

SHEFFIELD HALLAM STUDENTS' UNION

STUDENT GROUPS NEWSLETTER



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Think something is missing from this issue? Got an event coming up you want to advertise? Get in touch with the Student Groups team at: activitiesadmin@shu.ac.uk



COST OF LIVING

Hallam Students' Union is working together to provide our students support on the Cost of Living Crisis. We know that all students will be heavily impacted by the rising costs, and we have a range of plans to combat this. We're creating new services such as a swap shop, for students to sustainably & affordably find a new wardrobe, as well as s to getting extra funding. We are also working together

with Sheffield University Union to lobby our Universities, the Council & the Government for better provisions for students, including rent caps, lowering transport costs & raising maintenance loans.

You will be able to see further updates on our [Cost of Living landing page](#), and there you can also find [our survey](#) & resources if you're in need of financial support.

Notices from your

OFFICERS

Sheffield
Hallam
University



CLASS OF 2023



AHP Careers and Employability Fayre

5th, 6th December
4.30-7.30pm



[To sign up to the event and find out more information click here](#)

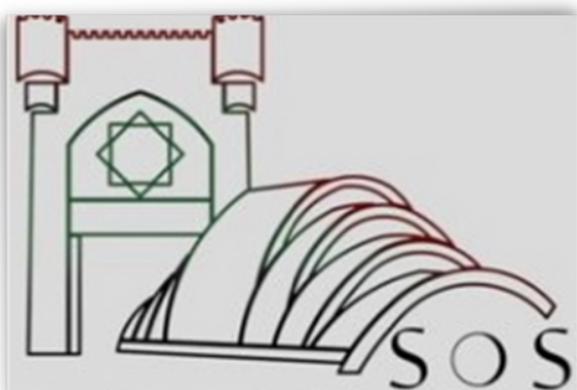
[For contact details and queries about the Fayre click here](#)

SOCIETY SPOTLIGHT

Society of the month, new Societies and more!

Society of the Month

Want to be featured here? Send activitiesadmin@shu.ac.uk a quick line and photo about what you have been up to this month.



NEW SOCIETY: OMANI SOCIETY

Sheffield Hallam University Student's Union Omani Society brings together Omani students from all across campus to represent and create a student community here at Sheffield.

[For more info and to join click here](#)



NEW SOCIETY: HALLAM ARROWS

Sheffield Hallam Students' Union's new darts society.

[For more info and to join click here](#)

LIBERATION AT HALLAM

The Students' Union has launched brand new liberation societies for students looking to build a community here at Hallam.



This Society exists to provide a safe and welcoming network for all students who identify as BAME to come together with like-minded individuals.

[For more info and to join click here](#)

For students who identify as disabled, this society is perfect for meeting and networking with other like-minded students in a safe and welcoming environment.



[For more info and to join click here](#)



If you identify as a part of the LGBTQ+ community, this society is designed to provide a safe and welcoming place for you to meet your people.

[For more info and to join click here](#)

This Society was made to host a safe space and welcoming network students who identify as a part of a Woman and/or Non-Binary can come to, finding like-minded students.



[For more info and to join click here](#)

NOTICES

**MIND
YOUR
HEAD.**



**BUT
HOW
DO
YOU
REALLY
FEEL?**

FOR NOVEMBER WE'VE BROUGHT BACK OUR MIND YOUR HEAD CAMPAIGN

The Student Rights & Campaigns team are working with societies to fund free wellbeing events for our students! Hallam is full of wonderful societies, and all of them do a huge amount for isolation, mental health & wellbeing. You can check out [our campaign page on our website](#) to find out about our sponsored society events & read about the policy that started it all!

We've already had a few of our events, including ones from Nightline & Coffee & Cake society, so big shout out to them for all their hard work.

Keep your eyes peeled for upcoming events from Knit Like Your Nana, Yoga & Mindfulness, Reading and your Sports Committee, who are running a primary school style sports day that anyone can get involved in!

We also want to remind everyone that support is available if you're struggling with your mental health and wellbeing. You can access [Student wellbeing services](#) or Nightline for a confidential listening service. If you are facing a mental health crisis do not hesitate to call emergency services on 999.

