FIRE WALK FOR GUIDE DOGS

BY ELIN WILLIAMS

I COMPLETED a sponsored fire walk for Guide Dogs and raised over £600 for a charity that is very close to my heart.

I’ve always been a bit of an adrenalin junkie so the idea of a fire walk piqued my interest immediately. The event was taking place at Guide Dogs Liverpool’s annual fun day, just over three weeks from the day I registered to participate. Having not left myself much time to organise any fundraising events, I set up a JustGiving page and hoped I would be able to muster my Facebook friends into helping me reach the minimum £100 target before the big day.

After writing about my goal on my blog and social media however, the response I received from my friends and followers totally blew me away. Not only did I surpass the £100 target within 24 hours of creating the page, I then reached my second target of £250 with still a few days to spare. Ultimately I succeeded in raising £670 for Guide Dogs, was named the most successful fire walker in the group and was able to make an amazing contribution to this wonderful charity.

Since qualifying with my first guide dog Jazzy in January 2015 my life has improved in so many ways. I used to feel very anxious about travelling independently with a white cane and would avoid it if at all possible, often resulting in isolation and a very limited life. With Jazzy by my side I no longer feel confined by my visual impairment. I now have the confidence, independence and freedom to lead my life the way I want to.

It didn’t really hit me what I’d let myself in for until I was sitting in the health and safety briefing listening to the instructor tell us that the optimum heat for a fire walk is 400 degrees C, that we would be walking over the hot embers of a bonfire and that as long as we walked normally and quickly it was perfectly safe. I was one of two visually impaired fire walkers in the group of 15 and I was assisted over the fire walk by an instructor guiding me by the hand on either side. It was terrifying, exhilarating and totally painless, so once I’d finished my first walk I got back in line to do it again.

Kiera wins leading bookbinding award

BY ELIN WILLIAMS

TO CELEBRATE the exciting new developments within the Department of Art and Design in teaching the craft skills involved in the handmade hardbound book, F.J. Ratchford Ltd. of Stockport, the leading bookmaking supplier in the North West, generously offered £50 towards bookbinding supplies to the student who had produced the best handmade hardbound book.

The prize was open to students who had been attending the series of extracurricular bookbinding workshops led by Elizabeth Kealy-Morris, Senior Lecturer in Art and Design. Elizabeth has been leading these workshops for the past four years and is currently engaged in doctoral research into the types of knowledge students develop when making handmade books. In July, two of her collaborations with artists were exhibited in Ireland and Germany.

Winner Kiera O’Brien and runner up Gill Hughes were presented with their prizes at the Department of Art and Design’s end of year show. Kiera was awarded a £30 certificate towards bookbinding supplies for her book with exposed spine and French link stitch with handmade book tapes, and Gill received a selection of bookbinding tools for his book with cloth-covered enclosed spine.

Kiera said: “For me, showing the handmade process of bookbinding was an important factor in my project and I feel it has added character to my book. I was able to learn this challenging skill in an encouraging environment. It has enhanced my skill set as a designer and has allowed my passion for making things by hand to grow.”
60 Seconds with your SABBS

EVERY year, the students of the University of Chester elect their Students’ Union Sabbatical (SABB) team. This year, the team is made up of Cherelle Mitchell (President), Jamie Brown (Vice-President Education), Ethan Wade (Vice-President, Activities) and Alessandro (Sandro) Salemme (Vice-President Warrington). Student News wanted to get to know them a little better, and what better way than a quick fire 60 second interview.

BY JAMES KELLY

Cherelle Mitchell
AGE: 22.
YOUR POSITION: SU President.
WHAT DID YOU STUDY? Education with Drama Studies.
PROUDEST ACHIEVEMENT IN CHESTER? Raising around £4,000 for various different causes and working with organisations to help disadvantaged children and adults.
WHAT IS YOUR BIGGEST GOAL FOR THIS YEAR? Working with the University, to improve the mental health and well-being of the students. Also, to improve student engagement with Careers and Employability so they can get the most out of the opportunities available.
WHAT ARE YOU MOST PASSIONATE ABOUT? Health and wellbeing is something I am passionate about. I have always been someone who likes to help people discover their self-worth, which is something I hope to put into my work as President and in helping students.
IF YOU WEREN’T IN THIS ROLE, WHAT WOULD YOU BE DOING? Travelling abroad.
WHAT’S THE THING YOU HATE THE MOST? When people don’t have enough confidence in themselves to achieve their goals.
WHAT IS YOUR DREAM CAREER? TV presenting.
WHO IS YOUR BIGGEST INSPIRATION? Quentin Tarantino or Alejandro Innaritu.
WHAT’S THE THING YOU HATE THE MOST? People not getting involved when they have the ability to do so.
WHAT IS YOUR DREAM CAREER? TV presenting.
PROUDEST ACHIEVEMENT IN CHESTER? Raising around £4,000 for various different causes and working with organisations to help disadvantaged children and adults.
WHAT ARE YOU MOST PASSIONATE ABOUT? Health and wellbeing is something I am passionate about. I have always been someone who likes to help people discover their self-worth, which is something I hope to put into my work as President and in helping students.
WHAT CAN YOU NOT LIVE WITHOUT? Chocolate.
WHAT DO YOU LOVE MOST ABOUT THE UNIVERSITY OF CHESTER? I love how collaborative it is, for example, between different societies. It’s also about how much of a community we all are.

