

Welcome back to Nottingham

Your handy Students'
Union guide to living
in the community



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Welcome from your Community Officer

"Hello, I'm Jacob your Students' Union Community Officer.

I was elected by students like you to fight for better student housing, tackle hate crime and help connect you with your 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 worthwhile volunteering opportunities, and how your SU can help you if you ever face any problems.

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

Jacob Collier

SU Community Officer



Introduction

We've put together this handy guide for those of you who aren't living in University-run accommodation during your first year.

Whether you're privately renting somewhere, living with your parents or guardians and commuting, or living in halls that aren't run by the University, your Students' Union is here for you. We know living out 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.

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

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 off-campus, 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



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 whole 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 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 making 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.



Your role as a member of the community

When you live in Nottingham and the surrounding area, you're part of a vibrant community. There's loads to love about living here, and there's plenty you can do to get involved and make Nottingham a city we can all be proud to live in.

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

Remember to register to vote:

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 for more information



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©British Heart Foundation, a registered charity in England & Wales (225971) and Scotland (SC039426)

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!

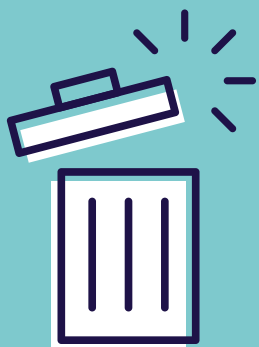


- 5 Check if you have responsibility for maintaining the garden, as some contracts specify that you do.

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

su.nottingham.ac.uk/advice/housing-advice/moving-in

Binformation and recycling



Live in Nottingham?

Check your bin collection day and sign up for email alerts for a friendly nudge.

Visit: nottinghamcity.gov.uk/bin-and-rubbish-collections/check-my-bin-collection-day/

“PLEASE, NO MORE BAGS”

Improving recycling in the City of Nottingham.

Don't bag your recyclables

Items need to be clean, dry and loose

Find out more about our new campaign to prevent recycle bin contamination in certain wards of Nottingham

nottingham.ac.uk/go/recycling



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Nottingham
City Council

Nottingham City Council Officers Working with students and universities

Mike Cole

Working with students in the south of the city, and UoN

Tel: 07775613114

Email: mike.cole@nottinghamcity.gov.uk

Farah Khan

Working with students in the north of the city, and NTU

Tel: 07958296121

Email: farah.khan@nottinghamcity.gov.uk



Wondering who your local councillors are?

Visit: nottinghamcity.gov.uk/about-the-council/councillors-and-leadership/nottingham-city-councillors/

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 or visit su.nottingham.ac.uk/volunteering for information about local opportunities in your area.

Hello neighbour

Together, we can
make Nottingham a
great community for
everyone to enjoy.

Find out about off-campus living



nottingham.ac.uk/yourcommunity



@UoN_Off_Campus

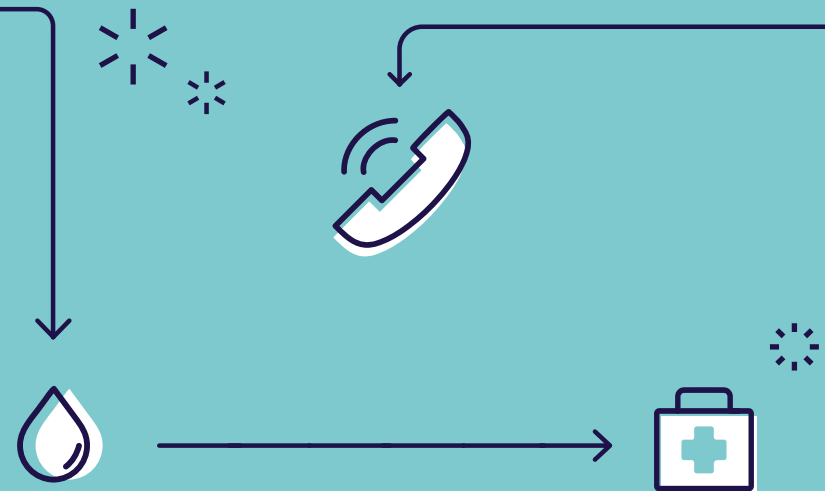
Peer support services

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.

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.

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.



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 Services Centre offers 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** 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**

External/other support services

Notts SVS offer their services to survivors of sexual violence and abuse, no matter what their gender. They have many services in addition to face-to-face counselling (with male and female counsellors), and Counselling Line services. Visit: **nottinghamshirehealthcare.nhs.uk/letstalkwellbeing**

The NHS website provides a comprehensive health information service with thousands of articles, videos and tools, helping you make the best choices about your health and lifestyle. Visit: **trentpts.co.uk**

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**

Parking

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.

Taxi

Sometimes a taxi is the best option.

We've joined forces with **UNICAB** to bring you the Safer Taxi Scheme so that you'll always be able to get home safely.

Text UNICAB TO 80818 or call +44 (0) 1159 500 500

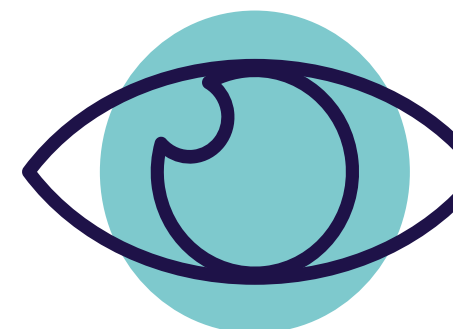
to use a **fixed price list or the emergency taxi** scheme.
For more information visit <https://unicab.app>

Safety and security

- Want to know what's happening in your local area? Sign up for Police Neighbourhood Alerts: **nottinghamshire.police.uk/alert**
- Register your valuables for free with **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

Experiencing problems with your housing?

Contact Nottingham Safer Housing Team.



**Buy before
you board.**

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



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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

Follow us:

Twitter: @UoNSU_Outreach

Facebook: facebook.com/groups/communityliving2018

Instagram: uonsu

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