

# Welcome to Beeston

Your handy  
guide to living  
in **Beeston**



University of  
Nottingham  
Students' Union



University of  
Nottingham

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## Introduction

We've put together this handy guide for those of you who are living in Beeston. We know living in a new community has its challenges, which is why this guide is filled with top hints and tips to help you get involved, find support and make sure you have an incredible time whilst living in Beeston.

And if things do get overwhelming, we've included a list of key contacts who can help you when you need it.



# Welcome from your Community Officer

“Hello, I’m Jacob your Students’ Union Community Officer

I was elected by students to fight for better student housing, tackle hate crime and connect students with their local area. Moving out into the community can be an exciting and daunting experience, so we’ve put together this handy guide to help you.

Inside you can find out more about your local area, how to get involved in exciting volunteering opportunities, and how the SU can help you if you ever face any problems.

I hope you enjoy your time living off campus and can make a positive impact on your neighbourhood.”

## Jacob Collier

SU Community Officer



## Welcome from the Student Living team

We’re a Students’ Union department that looks after all things student living.

From hall committees and living in the community (like you!) to living at our satellite campuses and living out, we’re here to help make sure you have an amazing experience at UoN.

Want to find out more?

Email: [OS-StudentLiving@exmail.nottingham.ac.uk](mailto:OS-StudentLiving@exmail.nottingham.ac.uk)



# Things to do in Beeston

There are lots of places to eat, drink and experience in Beeston, recommended by students already living there!

"I love Beeston because there is so much to do, there are loads of great restaurants and bars as well as it being so close to campus and Wollaton park. My favourite thing to do is charity-shop shopping - there are loads of them on the high street!"

"My favourite thing to do is visit all of the independent and unique coffee shops and charity shops on the high street. There is something for everyone and so much variety. I love that I can get on a train for 5 minutes and go to the Attenborough Nature Reserve. On a sunny day it is an ideal getaway and super cheap and easy to get to."

"Don't be afraid to explore the area, there is so much available to do. Often you'll have really friendly family neighbours so make the most of chatting to them about the area and any good places to visit. It is certainly more residential than areas like Lenton, so make sure to be respectful of neighbours."

"Beeston is a great area, it is very safe and very easy to walk to the university from. I do recommend living there particularly for the second year as it can help you feel more comfortable being so close to shops. I also work in Beeston so it is a popular area with students."

"There is always something going on, so get involved! There are festivals, markets, street fairs and craft events. There's loads of pubs and bars, many of which have bands, open mic nights and other events. There are art groups, fitness classes, running clubs, reading groups, active political organisations, and much more (Middle Street Resource Centre is a good place to start if you want to find these). There's also the annual Beeston Carnival, which is fab, and Beeston has both a film and a music festival every year too. Beeston has its own free newspaper too."

"One thing I wish I knew before living in Beeston is how many students actually live there. Over the last two years I have found that a lot more students live in Beeston than I had expected. Lenton tends to be the popular choice for most students, but a lot still choose to live in Beeston and I wish I had known that as I would have eliminated a lot of the worries I had when I was first making the decision of where to live. It also tends to be much cheaper as not only is the rent more affordable, but you do not need a bus pass as you can easily walk or cycle to uni. We also have a massive Tesco Extra, a Sainsbury's as well as a Lidl which are all in close proximity to each other, making it a lot easier to spot the good deals and save money on a day-to-day basis."



# Your role as a housemate

Sharing a house with your friends is something you'll always remember from your time at University – and as a housemate, you'll play a role in making sure shared living is a fantastic experience.

## Here are some **day-to-day** practicalities to help you have the best time:

**Create a rota.** As soon as everyone has moved in, create a rota of all the chores and tasks the entire household will have responsibility for. Whether that's washing up, cleaning the bathroom or putting the bins and recycling out, decide as a group who does what and when. And when something isn't quite right, avoid the passive aggressive notes and revenge tactics; it's super important to talk to each other!

**Spend time together.** Organise something social that involves everyone in the house - maybe a movie night or make homemade pizzas together.

**SU Advice says:** Have a chat with your housemates about visitors and acceptable noise levels. It's good to talk this through early on to make sure you all agree on house rules.



# Your role as a neighbour

Even if you live in an area that's home to lots of other students, there's often a number of long-term residents living there too. As a good neighbour, you can look out for each other, get to know new people and feel more at home where you live.

## Things you could do:

**Say hello!** If you're friendly and approachable, you're much more likely to have a positive relationship with your neighbours.

**Let your neighbours know if you are planning a party.** It's best to try and keep it to a Friday or Saturday night, and make sure you agree an acceptable time for it to end.