Ethan Wade
AGE: 22.
YOUR POSITION: Vice-President Activities.
WHAT DID YOU STUDY? Drama and Theatre Studies with Journalism.
PROUDEST ACHIEVEMENT IN CHESTER? Being part of the Basketball team and being part of its development from an average mid-table team, to now being one of the elite teams in the University, and now winning leagues.
WHAT IS YOUR BIGGEST GOAL FOR THIS YEAR? To get students more active - not just in the sense of sports, but getting engaged with all parts of the University experience.
WHAT ARE YOU MOST PASSIONATE ABOUT? Student Voice. This has shown me that students can push their way all the way to the top and get things done. A good example of this, for me, was being able to re-establish the Varsity games.
WHAT’S THE THING YOU HATE THE MOST? People not getting involved when they have the ability to do so.
WHAT IS YOUR DREAM CAREER? Working in TV and film.
WHO IS YOUR BIGGEST INSPIRATION? Quentin Tarantino or Alejandro Innaritu.
WHAT CAN YOU NOT LIVE WITHOUT? Rum and the song Euphoria from Eurovision.
WHAT MOTTO DO YOU LIVE BY? “It’s not time to worry yet” is a tattoo I have that was from To Kill a Mockingbird.
WHAT DO YOU LOVE MOST ABOUT THE UNIVERSITY OF CHESTER? I love the vibrancy of the University. It’s great to have such a small area, but be so buzzing with life at the same time.

Jamie Brown
AGE: 22.
YOUR POSITION: Vice-President, Education.
WHAT DID YOU STUDY? English Literature and History.
PROUDEST ACHIEVEMENT IN CHESTER? Passing the English Literature side of my degree. I only picked it up during my first week here, but I was able to grasp it pretty well and ended up getting a 2:1.
WHAT IS YOUR BIGGEST GOAL FOR THIS YEAR? Making sure assessment deadlines are better spread out, especially in the case of joint honours students, who are most affected.
WHAT ARE YOU MOST PASSIONATE ABOUT? Since coming into this job, probably the SARS (Student Academic Reps) programme. I have seen how much good it can do, and I am always looking at ways to improve it.
WHAT’S THE THING YOU HATE THE MOST? Having so many ideas in this role, but not having the time to achieve it all.
WHO IS YOUR BIGGEST INSPIRATION? Becky Lees. Becky was VP Education two years ago, and someone I met on my first day at Chester, and five years on we are still good friends. She helped me get more involved in the SU and is a reason I am where I am today.
WHAT CAN YOU NOT LIVE WITHOUT? Rum and the song Euphoria from Eurovision.
WHAT’S THE THING YOU HATE THE MOST? People not getting involved when they have the ability to do so.
WHAT IS YOUR DREAM CAREER? Working in TV and film.
WHO IS YOUR BIGGEST INSPIRATION? Basketball player, Jeff Green. He overcame the adversity of having heart surgery and being told he would never play basketball again, to now still be playing in the NBA, five years on. “No” doesn’t always mean no.
WHAT MOTTO DO YOU LIVE BY? Fail to prepare, then prepare to fail.
WHAT DO YOU LOVE MOST ABOUT THE UNIVERSITY OF CHESTER? I love the vibrancy of the University. It’s great to have such a small area, but be so buzzing with life at the same time.

Alessandro Salemme
AGE: 21.
YOUR POSITION: Vice-President, Warrington.
WHAT DID YOU STUDY? Film and TV Production.
PROUDEST ACHIEVEMENT AT THE UNIVERSITY OF CHESTER? Being elected as Vice-President for Warrington Campus, without a doubt.
WHAT IS YOUR BIGGEST GOAL FOR THIS YEAR? To efficiently integrate sports societies with non-sport societies, and set up a student channel on YouTube along with the new President.
WHAT ARE YOU MOST PASSIONATE ABOUT? Film and Media and offering students extra-curricular opportunities.
WHAT’S THE THING YOU HATE THE MOST? Don’t hate many things, but not a fan of ignorance.
WHAT IS YOUR DREAM CAREER? Director/writer.
WHO IS YOUR BIGGEST INSPIRATION? Small independent directors who made it big, the likes of Quentin Tarantino or Alejandro Innaritu.
WHAT CAN YOU NOT LIVE WITHOUT? Italian food, I couldn’t imagine life without it...
WHAT MOTTO DO YOU LIVE BY? “Success is a journey, not a destination”, cringey I know...
WHAT DO YOU LOVE MOST ABOUT THE UNIVERSITY OF CHESTER? Opportunities offered by the Uni, such as trips to Prague, Berlin and Brussels.

BY JAMES KELLY

TheStudents’Union
Working Towards a Smoke Free Campus

Frequently asked questions

Why has the University introduced smoking restrictions?

1. To protect the health and well-being of everyone studying, working and visiting the University by avoiding exposure to smoking, and promoting healthier lifestyles.

2. Recent surveys of both students and staff have demonstrated a high level of support for a ban, so the University gave notification that restrictions would be in place from January 4, 2016.

3. The adverse health effects of smoking are well documented. Medical evidence shows that second hand (passive) smoking also causes serious disease and harm to others, including non-smokers.

4. The University is also acting on complaints about tobacco-related refuse.
What is the situation now regarding smokers?
Smokers are prohibited from smoking tobacco outdoors on all University sites, except in designated areas on campus. Smoking inside buildings and in University vehicles has been banned, according to current legislation, for some time.

Both students and staff are being kept informed of progress with 'Working Towards a Smoke Free Campus'.

Where are the designated smoking areas?

**Parkgate Road Campus:**
- In the car park opposite the front of the Chritchley/Westminster Buildings
- Behind Grosvenor House towards the canal
- Behind Small Hall
- By Church College Close
- At the end of the Students’ Union building.

**Warrington Campus:**
- Across the road from the front entrance to the bar
- The Newton Hall end of Terrace Café bar
- By the side entrance to the Martin Building (Manchester Hall)
- On the central paved area of the Piazza.

**Queen’s Park:**
- Opposite Bridge House near the car park.

**Kingsway:**
- By the walk through between the back car park and the field.

**Thornton Science Park:**
- Designated smoking areas are clearly marked close to main walking routes. Signage is in place to identify these areas.

