

# The Programme

UCFB  
STUDENTS'  
UNION

April



## The days have marched on so here's what's happening at UCFB in April!

Spring is here and the Students' Union have everything happening on campus and in the city this month covered in this edition of **The Programme**.

The Students' Union has a stacked calendar this month that you won't want to miss out on!

There are a number of awareness campaigns running this month. This includes both Stress Awareness and Bowel Cancer Awareness - and we have everything you need to know.

We'll also give you the run down on electoral registration!

We've gone digging for the best deals London has to offer this month and compiled them all here for your convenience.

If you have anything else you'd love to see featured in **The Programme**, please let us know at [su@ucfb.ac.uk](mailto:su@ucfb.ac.uk)

We want this to be as much your platform as it is ours, so don't hesitate to share your ideas!

*The Students'  
Union*

### Coming up in The Programme...

Student's Union Calendar

Stress Awareness Month

Deals across the city

Sports this month

Students' Union Elections

A word from Student Support

**UCFB**



# UCFB Social Calendar - April

● STUDENTS' UNION 
 ● ECP 
 ● STUDENT SUPPORT 
 ● SPORT

## APRIL

## 2025

S	M	T	W	T	F	S
		1	2*	3*	4	5
6	7*	8	9*	10	11	12
13	14	15	16★	17	18	19
20	21	22	23*	24	25	26
27	28	29*	30*			

- 01/04 - Electoral Registration Drop-in
- 02/04 - Entrepreneur Competition
- 02/04 - UCFB Varsity vs West London
- 04/04 - Electoral Registration Drop-in
- 09/04 - Varsity - Wembley vs Manchester
- 10/04 - Sip & Create - TBC
- 11/04 - Future Leaders Conference at St George's Park
- 30/04 - End of Year Formal at Brentford
- Footgolf for Stress Awareness - Date TBC

★ **SU Nominations close**

\* **Submission date**  
Please check your individual course deadlines on the online hub!

**End of Year Formal tickets here!**



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# Students' Union Elections

Election season is among us and we're looking for some new faces to join the Students' Union! Every role is open, so there is plenty of opportunity to get stuck into something new or expand the skill set you already have.

The Students' Union is a great chance for you to get some professional experience with support from UCFB. As such a small team you'll be able to say that you've covered everything from representing your peers, event management and contributing to the best student experience.

Experience of working on a Students' Union is a great way to stand out when you are looking for placements or jobs.

The roles available include:

- Students' Union President
- Education Officer
- Athletic Union Officer
- Inclusion Officer
- Activities Officer
- Media Officer

The election process is easier than you may think! All you need to do is fill out the nomination form and you're in the running. The nomination period has been extended to the 16th of April, so get your applications in. Voting will follow closely, closing on the 2nd of May!

All information can be found on the Student Voice page on the Online Hub and if you have any queries, reach out to us at [su@ucfb.ac.uk](mailto:su@ucfb.ac.uk)

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# April Awareness Campaigns



## Stress Awareness Month

April marks Stress Awareness Month in 2025, a time for you to take charge of your wellbeing and discover effective ways to manage stress. This year's theme, #LeadWithLove, empowers us to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.

## Here are some ways to manage stress:

- Get a good nights sleep
- Practice deep breathing
- Stay hydrated
- Eat for wellbeing
- Get moving
- Adopt a positive mindset
- Master your time
- Don't be a slave to tech
- Learn to say no

## UCFBe on the Ball

**April**

### April Submission dates for your diary:

- 2nd April
- 3rd April
- 7th April
- 9th April
- 23rd April
- 29th April
- 30th April

### Extensions

For all information on extensions please visit the Online Hub for your module, any other questions should be sent to [wembleyadmin@ucfb.com](mailto:wembleyadmin@ucfb.com)

### Need to book a library session?

To book a library session please visit the library services page on Online Hub and follow the instructions there.

## A word from Student Support

A Successful University Mental Health Day!

On 13th March, we hosted a fantastic University Mental Health Day event, and we're thrilled with the incredible turnout! It was amazing to see so many students join the movement to make mental health a priority for all at university.

In Student Support, we are committed to supporting you throughout your time at university. Your wellbeing matters, and we're here to help every step of the way.

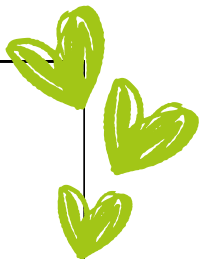
This year, our event focused on four key wellbeing zones:

Sleeping Better – Tips for improving sleep quality and rest  
Eating Nutritious Food – The link between diet and mental health

Academic Success – Strategies for managing workload and stress

Self-Care – Practical ways to prioritize your mental wellbeing

A huge thank you to everyone who participated! Stay tuned for more wellbeing events. If you ever need guidance or someone to talk to, Student Support is here for you.





## Bowel Cancer Awareness Month

April also marks Bowel Cancer Awareness Month in the U.K. Bowel cancer is the fourth most common cancer in the U.K. Almost 44,000 people are diagnosed with bowel cancer every year in the U.K.

