

# Healthy NTU

Your guide to looking after yourself at university



Nottingham Trent  
University



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### Your wellbeing matters

Health, happiness and academic success are all linked. It's a fact that if you're feeling well, you're more likely to perform well. This guide provides you with advice on important health and wellbeing topics, and signposts the services available to help you make the most of life at NTU.

You can access advice online via:

[www.ntu.ac.uk/healthyntu](http://www.ntu.ac.uk/healthyntu)

[www.healthyntu.blog](http://www.healthyntu.blog)

**MyNTU app**

(available on iOS and android)

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### Find us on social

 @ntu\_ssc  @ntustudentservices

# Starting university and settling in

Starting university is an exciting time, but it can also be a little overwhelming. It may take few weeks for you to settle in, so it's important to take care of yourself and give yourself time to adjust. Remember, feeling anxious or homesick is completely normal.

## Here are our top tips to help you get the most out of starting at NTU:

1. Get involved with Welcome Week. You'll meet new people, make new friends, and have lots of fun. With over 400 activities on offer, it's your chance to try something new. Visit [www.ntuwelcomeweek.co.uk](http://www.ntuwelcomeweek.co.uk) to plan your week.
2. Check out the Freshers' Fairs taking place on every campus. You can sign up to hundreds of clubs and societies – a great way to meet like-minded people. You'll get lots of freebies, too. See [www.ntuwelcomeweek.co.uk](http://www.ntuwelcomeweek.co.uk) to discover what's on offer.
3. NTU Sport has lots of activities and sessions to get involved with, from yoga to team sports. They also have a Play for Fun programme, which is great for meeting people. Visit [www.ntu.ac.uk/sport](http://www.ntu.ac.uk/sport) to find out more.
4. Your health and wellbeing is important, so remember to take care of yourself. Don't forget to register with a local medical practice. Check out [www.ntu.ac.uk/studentssupport](http://www.ntu.ac.uk/studentssupport) for details.
5. Leave your door propped open while in your room as it may encourage others to say hi.
6. Feel more at home in your room by personalising it. Some students like to put up posters and fairy lights, and it's also a good idea to bring things from home like photos.
7. Keep in contact with friends and family at home and give yourself time to settle into university life.



# Healthy finances

It can be very easy to feel stressed about money to start impacting on your university experience. If you want help getting in control of your finances, there is plenty of support available to you.

Our Student Financial Support team can check that you are receiving all the money available to you and offer advice around managing your money. The idea of budgeting can seem a bit daunting, and even boring, but it will really help make your money last until your next student loan instalment comes through.

You can book in to speak to one of our friendly advisers and find out about our Money Management workshops by emailing:

[financial.support@ntu.ac.uk](mailto:financial.support@ntu.ac.uk)

We have put together some helpful tips and resources for you to take a look at:

[www.ntu.ac.uk/moneymatters](http://www.ntu.ac.uk/moneymatters)

You can also sign up to Blackbullion, an online learning platform designed to help you get more confident about money. They have short videos on lots of different topics including budgeting, credit cards, savings and pensions.

Visit [www.blackbullion.com](http://www.blackbullion.com) to sign-up for free.

## Working while you study

Sometimes extra money can come in handy. There are lots of options for working part-time, or during vacations.

It's not just a great way to earn some much-needed money – it'll also build your confidence, help you meet new people, and develop your skills and experience. Our Employability team can help with ideas for your career journey, job search and applications, placements and graduate jobs. We also offer opportunities for work-related experiences and access to part-time job opportunities through NTU's JobShop.

Visit [www.ntu.ac.uk/employability](http://www.ntu.ac.uk/employability) to find out more.

NTU runs a Students in Classrooms scheme, which offers you the opportunity to work in local schools and help pupils achieve more.

Visit [www.ntu.ac.uk/studentsinclassrooms](http://www.ntu.ac.uk/studentsinclassrooms) for more information.

Unitemps is our in-house provider for all casual work at NTU. With a wide variety of vacancies, from Student Ambassadors and catering assistances to technical assistants and panellists, there are opportunities to suit your skills and development needs.

Visit [www.ntu.ac.uk/jobshop](http://www.ntu.ac.uk/jobshop) to find out more.



# Looking after yourself and others

## Get a good night's sleep

We all need sleep. It's good for us, and it helps our mood and concentration.

