

The Programme



PHOTO CREDIT: GRACE D'SOUZA

No fooling — here's what's coming up this April at UCFB

Spring has sprung... and so have this month's events and things to do for getting out and about around your campus!

Sport is over for this academic year, but read on for your winning teams and information about the upcoming Varsities.

For our 3rd year and PG students... Thinking about a **graduate role at UCFB**? Read on for info. Also, our amazing Study Skills Team have pulled together their best dissertation tips.

The End of Year Party is quickly approaching, inside The Programme will have all the need to

April is stress Awareness Month. This years theme is "Lead with Love" and focuses on compassion, kindness and understanding for others and yourself to combat stress. And.. **The dogs are back!!** More information later in the newsletter.

If you have anything else you'd love to see featured in **The Programme**, please let us know at 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!

Coming up in The Programme...

Sport round up and Varsity

Graduate role at UCFB

End of Year Party

Dissertation tips

Burnout and who let the dogs in...

NEW: Book review

UCFB



The Students' Union

2026

APRIL

SUN MON TUE WED THU FRI SAT

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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		

13TH: WEST LONDON VARSITY

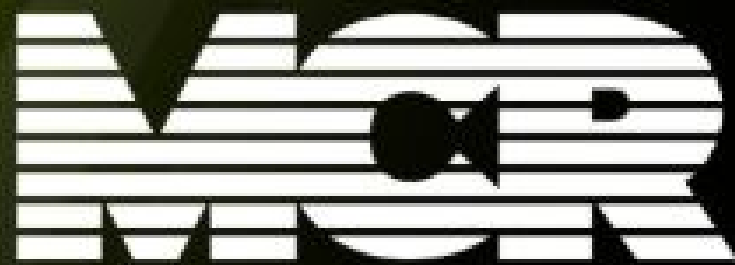
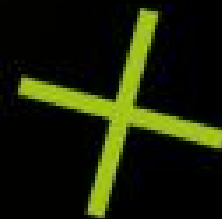
15TH: WEST LONDON VARSITY

21ST: DOG THERAPY

22ND: UCFB WEMBLEY VS UCFB MANCHESTER VARSITY

29TH: END OF YEAR PARTY

UCFB



WEDNESDAY 22ND APRIL

Trafford FC, M41 4GL and
Riley's Sports Bar, M21 8AY



MCR V WEMBLEY

VARSITY

TRAFFORD FC:

KICK OFFS

1PM - WOMEN'S 1ST TEAM FOOTBALL

1.30PM - MEN'S 2ND TEAM FOOTBALL

3.30PM - MEN'S 1ST TEAM FOOTBALL

RILEYS'S SPORTS BAR:

KICK OFFS

1PM MIXED DARTS FIXTURE

UCFB


WEMBLEY
CONNECTED BY 

MCR

MCR V WEMBLEY

**DO YOU WANT TO SUPPORT YOUR
WEMBLEY TEAMS?**

NATIONAL RAIL

EUSTON STATION TO URMSTON

20 MINUTE WALK FROM THE STATION TO THE
GROUNDS

EST. 3 HOURS AND 30 MINUTES DOOR TO
DOOR

£60-70 RETURN TICKETS (WITH RAILCARD)

NATIONAL EXPRESS OR FLIX BUS

EST. 6 HOURS DOOR TO DOOR

EST. £17 RETURN - NATIONAL EXPRESS

EST. £14 RETURN - FLIX BUS

NATIONAL EXPRESS: MCR COACH STATION >> TRAIN FROM MCR
OXFORD ROAD TO CHASSEN ROAD

FLIX BUS: MOSS LANE EAST >> TRAM TO QUEENS ROAD

20 MINUTE WALK FROM CHASSEND ROAD TRAIN STATION TO THE
GROUNDS

UCFB



UCFB



MONDAY 13TH APRIL
Gunnersbury Park, W3 8LQ

WEDNESDAY 15TH APRIL
Ealing Trailfinders, London, W13 0DD



UCFB WEMBELY SPORTING HIGHLIGHTS

MEN'S ACADEMY:

THE 2025 SEASON HAS BEEN ONE FILLED WITH SUCCESS. THE ACADEMY WON THEIR LEAGUE AND GAINED TIER 1 PROMOTION.

WOMEN'S FOOTBALL ACADEMY:

THEY HAVE REACHED THE QUARTER FINALS OF THE NATIONAL CUP - COMPETING AGAINST SOME OF THE BEST FOOTBALLING UNITS!! THIS IS THE FIRST TIME THIS HAS HAPPENED, BUT THE FIRST OF MANY WE ARE SURE.

