

SHEFFIELD HALLAM STUDENTS' UNION

STUDENT GROUPS NEWSLETTER



FIND YOUR PLACE AT HALLAM

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WELLBEING

This issue features a lot of opportunities for you including several focusing on Wellbeing!

From Society events, to Give it a Go's to University led initiatives.

If you want more information on the opportunities not covered in this issue, check out our event listings:

What's On
hallamstudentsunion.com

Think something is missing from this issue? Got an event coming up you want to advertise? Get in touch with the Student Groups team at activitiesadmin@shu.ac.uk

SOCIETY SPOTLIGHT

SOCIETY OF THE MONTH, NEW SOCIETIES AND MORE!



Soc of the Month: Chemistry

Want to be featured here? Send activitiesadmin@shu.ac.uk a quick line and photo about what you have been up to this month.



NEW SOCIETY:

SHARC (ARCHITECTURE)

Recently adopted from the Adopt a Soc programme, ShArc is back and better than ever! *Check them out here!*



NEW SOCIETY:

REAL ALE

Recently adopted from the Adopt a Soc programme, Real Ale is back and already has some exciting plans in the works! *Check them out here!*

STUDENTS' UNION NOTICES

THIS ISSUES THEME: WELLBEING

This months theme is Wellbeing and we have a number of opportunities available to you:

Look after your mate: Training opportunity

Look After Your Mate is a nationally recognised training course from Student Minds offering mental health awareness, listening and signposting techniques specifically aimed at students who are supporting their friends and peers.

Students are far more likely to disclose difficulties to a friend than to a tutor/member of student support staff.

By attending this training, you will get a certificate from a nationally recognised organisation for completing a two and half hour workshop.

The sessions are completely free! Dates, times and the sign up link can be found below:

This workshop was really helpful, it allowed me to gain confidence in being able to support others who are struggling

Semester 1 Session dates:

Weds 25th Oct - Robert Winston F521, 1.30 - 4.30

Thurs 26th Oct (International Students only session) - EMB 3114, 1.30 - 4.30

Weds 22nd Nov - EMB 3114, 1.30 - 4.30

Thurs 23rd Nov - Southbourne 134 1.30 - 4.30

[Sign up here!](#)

TALK CLUB

- Are you interested in supporting men's mental health?
- Do you have an academic and/ or personal interest in mental health & wellbeing?
- Do you recognise the power of talking and listening to support mental fitness?
- Would you like to be part of a mental fitness community for male students at Sheffield Hallam University?



Talk Club @ SHU is a brand-new peer developed and peer led talking and listening club for male identifying students. It's a simple medicine that starts with asking – How are you? Out of 10? By checking in regularly with yourself and other male students, Talk Club @ SHU can help build connections, encourage peer support networks, and contribute to a supportive culture and community at Sheffield Hallam University.

We're looking for 'Captains' to volunteer to lead our weekly, in-person Talk Club sessions at Sheffield Hallam University. All training and ongoing support for 'Captains' will be provided by Talk Club and the Student Wellbeing Service.

If you would like to volunteer to be a Talk Club @ SHU 'Captain', or to arrange an informal chat to find out more about the role, [please register your interest using this form.](#)

FREE PERIOD PRODUCTS

As part of the SU's response to the Cost of Living crisis, last year we launched our free Period Product Scheme, giving students access to free period products throughout the academic year. We're please to announce that sign-ups for this year's scheme are now open, and you can sign-up on the SU's [Campaigns web page](#). You'll need to be logged in to sign-up, and collection dates will be 23rd and 26th October, from either The Hubs or Heart of the Campus.





SOCIETY COMMITTEE BY ELECTION

Fancy being on a society committee?

If your society was a new society last year or has any vacancies this is your opportunity to run for a committee role!

Nominations open on Monday 9th of October and run until Sunday 22nd of October.

If you don't fancy running for a committee role, then remember to have your say and place your vote when the voting opens on the Monday 23rd of October until Sunday 29th October.

Next Steps:

If your society is in the by-election the Societies team will be in contact via email with further details, if you don't receive an email from us, don't worry, it just means that all the committee roles in your society are filled.

Got any questions? Drop us a
line:

activitiesadmin@shu.ac.uk

GIVE IT A GO!

Check out the full list of activities in the Give it a Go programme here:
www.hallamstudentsunion.com/get_involved/giveitago/

Our picks



EMERGENCY FIRST AID

Fancy getting a First Aid Qualification? The Emergency First Aid Training course is back! Check out the full details online [here!](#)



TRIP TO THE PUMPKIN FESTIVAL

For more information about this give it a go and how to sign up, check out the event webpage [here!](#)



GHOST WALK

For more information about this give it a go and how to sign up, check out the event webpage [here!](#)

VOLUNTEERING



HARVEST APPEAL 2023 - APPEAL NOW LIVE

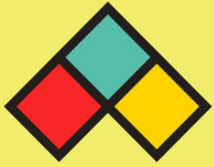
This Autumn, we're teaming up with local homelessness charity [Archer Project](#) for their big Harvest campaign.

