



University of
Nottingham

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Black Students' guide

2024/25



Welcome to the University of Nottingham Black Students' guide for the 2024/25 academic year, brought to you by the Black Sport Collective (BSC) and the University of Nottingham.

This guide has been designed by Black students at the university to help new and returning students from Black backgrounds enhance and maximise their experience at the University of Nottingham.

Included in the guide:

- Information on student services and support
- Opportunities for Black students
- Places of worship
- Local Black businesses
 - Hair and beauty shops
 - Hairdressers and barbers
 - Supermarkets and groceries
 - Restaurant and food delivery services
- Societies, entertainment and nightlife recommendations.

To simplify the navigation process, we have added QR codes that will take you to a Linktree that contains direct links to all the above.

So look out for the QR codes on each page!



This is just a guide with some of our recommendations to get you started. It doesn't have everything, but we hope it will go a long way in making you feel welcome as a Black student here at the University of Nottingham.



Faith and worship

We understand that your university experience is more than just your degree. Getting involved in faith and worship both locally and on campus is a great way to meet new people from various backgrounds, who share the same belief system, in a welcoming environment.





Hair and beauty shops

We know how important it is to find the right hair and beauty products specific to the Black community. There are many shops and businesses which cater to Afro-Caribbean hair in Nottingham and sell all the products we're familiar with.

Hairdressers and barbers

It's important that while at university we feel good. Part of that is looking good! So we've got you covered with some of our recommended Black hairdressers and barbers in Nottingham.

linktr.ee/uonblackfreshersguide



Supermarkets and groceries

Worried about where you'll find plantain, yams, okra, ackee or favourite seasonings? Worry no more, we've put together a list recommended supermarkets that sell Afro-Caribbean food and essential items.

Recipe video tutorials

Want to cook some of your favourite home meals but don't know how to? We've found some video tutorials (under 5 mins) and also shared a link to 'original flava' free food recipes to get you started.

linktr.ee/uonblackfreshersguide



Restaurants and delivery services (students)

Craving jollof rice, jerk chicken, curry goat, oxtail or Ayamase? We've compiled an extensive list of various restaurants and delivery services that cater to all the above and much more!

Societies

UoN is home to more than 300+ student run societies and over 75 sports clubs, as well as student media groups, student-run services and student networks. So, there's guaranteed to be something for everyone. We have highlighted the societies that aim to unite students from African and Caribbean backgrounds while encouraging them to excel in their academic and career pursuits.

linktr.ee/uonbsc



Entertainment

There is a wide range of activities to do in and around the city of Nottingham. Additionally many UoN societies or groups such as the ACS and BSC run regular events, so keep an eye out for them.

Whether you are a thrill seeker or just looking for a chilled-out vibe or activity, there is definitely something for everyone in Nottingham. We've put together some of our top recommendations

linktr.ee/uonblackfreshersguide



Nightlife and clubs



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Transport (students)

The University of Nottingham provides free hopper bus services that run between the main University Park Campus and Jubilee, Sutton Bonington and King's Meadow campuses, and the Royal Derby Hospital.

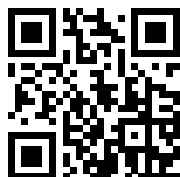
The hopper buses use a 'tap-on' system, so if you have your university card with you, please tap the card reader machine next to the driver. If you don't have a card, the driver will manually record your journey.

Staff and students travelling to Nottingham City Hospital are also able to travel free of charge on Medilink - simply show your university card. Medilink now operates as two services - medilink 1 runs between the QMC and city hospital, and medilink 2 runs between QMC and Queens Drive Park & Ride.

nottingham.ac.uk/sustainability/transport



Opportunities for students of Black heritage

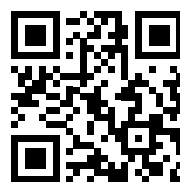


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Black Sport Collective

A group that helps bring together Black students, whether interested in sport or not, providing a support system to inspire and motivate them to excel.

- Join regular events and activities
- Access to relevant opportunities (internal and external)
- Be part of a collective that seeks to celebrate the achievements of Black students



Nott.ac/grit

Grit Black Leadership Programme - in partnership with Grit Breakthrough programmes

Personal development sessions for students of Black heritage.

- Grow your existing strengths to achieve, thrive and lead
- Connect with Black students
- Learn from each other in a safe space, facilitated by Black trainers



nottingham.ac.uk/alumni/support-us/volunteer/bicep.aspx

The Black Industry Connections and Empowerment Programme (BICEP)

Expand your professional networks, meet inspiring role models, and find empowerment in your university experience.

- Meet alumni and industry mentors
- Develop skills to support you through university and beyond
- Grow your social and professional networks



Finance and employment

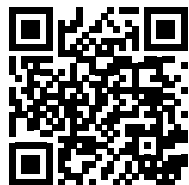
Financial support

Learning how to manage your money is a crucial part of university life. Support and advice are available on the university's 'Managing your money' web pages. This includes information on:

- 'Understanding your budget' Moodle module and tools
- Month-by-month money management tips
- Living costs in Nottingham
- Paying household bills
- Costs of living
- Support funds
- Mature student information



nottingham.ac.uk/student-services/support/financialsupport/managingyourmoney/index.aspx



If you are worried about your finances, please contact the university's Funding and Financial Support team: 0115 74 86500 or contact the Student Enquiry Centre

UoNSU

The University of Nottingham Students Union Advice team also offers guidance on benefits and tax credits, debt, funding and International students' money queries.

su.nottingham.ac.uk/advice/money



Part-time work and CES

Unitemps, the Careers and Employability Service (CES) recruitment agency for temporary work, offers opportunities to find work on campus and around Nottingham. The CES can also help you prepare your CV and give tips on job searching. The CES is situated in the Portland Building, University Park Campus.

unitemps.com



nottingham.ac.uk/careers





Study support

There is a range of services available to support you with research, reading, academic writing, presentations, language and discussion and time management.