GIVE IT A GO!

Check out the full list of activities in the Give it a Go programme here:
www.hallamstudentsunion.com/get_involved/giveitago/

Our picks



ZUMBA 22/11/22

Join a fun, free dance-fitness class running weekly - Tuesday lunchtimes, evenings and Thursday evenings. [*Sign up here*](#)



LUSH BATH BOMB WORKSHOP 06/12/22

If you want to make your own bath bomb or face mask join the give it a go team at LUSH Sheffield for an exclusive workshop. [*Sign up here*](#)



ICE SKATING 07/12/22

Join the Give It A Go team for a trip to IceSheffield! At a special price of £5 you can spend the evening either gliding gracefully across the ice or falling over having a laugh. [*Sign up here*](#)



MANCHESTER CHRISTMAS MARKETS

Tickets are available to students and non-students at the link below:

<https://www.hallamstudentsunion.com/ents/event/7247/>

Kick off your Christmas festivities by joining us on our festive trip to the Manchester Christmas Markets – one of the biggest and longest running in the country. With over 300 stalls selling everything from Christmas tree decorations to handmade jewellery, and food options ranging from authentic German gingerbread, Bratwurst and the famous Yorkshire Pudding wrap. An excellent start to the festive season!

Tickets are £12 and include travel via coach. Departing the HUBS at 10:00am. Return journey departing Manchester at 05:00pm. The departure location will be communicated on the day.

The day is then yours to spend as you wish, the Christmas markets are very large and spread throughout Manchester City Centre.

Check out Manchester's Christmas market website here:

[Christmas Market Website](#)

VOLUNTEERING!

Check out the full list of volunteering opportunities here:

www.hallamstudentsunion.com/get_involved/volunteering/opportunities/

Our picks



TREE PLANTING AND MULCHING 16/11/22

Come and help us create a new flagship Community Woodland in Creswell. This activity will help you develop leadership, teamworking and practical silvicultural skills and provide valuable experience for those seeking employment in the ecology and conservation arena. [Sign up here](#)



GOALBALL ACTIVATOR 26/11/22

Want to learn to referee, assist and promote a paralympic sport? Goalball is a 3-a-side attack and defend sport for visually impaired people that you can get involved with. No prior knowledge, qualifications, or experience of the game to start volunteering. [Sign up here](#)



ROUNABOUT CHOIR EVENT VOLUNTEERS MULTIPLE DATES

'Tis the season to be jolly, and Roundabout are bringing the Christmas spirit to Meadowhall this December - along with choirs from around South Yorkshire! Events are throughout December - visit our [volunteering events page](#) for more info.



Do you
want to
make a
difference
this
Christmas?

SHEFFIELD SHOEBOX APPEAL

For 2022, Sheffield Hallam Students Union is partnering with Sheffield Shoebox Appeal to help bring Christmas cheer to those who need it most – and we need your help!

Christmas can be a very joyous time of year, but it can also be very lonely. Sheffield Shoebox Appeal work closely with other charities to provide a bit of Christmas cheer for the homeless, people in hostels, temporary accommodation, refuges, and the socially isolated elderly. For many of these people, this will be the only Christmas present they get, so we want to make sure our boxes are full of treats and luxury items.

Pre-wrapped shoeboxes are available to collect from HUBS and all completed shoeboxes must be dropped off at HUBS by 24th November, along with a valid student number.

For more guidance and information on how to get involved, please visit our website [here](#)

We need your help with made up shoeboxes for men, women and the elderly.



TREE PLANTING AND MULCHING

Tickets are available to students at the link below:

https://www.hallamstudentsunion.com/get_involved/volunteering/details/835/

Interested in
ecology and
conservation?

Bolsover Council and SHSU are offering students the opportunity to take part in a Woodland Creation Experience Afternoon in the form of a Give it a Go Day. Activities will include planting and mulching young trees to help create a new community woodland.

Free transport will be provided to and from the event (please check the listing on our website for more information, and check your email confirmation when you apply to book onto the transport). Please wear sturdy shoes or boots, waterproofs and warm clothing and bring a drink and any snacks you may require.