**Both Riverside and Shrewsbury (UCS) are SMOKE FREE campuses, therefore they have no smoking areas.**

What happens if someone continues to smoke in an area which is not designated?

Porters will monitor campus at all times and staff and students breaching the policy will be identified and recorded in a database held in Estates and Facilities. If somebody is identified as having been found breaching the policy on more than two occasions, they will be issued with a £50 penalty which is reduced to £25 if paid within two weeks of issue. If individuals attend a smoking information course on University premises, then they will not be required to pay the charge.

Where an individual is a persistent offender, and either refuses or has already undergone educative measures, they may be subject to the relevant University disciplinary procedures.

What happens from September 1, 2016?
The Policy on Smoking at the University of Chester has become fully operational from September 2016. Anyone who is not following the guidelines set out within this approved policy may be subject to formal disciplinary sanctions.

For updates, please visit: [https://portal.chester.ac.uk/hrms/Pages/smoke-free-campus.aspx](https://portal.chester.ac.uk/hrms/Pages/smoke-free-campus.aspx)

What if someone is smoking in an area which is not designated?
The smoking restrictions have been well publicised and it is everybody’s responsibility to make them work. Staff and students have a role to play in the enforcement of this policy, and should feel empowered to ask people smoking outside of the designated areas to stop, if they feel comfortable to do so, or direct them to the nearest designated area. People smoking outside of the designated areas should respond civilly and courteously when asked to move on.

Inappropriate behaviour, either from smokers, or those requesting them to move, may be addressed through the normal disciplinary channels.

What help is being given to smokers who want to give up?
Support is being offered to students and staff through Health4All and student well-being channels.

Information stands are being organised at each campus. NHS approved smoking cessation services are also available and it is important that these are used, as the providers are dependent on the demand in order to continue. Please check Portal/Sharepoint for the dates and locations of forthcoming activities.

Are e-cigarettes subject to the same restrictions?
Currently, smoking e-cigarettes (or ‘vaping’) is only permitted in open spaces outside, but this decision will continue to be evaluated according to the latest clinical research and health and safety guidance.

Who is making the decisions about smoking restrictions?
The Working Towards a Smoke Free Campus working group, which comprises smoking and non-smoking representatives from: UCU; Unison; Chester Students’ Union; Student Support and Guidance; the University’s Senior Management Team; the Sustainability Unit; Marketing, Recruitment and Admissions; Corporate Communications; Hospitality and Residential Services; Human Resource Management and Payroll Services; and Estates and Facilities.

The Group is advised by health professionals and follow the latest guidance and legislation. It will oversee the introduction of the Policy on Smoking at the University of Chester.

What is the situation now regarding smokers?
Smokers are prohibited from smoking tobacco outdoors on all University sites, except in designated areas on campus. Smoking inside buildings and in University vehicles has been banned, according to current legislation, for some time.

Both students and staff are being kept informed of progress with ‘Working Towards a Smoke Free Campus’.
WE WILL now be offering returning and postgraduate students the opportunity to apply for University halls of residence. Every year a number of students find themselves in need of accommodation for the next academic year – whether it’s on or off campus you’re after, we can help! As a returner or postgraduate student, we understand that your needs can be different to first year students, so we’ll be sure to offer you accommodation that is suited to your specific needs. Staying in University accommodation for another year could be the perfect option for you, offering a sense of familiarity in a safe and secure environment for you to live and study in.

At a glance

- Quick and easy online application;
- Rooms to suit all budgets, including en-suite, meal plans and self-catered rooms;
- Affordable rents and deposit;
- Accommodation is located on campus or within a short walking distance which puts you right at the heart of the University experience, and where our central facilities are based;
- No summer rents - contracts in halls are only from September to July (unless you want to extend) so no paying for time when you’re not here in Summer;
- Group and individual applications welcome – just let us know who you want to live with and leave the rest to us;
- No nasty surprises - rents are inclusive – no bills, no arguments, no problems!
- No guarantor or references needed.

Bookings

Applications will open in January 2017. Further information about our allocation policy and how to apply will be available on our website from November. In the meantime, keep an eye on Twitter account ‘@accommuoc’ and our Facebook Page ‘uocrsidentialiving’ for regular news and updates.
We are looking for friendly, approachable and enthusiastic students
to act as representatives for the University both on and off campus.

The Student Ambassador Scheme is a vital part of student recruitment and has been created to encourage
prospective students to engage and interact with our current students to learn more about life at University.
Students looking to join the scheme must have good communication and time management skills and be
able to work unsupervised as well as part of a team.

What does a Student Ambassador do?

- Act as a tour guide at recruitment events such as Open Days and Applicant Days.
- Work with our Outreach Team during school and college visits.
- Represent the University at external events, such as UCAS Fairs.

During these events Student Ambassadors may be expected to share their University experiences and
student knowledge of their subject area with prospective students and/or their parents.

Rewards....

- All Student Ambassadors receive detailed training once they sign up to the scheme, with the
  opportunity to specialise in the future.
- Student Ambassadors work on a voluntarily basis and will receive volunteer hours for both the
  University and Millennium Volunteer schemes.
- Students can use the experience they gain from working as an Ambassador to enhance their CV.

Could you be a Student Ambassador?

For more information or to sign up to the Student Ambassador Scheme,
please contact your campus representative.

Chester and Shrewsbury
Marketing and Outreach
T: 01244 512800
E: visitus@chester.ac.uk

Warrington
Ben McGee
T: 01925 534684 / 07805652496
E: visitus@chester.ac.uk

Whatever your background or beliefs, students regularly take time to escape the
pressures of University life with Chaplaincy.

Place and Community

Chaplaincy House and Quiet Garden, Parkgate Road Campus
Chaplaincy is situated in the semi-detached house next to the
Binks building, at the heart of the Parkgate Road Campus. Students consider it a home from home, a place to be
themselves. The Common Room is a great place to meet friends
for lunch or a coffee and the kitchen facilities allow people to
heat up their lunch. There is also a good selection of books and
other publications on spirituality, theology and ethics, which
students are welcome to use. There are two quiet rooms; a cozy
space on the ground floor, and a larger room, with interactive
materials to help you engage with your spirituality if you wish.