Getting a decent night's sleep on a regular basis will help you cope with the demands of student life. Aim for seven to eight hours' sleep per night, so you'll be well-rested and ready to take on the day.

If you can't sleep, try reading an easy-to-read book, or listen to some chilled music. You could even try meditation – Headspace or Calm are good apps to use. Try not to stress about not getting enough sleep.

## Looking after your mental health

Our mental health can be fluid, and some days will be better than others. If you ever find you're not feeling on form, it's important you do something about it. This can be easier said than done, but getting support early can make all the difference. Visit [www.ntu.ac.uk/wellbeing](http://www.ntu.ac.uk/wellbeing) for advice and guidance about managing your mental health.

Remember: It's okay to not be okay. Chat to someone about what's bothering you. It'll make all the difference.

The Samaritans are open every day throughout the year and you can call them for free on **116 123**.

## Looking out for your friends

A problem shared is a problem halved. If you think a friend might be struggling, ask them if they're okay and get the conversation going. We offer free Look After Your Mates training. This is nationally recognised training on how to support yourself and your friends. Please email [healthyntu@ntu.ac.uk](mailto:healthyntu@ntu.ac.uk) for more information and training dates.

## Make time for yourself

Uni life can be busy. Trying lots of new things and meeting new people can lead to you not having enough time for yourself. It's really important to make sure you leave some space each week to do something for you. Visit friends, watch your favourite film, go for a walk – do what works for you.

## Student Mental Health Champions

Our Student Mental Health Champion programme helps promote good mental health. Free training is provided, and you can get involved with events, developing new ideas, and raising awareness.

Contact [healthyntu@ntu.ac.uk](mailto:healthyntu@ntu.ac.uk) for more information.



# Managing stress

A certain amount of stress is good for us, but it's important to do something about it before it gets too overwhelming. We all deal with stress differently, so try different coping strategies to find out what works for you.

If it's exam stress, check out [www.ntu.ac.uk/skillsforsuccess](http://www.ntu.ac.uk/skillsforsuccess) for helpful tips and advice.

## Help yourself

Find out what resources are out there to help you. Lots of great information can be found on the Support pages of our website. Take a look at [www.ntu.ac.uk/wellbeing](http://www.ntu.ac.uk/wellbeing) for useful starting points.

## It's good to talk

If you're worried about how you're feeling, or if there's something on your mind that's bothering you, talking to someone can really help you to work through your problems and put things in perspective. This can be whoever you're most comfortable with – your parents, your friends, a course tutor, or an impartial helpline like Samaritans.

## Student Minds

Student Minds is the leading charity for students' mental health. Check out [www.studentminds.org.uk](http://www.studentminds.org.uk) for information on:

- the transition to University
- looking after your mental wellbeing
- helping friends who are struggling
- managing exam stress
- StudentSpace: a student mental health and wellbeing resource

[www.studentspace.org.uk](http://www.studentspace.org.uk) is also a great source of help and support.

Remember: If things get too much for you, we have a range of services to help.

The logo for Student Minds, featuring the words "student" and "minds" in a bold, orange, sans-serif font, stacked vertically. The text is set against a white background with a subtle orange glow effect.





# Eating well

If you eat well-balanced meals, you'll have more energy, find it easier to concentrate, and feel on top form. This doesn't mean you have to follow a certain diet – it's just about moderation and making sure your body gets the nutrients you need to stay healthy and well.

## Shopping essential top tips

Eating healthily doesn't have to be complicated or expensive. Here are some shopping essentials to get you started:

- brown rice and spaghetti are perfect for a curry or spaghetti bolognaise
- frozen vegetables are easy to warm up, boil or microwave, and they go with most meals
- frozen fruit is great for smoothies. Mix it with your choice of milk or water, add a banana, peanut butter, avocado or splash of honey, and blend in a smoothie maker
- porridge oats (gluten-free options are available) are great for a satisfying breakfast and only take two minutes in the microwave
- tinned baked beans are great on toast, on a baked potato, or as part of a fry-up; they're also a good source of protein and fibre
- take a tin of mixed bean salad and add some fresh baby tomatoes, lettuce, an egg and hummus to make a tasty meal
- eggs can be fried, scrambled or poached. Add to a sandwich or just have them on toast

- cans of soup are quick and easy when you're in a hurry
- buy fresh fruit for the perfect healthy snack.