Support is offered by:

- Academic Language and Communication Skills (ALACS) team
- Learning Development team
- The Researcher Academy

Resources are available online and in person. Options range from one-off sessions, semester-length courses, subject-specific courses and one-to-one support.



Health and wellbeing support

There is a range of health and wellbeing support services available to support you while you are at university. All students can make an appointment with a member of the Support and Wellbeing team. Information about accessing support can be found on the Wellbeing Service website.



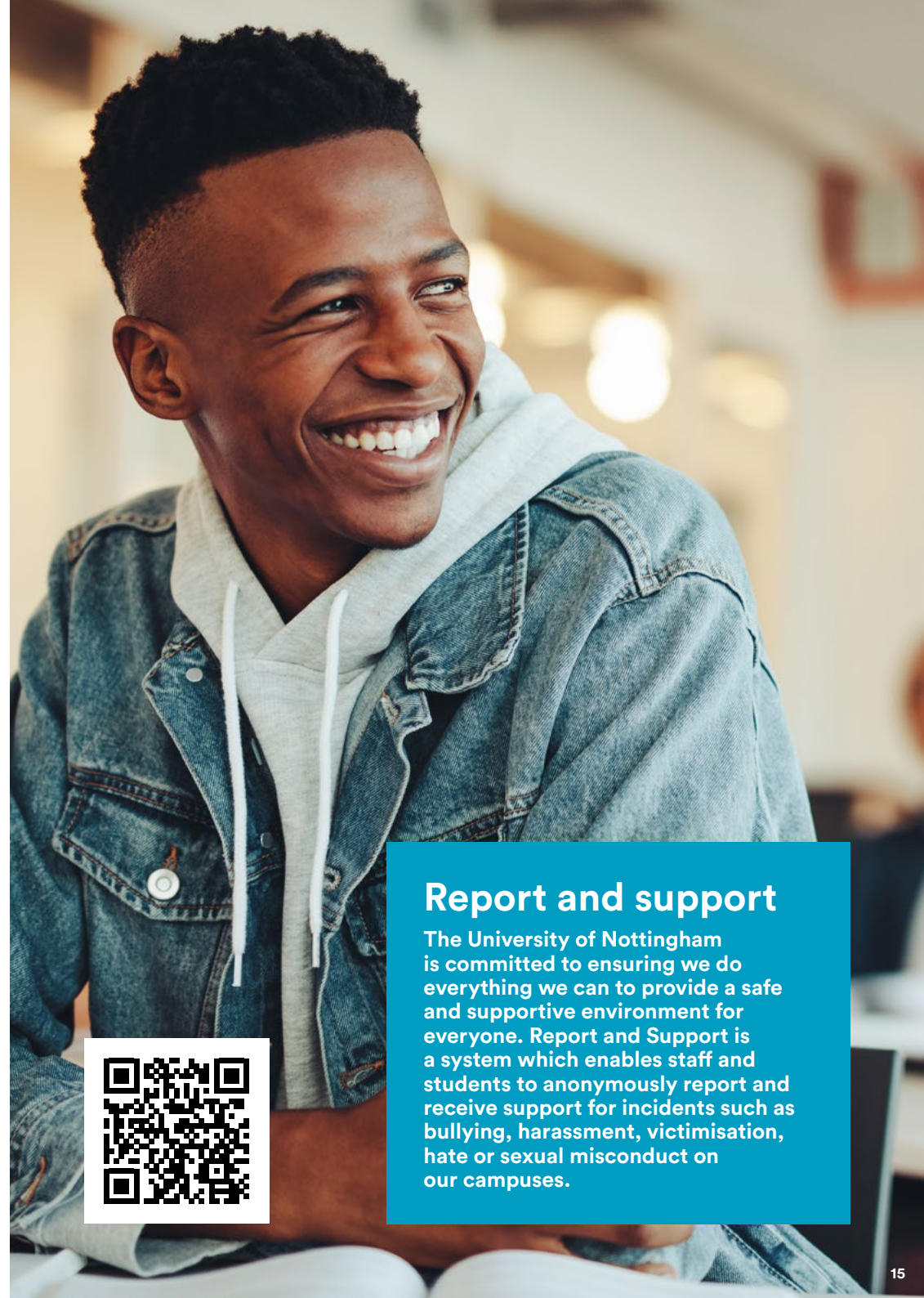
nottingham.ac.uk/currentstudents/wellbeing/student-wellbeing.aspx

Black Students Support Group

A safe space for students of African-Caribbean and mixed heritage, to reflect on mental health and wellbeing.

- Sessions led by Black counsellors from the university counselling service
- Share and explore your experiences
- Develop coping strategies and build a supportive social network

Groups usually run for six weeks across the academic year.



Report and support

The University of Nottingham is committed to ensuring we do everything we can to provide a safe and supportive environment for everyone. Report and Support is a system which enables staff and students to anonymously report and receive support for incidents such as bullying, harassment, victimisation, hate or sexual misconduct on our campuses.



