVOCACY

Your Union recognises that many things can affect your student experience and even affect your studies. We offer confidential support, information and guidance including specialist support and representation for academic appeals, disciplinary proceedings, academic misconduct, fitness to practice referrals, professional progress referrals and complaints. We are independent from, and complement the services offered by, the University.

No matter how trivial or how serious the issue seems, you don't have to deal with it on your own. We won't judge you but we will do what we can to help you achieve the best possible outcome for your situation. Call, email or drop in to the Students' Union office and your enquiry will be handled in confidence and directed to the person who may best help you, or we will signpost you to other services where appropriate.

You don't need to be on the Stirling campus to access support. Your Union can support you by phone and email and can also make arrangements, when required, for you to have Union representation in person at your campus or placement where appropriate.



Get in touch

e: advocacy.union@stir.ac.uk

t: 01786 467166

www.stirlingstudentsunion.com/support



SUSTAINABILITY

Have you heard? We are the first and only Carbon Neutral Students' Union in the UK and that's because of our dedication to being as environmentally friendly as possible and helping students be the same.

THE FAIR SHARE

Want to buy more sustainably? Browse pre-loved homewares, clothing, kitchenware and more. We hate to see things go to waste; we test and re-vamp electricals like toasters, blenders and hair dryers. We also take in any reusable items you are looking to get rid of! Anything we can't sell we recycle or give to local charities.

THE FOOD HIVE

If you like affordable, healthy and sustainable food, look no further. In our student-led food cooperative, based in the Green & Blue Space (located just off the Atrium), you can buy as much or as little as you need straight into your own containers. We have local organic veg, bread, pasta, vegan goodies (chocolate!), drinks, spices and much more.

THE GARDEN & ORCHARD

If you like the idea of growing your own food or you just like getting outside and getting your hands dirty, then our community garden is the perfect place for you. De-stress and hang out with others in nature. Keen gardener or complete beginner, there's a place for everyone at our weekly sessions.

VOLUNTEERING

Becoming a member of the Green & Blue Dream Team means more than just volunteering. You'll get to meet lovely people from all around the world, hang out, share skills, eat food and chat about life. There's always someone here to welcome you with open arms.

SOCIETIES

Want to meet like-minded students to help work towards a greener future? Join the Environmental Enterprises Society, Marine Conservation Society, or the Hedgehog Friendly Campus Team to help on projects and campaigns to protect the environment.

AWARD WINNING

Our projects are regularly recognized as leading in Student Union sustainability. Build hedgehog houses, learn to knit, mend your clothes, fix your bike, upcycle your stuff, plant trees, or help keep our community clean.

Get all the info at www.stirlingstudentsunion.com/sustainability

ON CAMPUS

AIRTHREY PARK DENTAL CENTRE

Airthrey Park Medical Centre, University of Stirling

Register Now!



Students **MUST** be registered with the dentist in order to receive treatment of any kind, which includes on-the-day emergencies.

All students wishing to register should complete the online form available on their portal and send it to the email provided.

Due to COVID-19 **NO** Drop-in appointments will be available. All appointments **must** be booked by calling 01786 448890

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**FRESHERS
WEEK 2022**

**AMERICAN
LETTER HOODIE,
T-SHIRT, BAG
& PEN**

£28.99

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IN THE UNION

FOOD & DRINKS

Grabbing lunch between classes? Ordering a pizza to go? Pint? Latte?

With our wide range of catering, coffee and bar options, the Union outlets will become your faves.

We have all kinds of vegan and veggie options, soups, salads, amazing pizzas & burgers and the legendary mac cheese & curly fries. You'll find the only on-campus Starbucks Coffee outlet in our building where you can pick up a Frappuccino, iced tea or even your favourite macchiato.

We run a range of events in Studio from quizzes to Karaoke so there's always something going on for you to enjoy. Pop in with pals and enjoy what's on offer. Your safety in our venues is our top priority and we run several initiatives such as 'Ask Angela' and operating CCTV.

Our outlets are for students by students, we hire student staff and provide great job opportunities on campus. Further information and opening hours can be found on the Union website or pop in for a visit.

UNION SHOP

The Union Shop in the Atrium, and online, has a huge range of student essentials, the only official outlet for University of Stirling branded merchandise as well as cards, gifts & stationary. Visit: www.stirlingstudentsunion.com/shop or pop in to the Atrium shop where our helpful, friendly staff can help you find what you need.



SCAN THE
QR CODE
TO ORDER
FOOD &
DRINKS
ONLINE





#JustAsk the Student Services Hub!