Visit [www.savethestudent.org/save-money](http://www.savethestudent.org/save-money) for more shopping essentials and money saving ideas.

## Foodshare allotment project

The Foodshare Project uses allotment space in the gardens behind Peverell reception on our Clifton Campus. You can grow your own food, attend free climate-friendly gardening training, meet new people, and make new friends.

The food grown is split – you keep half, and the other half goes to local charities and people in the community.

Contact [environment.team@ntu.ac.uk](mailto:environment.team@ntu.ac.uk) for more information.

## Eating Disorder Service

You can get help from the First Rapid Early Intervention for Eating Disorders (FREED) service. FREED is for 16 to 25-year-olds who've have had an eating disorder for three years or less. To access support from FREED, make an appointment with your University GP and they'll refer you to the service.

Visit [www.freedfromed.co.uk](http://www.freedfromed.co.uk) for more information.

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Check out [www.ntu.ac.uk/healthyntu](http://www.ntu.ac.uk/healthyntu) for Healthy NTU recipes and useful advice.

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# Being active

Being active is a great way to make friends and meet new people. It's fun and has many benefits including producing happy hormones, boosting your immune system, and increasing your energy levels. It's important you choose an activity you enjoy doing.

There are lots of options to choose from at NTU including:

- sports clubs
- group fitness classes like yoga, spin and zumba
- the climbing wall on our City Campus
- bookable facilities so you can play games like badminton, tennis and basketball with your friends
- our Play for Fun programme of beginner and recreational sport
- qualified instructors on hand to provide information and advice to help you set and achieve your goals
- Boditrax equipment to help track your progress.

## NTU Active membership

NTU Active membership gives you access to on-campus fitness suites, classes and facilities. Visit [www.ntu.ac.uk/sport](http://www.ntu.ac.uk/sport) for further information and the full range of classes and facilities available.

## NTU Moves

Download our NTU Moves app via [www.ntu.ac.uk/sport/ntu-moves](http://www.ntu.ac.uk/sport/ntu-moves) to track your moves and claim rewards.

## Membership at Brackenhurst

NTU in partnership with Southwell Leisure Centre, which is close to the campus, provides reduced membership for NTU students.

To sign up visit [www.active4today.co.uk](http://www.active4today.co.uk) or pop into the Leisure Centre on Nottingham Road, Southwell, Nottinghamshire, NG25 0LG.



## Other active opportunities

### UCycle bike hire scheme

NTU has a bike hire scheme to help you get around. NTU City Campus also has a fully equipped Bike Factory workshop, which offers maintenance sessions, repairs and parts at student prices.

Visit [www.ntu.ac.uk/sustainability](http://www.ntu.ac.uk/sustainability) to find out more.

### Mindfulness walks

We offer short mindfulness walks that take you off the beaten track and help to reduce stress and recharge your batteries.

Please visit [healthyntu@ntu.ac.uk](mailto:healthyntu@ntu.ac.uk) for more information.

### Sports Access Scheme (SAS)

Exercise is very good for you. It can give you more energy, reduce mental health issues, and help you to meet new people. Free access to exercise and fitness opportunities is available through our Sports Access Scheme. It's a great way to meet new people and get active.

The scheme is only available to students who are receiving support from Student Support Services.

For further information, contact [healthyntu@ntu.ac.uk](mailto:healthyntu@ntu.ac.uk) or ask a member of the Student Support team.



# Your health

This guide will provide some key information and advice on how to stay healthy and make it easier to know about the different support available.

## COVID-19

Your safety and the safety of our community is paramount. That's why it's really important that if you suspect that you may have symptoms of COVID-19 that you know what to do, not only to protect yourself but to protect those around you. Visit [www.ntu.ac.uk/beingatntu](http://www.ntu.ac.uk/beingatntu) for more information.

## Register with a local doctor

It's essential you register with a local doctor. It won't affect your GP at home, and it'll make sure you can get help locally. We have Health Centres on campus that offer key services like:

- free condoms
- sexual health screening and advice
- mental health drop-in clinics
- general health and wellbeing checks and advice
- immunisations and vaccinations, including the MenACWY meningitis vaccine.