The meeting rooms are available to book in advance and
are used by a variety of student and staff groups during the
day and evening or for private study if not already in use.

Behind Chaplaincy House is our Quiet Garden. It provides
a pleasant space for students and staff to find a few moments
of quiet away from the hustle and bustle of daily life and is
very popular on sunny days; who doesn’t love a picnic or an
iced coffee on the grass?

Warrington Campus Chaplaincy Space
Our Warrington Chaplaincy Space on the ground floor of
Aiken Hall provides a peaceful space, for those who want a few
moments peace and quiet away from the busyness of campus life.

Our friendly Chaplaincy Team have offices on the ground
floor of Chaplaincy House, Chester, and Martin Building
(WMA010), Warrington. Either drop in for a chat during the
day, or if you’d like to make an appointment, please see our
contact details below. All our Chaplaincy staff have experience
and training in supporting people in their spiritual journeys.

Please don’t feel you have to fit into a religious “box”; all are
welcome, all faiths and none.

Contact us: chaplaincy@chester.ac.uk
Tel: 01244 513083
TOP FIVE recommended TV series for students...
A HUGE welcome to all freshers, and a big welcome back to returning students. I hope you have all had a restful and productive summer, and are ready to plunge back into the start of term. Sadly, for many of us, the thought of a year of study and numerous cold months ahead is very daunting. To make these months seem a bit more endurable, I have compiled a small list for you, of the top five TV shows which have proved to be very popular with students recently. You are welcome.

**Orange is the New Black**
To all Netflix users out there, the need to raise awareness of this American comedy drama series may seem superfluous to many of you. There is a reason why this series is one of the most watched on Netflix. Firstly, we are taken into the life of a woman’s prison. Litchfield is seen through the eyes of Piper Chapman. (Based on the book, *Orange is the New Black: My Year in a Woman’s Prison*, by Piper Kerman.) However, it is not just through her perspective. Later on, the lives of the characters she meets inside are just as interesting as hers, if not more so. We find ourselves a fellow inmate, wanting to know more about each woman’s story. Season four came out this year and it is well worth a watch if you have not done so already.

**Game of Thrones**
I do not doubt that most of you will have watched or heard of this series. *Game of Thrones* is an American fantasy drama, created by David Benioff and DB Weiss. For those who are unaware, it is an Adaptation of *A Song of Ice and Fire*, George RR Martin’s series of novels. This Emmy award winning series has attracted many viewings, as well as criticism with its frequent use of barbaric violence and sexual nudity. There are six seasons to date, with a seventh confirmed to release next year. Opinions aside, the series is highly addictive, and if you are into fantasy, dragons, and violence, this series is a must see.

**Community**
This American sitcom series certainly seemed worth raving about. Again, access to this series is on Netflix. After the first two episodes, I immediately fell in love with the characters and the light heartedness of each episode, which made me want to watch it so much more. As students, we can relate to this bunch of adorable misfits that form a study group together in a Community College. The series very much reminded me of *The Breakfast Club* meets *Scrubs*, with a pinch of *Friends*. If you like sitcoms, you will enjoy this laughable series very much.

**Prison Break**
For all you hard core *Prison Break* fans out there, I thought that season five was worth mentioning. Fox’s new series is due to be released January 2017, according to *The Independent*. The series is currently accessible on Netflix if you need to catch up. I have to admit I was surprised and excited for a season five. Considering the ending of season four, many thought that, since 2009, the show was axed. This is a show to watch out for and something to look forward to in the New Year.

**House of Cards**
This American political drama series, created by Beau Willimon, is also based on the novel written by Michael Dobbs. Initially, a series that I did not think was ‘my cup of tea’, yet I was willing to try watching, despite my lack of knowledge in American politics. The series is extremely addictive. I am constantly finding myself concentrating. The story line is so clever and enticing. Kevin Spacey, who plays Frank Underwood, is probably the most manipulative and ambitious psychopath since Hannibal (minus the cannibalism). He makes a fantastically admirable villain/protagonist.
Question 1: What is your priority in the first term?
A. Finding part-time work
B. Learning new skills
C. Meeting employers in my chosen career industry
D. Trying out a variety of different activities.

Question 2: Which of the following best describes you?
A. I want to give something back to the University
B. I have no idea how to write a CV
C. Well... I think I want to be a [insert job title] but I'm not sure
D. I have done so many different activities. How do I fit them all together?

Question 3: What stage are you at with your career planning?
A. I want to build up my part-time work
B. I have no idea
C. I think I know what I want to do. Now I need contacts
D. I have done loads to develop towards my career. How do I get it recognised?

Question 4: Which song title best describes you?
A. Bills, Lunchmoney Lewis
B. Help!, The Beatles
C. Try Everything, Shakira
D. I Want It All, Queen.

Question 5: Which of the following animals would you most like to be?
A. A bee
B. A squirrel
C. A chameleon
D. A butterfly.

Mostly As - Find out about UniJob
UniJob is an opportunity for you to work part-time on campus while you study. Successful applicants receive exclusive notification of paid roles on campus. Apply before Sunday October 16 for your chance to join the UniJob bank. Search for UniJob in the opportunities section on CareerHub for more information (careers.chester.ac.uk/students/jobs).

Mostly Bs - Find out about EYE Training
Enhance your Employability (EYE) training is a great way to learn skills that will help you find and get a job and develop your future career. Topics include cover letters and CVs, interview techniques, leadership and communication. For more information visit www.chester.ac.uk/eyetraining

Mostly Cs - Find out about Work Shadowing
Work Shadowing allows you to meet professionals in your desired career through workplace visits, information interviews and employer Q&As. Whether you're seeking to gain an employer's expertise, expand your career knowledge or build your professional network, Work Shadowing can provide you with the tools to kick-start your career. Register now through CareerHub (careers.chester.ac.uk).