WOMEN'S FOOTBALL 2ND TEAM:

HUGE CONGRATULATIONS TO OUR WOMEN'S FOOTBALL 2ND TEAM FOR SECURING THE SOUTH EASTER TIER 5B LEAGUE FOLLOWING THEIR RECENT 13-0 WIN.

MEN'S FOOTBALL 3RD TEAM:

BACK TO BACK CHAMPIONS FOR THIS TEAM - EARLIEST BUCS LEAGUE WINNERS IN UCFB HISTORY AFTER THEIR WIN IN FEBRUARY.

[READ MORE ABOUT IT HERE](#)

UCFB WEMBELY SPORTING HIGHLIGHTS

WOMEN'S NETBALL:

ANOTHER PROMOTION FOR THE NETBALL TEAM THIS YEAR. ITS EITHER BEEN A PROMOTION OR TITLE WIN EVERY YEAR FOR THE PAST 4 YEARS.

ENGLISH UNIVERSITY WOMEN'S FOOTBALL SQUAD:

SARAH SPARROW & SALENA SAREEN WHO ARE PART OF THE WOMEN'S FOOTBALL ACADEMY HAVE BEEN NAMED IN THE ENGLISH UNIVERSITY WOMEN'S SQUAD FOLLOWING SUCCESSFUL TRIALS. WISHING THEM BOTH THE BEST OF LUCK!

UCFB BOXING:

MAX KITCHEN IS THE FIRST UCFB STUDENT TO ENTER THE BUCS REGIONAL BOXING TOURNAMENT. HE REACHED THE SEMI-FINALS - WHAT AN ACHIEVEMENT FOR OUR FIRST TIME WITH A STUDENT IN THE RING

A QUOTE FROM JAY WELSH:

"IT'S A BEEN A GREAT YEAR FOR SPORT, TITLES, PROMOTION BUT ALSO NEW TEAMS FORMING. IT'S A TESTAMENT TO THE HARD WORK, RESILIENCE AND THE UNITY OF THE TEAMS. EVERY PLAYER AND COACHES HAVE PLAYED THEIR PART IN ACHIEVING SOMETHING SPECIAL. I'M PROUD OF WHAT THEY HAVE ACCOMPLISHED AND GRATEFUL TO EVERYONE WHO HAS SUPPORTED THEM THROUGHOUT, CONGRATULATIONS TO EVERYONE, TEAM WEMBLEY!!"

END OF YEAR PARTY

29
April

Vicarage
Road,
Watford



Tickets have sold out!!!

Add yourself to the waitlist by clicking this link.

Keep an eye on our instagram @ucfbwembleysu

What does my ticket include?

Tickets include entrance to the event, a welcome drink (of prosecco or orange juice), complimentary wine and dinner - menu to be released soon. There will also be a DJ, a photographer and a photo opportunity on the Vicarage Road terracing.

What do I do if I purchase a ticket and then can't attend?

If you purchase and can no longer attend, please email su@ucfb.ac.uk and they will liaise with the ticketing platform to issue a refund. Any refunded tickets will then be placed on a wait list managed by the Students' Union. Priority will be given to Level 6 students for wait listed tickets.

Is there a dress code?

This is a formal event, dresses and suits are greatly encouraged, have some fun with it! This also includes formal footwear.

What are the event timings?

The event starts from 18:30 and last orders will be at 22:45.

What is transport like to the venue?

Vicarage Road can be accessed via the Metropolitan Line or the Lioness Line. The venue is also just 35 minutes by car with Ubers around £30.

Who can I bring to this event?

This is a strictly UCFB-only event, and you will be asked to present your ID card on entry.

What is the accessibility of this venue?

The Students' Union carefully vetted this venue and have been assured that it is accessible. If you have any specific questions email su@ucfb.ac.uk or DM us on here!

WE'RE HIRING

Join our team as a

Student Voice and Student Union Liaison

The role is now available to final year students and recent graduates!

Details of the role can be found [here](#).

The closing date for applications is the **15th April 2026**.

Any queries can be directed to:
jobs@ucfb.ac.uk.