Take a look at [www.ntu.ac.uk/healthcentres](http://www.ntu.ac.uk/healthcentres) to find out more about registering with a NTU Health Centre.

## Treatment and advice for non-life-threatening conditions

If your GP practice is closed and you need urgent advice, or treatment for a condition that isn't life-threatening, call 111. Calls to the NHS 111 service are free from both landlines and mobiles.

## Healthy sex life

Safe sex is important for your health and wellbeing. Using protection helps to reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. If you're in any doubt, get checked out – some STIs don't necessarily present any symptoms.

Free STI testing is available on campus via the NTU Health Centres, and through NHS services. We also have the C Card scheme, which gives you access to free condoms until you're 24.

Visit [www.ntu.ac.uk/sexualhealth](http://www.ntu.ac.uk/sexualhealth) for more information on STIs, the C Card scheme, and sexual health services.

### City Campus

Student Health Centre  
Peel Street

**Tel:** 0115 848 6481

[www.radfordmedicalpractice.co.uk](http://www.radfordmedicalpractice.co.uk)

### Clifton Campus

Student Health Centre  
Student Services Centre

**Tel:** 0115 848 3100

[www.sunrisemedicalpractice.co.uk](http://www.sunrisemedicalpractice.co.uk)

### Brackenhurst Campus

Southwell Medical Centre  
The Ropewalk, Southwell, NG25 0EW

**Tel:** 0163 681 3561

[www.southwellmedicalcentre.co.uk](http://www.southwellmedicalcentre.co.uk)

## Meningitis – know the signs and symptoms and get vaccinated

Meningitis and septicaemia are serious life-threatening diseases. They can kill within hours, and for those who survive, the effects can be life changing.

First year university students are at particular risk because of people coming together from all over the world, which can cause exposure to different viruses and bacteria.

## Meningitis ACWY vaccination

The only way you can protect yourself is by having the Meningitis ACWY vaccination, ideally before coming to NTU.

If you've not already had the vaccine, it's very important you get it as soon as possible – it could make all the difference.

The vaccine is free for all Year One students under the age of 25. Register with a GP and ask for the ACWY vaccination to be protected from the most serious strains of meningitis.

## Signs and symptoms

It's important you know the signs and symptoms of meningitis. Even though meningitis is rare, it could easily be mistaken for "freshers' flu" or a bad hangover.

The symptoms of meningitis and septicaemia are not always easy to recognise, but they can develop very rapidly – sometimes within a matter of hours. Look after yourself and each other. If a friend is unwell, check on them regularly and act quickly.

If you suspect meningitis, get medical help immediately.

Contact NHS 111 for advice or 999 in an emergency.

Check out the signs and symptoms below.

For more information on Meningitis visit [www.meningitisnow.org](http://www.meningitisnow.org)



**Meningitis. Make sure you're protected.**

Meningitis\* kills. Make sure you're vaccinated and know the signs and symptoms. Symptoms can appear in any order. Some may not appear at all. Early symptoms can include:

fever, headache, vomiting, diarrhoea, muscle pain, stomach cramps, fever with cold hands and feet

	Fever, cold hands and feet		Vomiting
	Drowsy, difficult to wake		Confusion and irritability
	Severe muscle pain		Pale, blotchy skin spots/rash
	Severe headache		Stiff neck
	Oversensitive to light		Convulsions/seizures

If someone is ill and getting worse, call NHS 111 or your GP straight away. In an emergency dial 999 or go to your nearest A&E.

The MenACWY jab is free for all eligible students – if you're unsure if you've already had it, call your GP.

\*Meningitis is used to describe meningitis and meningococcal or septicaemia.

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# Alcohol and drugs

## Alcohol

Here are our top-five tips for safe drinking:

1. Make sure you eat before you go out. It will prevent you getting drunk too quickly.
2. Know your limits. Pacing yourself, having breaks from drinking and opting for some water in between drinks can be the key to a good night and safer drinking. Remember that you can still have a good time if you choose not to have a drink.
3. It's easy to give into peer pressure around drinking, especially during Welcome Week. Drink at your own pace and stop when you've had enough.
4. Mixing your drinks can have a more significant effect on your body, including hangovers.
5. Look out for your friends and keep safe. Try to stay together and don't walk home alone.