COMMITTEE CORNER

Notices for our society committee members

Christmas activity

If your Society intends to host a winter break event/Christmas celebration, is it important you get your event proposals in soon.

More support on the Trip and Event process can be found on the [Committee Portal](#)

Inducting new Committee members

We have had a number of by elections in the last month and welcomed numerous new committee members to your Societies.

Please ensure you share the Committee Portal with them, particularly the Training page and book in an induction with our team if your Society requires a more detailed induction.

Name your paperwork!

If your Society is submitting proposals, risk assessments etc. Please ensure you name the documents properly, including your Society name and the event name/date.

This makes it easier for our team to process the volume of paperwork we receive and speed up the approval process.





Want to keep up to date with the latest opportunities for your Society, find a collaboration or advertise your upcoming events to other Societies? Check out the [Society Committee Members Network 2022/23](#) on Facebook!

You will be asked to state which Society you are a Committee member of and what position you hold so we can make sure this is a place exclusively for our Society Committee members!

Mental Health First Aid training

Following the success of last years training course, the Student Groups Team are delighted to announce we will be facilitating another Mental Health First Aid course.

Priority will be given to the Equality and Diversity Officer of your Society but should we have spaces available, we will be offering them out on a first come first serve basis.

This will take place through the Facebook group so join today to prevent missing the post!

To sign up, fill in the Google form:
<https://forms.gle/HWHchFX9hhxdbFJq8>

Society Enquiries

Rose has recently left the Student Communities and Development team at the Student Union, so for all enquiries relating to societies contact Tammy at t.bowie@shu.ac.uk

ADDITIONAL TRAINING OPPORTUNITIES

Make sure you check out the Committee Portal for more Committee training opportunities:

[Committee Portal](#)

These sessions can help your Society run smoothly and boost your CV!

Whether you are feeling lonely or need some advice, there is support available!

WELLBEING



SELF HELP

The SU website provides access to online self help resources for different kinds of advice and wellbeing support.

Check those out here:
[Advice Self Help Wellbeing](#)

WELLBEING CONTACT INFORMATION

Need to talk to someone?

UNIVERSITY WELLBEING SERVICES:
<https://www.shu.ac.uk/wellbeing>

URGENT HELP:
<https://www.shu.ac.uk/wellbeing/urgent-help>

THE STUDENT ADVICE CENTRE:
<https://www.hallamstudentsunion.com/advice>

Email: advicecentre@shu.ac.uk
Phone: 0114 225 4148



Check out the [Whats On](#) page for activities to support your wellbeing.



MEET THE TEAM

Societies sit with the Student Communities and Development Team at Sheffield Hallam Students' Union



LUCY WHEELER

**Student Communities and
Development Team Leader**

She/Her

"Hi! My name is Lucy and I work with all Societies, particularly our High Risk groups"

l.wheeler@shu.ac.uk



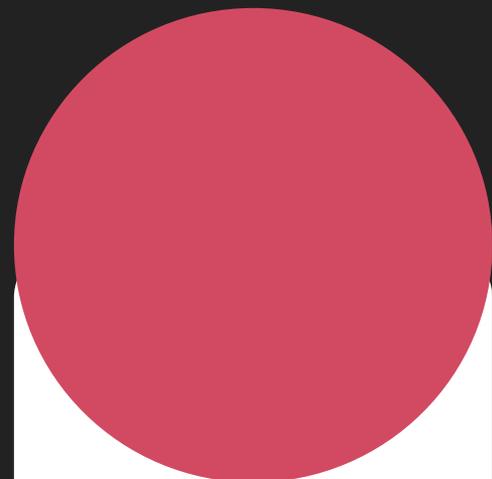
TAMMY BOWIE

**Student Groups
Coordinator**

She/Her

"Hi! My name is Tammy and I work closely with our Liberation groups and general activity"

t.bowie@shu.ac.uk



COMING SOON

Contact the rest of the team at:

activitiesadmin@shu.ac.uk | suevents@shu.ac.uk | volunteering@shu.ac.uk

Student Groups | Events and Give it a Go | Volunteering