Mostly Ds - Find out about The Chester Difference Award
The CDA is an award which recognises the extra-curricular activities you are doing to enhance your future employability while you study. Points are awarded for completing a variety of activities and you can progress to higher levels of the award as you increase your skills and experience. Find out more at: www.chester.ac.uk/careers/chester-difference-award

Visit Careers and Employability today to find out more or log on to CareerHub (careers.chester.ac.uk).
As in the lyrics of *I Want it All*, by the famous rock band, Queen...

Do you “want it all, do you want it all and do you want it now”?  
Do you “have so much to do in one lifetime”?

FOCUS on your future by “getting yourself a game plan and living it all” by participating in The Chester Difference Award (CDA). Step up and stand out from the crowd by receiving recognition for engaging with extra-curricular activities to differentiate yourself in a challenging climate.

- Be a student with a difference. There are many activities available to encounter and entice you!
- Visit careers.chester.ac.uk for more details, find further information about CV support and careers guidance, events and entrepreneurship, information and interview skills and the services and support available from Careers and Employability.

Where are you on your career journey?  
Do you know exactly what career you want, are you bewildered by the range of options to consider, or would you rather not think about it yet?

Wherever you are on that journey, the Enhance Your Employability (EYE) training programme has been expanded to include events that are specifically designed to help you. As well as topics such as Cover Letters and CVs, Interview Techniques, Presenting Skills and Confidence for Success, new training sessions this year include “What Can I Do With My Degree?” and a range of events at Kingsway to support freelance careers.

It’s also now easier to book EYE training using CareerHub – students can select Events and search “EYE training” to view and book upcoming sessions. CareerHub is also a great place to visit for information about other ways Careers and Employability can help you, such as job seeking, career guidance, help with your CV or entrepreneurship. To find out more, visit careers.chester.ac.uk

Online EYE training now available!  
You can now enhance your employability skills anywhere, anytime, using the online EYE training sessions available via Moodle. Visit www.chester.ac.uk/eyetraining for a link to the Moodle site!
FANCY VOLUNTEERING?
Make a difference to yourself and others

If you’ve ever fancied trying out new skills or interests, volunteering while you’re at University could be the perfect solution.

BY JAMES KELLY

The University offers a huge wealth of opportunities. All you need is a few hours of your time and an interest in helping out.

Students Jonathan and Lauren talk about what volunteering means to them.

Name and course
Jonathan Hay, English Literature (BA Hons).

Where did you volunteer?
As an Assistant Cub Scout Leader, as a StAR on one of my courses at the University, as the president of the Creative Writing Society, and as a Red T volunteer at the University.

What activities did you get up to?
As a Red T, I helped out with the registration of new first year students, directed students to Kingsway, helped run a drop-in room for students feeling anxious, and helped out at a ghost tour the University had put on for the freshers.

What have you taken away from the experience?
Mostly, it helped to improve my communication skills and confidence, in talking to unfamiliar people, and working in teams with people I didn’t already know.

What would you say to anyone who is considering taking part in volunteering?
The University is great at supporting any volunteering you decide to do. Make sure you record every time you spend volunteering, even if it’s only 15 minutes, as it all goes towards both the University of Chester Volunteering award and the Chester Difference Award.

Name and course
Lauren Comer, Joint German and History.

Where did you volunteer?
I have volunteered as a Student Academic Representative, a Red T, School Mentor in two schools, a Student Ambassador and as a Global Guide. I did all of my volunteering across my second and third years at Uni.

What activities did you get up to?
I took part in anything and everything I could! I have been on Open Days explaining the excellence of the University of Chester, mentored in two very different schools and made an impact on whole classes and individuals, I have worked with international students upon their sleepy and confused arrival, I have helped to change the languages department through the STaR work, improving what needed improving and holding fast to what we love.

What have you taken away from the experience?
I have found more confidence, realised some of my limits, become a better juggler of time, work and friends. I have gained valuable skills and certificates which will help me in the world outside of University.

What would you say to anyone who is considering taking part in volunteering?
University has been the single most exhausting, difficult, challenging thing I have ever done. But equally it is the most rewarding, satisfying, and self-assuring thing I have ever done. Volunteering has played a large role in my experiences here and even if you do little and not very often, the feeling of helping and doing something selfless is amazing. You meet new and interesting people who you would otherwise never have come into contact with. There is so much world to experience, why not start on your doorstep? There are so many stories to be told and heard and people to positively affect and be affected by. Why limit yourself? Push your boundaries, you’ll never know what you can achieve until you try, and you may just find your happy ever after through something like school mentoring, where I realised my career was most definitely in teaching. Set yourself apart from the herd you will graduate with, and be proud to say “I made a difference and was part of something bigger than just myself and my experiences”.

To find out more about volunteering, contact volunteering@chester.ac.uk
Do you want to improve your English?

Learn English
Gain an English qualification

Why not take an English course?
Why not gain an English qualification?

Do you want to improve your English?
Gain an English qualification

Learn English

Department of Modern Languages

The Department of Modern Languages at the University of Chester is running Part Time Language Evening Courses in:

- Arabic
- French
- German
- Italian
- Japanese
- Mandarin Chinese
- Polish
- Portuguese
- Russian
- Spanish
- Welsh

Courses commence September, February and May

For more information please call 01244 511168 or email tsp@chester.ac.uk or see www.chester.ac.uk/languages/parttimelanguagecourses

STUDENT NEWS

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A Wellbeing Fair will be held in Small Hall on Parkgate Campus on Tuesday, October 25 from 2pm to 6pm – with more events to follow at our different campuses!