If you have a mental health condition, large amounts of alcohol can act as a depressant. Visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk) for helpful advice on alcohol.

## Drugs

The best advice is not to take drugs. If you're going to experiment with drugs, it's very important you are well informed.

- Psychoactive substances, like those that replicate the effects of drugs such as cocaine or ecstasy, may have ingredients that are harmful.
- Purity levels will differ from drug to drug. A drug with a higher-than-usual level of purity can cause aggression, loss of consciousness, sickness, paranoia, and an increased risk of overdose.
- Taking drugs along with alcohol can increase the negative effects and put extra strain on your heart. There's no way of knowing how the substances will react together.
- Never feel pressured into taking drugs. No means no. We provide essential, confidential and impartial advice on campus.
- If you have a mental health condition, taking drugs can cause anxiety, panic, confusion, paranoia and psychosis.

It's very important to get help if you're suffering from the effects of taking drugs.

Look out for your mates. In an emergency getting help quickly can help save lives.

If someone is unconscious or having difficulty breathing act quickly:

- place them in the recovery position
- call 999 for an ambulance or get someone else to call
- stay with them until the ambulance arrives
- hand leftover substances to the ambulance crew and tell them everything you know about what's been taken. You won't get into trouble, and the information could save their life.

Visit [www.talktofrank.com](http://www.talktofrank.com) for honest information about drugs.

**PRANK**  
0800 77 66 00 [talktofrank.com](http://talktofrank.com)

### Drink spiking

Here are some top tips to reduce the risk of your drink being spiked:

- don't leave your drink unattended – hand it to a mate or carry it with you
- never accept a drink from someone you don't know or trust
- cover the tops of bottles with your thumb
- be safe and look out for each other
- if you think your drink has been spiked, seek help and get medical advice
- spiking is a serious crime; report it to the police as soon as possible.

### NTU is smoke free

NTU has a smoke-free policy on its campuses, this includes e-cigarettes. If caught stubbing out cigarettes anywhere within the city you could be hit with an on-the-spot fine.

Visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) for help and support on stopping smoking.

### Support on campus

If you're concerned in any way about alcohol or drugs, it's always best to chat to someone about it. Impartial, confidential help, advice and support is available on campus from:

Your Health Centre and GP – medical practitioners are trained to be able to advise you.

Nottingham Recovery Network is a local NHS service on campus. For confidential impartial advice and support visit: [www.nottinghamrecoverynetwork.com](http://www.nottinghamrecoverynetwork.com) for more information.



# Safe and secure

There are many ways that you can reduce the chances of being a victim of crime. Check out the following advice and top tips.

## Stay safe

Staying safe is important. If you're out and about, taking some basic precautions can help you stay out of trouble.

- Don't walk home alone – you could be an easy target for crime.
- Stay on main roads – there are more likely to be other people around and the lighting tends to be better.
- Use a reputable taxi company to make sure you get home without a problem.

NTSU run a safe taxi scheme. No cash on you? No problem. Visit [www.trentstudents.org/taxis](http://www.trentstudents.org/taxis) for more information and advice.

## Be secure

Students are quite often the victims of crime – your homes can be seen as easy targets by burglars who know that there's usually a range of expensive items inside.

Being burgled or becoming the victim of other types of crime can have a negative effect on how you feel.

Consider these top tips to prevent being burgled.

- A third of burglars get in through a window. Lock doors and windows at night and when you're not in.
- Burglaries are often opportunistic crimes. Storing valuables out of sight will make a thief less likely to try.
- Leave a light on when you are out so that the place looks occupied.

Immobilise is a free online service where you can record your possessions, making them easier to recover if they're stolen. Go to [www.immobilise.com](http://www.immobilise.com) and register your stuff.

Visit [www.police.uk/cp/crime-prevention](http://www.police.uk/cp/crime-prevention) for crime prevention advice and links.

## Staying safe online and identity theft

It's vital that you stay safe when using the Internet. Never give out personal information when you're online, regardless of who you are (or *think* you are) talking to.

Go [www.getsafeonline.org](http://www.getsafeonline.org) for general advice about being safe when online.

Scams and identity theft can affect anyone. They usually come in the form of an email or a phone call, or in the post. Visit [www.actionfraud.police.uk](http://www.actionfraud.police.uk) for advice on how to protect your identity and prevent criminals from committing fraud in your name.

