

Please note: This is a copy of the newsletter sent to students. The formatting is a little different to the email version, due to the content being converted into a PDF. Dynamic content (content specific to Faculty/campus/level etc.) features at the end of this document but for students it's integrated into the body of the newsletter.

Enterprise Festival, BRIT Challenge and SU elections

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**UWE
Bristol**

[myUWE](#)

[Support](#)

[Infopoints](#)



This is yourUWE Bristol.

Looking forward

We hope you've enjoyed the events of February so far, whether you've tried something new as part of [Feel Good February](#), or have gone to one of our LGBT+ History month [events](#).

Looking forward to the month ahead, the UK Prime Minister is due to announce his roadmap for lifting lockdown restrictions this evening.

This is likely to include information about University students and whilst we know you'll be eager to find out how this affects you, please bear with us as we digest the new guidelines, and rest assured we'll be in touch as soon as we have more information.

We'd also like to thank you for your continued patience and resilience during the last year and remind you that if you're struggling, there are a number of [support options](#) available and people to talk to.

BRIT 2021 challenge

The BRIT 2021 Challenge is an inclusive feel-good fundraiser to improve mental health and fitness, all whilst raising vital funds to support young adult mental health.

UWE Bristol has been entered as one team, so the challenge is to travel 2021 miles collectively.

Miles can be counted in various ways including cycling, walking, swimming, rowing and more. Entries cost £5 (per team or individual) and you have until **Thursday 25 February** to sign-up!

[Sign up >](#)



What's up with everyone?

The brains behind Bristol based film studio, [Aardman Animations](#) have created a new animated film series that looks at mental health issues affecting young adults.

What's up with everyone? aims to tackle the rise in mental health concerns for 17-24 year olds during the pandemic and features the voice talents of one of our current filmmaking students.

The series is available to [watch online](#) and on [social media](#).

How to grow during difficult circumstances

Many of us are finding the most recent lockdown the hardest yet and at times it can feel like your future or personal growth is hold.

But as recent alumni Jess explores in her recent blog post, by putting some simple tips into practice, this doesn't have to be the case.

Jess has recently graduated from her master's in MSc Public Health and works as a Health Protection Practitioner for Public Health England.

[Read post >](#)

Financial wellbeing for uncertain times

[National Student Money Week](#) is still on going, with [live financial webinars](#) taking place **tomorrow (Tuesday 23 February)** and **Thursday 25 February**.

You can also find the NSMW downloadable booklet, 'Expect the unexpected' on our [budgeting and money management page](#).

This week: UWE Enterprise Festival!

Develop your enterprising skills, apply for funding, network with entrepreneurs and attend a host of workshops and events during a packed week of activity.

Share your involvement on social media using #UWEentFest.

Get pitch perfect as we'll also be launching our annual Dragons' Den style pitching competition in partnership with Santander.

[Find our more >](#)

Next month: Meet the Employers Fair

Taking place on **Wednesday 10 March**, the fair will be hosted by [Handshake](#), a leading career network created by students for students.

Watch our [video guide](#) for more information about Handshake!

As usual, you can engage with employers from a variety of sectors, ask them questions, network and find new opportunities.

[Event details >](#)

UWE Bristol Womens' History Month 2021

We're proud to be launching our programme to celebrate Womens' History Month. This year's theme #ChooseToChallenge is an opportunity for us all to take an active role in championing gender equality here at UWE Bristol and beyond.

Join us for our launch event, [Redefining Feminism](#), on **Wednesday 3 March** where we'll be welcoming [Peaches Golding OBE](#) (Her Majesty's Lord-Lieutenant for Bristol) in conversation with Bassmala Elbushary.

Peaches will share her reflections of how women are a force for change through a lens of intersectionality – whilst exploring issues of widening access to opportunity, education, social justice and mental health.

[Events >](#)

Inspire:Me lectures now online!

If you missed any of our Inspire:Me lectures from Block Zero, they're now online and available to watch at your leisure.

