



Flatwise

University College
NORTHAMPTON

The Residential Life Team

Committed to students achieving their full potential

Arrival Edition 2005-6.

A Very Warm
Welcome To The
University of
Northampton Halls of
Residence.

We hope you really
enjoy your stay with
us.



A welcome reminder of things
to do.

- + Local shopping information
- + A helpful guide to campus
services and facilities



Page 7.

Important contact numbers for
students, friends and family
members

In this issue;

Some Freshers Reminders

Arrival Reminders

Register with the Student Union

Local Shops info

Register with the GP HLT3

Student Union,

Do you need a parking permit

Wardens visits

Get Internet Access

Information
Guidance
Advice

Get your email address

Get some shopping

Hall Talks

Check out the laundry

Fire Safety

Complete room inventory

Lots of Useful Numbers

Say hi to the flat next door ☺

Residences Welcome Talks

Attend your hall welcome talks on Sunday and Monday. It's a great time to meet everyone and it's really fun. You will also get to meet residences staff who will answer any questions that you have. The talks will take about 20 minutes and then we all pop off to the Student Union for drinks. Don't miss it, last year freshers said it was brilliant fun and really "broke the ice".

THE RESIDENTIAL HALL TALKS ARE COMPULSORY FOR ALL RESIDENTS.

John Clare + Charles Bradlaugh	Sunday 25th	17.00	17.30	Park Campus HLT1
William Carey	Sunday 25th	17.30	18.00	Park Campus HLT1
Simon Senlis	Sunday 25th	18.00	18.30	Park Campus HLT1
Spencer Perceval	Sunday 25th	18.30	19.00	Park Campus HLT1
Margaret Bondfield	Sunday 25 th	19.00	19.30	Park campus HLT1
Bassett Lowke	Monday 26th	18.30	19.00	Avenue Campus MB8

Well, I have arrived, what should I do now?

First job. Unpack the tea and coffee and make Mum, Dad and yourself a cup of tea. Moving in can be a stressful time for the family and a good cup of tea will help. Don't rush, there is plenty of time to get unpacked and settled in. This is a very exciting time for all the family and you will have worked hard to get here. Enjoy the days ahead. If you need any help or advice please contact a member of staff who will be happy to help out. Student Service Residential Life staff together with staff from the Accommodation and Facilities Offices will be on hand all weekend, all you need to do is ask.

Have you completed all your paper work? It is most important that you do this. If you are not sure what to do, ask a member of staff.

TOP TIP – Make sure your family and friends have your University postal address. This will be on your contract or room offer letter.

Now, ensure that you complete your **room inventory** and report any damages or problems to housekeeping staff as soon as possible. Maintenance forms are also available down stairs in the front lobby. It's a good idea to check that the cooker, the microwave and the kettle are all working correctly. If not, report it as soon as possible. **Keys:** Check out your keys, make sure they all work correctly. If you have any problems with keys a member of staff will be able to help very quickly. Find out where you can collect your post. Find out where the laundry is.

Next, check out the other rooms to see who has moved in. If you find that you are the first to arrive, don't panic the halls are full this year, it takes a while for everyone to arrive. **Don't worry about unpacking now!** There will be plenty of time for you to unpack during the weekend. Personalise your room and make it comfy. Put up some of your favourite pictures and posters. Why not write a little welcome note and slide it under the doors of the other rooms, just to introduce yourself. Let them all know you have arrived. You never know they might arrive while you are out of the flat. **A good idea!** Don't forget to register with the **campus GP**. The Surgery is based in Holdeby Lecture Theatre 3. It's only a short walk. Why not do it now?

When Mum and Dad leave you might feel sad, lonely or upset, you might also be relieved! Don't sit in your room on your own feeling sorry for yourself. If no one else is in, get out of the flat and go and talk to people. You could have a walk around the campus to get a feel for the place. You will soon feel at home and amongst friends. Why not check out the location of your hall talks, this will be your first real commitment for the year and not one to miss. You will meet loads of people who are all in the same boat as you. It's a real laugh. **Some golden rules for freshers;** be honest, be open minded, don't hide away, embrace opportunity and respect each other.

The drink!

Remember that although alcohol may help to break the ice, but moderation is the key to a happy social life. Binge drinking can damage your health and will result in poor academic performance. **Safe drinking;** ensure that you have a good meal before going out at night. Make sure who friends know where you are going and what time you plan to get back to halls. **TOP TIP – Don't leave your drink unattended,** although rare, drinks do get spiked. If you have any concerns about this please have a chat with the residences staff or the Student Union who will be able to advice you further.

Top Tips and useful Residential Information.