Please come along to find out more about enhancing your physical and mental wellbeing! There will be many interesting stalls to visit, themed around the Five Steps to Wellbeing:

- Staying Connected
- Healthy Lifestyle
- Keep Learning
- Giving Back
- Be Mindful.

There will be freebies, food and interactive activities to get involved with so please come along and get involved.

All welcome!
Thanks for taking the time!

THANKS to last year’s final year students who took the time to complete the National Student Survey (NSS).

All those who got involved, and shared their views about their course and their time at the University, were automatically in with a chance of winning a choice of prize worth £300 or one of 50 Amazon vouchers worth £50.

Three of the winners of the £300 prize received their prizes in the CSU from Jonathan Harper, former CSU President, Ethan Wade, CSU Vice-President Activities and Carol Brady from the Academic Quality Support Services Department, which administers the survey. Jonathan said: “Congratulations to all the winners - and thank you to everyone who completed the Survey. “The sabbatical officers would like to personally extend our thanks to the students, as we really can’t do this without your input and support. We are all personally committed to working with you all in the coming months to make the University of Chester even better.”

This year’s final year students will have the chance to get involved in the next National Student Survey in January 2017, and another opportunity to win some great prizes!

Be nice to your neighbours

BY HAYLEY NAIDRETT

Students can sometimes be regarded as a rowdy bunch, but Louise Collins, Community Liaison Manager, is working hard to dispel this image within the local community.

Louise was appointed to her role in October 2015 to help facilitate positive engagement between the University, its students and local residents. Although many residents appreciate having the University in their community, it’s easy for students to gain a bad reputation. Litter, cars blocking streets and anti-social behaviour are just some of the symptoms of student life.

However Louise has been working within the local community to try and bring students and residents closer together. As Community Liaison Manager, Louise aims to improve the image of students through community engagement events, educational materials and talks about living within the Chester community. She said: “I have worked hard to learn about the challenges that face our community from both the short-term and long-term residents’ points of view.”

Community engagement events held have included Contact the Elderly Tea Parties, Lunch Club for the Over-55s and Christmas Lunch for members of the Here and Now Social. In June, staff and students also joined local residents at the Garden Quarter’s Street Party to celebrate the Queen’s 90th birthday. Louise wants to encourage students to volunteer and take part in community events. Not only does it help to create a positive image of students, it’s also a great addition to your CV.

After responding to feedback from local residents’ associations and councillors, in May the Community Liaison team distributed a Chester Student Community Guide to all students who would soon be leaving the familiarity of their University owned accommodation. The Guide contains information and advice for students living independently in their first rented home in the private sector. Louise is hoping that by giving students the correct information, they can seamlessly integrate into the community. She said: “The University of Chester and its students are an important part of the city. Positive engagement between the University, its students and the local community benefits us all.”

Some of Louise’s top tips for students include making a good first impression by being friendly with neighbours, recycling and following waste collection rules, and being considerate to your neighbours when returning home from a night out.

Louise publicises events and the work of the University and its students in the community via a blog which you can visit here: http://universityofchestercommunityliaison.blogspot.co.uk/

Education Studies student presents at national conference

UNDERGRADUATE Education Studies student Bethany Murphy recently had the honour of presenting her research at the prestigious British Education Studies Association (BESA) 2016 annual conference in Wolverhampton.

Bethany’s research was based on her work in schools analysing ways in which children learn to read. Following a series of observations, interviews and data analysis, Bethany compiled a comprehensive dissertation which formed the basis of her submission to the BESA conference. BESA was so impressed with Bethany’s conference proposal that the panel awarded her a bursary for the whole conference. Following Bethany’s presentation at BESA, she has been invited to address students at the University of Wales Trinity and St David.

Bethany said: “It was a great experience to present my research findings at a national conference. I was able to meet other early researchers at BESA and develop my interest in Education which has been encouraged and developed during my Education Studies course at Chester.”

Bethany will be embarking on a PGCE Primary course this academic year.

Pictured are Jonathan Harper, outgoing CSU President, Ethan Wade, CSU Vice-President Activities; and Carol Brady from AQSS, with three of the prize winners: Matthew Garside; Catherine Cliffe; and Jessica Griffiths.
Eastern Promise of Chinese internship opportunities

BY HAYLEY NALDRETT

A student has revealed the educational and cultural benefits of an internship in China. Organised through InternChina, the placement provided an exciting insight into Chinese business and culture.

Eve Crammond and five other students from the University undertook a five-week placement in one of China’s most modern cities, Zhuhai. Located in South East China, Zhuhai has all the hustle and bustle of any modern Western city such as vibrant nightlife and shopping, as well as elements of traditional Chinese culture.

For Eve, who studies International Business, the experience provided the perfect mix of business and pleasure. Having never left Europe before, she was not sure what to expect; however, she quickly adapted to an alternative way of life.

In a blog written for InternChina earlier this summer, Eve speaks candidly of her experience. She said: “Every night is a new adventure, even when we think we’re just going down the street to get some food we end up out for four hours having walked three miles. I’ve been in fits of laughter all while experiencing this amazing city through wandering aimlessly.”

While part of the fun was exploring a new city, Eve described the internship itself as “incredibly fascinating”. Working within a Chinese company has allowed Eve to learn a lot about Chinese business culture, which seemed to involve a lot of rice. She was taken to a rice farm, a rice factory and even got to indulge in hot rice drinks with rice cakes!

For more information, visit https://internchina.com/

Don’t forget that whether you’re training for a big event; keeping your fitness levels up for your chosen sport or just looking to stay active in your leisure time, the fitness facilities on the Chester and Warrington Campuses are here for both students and staff to enjoy.