THINGS TO DO THIS MONTH

APRIL



THE OXFORD VS CAMBRIDGE BOAT RACE

📍 The River Thames, beginning at Putney and ending at Mortlake



DAVID HOCKEY EXHIBITION

📍 Serpentine North Gallery (Lancaster Gate)



NORTH LONDON BOOK FESTIVAL

📍 Alexandra Park and Palace



TCS THE LONDON MARATHON

📍 Central London



Sima Farahani

Study Skills Advisor

Sima joined UCFB as a Study Skills Advisor in 2026 and is based at the Manchester Campus. She holds a higher degree in Sport and Exercise Science and has completed her PhD research in the same field. With over 12 years of experience studying and teaching in higher education across different countries, and previous roles as an academic study skills mentor and university lecturer, she supports students in developing academic writing, research, and study skills.

What can you support students with?

I support students in developing their academic skills and achieving success in their studies. This includes academic writing, structuring assignments, critical thinking/writings, and effective study strategies. I also help students build confidence in areas such as presentation, understanding assessment criteria, and improving clarity in their work.

How can students book a meeting with you?

Students can book a one-to-one appointment via the [Study Skills service Moodle page](#) by completing the booking form here. They can also contact me via email for guidance or to arrange support.

What's an interesting fact about yourself?

I have represented my country as both an athlete and a coach at national level, which has shaped my passion for supporting performance, resilience, and personal development.

Go-to productivity hack?

Start early and break your work into small, manageable steps. Don't wait until everything feels perfect, progress is more important than perfection and asking for support early can make a big difference.

DISSERTATION TOP TIPS

BY THE STUDY SKILLS TEAM

01 Break it down

Any project, including a dissertation, becomes much easier to tackle when it's divided into smaller tasks. Don't look at it as one big, difficult challenge. Break it down instead, into smaller, clear, achievable tasks.

02 Time management

Good time management is key to success! One approach I usually suggest to students is to work backwards from your deadline and set realistic weekly targets.

03 Feel prepared and confident

Staying organised is important, but so is feeling prepared. And the more prepared you are, the more confident you'll feel! Keep your notes, articles, documents, and any extra information well-organised – it makes finding what you need much easier!

04 Review and Reflect

Think of your dissertation as a journey. There will be times when you feel like giving up or get frustrated because you won't know how to proceed. But with effective planning, consistent effort and the right tools and support, you will reach your final destination and you'll enjoy the journey too!

You are not alone in this journey! A lot of student services are available to you to make your journey smoother.

THANK YOU!



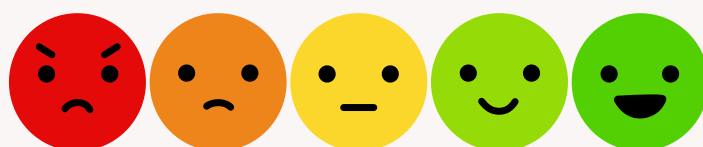
Thanks to everyone who participated in the Library and Learning Development Survey, which ran from 23rd Feb – 2nd March. Congratulations to our winners, Clerys Luka and Matthew Stephens, who each won an Amazon voucher worth £40!

We had lots of fantastic feedback – every single one of you said you were happy with the level of support from the staff, and the study spaces also got positive feedback. It was great to hear your views and opinions on the library and study skills services, and also where we can make improvements in our service. We'll be analysing the findings over the next few weeks so stay tuned on our socials (@ucfb_library on Instagram) and keep a look out for any moodle announcements for any upgrades to the library service!

We appreciate any feedback, whether formal or informal, so don't hesitate to get in touch with us at library@ucfb.com with any questions, comments or feedback of any kind.

TAKES JUST 5
MINUTES TO
COMPLETE

**HELP SHAPE FUTURE
STUDENT SUPPORT
SERVICES BY SHARING
YOUR EXPERIENCE AS A
UCFB STUDENT!**



**We would love to hear from you! Please
take some time to complete the survey
here or scan the QR code!**



Preventing Burnout

Recognising signs of burnout

Burnout is the result of long-term stress and has detrimental effects on both our physical and emotional wellbeing. Individuals who experience it often describe feeling physical and emotional exhaustion as well as feelings of ineffectiveness and non-accomplishment. Signs and symptoms of burnout may also include (but are not limited to):

- Insomnia or chronic fatigue
- Feeling of dread going to university, work, or placement
- Reduced concentration and productivity
- Compromised immune system (getting ill easily/frequently)
- Headaches, stomach aches, or change in appetite
- Anxiety and/or depressed mood
- Social withdrawal and isolation
- Irritability and increased conflict
- Sense of hopelessness