The Harvest campaign is all about students and staff coming together to help ensure Archer Project have enough food, toiletries, and clothes to keep them stocked up for another year, so they can continue delivering essential services to Sheffield's homeless population.

We're looking to help Archer Project make this year's Harvest campaign their most successful ever. If you'd like to get involved, please donate as many or as few items as you can. Every item donated counts - from tins of beans to socks, T-shirts, and shampoo!

Check out the webpage for more information: [Harvest Appeal 2023](#)
Got any questions? Drop us a line: volunteering@shu.ac.uk

Check out the full list of volunteering opportunities here:
[Volunteering Opportunities](#)



**The Archer
Project**

Life changing support

H **Hallam
Students'
Union**



Scan the QR Code for
more information on:

- Items to donate
- Drop-off points
- Access to the Amazon wishlist
- To let us know you've donated



Please donate between the 2nd October to the 23rd October.

COMMITTEE CORNER

NOTICES FOR OUR SOCIETY COMMITTEE MEMBERS



[Sign in here!](#)

Native: An innovative Events Platform

Society Events have moved! All Society events are now advertised through the brand new Native platform!

Native gives you a lot of additional functionality and makes it easier than ever for your members to get involved in your activity.

To use Native, your Committee **must** activate your account through a password prompt sent to your **society email address**. If you no longer have access to that address, you must provide us with an updated one so we can resend the activation link.

Native training was provided at this year's Committee Conference, but if you missed it or need a refresher the training deck is available on the Committee Portal training page. If you have any questions get in touch with the team.

Society by elections

As the by elections are starting on Monday, it is important that your Committee advertise any vacancies you have. We will be in touch with those Committees participating directly to remind you during the nominations period. Remember your core roles must be filled by the end of the by election.

WELLBEING

Whether you are feeling lonely or need some advice, there is support available!



SELF HELP Online resources

The SU website provides access to online self help resources for different kinds of advice and wellbeing support.

Check those out here:
[Advice Self Help](#) | [Wellbeing](#)

WELLBEING CONTACT INFORMATION

Need to talk to someone?

THE STUDENT ADVICE CENTRE:

<https://www.hallamstudentsunion.com/advice>

Email: advicecentre@shu.ac.uk
Phone: 0114 225 4148

UNIVERSITY WELLBEING SERVICES:

<https://www.shu.ac.uk/wellbeing>

URGENT HELP:

<https://www.shu.ac.uk/wellbeing/urgent-help>



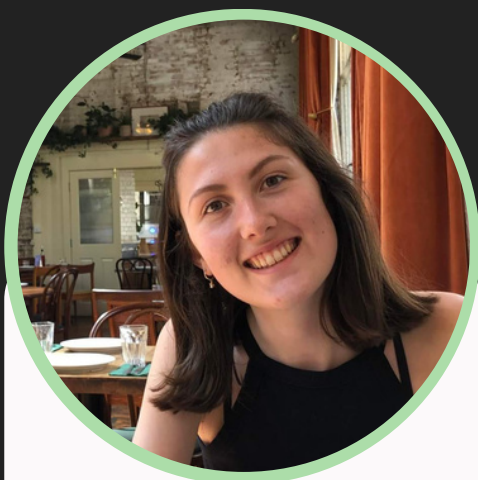
WELLBEING ACTIVITIES

Check out the [Whats On](#) page for activities to support your wellbeing.



MEET THE TEAM

Societies sit with the Student Communities and Development Team at Hallam Students' Union



TRINITY DAVIS

**Student Groups
Coordinator**
She/Her

"Hi! My name is Trinity and I work closely with our Social Societies and general activity"

t.davis@shu.ac.uk



LUCY WHEELER

**Student Communities and
Development Team Leader**
She/Her

"Hi! My name is Lucy and I work with all Societies, particularly our High Risk groups"

l.wheeler@shu.ac.uk



TAMMY BOWIE

**Student Groups
Coordinator**
She/Her

"Hi! My name is Tammy and I work closely with our Academic Societies and general activity"

t.bowie@shu.ac.uk

Contact the rest of the team at:

activitiesadmin@shu.ac.uk | suevents@shu.ac.uk | volunteering@shu.ac.uk
Student Groups | Events and Give it a Go | Volunteering

HSU