Please see the Sports and Recreation page on portal for the most up to date information and price: http://ganymede.chester.ac.uk/index.php?page_id=1012257&group=15

The facilities at Chester include:
- Fitness Suite
- Two Squash Courts
- Hockey Specific Astro-Turf
- Six Badminton courts, two Volleyball courts, two Basketball courts and two Cricket Nets (Sports Hall)
- 25m, five lane Swimming Pool
- Floodlit three-Pitch Multi Use Games Area [MUGA]
- Two Floodlit Outdoor Tennis Courts
- Three lane 60m Running Track
- Gymnasium

Warrington facilities:
- Fitness Suite
- Floodlit Astro-Turf
- Four Badminton courts, one Netball Court, one Basketball court, one Football court, one Volleyball court (Sports Hall)
- Full size grass football pitch
- Full size dual use grass pitch
- Two lane 350m Running Track

All to be booked via the fitness suite reception and all are free to students and staff of the University.
WELCOME to Green Chester!

This is the University’s campaign to give students and staff the opportunity to transform the environmental impact of the way we work and learn together here at the University of Chester. Run by the Sustainability Unit, which sits within the Estates and Facilities Department, we focus on four themes in which we aim to embed sustainability: The Campus; Cultures; Curriculum and Community. Recently we have installed solar panels on 10 buildings, there is direct access to the Millennium Greenway cycle path on the Parkgate Road Campus, we’ve added new cycle shelters and Fix it Stations to all sites – to keep you and your bike going! We run an annual event such as the Fix it Fair or Live Well Fair for all students and staff to get involved.

Through the Carbon Management Plan we work to reduce the consumption of energy, fuel and water across all sites. We run campaigns for students to get involved with such as the Do Nation Halls Challenge, while staff take part in Green Impact which is audited by students.

How to get involved?

There are many ways you can get involved:

- Sign up as a Green T – supporting Green Impact teams, becoming an environmental auditor, helping out/running stalls at events,
- Join the allotment group Nature’s Garden,
- Come along to one of the Sustainability Forums!

The Warble – every term you will receive The Warble (your sustainability newsletter) arming you with all the opportunities you need for learning, campaigning and volunteering, to leave University with the skills to meet the challenges of the future.

If you have a specific project in mind that you’d like to set up, drop us an email greenchester@chester.ac.uk. Like us on Facebook and Twitter to keep up to date with the latest news and events www.facebook.com/greenchester @GreenChester
GREEN CHESTER’S TOP TIPS!

1. **Check rooms when you leave** – Ensure lights, chargers, TVs and laptops are switched off. Turn down radiators before opening windows – saving you money!

2. **Use reusable bags and water bottles** – Reducing waste and saving you money!

3. **Borrow and mend** – See what friends have for that fancy-dress party, or sew up small holes to make clothes last.

4. **Recycling** – Whether in private or University accommodation, familiarise yourself with what can be recycled. Have a look on the Green Chester website for more information – Don’t Trash Our Future.

5. **Walk and cycle** – Chester is a very walkable city. There is also direct access to the Greenway Cycle path from Parkgate Road Campus. Maps and routes can be downloaded from the How You Travel section of Green Chester.

Remember the 3 Rs: Reduce, Reuse, Recycle

www.greenchester.co.uk

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**Green Tie Awards**

At the end of the year, staff teams and student auditors get together at the University’s annual Green Tie Awards to celebrate all our achievements. This year’s event was organised by Events Management student Megan Handley, who joined us for a five week placement as part of Work Based Learning. The event this year was held at the Queen’s Park Campus and included the official switch on of the solar panels on Churchill and Bridge Houses; the last of 10 buildings to go live. In addition students and staff were presented with six Special Awards and 16 teams received their Green Impact awards.

We’ve also been shortlisted in three categories at the EAUC (Environmental Association for Universities and Colleges) Green Gown Awards, two of which are students; Alex Lerczak for his MSc research into sustainability in the curriculum and Karen Elliott, who is nominated for the Sustainability Champion. Look out for the Christmas Warble to see how they get on!
WE all know camping and getting our socks wet and waking up freezing in a tent is not ideal, and to be forced into the elements to then hike kilometres is not fun at all. We all know that putting in hours of time to volunteer, play sport and perform a skill is tiring and takes so much tedious effort… But we also know how proud we would be to actually achieve an award, representing your contribution to a great opportunity and a once in a lifetime experience which will be proudly stamped onto your CV in gold, glowing armour, ready to boost your chances of getting the dream job you deserve.

I did both my Bronze and Silver award through the Royal Air Force Air Cadet Organisation, just another thriving place to partake in the scheme. I was 14 years old when I did my Bronze and, at first, the thought of doing three months worth of three activities (one hour a week) and going on a two day expedition in the hills of Snowdonia away from home was pretty daunting. But I did it. The time spent practising my map-reading paid off extremely well, and my survival in the wild also. The staff were so very friendly and always offered their help whenever needed. I made loads of friends on the way, we had a team of six; we called ourselves the ‘Mountain Goats’ (weird name, I know). The team and I worked well together, there were times of squabbling and debating stressfully over which way to go but all in all we, as a successful team, executed both the practice and real expedition well.

I was then 15 when I completed my Silver award. I did six months of doing sport (girls rugby), volunteering (helping students in English classes at school) and three months of skill (obtaining an amateur radio licence) as well as a three night and four day stay in Snowdonia. After doing all this I felt immensely proud and what I have achieved will stay with me until I’m old.

“"A once in a lifetime experience which will be proudly stamped onto your CV in gold, glowing armour, ready to boost your chances of getting the dream job you deserve.”"
THE BENEFITS

A Duke of Edinburgh Award hosts many advantages to an individual. You will learn a lot of skills – motivation, leadership, and working with different people. All aspects to possible future survival skills. If you have done academically well and think that DoE will not matter - think again. DoE shines brightly to an employer on a CV, it stands out in bold because DoE incorporates certain aspects that GCSEs, A Levels and degrees don’t have. With DoE you get the big picture. In a classroom or study room, you don’t get the skills of interacting with different people and enjoying yourself and learning skills outside the working environment. DoE is for people aged 14 to 24, so there is a lot of time to complete one level or all three.

