

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.

Feel Good February, Enterprise Festival and NHS One You.

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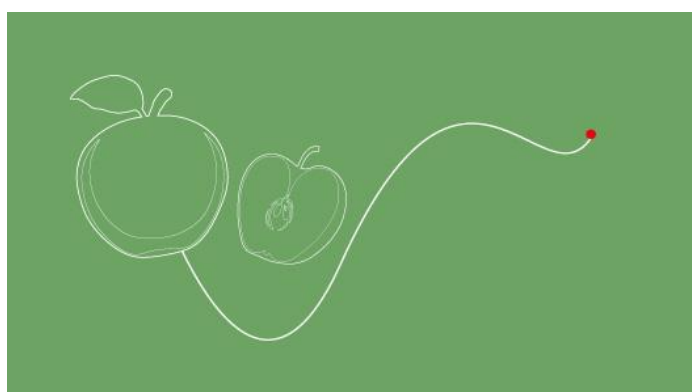
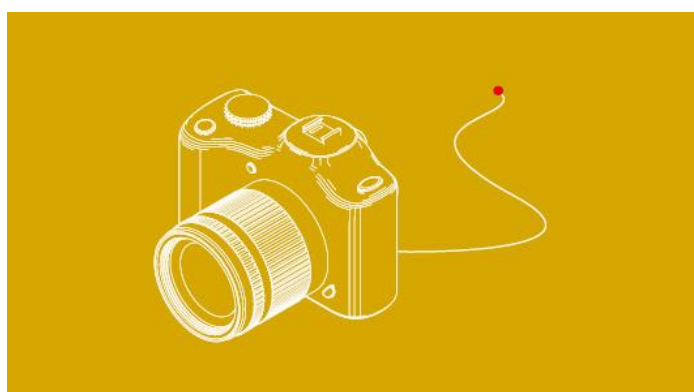
[Infopoints](#)



This week we're trying something new!

We're more than half way through [Feel Good February](#) and we hope the events and activities have helped you 'feel good'.

We've still got loads of things for you to get involved in over the next couple of weeks, why not take a look at what we have planned



Week 3: Try something new

We have a huge range of exciting activities which you can get involved in.

[What's on week 3](#)

Week 4: Eat well

How energised and healthy you feel is down to how you fuel your body. Stay hydrated for a healthy body and mind!

[What's on week 4](#)



We're half way through, but there's still plenty of events happening on campus which mark LGBT History month.

Why not have a look at what we have planned for the next couple of weeks? And don't forget, we have specific events happening at Frenchay Library, from reading groups and book giveaways, to our fantastic human library!

[LGBT events](#)

What's on?

Listening skills for
Mental Wealth

Mental Wealth - eating
disorders workshops

Have you ever experienced not being listened to? Have you ever wondered if you could listen better to others?

Good listening makes you feel valued, comforted and supported and this one hour workshop will highlight the value of good listening. Book your place to attend at [Bower Ashton](#) on Tuesday 25 February and [Glenside](#) on Thursday 27 February.

Row Britannia

Hop on a rowing machine in the Business School Atrium throughout February to take part in [Row Britannia](#), raising awareness for Mental Health and fundraising for Sports Relief.

The challenge is to row 2,020 miles collectively as a university - why not drop-in and take part?

Join us on Thursday 5 March for a series of workshops exploring eating disorders as part of the [Mental Wealth Lab Fund](#).

These workshops will coincide with [Eating Disorder Awareness Week](#) and will explore issues and stigmas surrounding the illness, with discussions from guest speakers. This is a free event, open to everyone. If you would like to attend, reserve your place [here](#).

Resilience workshops

Resilience is the ability to bounce back from challenges. Our resilience workshops, run by students, will help you build confidence and feel empowered by whatever life throws at you.

Workshops take place on Frenchay, Glenside and Bower Ashton Campuses - [book your place now](#).

Results next week

Next week is results week for many of you - the release date will depend on your course. As usual, results will be available on [myUWE](#).

If you're worried about them or if they aren't what you expected, give our [Information Point](#) team a call on 0117 32 85678.

Accessing the NHS

Not sure what to do if you need to access NHS services?

Remember, always visit [NHS online](#) or call 111 before visiting A&E in non-emergency situations.

NHS One You

[NHS One You](#) is here to help you get healthier with tips and online support.

Explore advice pages, download support apps and make a wellbeing plan - support for both body and mind.

[NHS 111 online](#)

[Find out more](#)

There's still time to apply for a Summer School abroad!

Summer Schools are a great way to test out what it's like to spend time outside of the UK - ideal if you're considering working or studying abroad in the future.

Most Summer Schools last between one and three weeks, and there are plenty of places you can choose to go. Why not take a look at our current [Summer School opportunities?](#)

If you receive a UWE Bursary, you may be able to claim a grant towards the cost of your travel. But be quick, [The Association of Commonwealth Universities](#) are only offering 20 x £2000 bursaries for students around the country!

Get in touch with [The Study Abroad](#) team to find out more and how to apply.