Also check out [www.eastmidlandscybersecure.co.uk](http://www.eastmidlandscybersecure.co.uk) for Cyber Crime related help and advice.







## Home sweet home

Where you live and who you live with can have a great impact on how you feel. It's important to be considerate when living in shared accommodation, as your actions can have a direct impact on those around you.

### Stay safe

If you're having problems with your accommodation or your flatmates, it's better to do something about it sooner rather than later. Dealing with problems with flatmates can be difficult. Simply talking about your concerns can help clear the air and make you feel better.

The Students' Union can provide independent advice to help you resolve a problem and make living with others a more pleasant experience. Visit [www.trentstudents.org/ias](http://www.trentstudents.org/ias) for more information.

If you need to report an incident or nuisance behaviour, speak to your residence staff. They'll pass this on to the Warden, who'll take action. If you're not happy in your residence, contact Student Accommodation Services – they'll offer advice on how you can resolve the problem.

Email [accommodation@ntu.ac.uk](mailto:accommodation@ntu.ac.uk) or visit them at the Student Services Centre.

# Respect at NTU

## Give it. Get it. Expect it.

NTU and the city of Nottingham are diverse places, and it's great to have so many people from all walks of life living here. It's therefore very important that we respect each other. Discriminatory and negative behaviour, including the use of social media to demean and humiliate, is not tolerated and may also be unlawful. This includes:

- sexism
- misogyny
- transphobia
- homophobia
- sexual assault
- sexual violence.

Any behaviour that breaches the Student Code of Behaviour can have very serious consequences.

Visit [www.ntu.ac.uk/respect](http://www.ntu.ac.uk/respect) for more details.

## Healthy spirit

If you want to explore the big questions in life, or any spiritual or religious matters, get in touch with our multifaith team of chaplains and faith advisers. Visit [www.ntu.ac.uk/faith](http://www.ntu.ac.uk/faith) to find out more about their programme of activities, including prayer meetings and meditation. You can also visit our Wellbeing Centre on the Clifton Campus, where you'll find a warm welcome and opportunities to get involved.

If you're a practising member of a faith community and want to meet other students who share your faith, visit [www.trentstudents.org/societies](http://www.trentstudents.org/societies) and look out for the faith societies through the Students' Union.

## Dignity and respect

NTU offers confidential dispute resolution services :

- Dignity and Respect Advisory Service
- Mediation Service

Visit [www.ntu.ac.uk/equality](http://www.ntu.ac.uk/equality) for more details. Call 0115 848 6176 or email [equality@ntu.ac.uk](mailto:equality@ntu.ac.uk) to make an appointment.



## Consent is everything

It's important to know about consent, what it means, and the boundaries that surround it. Sexual consent is when two or more people agree to have sex, or engage in other sexual activity, with one another.

A person should not be persuaded or forced into sexual activity, especially via threat or any other type of force which may influence choice. This includes the person being under the influence of drugs or alcohol. If you're thinking of engaging in sexual activity with someone who is under the influence of drugs or alcohol, stop and think: are they in a position to give their consent?

Visit [www.trentstudents.org/respectandconsent](http://www.trentstudents.org/respectandconsent) for more information.

## Sexual violence

Sexual violence is an act that occurs without consent. This includes:

- sexual harassment
- rape
- sexual assault
- any form of sexual touching.

If you have experienced any form of sexual violence, help and support is available to help think through your options and support you.

Email [studentsupportadvisers@ntu.ac.uk](mailto:studentsupportadvisers@ntu.ac.uk) or visit [www.ntu.ac.uk/sexualviolencesupport](http://www.ntu.ac.uk/sexualviolencesupport) for help.

## Hate crime

If you or a friend has experienced a hate incident, you can report it at [www.trentstudents.org/hatecrime](http://www.trentstudents.org/hatecrime). When a hate incident is a crime, Nottinghamshire Police can provide relevant support.

Whether you report anonymously or not, your report will be taken seriously. Remember: by reporting an incident or crime, you may also help to stop it happening to someone else.



# Nottingham Trent Students' Union

Nottingham Trent Students' Union (NTSU) offers a great range of opportunities designed to give you the tools and support you need to have the best possible time at NTU.