Being able to map-read is vital to finding your way around fields and hills. I’ve always wanted to travel to New Zealand and no doubt I’ll have to use my map skills once again but in a completely contrasting country! Most jobs today require leadership skills too, and it would be a shame for a person not to have these characteristics. If you have completed your Gold Award, there is also the ‘once in a lifetime’ probability that you could receive your Award from a member of the Royal Family at Buckingham Palace. What I’m trying to say is – take this opportunity for certain and grasp the accomplishment with pride and gather all the skills you might just need.

What sort of things can you do to volunteer for DoE?

“It depends on what you are interested in and what will engage you to volunteer. There are a huge range of volunteering opportunities available in the local area, from working with young people to working on a nature reserve, there is something for everybody.”

Is there a lot to offer around the Campus for students to complete their volunteering section? If so, where?

“On Campus, there are opportunities with the Marketing Department as a Student Ambassador, volunteering at Open and Applicant Days, or doing Outreach volunteering through campus tours for visiting schools. Volunteering and Mentoring also provide a couple of different opportunities which could potentially qualify for the DoE volunteering section. There is the school mentoring scheme which is run from around November to April annually, and provides an opportunity for students to volunteer in schools working one to one or in groups with either primary or secondary school children. We also provide a Peer Mentoring scheme, training second and third year students to mentor first year students to help them settle in at University.”

THE VOLUNTEERING SIDE

Offering a helping hand means a lot if you have the time in your local community. Volunteering is one of the most useful ways of taking up your time and doing something that will benefit the community. I talked with Jo Marison, Volunteer Coordinator at the University, to find out how a student can get involved, how it all works and acknowledge the advantages of doing volunteering on Campus.

Why is volunteering so important, Jo?

“It’s so important to volunteer when you are a student to gain employable skills and experiences that employers will value. It is also a great way to get involved in your local community - especially if you’re not from the Chester area and you want to get to know it. It’s also a brilliant way just to make a difference. I believe those experiences you get are going to be quite unique – something you are always going to remember - so it’s really important for students to get involved in volunteering and taking part in the Duke of Edinburgh Award gives students that extra push to do just that.”

How could a student get involved with DoE volunteering in the University?

“Any student wishing to take part in DoE who is unsure of where to volunteer to gain their award is welcome to visit the Volunteering office for guidance on volunteering opportunities available locally, and can also be registered as a volunteer on our scheme.”

To find out more about volunteering and getting involved, email the Volunteering and Mentoring Team on volunteering@chester.ac.uk

I also spoke to Nicky Young, Operations Officer for the North of England. I asked why doing this is good not only to put on your CV, but for other reasons too.

Nicky said: “It’s a balanced programme that develops the whole person - mind, body and soul, in an environment of social interaction and team working. Achieving an Award gives young people skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities. Being recognised for doing things participants want to do (and may even be doing already)... making a difference to other people’s lives and your community, being fitter and healthier, making new friends and having memories to last a lifetime.”

FINAL THOUGHTS

Being a part of the Duke of Edinburgh Award has been truly unforgettable. The people involved, the tasks I was challenged with and the experiences of being in different, contrasting environments really changed me as a person. A person with more confidence, more capability and a person who takes the opportunity as it comes. I’m sure this enables anyone who takes part in the scheme to have these as key assets. If you are on Campus and are intrigued by the Award, then visit the Chester Students’ Union. I hope this article can somehow inspire and motivate.

DID YOU KNOW?

A new challenge has been developed as an extension to DoE, it is... the DoE Diamond Challenge! Formed to raise funds for people of certain needs and charities, the challenge was introduced earlier this year to celebrate the 60th anniversary of the Duke of Edinburgh Award.

“Personally, I believe this is a fantastic idea to allow those who have never achieved their DoE to engage with us and achieve their Diamond Award whilst at the same time supporting the charity with fundraising to help disadvantaged young people begin their DoE journey.” - Nicky Young

The DoE Diamond Challenge is open to anyone who is keen to volunteer and raise money for a good cause – why not give it a go?

Visit https://dofediamondchallenge.org to take on the challenge and find out more.
Kung Fu Club goes from strength to strength...

THE University’s Hung Kuen Kung Fu Club has seen some amazing successes since it began two years ago. In the last major competition, the club came away with 19 medals and four trophies for taking part in a number of events including animal forms, weapon forms and sparring, an excellent achievement for the University and the Club. This is a result of the hard work and dedication of the regular members attending sessions three times a week, coached by 2nd Degree Black Belt Jon Wood and 10th Degree Black Belt Master Ang.

Kung Fu can trace its roots back to the shaolin monks in China around 600AD and is based on the movements of five classic Kung Fu animals: dragon; tiger; snake; leopard and the crane. Using different techniques associated with the five animals, students can build strength and speed that is put into practice in sessions. Self-defence techniques also help students build confidence in their ability to fend off an unlucky attacker. Sparring training is encouraged for those wanting to compete in the annual competition, and has been well received within the Club, especially with the successes at the recent competition.

The Club has progressed steadily in the past two years, with a majority of members ‘grading’. This allows the instructors to see how well members have progressed throughout the year. Currently, the Club has a range of graded students, from Yellow (beginner) to Brown (advanced). Having graded students allows the Club to become more established and gain a bigger reputation in the Hung Kuen community. There are only a handful of Hung Kuen Kung Fu clubs in the UK, including Manchester, Loughborough and Cambridge so it is important for the Club to keep up the high standard of training and expertise associated with the sport.

If you would like to try Kung Fu, make some great friends and join us on some fun socials, (no experience is necessary) then keep an eye out for Kung Fu at the Sports and Societies Fair during Induction Week and come along to our taster sessions.