

The Programme

UCFB
STUDENTS'
UNION
May



Photo: Lois-Rose Sarratt

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 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

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 Social Calendar - April


 STUDENTS' UNION  ECP  STUDENT SUPPORT  SPORT

MAY

2025

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				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	31

 01/05 - Therapy Dog
Visit

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

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

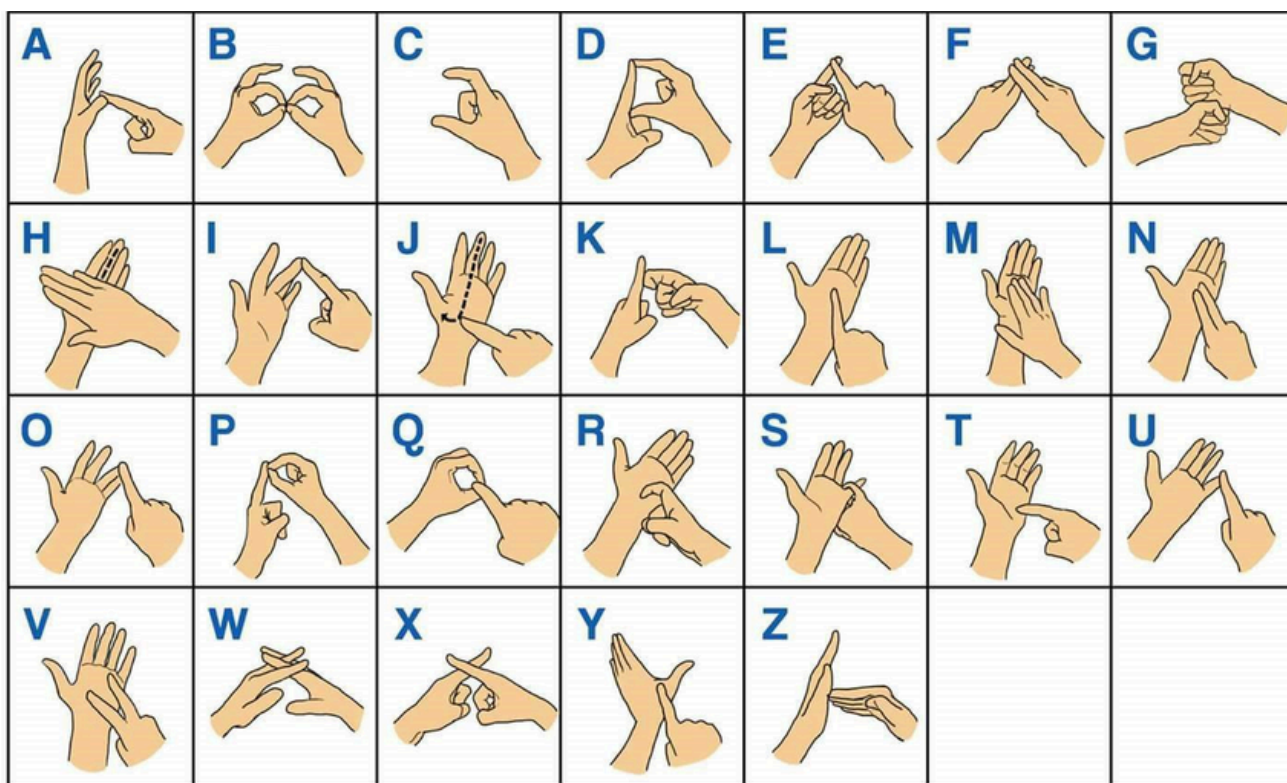
Due to a low number of applications, the election period will reopen in September.

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

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 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.