You can expect inspirational speakers from across multiple disciplines who are part of the UWE Bristol community, just like you – and went on to accomplish even more, just like you will.

[Get inspired >](#)

Mental Health Panel Discussion: "Switch it off"

Since the pandemic began we've been bombarded with information. It dominates the headline news, our social media feeds and our daily conversations.

This abundance of information, is known as an [infodemic](#) and there's mounting research showing that this endless overload could increase the risk of mental health problems.

Join us on **Thursday 4 March**, also known as [University Mental Health Day](#), as we explore the role of the media, the psychology behind processing information and what we can do to reduce the long-term impact on our mental health.

[Register now >](#)

Careers Q&A: an insight into postgraduate study

Are you considering postgraduate study but not sure if it's for you? Perhaps you're uncertain as to what your options are? You may know you want to continue studying but are not sure about how you could fund it?

Whatever your query regarding postgraduate study this session is for you. Join us on **Thursday 25 February** from **11:00 to 12:00**.

[Find our more >](#)

Webinar: Postgraduate Funding support

Postgraduate study can be more accessible than you might expect. There are loans to help make your ambition a reality and if you've recently graduated, you can apply for scholarships to help with tuition fees.

Don't let worries about funding get in the way of your ambitions and come along to the webinar on **Wednesday 24 February** from **15:00 to 16:00**.

[Event info >](#)

Update your details in myUWE

Some of you might be expecting the [publication of your results](#) in March, so it's time to start thinking about what you need to do next.

One of the first things to do is to check through your details on [myUWE](#) and make sure they are correct.

Results [certificates](#) will start being sent out towards the end of March and will be sent to your home time address, so make sure this is up to date in myUWE.

infiltrators

Are you cyber security aware?

Keep yourself, your data and your devices safe from cyber-crime through a range of free, fun and interactive online activities.

Play the free online game [Infiltrators](#) created by UWE Bristol students.

And complete the [Cyber Security Quiz 2021](#) to enter the free prize draw for Amazon gift cards and watch this short video explaining the importance of [MFA](#) (multi-factor authentication).

[Learn more >](#)

Drugs awareness and harm reduction session

Do you want to have a better understanding of the drugs you take and learn how to reduce the risks? Or just want to find out more about substance use to support others?

Join Becky Risley, Senior Drugs and Alcohol Practitioner, for a confidential [drugs awareness and harm reduction session](#) at **15:00** on **Wednesday 10 March**.

This is a free, confidential session with no registration taken by UWE as this is a supportive session with education and wellbeing as the focus. You just need to join the meeting to take part.

[Session details >](#)

Decolonising the UWE Curriculum: UWE zine call out

A Zine (pronounced as “zeen”) is a self-published, non-commercial print-work that is typically produced in small, limited batches. An exact definition of zine is hard to define but that’s what makes them great: they are a mash-up of art, letters, story, and emotion.

This zine is for you to talk about racism and decolonisation. It provides a cross-disciplinary platform for you to share your stories, comments and views on diversity at UWE Bristol and beyond.

[Find out more >](#)

Give your views



Complete the
National Student Survey

www.thestudentsurvey.com



The National Student Survey is your chance to tell us what you think of your course and help us improve the experience of future students.

[Complete the survey now >](#)



[News](#)

[What's on](#)

**AUGUSTA CHIDINMA
NNAJIOFOR**
President



JANE OJIAKO
VP Education



WHO WILL YOU VOTE FOR?

The Leadership Race is here and next week you have the chance to vote for the individuals you would like to lead The Students' Union and the UWE Bristol student community.

This week we are announcing the individuals who have put themselves forward on our social media. Voting then opens on Monday 1 March, and you have until Thursday 4 March to cast your votes. The winners will be announced via our social media on Friday 5 March.

This year, we're partnering with [TreeSisters](#), and will be planting a tree for everyone who votes in the race.

So follow us on social media, read everyone's manifestos, and have your say!

[Learn more >](#)

LAST WEEK OF FEEL GOOD FEB!