Frequently Asked Questions

- Q.** Can I get part time work?
A. Yes, Student Services are holding a part time jobs fair on the 6th October.
- Q.** Can we get take away food delivered to halls?
A. Yes you can.
- Q.** Is there a bus into town?
A. Yes, pick up a time table from Student Services.
- Q.** Can my friend stay overnight?
A. The rules say no but ask a Warden for advice.
- Q.** Do I have to return to halls at a specific time during the evening?
A. No, you have the keys to get in at any time, best to let flat mates know where you are going if you plan to be back late.
- Q.** What do I do if I lose my keys?
A. Visit the Accommodation and Finance offices.
- Q.** Can I use candles in my room?
A. Sorry, candles are not permitted in halls.
- Q.** Can I get academic advice in halls?
A. Senior Residential Wardens are members of academic staff and will be able to advise you.
- Q.** Can I keep a pet in my room?
A. Sorry, this is not allowed.

If you pop out for a walk around campus why not pop into the **IT centre** and pick up the forms to get your **PC connected**. You will also need to register for an email address and IT user name and password. Why not pop into **Student Services** and see what's on offer. You may even get information about **part time jobs**.

This is also a good time to pop into the Student Union, you will need to organise your Student Union membership card. Of course you could always stop for a drink and meet some new friends. Don't forget everyone will be in the same boat as you - i.e. A "Fresher", it's not a problem. It often helps to start the ball rolling by asking people what course they are doing and where are they from? You might meet someone from your own home town.

Shopping. If you need to get in some supplies for the fridge, check out the **Campus Express** - the staff are great and they have loads of great stuff - including loads of frozen meals (don't forget to cook them) + a wonderful off licence!! ☺

Other Supplies and Good Local Shops. **Asda and Waitrose** - near Park Campus (Kingsthorpe). Turn left at the main gate, 10 minute walk. **Iceland** - Nr Safeways, bargain frozen food, **Netto** - cheap food, best for bargains! **Sainsburys** - easy to get to by bus. **Morrisons** - good 2-4-1 offers!

Before you go shopping get together with your room mates.

It's a good idea to see if you can share food and the costs of shopping with your new flat mates. This will also save you money on taxi fares. Best wait till everyone arrives so you can discuss the best options over a cup of tea. Remember many hands make light work.

What am I going to do on Saturday and Sunday Night?

Get yourself to the Student Union.

The Union have regular events within the Union buildings at both Park and Avenue campuses. These can range from stand-up comedy nights to full-on foam parties in the nightclub. These are guaranteed to make you laugh and ultimately have a great time at UCN. The best thing is to pop into the Student Union and see what there is to offer, they do great food and drink.

Residential Life Initial Welfare Visits

During the first weeks of term Residences staff will be calling on you to introduce themselves and to ensure that you have settled in ok. At this time our staff will be highlighting a range of important items that will enhance your residential life, while also keeping you safe and well.

Moving into Halls of Residence is an exciting and rewarding time. Many new long lasting friendships are formed. There will be times however when community living can be a challenge. Students from all over the world, from many backgrounds, cultures and faiths are brought together for the duration of the academic year.

The Residential Life Team have developed a range of strategies for enabling and empowering our resident students to work together to resolve disagreements and conflicts if the need arises. One of these strategies includes the use of a 'community living agreement'. In the event that disagreements escalate the Residential Life Team is in place to help. We are happy to provide a mediation and consultation service for all aspects of residential community living. Each flat should agree on how they want to live. Most of all don't worry, these will be the best years of your life and you will make many many friends.

The agreement is provided to enhance the enjoyment of all our resident students within University College Halls of Residence, and is made between all residents of the flat. The agreement can be made during the Wardens initial welcome visit or at any time. The purpose of this agreement is to provide our Resident Students with a formal and friendly means of agreeing on a range of community living issues. We hope that by signing this agreement we help our new residents to break the ice on issues that at times can be difficult at first. Items such as Housekeeping, Security, Noise, Welfare can be agreed. Of course if there are disagreements we are there to help!

We hope that you will find this initiative helpful and fun.

Volunteers Fair

Thursday 13th October 2005

11-3pm

Rockingham Library Park Campus

Don't miss this year's Volunteer Fair! There will be over 30 community organisations so come and find out what volunteering can do for you.

Reasons to volunteer include: Make new friends. Improves your CV. Helps you to make career choices. Build's confidences and its fun too!!!

Be more with

The University of Northampton Community Volunteers

volunteers@northampton.ac.uk

http://volunteers.northampton.ac.uk

01604 892280

Offices in Park and Ave Students Union

'The Blues'

If you get the 'Blues', we have some top tips that can help!