More than nine out of ten new cases (94%) are diagnosed in people over the age of 50. But bowel cancer can affect anyone of any age. More than 2,600 new cases are diagnosed in people under the age of 50 every year.

With the uptick of diagnoses for younger people, with the rate of under-50s being diagnosed doubling since 1995, here are some symptoms to look for:

- Bleeding from your bottom
- Blood in your stool
- A change in your toilet habits - going more or less often, having diarrhoea or constipation
- Losing weight and not being sure why
- Feeling very tired all of the time without a clear reason
- A pain or lump in your stomach

Although these symptoms might not mean you have bowel cancer, it's important to find the cause regardless and keep an eye out. Some of the best ways you can change your lifestyle to try and avoid bowel cancer is to:

- Quit smoking (this includes vaping)
- Drink responsibly
- Exercise (sedentary lifestyles may lead to a higher risk)
- Eat more fiber
  - 25g a day of fiber is recommended for a healthy colon
  - Fresh fruits, vegetables, whole grains and beans are all good sources of fiber.

## Jazz Appreciation Month

April is also Jazz Appreciation Month, so we've picked out the best jazz bars for you to check out this month.



**Jazz Cafe -  
Camden**



**Ronnie Scott's -  
Soho**



**606 Club -  
Chelsea**



**Nightjar -  
Shoreditch**

# Electoral Registration

To vote in the UK, you need to be registered to vote! Here's everything you need to know: Decisions and actions from the local council will impact your daily life directly, both at your term-time address and your home address. You can sign up to vote at both your university address and your home address - you can vote in both local elections but only once in the general election.

## Eligibility

- UK or Irish citizen
- A qualifying Commonwealth citizen living in the UK
- An EU citizen living in the UK
- Aged 16 or over

## How to register?

Registering to vote is easy! You can register to vote online in under five minutes - you will only need your National Insurance Number on hand. You can find the form at: [gov.uk/register-to-vote](https://www.gov.uk/register-to-vote)

After you've registered to vote you can then choose how to vote:

- Vote in person: you'll be able to find your local polling station online
- Apply for a postal vote: won't be in the area on voting day? You can request a postal ballot before the deadline
- Apply for a proxy vote: If you're unable to vote in person, you can appoint another person to vote on your behalf

## New requirements:

Voters in England now need to show Photo ID to vote at polling stations.

Accepted forms of ID:

- UK or Northern Ireland photocard driving license (full or provisional)
- Driving licence issued by an EU country, Norway, Iceland, Liechtenstein, the Isle of Man or any of the Channel Islands
- UK passport
- Passport issued by EU country, Norway, Iceland, Liechtenstein or a Commonwealth country
- PASS card
- Blue badge
- Biometric residence permit
- Defence Identity Card
- National Identity Card issued by the EU, Norway, Iceland or Liechtenstein
- Northern Ireland Electoral Identity Card

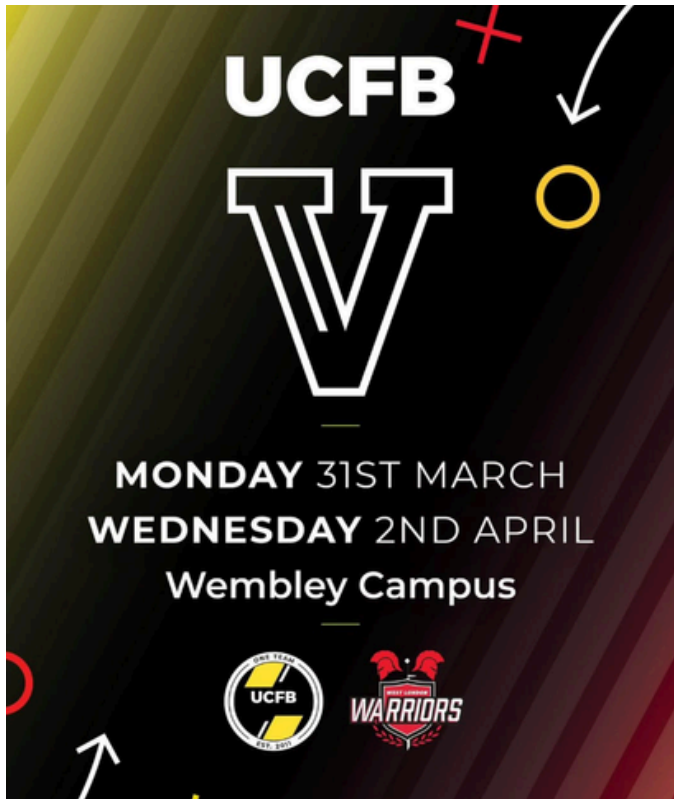
There are a number of other valid forms of IDs, those of which you can check out on the government website, you can still use an expired valid ID. You must be recognisable on your ID.

## Why should you register to vote?

- Have a say in what happens around you
- Boost your credit rating - this helps with renting, getting a mobile contract and setting up a credit card

# Sport this month

**2nd & 9th April**



## **UCFB vs West London**

Sports include Men's and Women's Football, Men's Rugby, Women's Netball and Men's Basketball.