Live chat via your portal



ask@stir.ac.uk



[stir.ac.uk/student-life/
support-wellbeing](http://stir.ac.uk/student-life/support-wellbeing)



01786 466022



[/UofSStudentHub](https://www.facebook.com/UofSStudentHub)



[@UofSStudentHub](https://twitter.com/UofSStudentHub)



Campus Central, University
of Stirling, Stirling, FK9 4LA

Here are some of the things you can #JustAsk about:

- Money support
- Emotional wellbeing
- Mental health
- Support for learning
- Careers
- Enrolment
- Accessibility
- Study skills
- Fees
- Modules
- Change in study
- Budgeting skills
- Immigration
- Timetables
- Funding
- Exams
- Study Abroad
- Graduation

The Student Services Hub, where any student can #JustAsk

Money Support

- £ Are you worried about money?
- £ Are you struggling financially?
- £ Are you in need of help to manage your money better?



Please book an appointment with a Money Adviser to discuss your worries or concerns.

Additional Financial Support

The Money Support Team administer a range of funds which you may be eligible to apply to for additional financial support during your studies. The funds provide additional financial support for accommodation and general living costs.

Further information on all of the funds and eligibility criteria can be found at: <http://stir.ac.uk/4t>

If you would like to speak to a member of the Money Support Team about the funds or would like assistance in applying to them, please book an appointment.

To book an appointment with a member of the Money Support Team Just Ask the Student Services Hub by:

 Live chat via your portal

 Phone on 01786 466022

 In person at Campus Central, University of Stirling, Stirling FK9 4LA

The Student Services Hub, where any student can #JustAsk

 ask@stir.ac.uk

 /UofSStudentHub

 @UofSStudentHub

Stay Well

Mental Health Adviser's appointments are available to all students to offer advice and discuss support options while you study at the University of Stirling.



Anxiety



Low-mood



Feeling
overwhelmed



Adjusting to
university



Exam stress

Mental Health is part of the Student Services Hub, where any student can **#JustAsk**

The University is partnered with Togetherall, a digital mental health support service which is completely anonymous, to provide Stirling students with access to 24/7 online support.

#erasethegrey

We reject all forms of gender-based violence.

We take all steps in our power to nurture a culture of respect and a university community that feels confident to challenge and report all forms of GBV.

Need to talk? Contact **stir.ac.uk/67q**

Report GBV **reportandsupport.stir.ac.uk**



A campaign by



University for the Common Good



Your Careers and Employability Service



Create a CV



Prepare for
interviews



Gain work
experience



Research
career options



Connect with
employers



Get an
internship



Develop
careers skills



Take the
next step

We are part of the Student Services Hub. For more information:



ask@stir.ac.uk



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



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



[canvas.stir.ac.uk/
courses/3162](https://canvas.stir.ac.uk/courses/3162)



[@StirUniCareers](https://twitter.com/StirUniCareers)



[Stirling.targetconnect.net](https://stirling.targetconnect.net)



EXPLORE



DEVELOP



COMPETE

BE THE DIFFERENCE

design it

**Premium design service.
Student rates available.**

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it**

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and everything in between.**

collect it

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pack it

Free box.**

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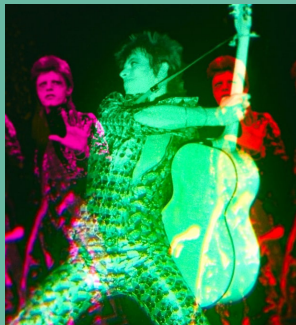
*Free local collections for Stirling & Bridge of Allan only. Excludes UK shipments.

**1 Free box per shipment. Excludes UK shipments. Student ID required.



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macrobertartscentre.org



On-Campus Jobs

Are you looking to earn extra money?



The University's hotel and catering company **Stirling Hotel Services Ltd** understands the needs and demands on students.

That's why we offer:

- Flexible working 24/7 – hours, days, weekends & evening shifts
 - No travel time
 - Competitive hourly rates
 - Multiple roles in hotel and catering outlets
- Food & Beverage Assistants, Kitchen and Food Preparation Assistants, Housekeeping and more



Pick up an application form from Scrان in the Atrium,
email **SHSoncampusjobs@stir.ac.uk**
or telephone **01786 451666**

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UNIVERSITY of
STIRLING



**Got your
period?
We've got
you!**



To find out where you can pick up
your free period products please visit
www.stir.ac.uk/freeperiodproducts

Want to know more about what's happening to you
and your body during your 'time of the month'?

Visit young.scot/Periods



Scottish Government
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KEEP IN TOUCH WITH YOUR STUDENTS' UNION



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