If you have problems settling in, why not give the Residences staff a call, they can pop round for a chat. Our Counselling staff also run a support group for Freshers. It starts on Wednesday 12th October 2005 at 1.00 -2.00pm. Sign up at the Student Services help desk to book your place.

You don't like your course? Give yourself time to settle. Most freshers will find the first months difficult and confusing. Be honest with your tutors, they will help. Get together with others on the course and discuss the lectures and content. Each course will have a student representative who will be able to feedback your ideas and thoughts to the University.

Having problems with your new flat mates? Don't worry, nearly everyone will have problems at some point. Don't feel guilty if you feel cross with people. Honesty is the best policy, sit down with your flat mates and calmly air your grievances, discuss the problems. You can also talk to a more experienced student wardens. The Residences staff are there to help and mediate if you want this. Try and agree a mutual living agreement. As a last resort the accommodation office may be able to offer you a room/flat move, this may cost.

You're an international student and feeling a bit lost? Make sure you contact the International Office and International Student Society. Helpful staff and students will point you in the right direction and can introduce you to new friends. Don't worry about language barriers, simple sign language is fun and your new friends will join in! Take this time to experiment and experience new ideas and cultures. Sharing meals is a wonderful way of getting to know people.

You're in a long distance relationship? Have you left your partner at home? This situation can be very difficult for freshers. Don't mope around feeling sorry for yourself. Get out into the student community, join clubs and societies, pop into the Student Union. Remember, the happier you are the less pressure there will be on your relationship, you will also enjoy your studies more.

Money Problems – Can't pay the rent?

It is term 1 and you're broke? This does not mean that you can't afford to go out every night, it means that your living on dried chillies and crackers. Don't Panic. Be honest with your friends, be careful about loans and borrowing money from friends. **Visit Student Services Guidance and Information Help Desk**, they can help you find a suitable part time job. They will also be able to introduce you to the Student Services **Financial Guidance Team**. They can help you with budgets and you may be eligible for financial assistance, all you need to do is ask.

If you cannot make your rent payments on the due dates and have not previously spoken to the finance office, it is very important that you contact the credit control team in finance.

Top Tip - ring **Mike Howorth** on 01604 892337 or email: credit.control@northampton.ac.uk - giving a brief explanation of your circumstances.

Identity Crisis. No students will leave University as they went in. Many will experience a great deal of change. This can sometimes cause stresses that can affect your University life. Keep in touch with the folks who know you best. Email, phone calls and the occasional visit home may help in this scenario. You can also get involved in Volunteering work, contact our **Volunteers** for ideas. These ideas may help to keep your feet on the ground.

Please read the following contact information, you may like to enter these numbers into your mobile phone.

West Halls Residential Staff covering; *Margaret Bonfield, Charles Bradlaugh* and *John Clare Halls* work from our West Halls office in Charles Bradlaugh Hall. Day Staff can be contacted between 9am and 6pm. Student Wardens are available in the office from 5.30 until 9.30. Night staff are available between 8pm and 6am every day during term time.

West Halls Residential Staff01604 892 891
West Halls Warden Mobile.....07740 716 593

East Halls Residential Staff covering; *William Cary Hall, Simon Senlis Hall* and *Spencer Perceval Halls* work from our East Halls office in Simon Senlis Hall (door 2c). Day Staff can be contacted between 9am and 6pm. Student Wardens are available in the office from 5.30 until 9.30. Night staff between 8pm and 6am every day during term time.

East Halls Residential Staff.....01604 892 892
East Halls Warden Mobile.....07740 716 592

Avenue Campus Student Wardens are available between 5.30 and 9.30. Night Wardens are available between 8pm and 6am every night during term time.

Avenue Campus Night Wardens Office.....01604 893892
Avenue Campus Night Warden Mobile Phone....07740 716 594

Fire Safety Information

Your flat and room are fitted with fire detection equipment. The kitchen is fitted with a **heat detector** and your corridor is fitted with a **smoke detector**. Your study bedroom is also fitted with a heat detector and a stand alone (domestic) smoke detector. Your kitchen will also be provided with fire extinguishers and a fire blanket. Please do not tamper with any of this equipment during your stay in halls. The equipment is provided for the safety of all our residents. If you tamper with fire safety equipment or cause malicious fire alarms, the Fire Service will prosecute you! The University will also exclude you from halls of residence. If the fire alarm goes off, you must evacuate your hall. Failure to evacuate can risk lives and the University will initiate disciplinary proceedings against you.