**When you order a taxi,** remember to ask the driver not to sound their horn when they arrive as it can disturb your neighbours. And always keep the noise down when you come back from a night out.



# SU Advice: top tips

Follow SU Advice's top tips to keep your home clean, tidy and comfortable.



1

Always keep the house clean. Think about drawing up a cleaning rota - it's a good way to prevent squabbles with your housemates!



2

Make sure you heat and air the house properly.



3

Check smoke alarm batteries every week and change lightbulbs when you need to.



4

Be careful what you put down your sink and toilet!



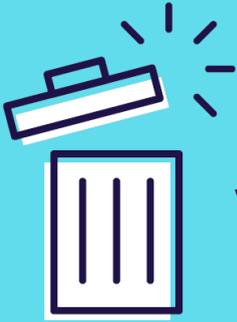
5

Check if you have responsibility for maintaining the garden, as some contracts specify that you do.

**Want to take a look at the full Moving In Guide?**

[su.nottingham.ac.uk/advice/housing-advice/moving-in](https://su.nottingham.ac.uk/advice/housing-advice/moving-in)

# Binformation and recycling



Check your bin collection day.

Visit: <https://www.broxtowe.gov.uk/for-you/waste-and-recycling/>

Want to have your say in how your city is run?

Remember to register to vote:  
[gov.uk/register-to-vote](https://www.gov.uk/register-to-vote)



# PACK FOR GOOD



**MAKE PACKING EASIER  
BY DONATING UNWANTED STUFF**

University students across Nottingham can donate their unwanted items to the BHF in the red donation banks across the City or donation points on campus from June to September.

Email [sustainability@nottingham.ac.uk](mailto:sustainability@nottingham.ac.uk) for more information



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# Get Involved: volunteer in your local community



There's always loads going on in your local community, so why not use your free time to volunteer for causes that matter to you?

Check out the different types of opportunities and find something to suit you:

- Ongoing projects
- One-off volunteering
- Student-led projects
- Micro volunteering

Want to volunteer but **don't know where to start?**



Our Volunteering team are happy to help! Email [volunteering@nottingham.ac.uk](mailto:volunteering@nottingham.ac.uk) or visit [su.nottingham.ac.uk/volunteering](http://su.nottingham.ac.uk/volunteering) for information about local opportunities in your area.

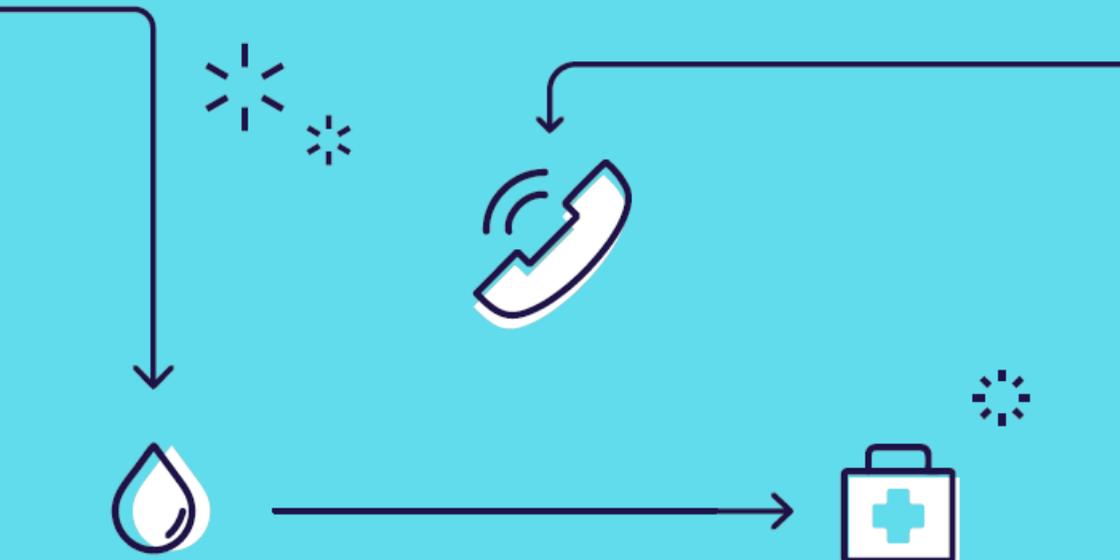
# Peer support services

Take a look at some of the peer support services available to you:

Nightline is a non-judgemental, non-advisory, confidential and anonymous listening and information service, provided by students for students here at the University of Nottingham. Call 0115 951 4985

Nottingham Night Owls is a service for students' safety and wellbeing on nights out. The Owls will assist in getting you home safely and provide you with information and helpful supplies like water, first aid, food and warmth. Visit [nottinghamnightowls.co.uk](http://nottinghamnightowls.co.uk)

Student Minds Nottingham is a peer support group that runs campaigns and promotes positive wellbeing and mental health for students who are studying at UoN. They also run a Positive Minds course that has been designed to give students like you the skills to keep low mood at bay. Visit [facebook.com/studentmindsuon](https://facebook.com/studentmindsuon)



# University/ Students' Union support services

**Need some support?** There's plenty available, whether you're looking for something at University or elsewhere.

This isn't a full list, but these are some of the key contacts to remember. If you're not sure where to start, your personal tutor or Student Services will be able to help you.