If you experience any of the above symptoms regularly and feel that they significantly impact your life, it's important to seek support

Strategies to help prevent burnout

- 1 Reflect regularly:** it's helpful to consistently check-in with yourself and pay attention to the signals your body may be sending you such as frequent headaches, exhaustion or changes in appetite.
- 2 Keep a log:** use journals or calendars to keep a quick daily log of how you're spending your time and energy. Not just what you do, but how it feels. This can help you spot patterns, prioritise more effectively, and figure out what's draining vs. energising. If you're overwhelmed with your academic load, don't hesitate to talk to Student Support about rebalancing your schedule.
- 3 Focus on yourself:** regular exercise, healthy eating, breaks from the computer screen, and a full night's sleep are all invaluable stress busters. Even a short walk in the morning or during your break times will positively contribute to you feeling better!
- 4 Practise boundaries:** extracurricular commitments and responsibilities can build up quickly at university. If things are piling up or you don't want to do something, remember it's okay to say 'no'. Clear and professional boundaries are an important way to protect our peace.
- 5 Speak kindly to yourself:** burnout can happen when you're constantly giving without refilling your own cup and being kind to yourself. It can help to try to speak to yourself the way you'd speak to a close friend.

THERAPY DOGS

Paws & Relax

Hi, dog lovers!
It's time again for
another visit to
Study Hub!

Save the date!

 Tuesday April 21st 

NY and Miami Lounge

 1:00PM - 3:00PM

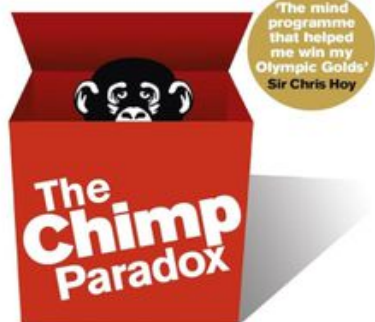
Show up on the day!

From wagging tails to calming cuddles, these furry friends bring smiles, stress relief, and a whole lot of joy to everyone revising hard. Take a pause, recharge, and feel the stress melt away 🐶 ✨



Prof Steve Peters

CREATOR OF THE **GROUNDBREAKING** MIND MODEL



The
**MIND
MANAGEMENT**
Programme for
Confidence, Success and Happiness

AUTHOR:

Prof Steve Peters

TITLE:

The Mind Management

GENRE:

Non-Fiction Psychology

MY RATING:



“Your Inner Chimp can be your best friend or your worst enemy..this is the Chimp Paradox”

SUMMARY

This book is good for anyone wanting to better understand themselves and the role of emotions in decision making and interpreting the actions of others. It can help the reader to identify barriers to progress and thus help with improving confidence and self-esteem.

Most of us can recognise that there are times in life where we don't act rationally or in ways that best serve our interests. Sometimes we might even repeat the same patterns even though we know the outcomes will likely be poor. We don't want to sabotage ourselves but still we become stuck in the same old cycles of behaviour whether they suit our needs or not.

The author, Professor Steve Peters is a Consultant Psychiatrist who specialises in optimising the function of the mind. The book explores the relationship between the brain and its systems (the “psychological mind”). The good news is you don't need to be a neuroscientist to understand and enjoy this book but if you are ready to meet and challenge your inner chimp then this is a good place to start! There are hundreds of “self-help” books on the market but this one is both an easy read and grounded in real science not just popular psychology.

THEMES

The human brain has 2 primary ways of thinking (rational and emotional) and these can easily come into conflict with each other.

Your “inner chimp” sits in the emotional part of the brain (limbic system) and you need to find a way to accommodate and manage it by giving it appropriate space to express frustration. If you don't it will “vent”.

The chimp tends to forget we are all different and have different valid perspectives. This can result in miscommunication and missed opportunities.

THE PROGRAMME

UCFBe on the Ball

Check your access

Ahead of your submissions, make sure you have full access to your UCFB accounts.

Contact IT for any queries:
IT-servicedesk@ucfb.com

Link to the Consent,
Healthy Relationships
and Sexual
Misconduct Training

[Here](#)

Study Skills

[Book in with the
Study Skills Team for
your upcoming
submissions](#)

[Contact
library@ucfb.com](mailto:library@ucfb.com)

Deadlines

Foundation years:
15th, 22nd, 29th of April

First years:
22nd and 29th of April

Second years:
22nd (sport psych)
and 29th of April

Third years:
29th of April

Postgraduates:
16th, 23rd, 30th of April