

The Programme

UCFB
STUDENTS'
UNION
✦
February

PHOTO CREDIT: GRACE D'SOUZA



WEMBLEY CAMPUS

We're back! Goodbye January Blues and hello February... here's everything we've got for you this month.

Semester B has just begun, and although assignment deadlines will be coming up, we have a jam-packed month for you.

The Students' Union have both a pop-up stall for Pancake Day and another edition of the Free Grocery Store.

Student Support have a number of campaigns running this month – check them out as you could be in with a chance of a prize.

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!

*The Students'
Union*

UCFB

WEMBLEY
CONNECTED BY

Coming up in The Programme...

Student's Union
Calendar

Sport this month

Student Support
Campaigns

Things to do this
month in London

Free Grocery Store

Feed your brain
with friends

2026

FEBRUARY

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4TH: NETWORKING SUCCESSFULLY

5TH: STUDENT SUPPORT DROP IN

11TH: MARTIN TYLER Q & A

17TH: STUDENTS' UNION PANCAKE DAY

18TH: INTERNATIONAL WOMEN'S DAY EVENT

24TH: STUDENTS' UNION FREE GROCERY STORE

25TH: FTF AGENT EDUCATION LEVEL 2 / MANAGEMENT GAMES WITH NEIL DONCASTER

SPORT THIS MONTH.

MEN'S ACADEMY:

4TH: UCL (H)

18TH: IMPERIAL (H)

MEN'S FOOTBALL 2:

11TH: ESSEX (H)

MEN'S FOOTBALL 3:

4TH: BUCKS (A)

18TH: HERTS (A)

WOMEN'S NETBALL:

4TH: CHICHESTER (A)

18TH: KINGSTON (A)

WOMEN'S ACADEMY:

4TH: PORTSMOUTH (H)

11TH: PORTSMOUTH (A)

18TH: ESSEX (H)

WOMEN'S FOOTBALL 2:

4TH: GREENWICH (A)

18TH: GOLDSMITH (H)

MIXED GOLF:

4TH: UCL (H)

11TH: UCL (H)

18TH: PORTSMOUTH (A)

RUGBY:

4TH: LSE (A)

18TH: QUEEN MARY (A)

DARTS:

4TH: WINCHESTER (H)

18TH: SOUTHAMPTON

SOLENT (A)

25TH: SOUTHAMPTON A)

MEN'S BASKETBALL:

4TH: KINGS COLLEGE (H)

CAMPAIGNS

February



Valentine's Day Giveaway

Send us your red flags and green flags in a relationship to be entered into a prize draw for a £20 Nando's voucher! Email Student Support at StudentSupport@ucfb.ac.uk to enter. Entries close 10th Feb 2026.

LGBT+ History Month

February is LGBT+ History Month. Explore resources, events happening locally, and LGBT+ friendly spaces you can connect with. You can check these out on our Instagram.



Check On Your Mate (COYM)

Check On Your Mate is a campaign designed to sit naturally within the student community. It focuses on:

- Early support
- Peer awareness
- Clear signposting
- Promoting a culture of peer wellbeing

Whether you're looking for support for yourself or concerned about a friend, COYM helps you take that first step.



THINGS TO DO THIS MONTH

FEBRUARY




**ARSENAL W VS
MANCHESTER CITY W**

 The Emirates




**LONDON LIONS VS
LIETKABELIS PANEVEZYS**

 Copperbox Arena



**HARINGEY HUSKIES V
PETERBOROUGH PHANTOMS**

 Alexandra Palace



**CHELSEA W VS
LIVERPOOL W**

 Kingsmeadow

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Students'
Union Free
Grocery
Store



February 26th 2026
Arch View House
Library - 13:00 -
15:00

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THE PROGRAMME

UCFB on the Ball

Consent, Healthy Relationships and Sexual Misconduct Training

The mandatory consent training that all students have to complete.

Link to the Consent,
Healthy Relationships
and Sexual
Misconduct Training

Here

IT

Mon - Fri: 8:30 - 17:00

Please include details
and screenshots
where possible

Contact IT:
IT-servicedesk@ucfb.com

Make sure you can access
your UCFB email.



Student Finance

Finance, enrolment,
tuition or
maintenance loan
queries?

Contact
fees@ucfb.com

Feed your brain with friends

A recently published book by Ben Rein “Why Brains Need Friends: The Neuroscience of Social Connection – and Why We All Need More” (Quercus) explores this idea. Not a snappy title but the ideas behind it are really simple and probably easier to implement than a brand new exercise regime.

According to the book we consistently underestimate how much we enjoy socialising. We also wrongly expect rejection if talking to a stranger or acquaintance and doubt our conversational skills. This is true even for people who might consider themselves socially confident.

The book has 3 easy tips for “Socialising” your brain:-

- Don't be afraid to reveal more about yourself in conversation. It's good for your own mood and has a bonus side benefit of increasing your likeability**
- Don't turn down the chance for a chat. Even if you are tempted to bail on an evening out or let a call go to VM think about how much better you are going to feel after a connection with someone else. If you are feeling lazy think of it as a mini workout for your brain**
- Even if you don't normally like to socialise it's never too late to start. Start small and you will find your brain responds just like it would to a physical work out in the gym.**

So the next time someone suggests a coffee or drink after class consider saying yes – after all what do you have to lose. Next time you might feel like making the suggestion yourself.

Happy New Year and Healthy Social Brains from your Student Support Team!