More useful numbers

UCN 24 hour Security Team 01604 735 500 ----- Northampton Police 01604 700 700

Park Campus Student Services Help Desk 01604 89 2833

Avenue Campus Student Services Help Desk 01604 89 3162

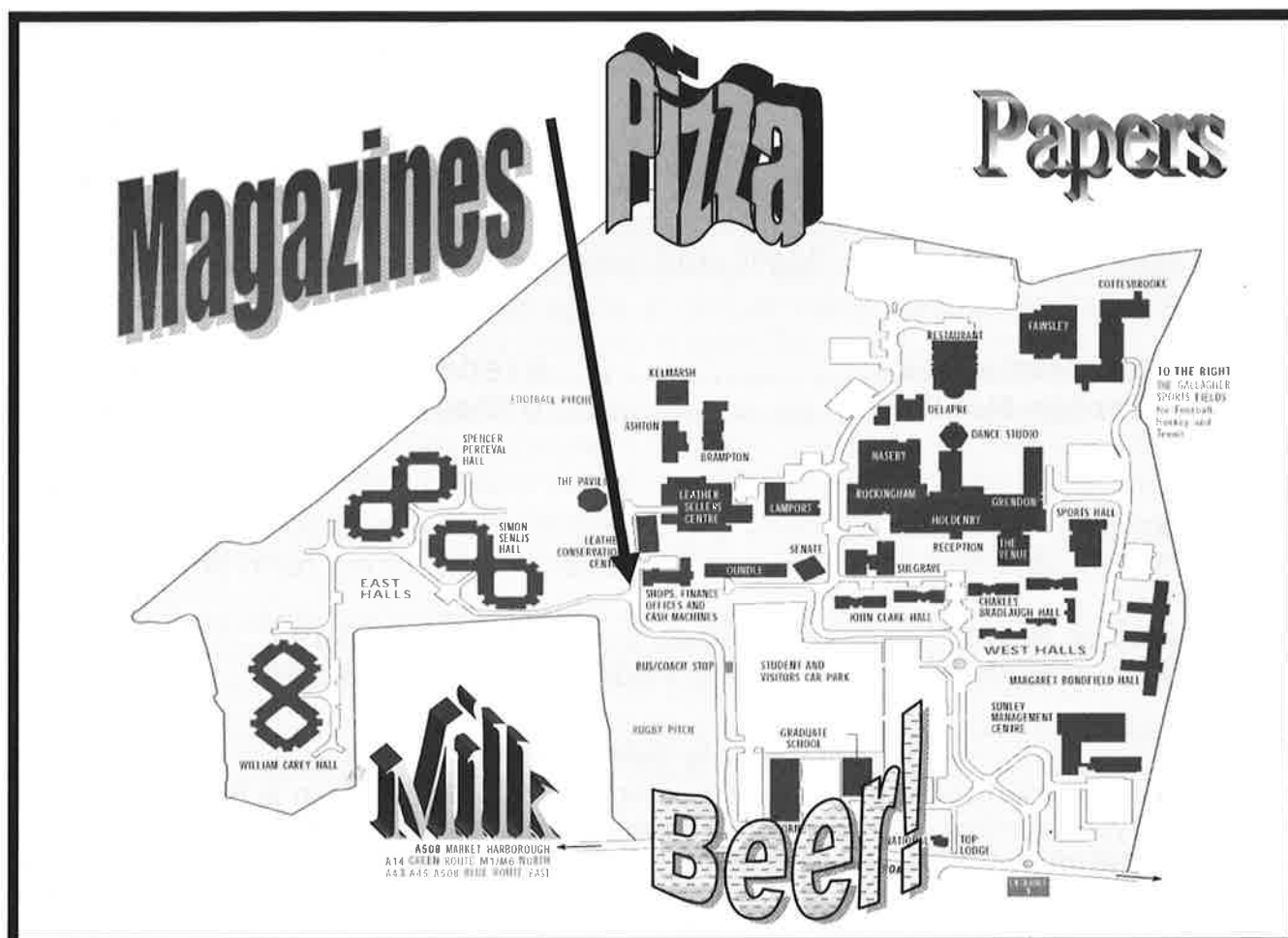
NORMED 01604 722 282 – (Your out of hours GP service)

GP Surgery 01604790108 ----- NHS direct 08454647 24 hr Medical Advice

The Campus Express.

Your local store for all your grocery, news and Off Licence needs. We are open from 8am – 8pm Monday to Friday, 9am to 8pm on Saturday and 10am – 8pm on Sunday.

We are located next to the new student centre



Nightline

Everyone goes through a rough patch at some point during their time at university, and Nightline is here when you want to talk and is completely confidential. We are not experts, we are students just like you, but we are fully trained to listen. We won't judge or patronise you, and we won't tell you what to do. So if you have things on your mind or you are feeling lonely or scared or just simple need some information give us a call on

01604 893333

Confidential listening and information