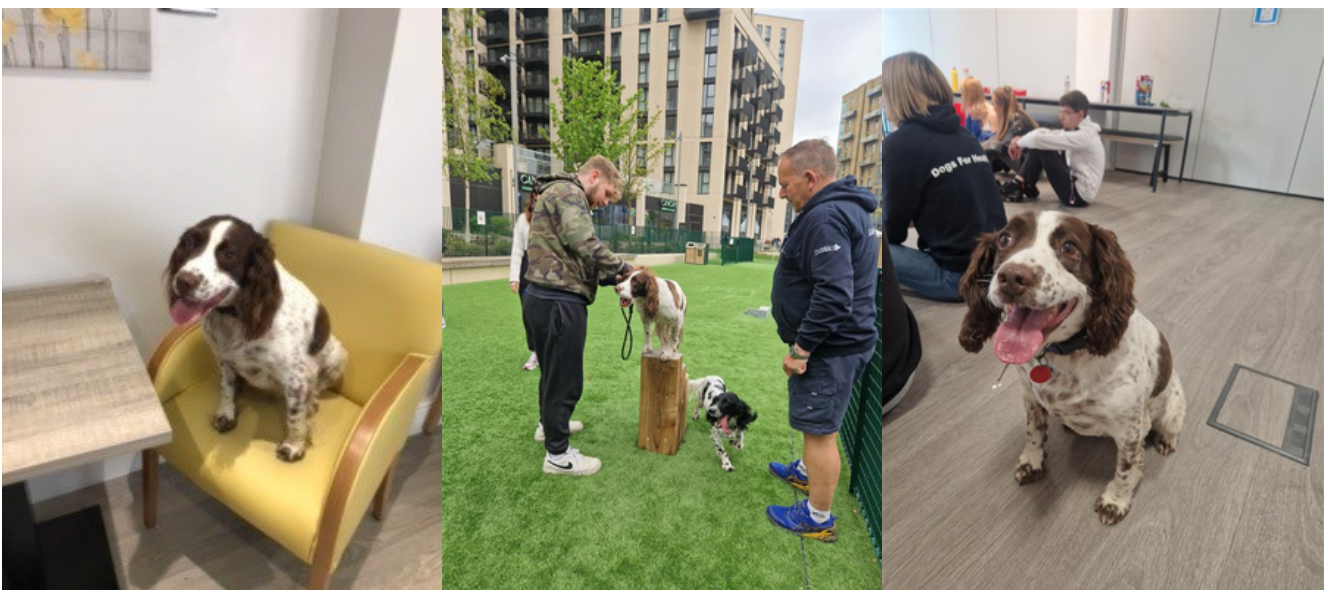
To mark the month, the Student Support Team hosted "Sip and Create", a relaxing space for students to slow down, unwind, and take a mindful break. Simple activities like painting, journaling, going for a walk, or spending time with others can be a great way to step away from daily pressures and reset. 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_wembley_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.

JOIN US!

MAY 1ST 12:00 - 14:00. NEW YORK AND MIAMI LOUNGE



The therapy dogs are back! Feeling overwhelmed after a full on term? Come destress with us and the dogs!

Editor's Favourite London Walks

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

- **Parkland Walk** - Finsbury Park to Alexandra Palace (4km), start at Finsbury Park Station, the route is signposted along the old railway line.
- **Diana Princess of Wales Memorial** - Start at Hyde Park Corner and check off four of the eight royal parks in London (St James's Park, Hyde Park, Green Park and Kensington Gardens).
- **Hampstead Heath** - This iconic London park is known for its picturesque views, its water and being a great place for a picnic. Head to Hampstead Heath Station and grab some snacks in the village before finding a place to crash - or you can get your steps in first and grab a cold drink and some pub grub at the Spaniards Inn.
- **Queen Elizabeth Olympic Park** - Want to check out some art while getting your steps up? This East London staple has 30 pieces of art along the Art in the Park trail! The two mile stretch takes about an hour but of course can be broken up with a drink in Crate Brewery.
- **Blackheath to Greenwich** - Want to get out of London without those pesky train fees? Head to Blackheath station and explore the village and parkland and walk, walk, walk until you find Greenwich Park. There you can get gorgeous views of the London skyline.
- **Regent's Canal** - Paddington to Limehouse. This trail alongside the water hits a number of places including Little Venice and London Zoo, all culminating in Camden where you can refuel at the market.

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!

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



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

Tianna Talks





What's Happening in London this month?

- **RHS Chelsea Flower Show** - 20 - 24 May
- **Urban Village Fete** - Greenwich Peninsula, 18th May. Music, street food and talks
- **Hampstead Heath Affordable Art Fair** - 7 - 11 May
- **Regent's Park Open Air Theatre** - 10 May - 14 June
- **Cross the Tracks - Jazz Festival** - May 25th
- **A24/7** - seven A24 films over seven nights at the Prince Charles Cinema - May 9th - 15th
- **Women's FA Cup Final - Chelsea vs Manchester United** - May 18th
- **Celebrate the Tate Modern's birthday with new exhibitions** - May 9th - 12th
- **The London Sandwich Festival** - May 16th - 18th
- **SicilyFest, all things Sicilian food at good prices** - May 1st - 4th
- **London's Canal Festival (Little Venice)** - May 3rd - 5th

Thank you for reading!