Social sports include indoor cricket and badminton.



## **UCFB Wembley vs UCFB Manchester**

Sports include Men's and Women's Football.

**BE SURE TO WEAR YOUR UCFB COLOURS! CAMPUS PRIDE!**

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# UCFB Student Network

UCFB Students are constantly creating so we've compiled our list of shows by them to check out!



## The Blue Podcast

YouTube: @TheBluePodcastNetwork

Instagram: @thebluepodcastnetwork

## WE NEED YOUR HELP!

- BUSINESS DEVELOPMENT OFFICER
- VIDEO EDITOR
- GRAPHIC DESIGNER
- SOCIAL MEDIA OFFICER

Interested? email [henry@thebluepodcastnetwork](mailto:henry@thebluepodcastnetwork)



## The Woodwork

Website:

<https://www.thewoodworkuk.com/>

Instagram: @thewoodworkuk

## OTHER SHOWS INCLUDE:

Do you have a show you want featured here or do you have a role you want advertised? Email us at [su@ucfb.ac.uk](mailto:su@ucfb.ac.uk)

## Tianna Talks



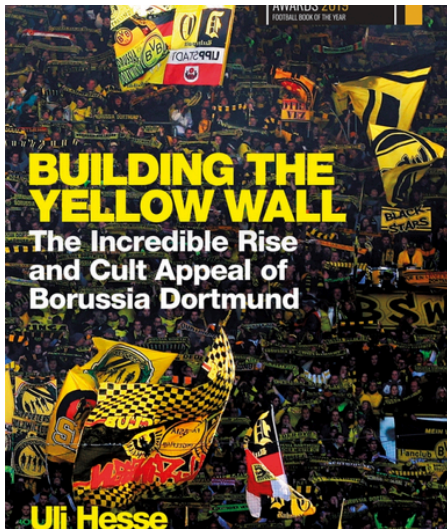
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# World Book Night

April 7th



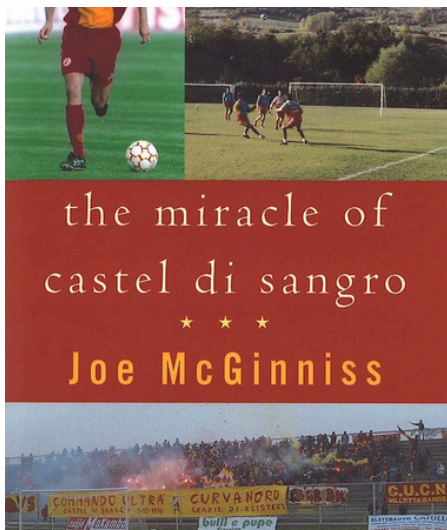
## Editor's Recommendations



### **Building the Yellow Wall: The Incredible Rise and Cult Appeal of Borussia Dortmund**

*Uli Hesse*

Building the Yellow Wall tells the story of Dortmund's roller-coaster ride from humble beginnings and lean decades to the revolution under Jürgen Klopp and subsequent amazing success and popularity. But it also tells the story of those people who have done as much for the club's profile as any player, coach or chairman - Dortmund's unique supporters.



### **The Miracle of Castel di Sangro**

*Joe McGinniss*

Through 1996 and 1997 bestselling author Joe McGinniss followed the Italian football season from Castel di Sangro, a small town nestled in the Abruzzi region of Italy. The motley crew that comprised the di Sangro soccer team in the early 90s masked an unparalleled prowess for playing soccer. This is the story of a team and a town with no aspirations, just a passion for the game, and how that passion allowed this team to rise to the top of the professional Italian football league.



### **A Culture of Kits**

*John Blair*

Culture of Kits captures the story of the people and companies behind the growth in global collecting who have turned a once-niche pastime into mainstream fashion. Charting the milestones in the community's rise to societal prominence, it explores the key questions surrounding this growth story. What makes a shirt a classic? What motivates collectors? Is shirt-collecting here to stay or a cyclical fashion trend?

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## What's Happening in London this month?

**The London Marathon:** 27th April - free to watch

**Oxford vs Cambridge Boat Race:** 13th April - race runs from Putney Bridge to Chiswick Bridge

**Brick Lane Jazz Festival:** 25 - 27th April at Truman's Brewery

**Vogue: Inventing the Runway:** Until 27th April at Lightroom, Kings Cross

**Hampton Court Palace Tulip Festival:** April 11th - May 5th

**Cartier exhibition:** April 12th - over 350 Cartier pieces on show at the V&A

**London Lions vs Bristol Flyers:** 16th April @ Copper Box with student tickets at £17

**Haringey Greyhounds vs Chelmsford Pythons:** 26th April @ Alexandra Palace with tickets as low as £5

**Kings Cross Car Boot Sale:** April 26 - 27th, London's elevated car boot sale

**The Sound of Blossom Festival:** Ring in Spring with the Royal College of Music at Kew Gardens

*Thank you for reading!*

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