**The University's Student Service Centres** offer support, signposting, and guidance and information to help you make the most of your time at the University of Nottingham.

**SU Advice** provide free, impartial information and advice on a wide range of issues affecting you, such as housing, education and money.

## University welfare support

The student welfare team are on hand to help support you, alongside your personal tutor. They can provide guidance, support and advice if you're experiencing difficulties.

The Chaplaincy is here to support students and staff of any faith or none. You can find them on A Floor, Portland Building at University Park.

HealthyU is here to help you make the most of your time at University and to provide information and advice on a range of health issues important to you as a student.

## Off-campus student affairs

Many of you choose to move off-campus during your time at University. We have lots of info, advice and guidance available to support you when you become a member of your local off-campus community.

This includes guidance on what it takes to manage your private home, advice on being a good neighbour and ambassador for the University, as well as important info on crime prevention and safety.

Our team are here to help you make the most of living in your local community. Visit: [nottingham.ac.uk/yourcommunity](https://nottingham.ac.uk/yourcommunity) to find out more.

## Neighbourhood help

The University expects students to act in accordance with the University Code of Conduct and to be ambassadors for the University. If you find an occasion where this isn't being observed please contact us via our helpline. This 24-hour helpline offers you and local residents the opportunity to let the University know about any issues of concern you may have. Please leave a message about anything from noisy neighbours to uncollected rubbish.

Messages are quickly dealt with, but this isn't an emergency helpline. Call 0115 846 8666 or email [offcampus@nottingham.ac.uk](mailto:offcampus@nottingham.ac.uk)

## External/ other support services

**Primary Care Mental Health Services** provide assessment and treatment for people with 'mild to moderate common mental health problems' without the need for a GP referral.

Services available are:

Trent PTS: [trentpts.co.uk](https://trentpts.co.uk) - appointments available at Cripps Health Centre

Lets Talk Wellbeing:

[nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](https://nottinghamshirehealthcare.nhs.uk/letstalkwellbeing)

Samaritans offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Visit:

[samaritans.org](https://samaritans.org)

# Getting around Nottingham

**Parking** - is extremely limited for residents in Nottingham and at University Park, so it may be best to leave your car back home and use public transport instead.

If you do have to bring your car to Nottingham, you may need to buy a parking permit. If your term time address is within a radius of 15 miles of University Park, you won't be eligible for a parking permit. If you're outside the 15 mile radius, you can apply for a parking permit.

**Tram** - If you're travelling by tram, make sure you buy your ticket before you board, or you may end up with a £50 fine.

**Buses** - Local operators run bus services through the University, but they don't give change, so make sure you have the correct fare.

**Cycling** - Nottingham has lots of safe cycle routes, many of which are off-road. It's often the fastest way of getting about in urban areas.

[nottingham.ac.uk/sustainability/transport/sustainabletransport.aspx](http://nottingham.ac.uk/sustainability/transport/sustainabletransport.aspx)

**Buy before  
you board.**

**No tram ticket?  
That's a £50 fine.**



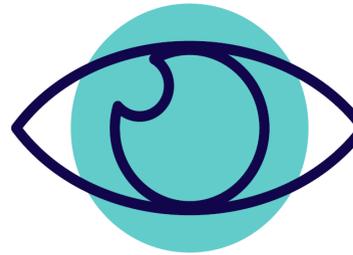
# Safety and security

- Register your valuables for free with [Immobilise.com](https://www.immobilise.com)

- SU Advice top tips: Keep the property secure – use the window locks and burglar alarm (if you have one) and keep your front door locked as much as possible

- If everyone is hanging out in the top floor bedrooms, make sure you lock the front door

- Don't leave laptops, phones, keys or other valuables in reach or view of an open window



## Love your stuff



“51% of all burglaries in areas where students choose to live are through unlocked doors or open and insecure windows”

Nottinghamshire Police 2019

**Don't become a statistic**

Check your doors and windows are locked when you go out or go to bed.

Register your valuables for free at the national property register:

[immobilise.com](https://www.immobilise.com)

# Follow us:

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