## Societies

NTSU has over 135 societies you can join and get involved with. They are a great way to make friends, pursue your passion and learn new skills. From Architecture and African Caribbean to Vegetarian and Wellbeing, there is a society for every interest.

Visit [www.trentstudents.org/societies](http://www.trentstudents.org/societies) to find out how you can sign up.

## Communities

NTSU Communities are short-term projects with clear end goals. If you have a great idea for a fun one-off event, if you have identified a demand for a specific opportunity on campus, or if you want to raise awareness on a certain issue, a community is the way to achieve this quickly.

Visit [www.trentstudents.org/communities](http://www.trentstudents.org/communities) to find out more.

## Try something new – Give it a Go

Interested in trying a variety of one-off events and activities throughout the year, no long-term commitment required? The Give it a Go programme is open to all students at NTU and is a great way to try something new, make friends and have fun.

Visit [www.trentstudents.org/giveitago](http://www.trentstudents.org/giveitago) for a full list of events and activities.

## Raising & Giving (RAG)

RAG is the Students' Union's fundraising programme. It gives you the chance to get involved in fun and enjoyable activities that raise vital funds for charities worldwide.

Visit [www.trentstudents.org/rag](http://www.trentstudents.org/rag) to find out more.

## Information and advice

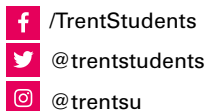
We know that university life comes with its challenges, which is why we're here to support you. NTSU's Information and Advice Service offers free and non-judgmental advice on everything from money matters to mental health.

Visit [www.trentstudents.org/IAS](http://www.trentstudents.org/IAS) to contact them.

## NTSU student representatives

We have a range of elected representatives in place to make sure your voice is heard. Each representative is elected from the student body, and they're passionate about making sure every student has the opportunity to have the best possible experience at NTU.

Visit [www.trentstudents.org/yourreps](http://www.trentstudents.org/yourreps) to see a list of your NTSU representatives.



## Volunteering at NTU

Volunteering can make a real difference, and not just to the people you're supporting. People who give up their time to volunteer gain hugely from the experience. The benefits include:

- meeting like-minded people
- boosting your confidence and self-esteem
- a feeling of achievement
- opportunity to share and learn new skills
- gaining experience to enhance your employability

There are lots of exciting volunteering opportunities available to all NTU students, whether you're looking to volunteer in a local project, a sport, or through an international opportunity.

Visit [www.ntu.ac.uk/volunteering](http://www.ntu.ac.uk/volunteering) or [www.trentstudents.org/volunteering](http://www.trentstudents.org/volunteering) to find out more.



## Employability

NTU has an inclusive approach to supporting all students on all our campuses, no matter their differences and here in the Employability Team we are no different.

Our Employability Team is here to help with ideas for your career journey, job search and applications, placements and graduate jobs. Employability offers a wide range of support from drop-in advice and one-to-one appointments with our specially trained consultants, to recruitment fairs, workshops, employer events and our popular Employability Award.

Employability Online is our online one stop shop for starting points, resources, Live Chat and the latest Employability news and events.


As part of our Employability Team, our Disability and Wellbeing consultants can offer you specialist support to help you during your time at NTU.

We also offer opportunities for work-related experiences (e.g. placements, internships, work experience) and access to part-time job opportunities through NTU's JobShop.

All our staff are impartial, discrete and here to support you- don't be afraid to ask us about any needs you have. We try our best to help you all individually.

Visit [www.ntu.ac.uk/emponline](http://www.ntu.ac.uk/emponline)

 @NTUEMPCHAMPS

 NTUEmployability

 NTUemp

# Useful information

## Accommodation

**Tel:** 0115 848 2894

**Email:** [accommodation@ntu.ac.uk](mailto:accommodation@ntu.ac.uk)

[www.ntu.ac.uk/accommodation](http://www.ntu.ac.uk/accommodation)

## Employability team

**Tel:** 0115 848 8638

**Email:** [employability@ntu.ac.uk](mailto:employability@ntu.ac.uk)

[www.ntu.ac.uk/employability](http://www.ntu.ac.uk/employability)

## Health information for students

[www.nhs.uk/livewell/studenthealth](http://www.nhs.uk/livewell/studenthealth)