We're in the final week of Feel Good February, and throughout the week, we'll be sharing tips to help you eat well. We also have a range of virtual events to get involved in!

Activities include a live cook-along with Augusta and myself at 19:00 tomorrow. Taking place on SU Instagram, we'll be trying out a vegan twist on a Nigerian classic yam and 'egg.' We have limited kits available if you want to cook along at home, so [get yours](#) before they're gone.

We'll also be releasing a video from your VP Societies and Communication, Sam, showing you how to cook veggie fried rice!

Find out more about everything happening below and get involved!

[Find out more >](#)

FOOD OPTIONS ON CAMPUS

SOS-UK is running a survey to find out what you think about the food options available on campus. The survey will take around 15 minutes to complete, and everyone who does it will get entered into a draw to win a cash prize of either £250, £100, or one of the ten £25 prizes.

There are no right or wrong answers, we are just keen to understand your views and experiences. The survey closes on Sunday (28 February), so complete it today and give us your feedback!

[Complete the survey >](#)

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

infopoint@uwe.ac.uk

+44 (0)117 32 85678

[More contact options](#)



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As a student you'll receive emails from the Student Communications Team. We promise not to overwhelm you and we'll only send you things that are relevant. You'll get a regular newsletter and some targeted communications. If you unsubscribe you'll miss important emails. [Contact us](#) if you have any questions.

[Dynamic content](#)

City campus

Ways of making: Student symposium

The [Centre for Fine Print Research](#) in collaboration with the [Arnolfini](#), invite you to share your creative practice and for an upcoming show at the Arnolfini with Sir Peter Blake.

They'd like to learn about your ways of making so share your tools, artworks, ideas and processes in this one-day, online symposium of student talks.

[More information >](#)

Draw an Ox and celebrate Chinese New Year

Join the School of Art and Design in celebrating the Chinese New Year of the Ox by entering their drawing competition, with a chance to win £50 of art shop vouchers.

Show them your interpretation of the hardworking and methodical Ox by using the hashtag #CNYUWE21. A winner will be picked on **Friday 26 February**.

[Email queries to Mian >](#)

Glenside campus

New email address for placement expenses claim form

If you're eligible to claim for placement expenses from the NHSBSA, please note that the email address to send your placement expenses claim form to has now changed.

From now onwards, email your placement expenses claim form and any related queries to placementexpenses@uwe.ac.uk.

International

Events at the Global Centre

Student chat room

Life at the moment means we're all inside a lot and unable to spend time with people.

But the International Student Chat Room is a place for you to come along, practice your English and meet new people in a relaxed environment.

[Click to join](#) on **Friday 26 February** from **14:00 - 15:00**.

Understanding new vocabulary

This workshop will help you to learn strategies to improve your understanding of the vocabulary used in reading materials, and practice writing new words in meaningful sentences.

The session will take place on **Wednesday 24 February** from **14:00 - 15:00**. Visit the [event listing](#) for more information and [register via infohub](#).

Global Cafe: eat well and feel good

For the Feel Good February finale, there are lots activities to empower you to eat well!

A healthy, balanced diet can help you look and feel your best. So join us at this special edition of Global Cafe to learn more about healthy eating and a healthy lifestyle.

[Find out more](#) and join us on **Thursday 25 February** at **14:00**.

And finally...come talk to us!

If you've got questions, come along to the [Virtual Global Reception](#). We can provide guidance on finding accommodation, returning to campus and signpost you to other services.

The next reception is on **Wednesday 24 February** but these take place every **Monday, Wednesday and Friday** from **12:00-13:00** (UK time).

Level 0 & 1

Not attended an online PAL session yet?

Worried about suddenly showing up in the online room? Worry not! You'll be made to feel welcome, the groups are small and you'll be able to participate in the way you want to participate.

Just check your timetable and join your peers for your live group study sessions facilitated by your student PAL Leader on [Microsoft Teams](#).

[Learn more about PAL sessions >](#)

Level 3

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