[More information](#)



Amplify - a celebration of urban and underground music

[The Centre for Music](#) is proud to present Amplify - a unique opportunity to see live performances from established and upcoming artists, amazing DJs and independent companies coming together to celebrate urban and underground culture.

Get your ticket online for a discounted price of just £5!

[Buy a ticket now](#)

Do you have a minute to feed back on our Travel Plan?

We've set the ambitious goal of becoming a carbon neutral organisation by 2030. Our transport team want to hear about your experiences of travel to and from campus, so take our short survey and tell us what you think!

[Complete the survey now](#)

A teal banner with yellow and orange confetti. It features three circular icons: a lightbulb, a person with a shopping bag, and a storefront. Below the icons, the text reads "UWE Bristol Presents ENTERPRISE FESTIVAL February 17th-21st | #UWEentFest" and "student | ventures." in the bottom right corner.

UWE Bristol Presents
ENTERPRISE FESTIVAL
February 17th-21st | #UWEentFest

student | ventures.

Join us for a week of all things enterprising. Take part in an enterprise challenge, develop your enterprising skills, network with entrepreneurs and professionals and compete for a cash prize in our pitching competition!

[Find out more](#)

Drugs and alcohol support

Do you need drugs and alcohol advice and support, or are you worried about someone else? [SPACED](#) offers free and confidential information for users of drugs and alcohol.

You can access harm reduction appointments, [tips and tools](#) to help you make positive changes, self-help programmes and safer sex advice.

Get in touch with Becky, our Drug and Alcohol practitioner and SPACED team member by [email](#) and let her know what substance you would like support with.

Do you think you suffer from a SpLD?

How can I access help?

If you've never been assessed for a [Specific Learning Difficulty \(SpLD\)](#) but sometimes struggle with academic work, the SpLD screening can identify areas of support.

Take a look at our [checklist](#) to see if a majority of the statements apply to you. If they do, book a [free screening](#) with the team.

Ubong's SpLD story

Ubong, our VP Community Welfare, talks us through the process of diagnosis and finding help for SpLD whilst at university.

After struggling with academia throughout his course, Ubong decided to book a free screening and was diagnosed with mild dyslexia. He was offered one-to-one study sessions, library support, extra exam time and tutorials to help him with new study methods.

Watch Ubong's story [here](#), and find out how extra support helped him achieve his goals.

Our new Employability Bursary

Our brand new [Employability Bursary](#) is available to students who currently receive the UWE Bursary, or UK and EU students who have a household income of £25,000 or less.

The bursary aims to support access to a range of activities, including [Study abroad](#) and internships overseas. Take a look at eligible activities [here](#).

[Find out more and how to apply](#)

RAG WEEK IS HERE!

RAG Week officially starts today, and we have a week packed full of events! Taking place every year, RAG Week is a chance for you to support a range of local and international charities, all while having fun.

The week will see the return of some of your favourite events, including 'Meet the Dogs', which is a chance to meet some excellent service dogs! We also have Jailbreak, which sees teams try to get as far away from UWE Bristol as they can, with just 36 hours and no money. As well as this, we've also got the Societies Big Fat Quiz, and an evening with RuPaul's Drag Race finalist, Baga Chipz!

[What's on at The Students' Union](#)

EVAN BOTWOOD

VP Societies and
Communication



JANE OJIAKO

VP Education



SWAP, DON'T SHOP!

Are you on the lookout for some new clothes but don't want to break the bank? The Students' Union is hosting a clothes Swap Shop on Friday 20 March. This is your chance to shop cost effectively and sustainable!

To get involved, drop-off your pre-loved clothes before the event, and you'll receive a token to exchange for an item at the Swap Shop. The more items you bring, the

ADVICE CENTRE

Did you know that we have an Advice Centre? Located on Frenchay Campus, the team is here to make sure that you are supported throughout your time at university and are on hand between 10:00-16:00, Monday - Friday.

From housing to academic issues, financial queries to employment problems, they are here to advise you on a range of topics and have a wealth of knowledge! The team is

more tokens you get - so start having a clear out and support the Swap Shop!

[Find out more](#)

also at Bower Ashton every Tuesday and Glenside every Thursday.

[Find out more](#)

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

infopoint@uwe.ac.uk

+44 (0)117 32 85678

[More contact options](#)



UWE Bristol, Frenchay Campus, Coldharbour Lane, Bristol, BS16 1QY

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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

Level 2&3

Become a PAL Leader!

Develop the 'soft skills' employers look for through planning, organising, time management and liaising with students and staff as part of PAL (Peer Assisted Learning)!

Applications are now open, and there's loads of reasons why you should apply. Take a look at our [PAL Leader webpage](#) and find out more.

Bower Ashton Campus

Do you know about our lunch time Yoga class?

Join us every Thursday during term for lunch time Yoga or Pilates!

Yoga classes in the [MOVE](#) programme are aimed at giving you time to relax and focus on yourself, these sessions are suitable for beginners and intermediates. So, what are you waiting for?

Find out more and register for a session