### City Campus health centre

Radford Medical Practice

**Tel:** 0115 848 6481

[www.radfordmedicalpractice.co.uk](http://www.radfordmedicalpractice.co.uk)

### Clifton Campus health centre

Sunrise Medical Practice

**Tel:** 0115 848 3100

[www.sunrisemedicalpractice.co.uk](http://www.sunrisemedicalpractice.co.uk)

### Southwell Medical Centre (near Brackenhurst)

**Tel:** 0163 681 3561

[www.southwellmedicalcentre.co.uk](http://www.southwellmedicalcentre.co.uk)

## Music

**Tel:** 0115 848 8174

**Email:** [music@ntu.ac.uk](mailto:music@ntu.ac.uk)

[www.ntu.ac.uk/music](http://www.ntu.ac.uk/music)

## NTU Sport

Lee Westwood Sports Centre  
(Clifton Campus)

**Tel:** 0115 848 3219

City Sports Centre (based in SU building)

**Email:** 0115 848 4066

[www.ntu.ac.uk/sport](http://www.ntu.ac.uk/sport)

## Students' Union

**Tel:** 0115 848 6200

[www.trentstudents.org](http://www.trentstudents.org)

## NTSU information and advice service

**Tel:** 0115 848 6260

**Email:** [sac@su.ntu.ac.uk](mailto:sac@su.ntu.ac.uk)

[www.trentstudents.org/ias](http://www.trentstudents.org/ias)

## NTU Taste outlets

[www.ntu.ac.uk/taste](http://www.ntu.ac.uk/taste)

## Volunteering

**Email:** [volunteering@ntu.ac.uk](mailto:volunteering@ntu.ac.uk)

[www.ntu.ac.uk/volunteering](http://www.ntu.ac.uk/volunteering)

## Security (including lost property)

City Campus

**Tel:** 0115 848 2468

Clifton Campus

**Tel:** 0115 848 6600

Brackenhurst Campus

**Tel:** 0115 848 5262





# Here to help

You can get advice on a range of issues and problems from Student Support Services. Our teams are available at all our campuses, so you can get the help you need when you need it.

Simply visit [www.ntu.ac.uk/studentsservices](http://www.ntu.ac.uk/studentsservices) or email us at [student.support@ntu.ac.uk](mailto:student.support@ntu.ac.uk) and we'll get back to you.

## You can also find us in the following locations:

### City Campus

Student Services Centre, Central Court, Newton and Arkwright buildings

### Clifton Campus

Student Services Centre

### Brackenhurst Campus

Student Centre, Bramley building

## You can also contact us using the details below:

### Care leavers and foyer residents

**Email:** [transition.support@ntu.ac.uk](mailto:transition.support@ntu.ac.uk)

### Disability support

**Tel:** 0115 848 2085

**Email:** [disability.support@ntu.ac.uk](mailto:disability.support@ntu.ac.uk)

### Dyslexia support

**Tel:** 0115 848 4120

**Email:** [dyslexia.support@ntu.ac.uk](mailto:dyslexia.support@ntu.ac.uk)

## Financial support

**Tel:** 0115 848 2494

**Email:** [financial.support@ntu.ac.uk](mailto:financial.support@ntu.ac.uk)

## Faith support

**Tel:** 0115 848 3279

**Email:** [faith@ntu.ac.uk](mailto:faith@ntu.ac.uk)

## Health and wellbeing support

Support, help and advice on all mental health and wellbeing issues.

[www.ntu.ac.uk/wellbeing](http://www.ntu.ac.uk/wellbeing)

## International student support

**Tel:** 0115 848 2631

**Email:** [int.support@ntu.ac.uk](mailto:int.support@ntu.ac.uk)

## Mature student support

**Email:** [mature.support@ntu.ac.uk](mailto:mature.support@ntu.ac.uk)

## General enquiries

**Email:** [student.support@ntu.ac.uk](mailto:student.support@ntu.ac.uk)

## **Enquiries**

[student.support@ntu.ac.uk](mailto:student.support@ntu.ac.uk)

+44 (0)115 848 6060

[www.ntu.ac.uk/studentsupport](http://www.ntu.ac.uk/studentsupport)

## **Campus information**

Nottingham Trent University

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Nottingham

NG1 4FQ

## **This information can be made available in alternative formats.**

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