

The Programme

UCFB
STUDENTS'
UNION
May



MAYbe Spring has finally sprung, and the Students' Union have you covered for the last few weeks of term!

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

Although events are winding down, the Students' Union have still got some things heading your way.

There are a number of awareness campaigns running this month. This includes both Mental Health Awareness Week and Deaf Awareness Week - and we have everything you need to know.

The Students' Union nomination forms are in and here's your chance to get to know them.

We've gone digging for the best deals Manchester 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

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

May's Awareness Months

Deals across the city

UCFBe on the ball

Students' Union Elections

A word from Student Support

UCFB



UCFB Social Calendar - May

 STUDENTS' UNION  ECP  STUDENT SUPPORT  SPORT

MAY

2025

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UCFBe on the Ball

Extensions

For all information on extensions please visit the Online Hub for your module, any other questions should be sent to 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.

Students' Union Elections

Voting for the new Students' Union here in Wembley started on the 28th of April but there's still time to vote! The voting link will be live until the 12th of May, so make sure your voice is heard.

In Manchester we have a number of nominations.

President:

- **Jack Wilcox**
- **Kian Hill**

Inclusions:

- **Daria Ungureanu**

Activities:

- **Keiran Bobby Garraghan**

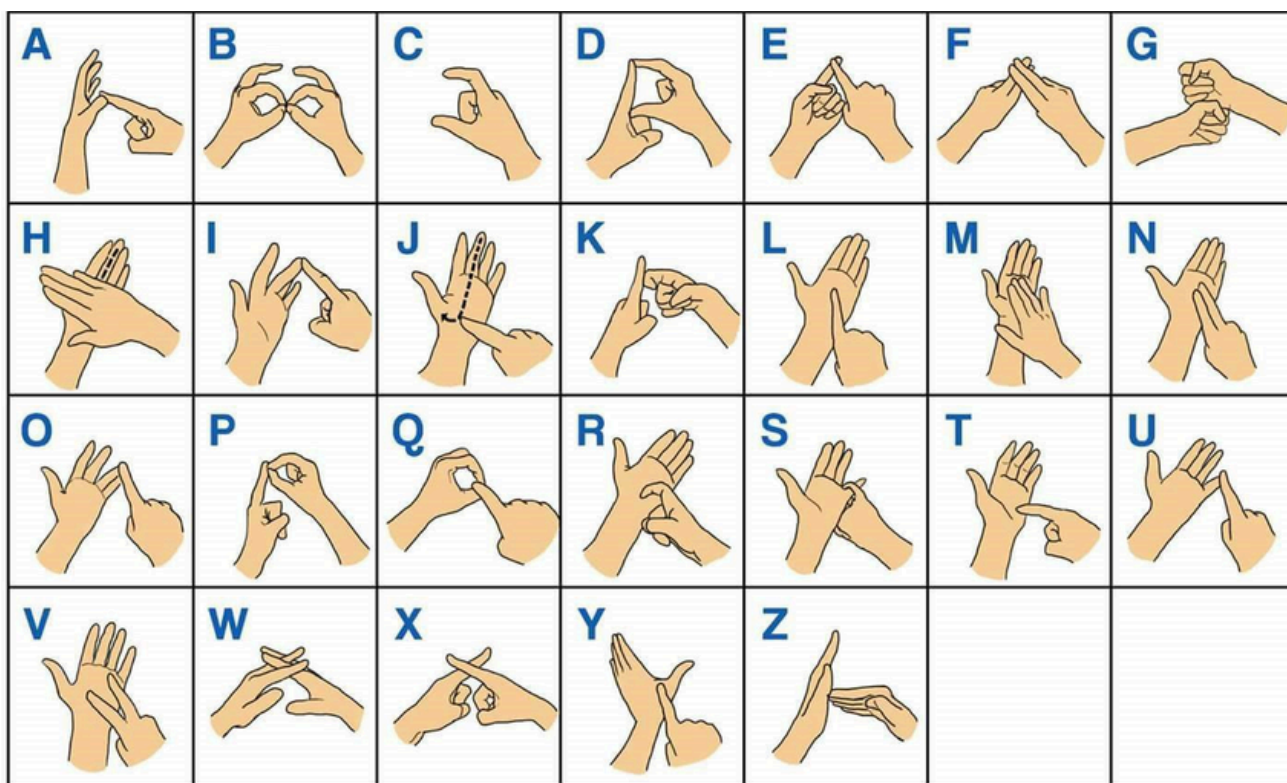


Vote here!

May Awareness Campaigns

Mental Health Awareness Week (12th - 18th)

The theme for 2025 is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community. Being a part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose.



Deaf Awareness Week (5th - 11th)

Deaf Awareness Week is an annual event that aims to raise awareness about the Deaf community, language, culture, and history. It is a time to celebrate Deaf identity, promote Deaf culture, and advocate for equal access to communication and services for the Deaf and hard of hearing. This week-long event provides an opportunity for individuals and organisations to come together and support the Deaf community, learn about their experiences, and work towards a more inclusive and accessible society.

A word from Student Support

April was Stress Awareness Month, and this year's theme, "Lead with Love," is a powerful reminder of the importance of showing compassion, not only to those around us, but to ourselves as well. During stressful times, even the smallest acts of kindness can make a big difference.

To mark the month, the Student Support Team hosted "Sip and Create", a relaxing space for students to slow down, unwind, and take a mindful break. Simple activities like painting, journaling, going for a walk, or spending time with others can be a great way to step away from daily pressures and reset. It's a gentle reminder that looking after your wellbeing doesn't have to be complicated, sometimes the little things are enough.

We encourage you to follow our Student Support Instagram page (@ucfb_mcr_studentsupport), where you'll find helpful tips, resources, and everyday strategies for managing stress and taking care of your overall well-being.

And if you ever need support, someone to talk to, or just want to connect, we're always here. You can reach us anytime at StudentSupport@ucfb.ac.uk.

Editor's Favourite Manchester Walks

It's National Walking Month in May, so we've got a list of walks in Manchester for you to check out

- **Dunham Massey to Trafford** - A medieval deer park with accessible paths and a historic house.
- **Manchester Wharf City Trail** - From Manchester Piccadilly go along this circular route to see all the best sights.
- **Irwell Sculpture Trail** - From Salford Central see some of the best art Manchester has to offer.

If you take part in any of these walks, or track your steps in May you could be in for a prize. The student with the most steps (and proof of them) will win a voucher!



Things to do in Manchester this month...

Eurovision Song Contest Screenings - May 17th

White Chicks Immersive Eat-Along Screening - May 23rd - 25th

LOWRY 360 Immersive Art Experience - From May 3rd

Taco Fest - May 4th & 5th

Deansgate Mews Festival - May 23rd - 25th

Manchester Flower Festival - May 23rd - 26th

Old Skool Bingo @ Kabel Club - May 10th

Manchester United

Women v Manchester City Women - May 4th

Thank you for reading!
