HOW THE SU HELPS YOU

A students’ guide to the Students’ Union (SU) and how it supports you.

The SU focus is on ensuring three main elements of the student experience: Student Voice, Support and Life.

Click on the links throughout this booklet for more information.
WHY DO WE NEED A STUDENTS’ UNION?

All of our students at Leicester are members of the SU, we’re a registered charity with students’ needs and core values at our heart.

We’re independent to the University and run by five elected Student Officers, backed by volunteers and staff. Our mission is to support, enable and represent by helping students learn new skills, make friends, have fun, solve problems and love their time at Leicester.

The core components of our Students’ Union are:

1. **TO BRING PEOPLE TOGETHER IN A INCLUSIVE STUDENT COMMUNITY**
   - We offer the biggest community on campus and try to ensure we cater for all of our students with events and activities throughout the year.

2. **TO REPRESENT OUR STUDENTS & FACILITATE CHANGE**
   - The SU is run by students for students. We have reps in every area of student life, making things better for everyone.

3. **TO IMPROVE THE STUDENT EXPERIENCE**
   - We’re here to help students change the things they want to see changed and ensure they have the best experience here.

4. **TO HELP SKILLS AND CONFIDENCE GROW**
   - Learning extends beyond academia. We help students develop the skills they need.

5. **TO OFFER A HELPING HAND**
   - We provide support and signposting in many ways to ensure our students can manage university life.

6. **TO WIDEN PARTICIPATION**
   - We provide outreach to schools and colleges to educate them about the benefits of university and offer extra support to our students from a WP background.

7. **TO PROVIDE OPPORTUNITIES & ACTIVITIES BEYOND ACADEMIA**
   - Students have a huge choice of activities from joining a student group or volunteering project, to becoming a student leader (for student groups, Course Reps and Union Council).

8. **TO PROVIDE SOCIAL SPACES, OUTLETS & ENTERTAINMENT**
   - Our building boasts social and meeting spaces, along with SU departments where we run events. Our building hosts food outlets, shops, a Starbucks and an O2 venue.

9. **TO WORK IN PARTNERSHIP WITH STUDENTS, THE UNIVERSITY & THE COMMUNITY**
   - Partnerships enable us to be as effective, reflective and accessible as possible in our mission to provide an exceptional experience here.
HOW WE ACHIEVE OUR MISSION

HELLO SU

EMPOWERING YOU

LEICESTER STUDENTS’ UNION

ACADEMIC REPRESENTATION

Coordinate 430 Course Reps, 27 Department Reps & 6 College Reps
Support 100’s of teaching and learning changes annually

ACTIVITIES

Coordinate 210+ student groups with 1,400+ committee members and 10,000+ members.
Facilitate 1000’s of group events annually, fundraised £14,500 in 15-16

VOICE

Coordinate Union Council – the students’ version of Parliament
The Council is run by elected students who democratically make decisions and vote on policy
Provide enhancing courses and workshops on many topics
Students can design and deliver training for other students
Support and train 450+ peer mentors supporting over 900 mentees
Provide support and guidance to first years from students who have walked in their shoes

TRAINING & DEVELOPMENT

Provide Free, confidential academic advice and promote preventative strategies
Coordinate #LeicsTalk signposting students to support services

COMMUNITY

Coordinate outreach to schools, colleges and current widening participation students
Provide volunteering and fundraising opportunities

EDUCATION

5 elected full-time student officers and 8 part-time officers that provide representation to the student body
They work in partnership with the SU and University to ensure the student voice is authentic and relevant

PEER MENTORING

37 Team Leicester Clubs, with 70+ teams within these and nearly 2000 members
37th in BUCS Rankings out of 160, this is the top 25% in the country

OFFICERS
**HOW DO OUR DEPARTMENTS HELP YOU?**

**STUDENT HUB OFFICERS**

The Officers are elected by students to represent students and provide a credible and authentic voice to them. They aim to fulfil certain projects and manifesto ideas, wherever possible so they are able to make real changes to students’ University life.

Find out more: leicesterson.org/meetyourofficers

**STUDENT HUB VOICE**

Student Voice enables and empowers students to have their say via Union Council, the running of campaigns/events and carrying out of relevant research. They get to mix with people studying different things that they may not meet otherwise. Their opinions and decisions can genuinely shape the university experience for present and future students.

Find out more: leicesterson.org/represent/unioncouncil

**STUDENT HUB ACADEMIC REPRESENTATION**

Academic Representation provides the means through which students can act as partners in improving education, promotes clarity in department communications and further enhances communication between various institutional levels and students. Additionally, it gives students the chance to improve skills that employers value.

Find out more: leicesterson.org/represent/course-reps

**STUDENT HUB ED**

The Education Unit provides free, confidential academic advice to students, on issues such as mitigating circumstances, appeals, misconduct, and general course and exam worries.

They also provide signposting advice to other support services around the campus and community, including running the #LeicsTalk service. This means if you’re not sure who to speak to about any issues you are experiencing, the Education Unit can direct you to the right services for you.

Find out more: leicesterson.org/education
leicesterson.org/support/leics-talk

*Click on links for more information*
HOW DO OUR DEPARTMENTS HELP YOU?

**Click on links for more information**

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**STUDENT HUB PEER MENTORING**

Developing transferable skills as a mentor and receiving support as a mentee.

**Find out more:**
Peermentoring.su.le.ac.uk

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**STUDENT HUB TRAINING & DEVELOPMENT**

Gaining enhanced skills and knowledge through free SU training.

**Find out more:**
leicesterunion.com/training

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**STUDENT HUB COMMUNITY**

Students have an opportunity to manage and run their own student-led projects that aim to reach out to the local community to show the benefits of going to University. The team also support current Widening Participation students through their university journey.

**Find out more:**
leicesterunion.com/getinvolved

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**STUDENT HUB ACTIVITIES**

Student leaders gain skills in leadership, event organisation, financial management and good communication. Plus they and the members are able to make friends, develop new skills and hobbies and make their time at University even more fulfilling.

**Find out more:**
leicesterunion.com/activities

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**TEAM UNIVERSITY OF LEICESTER**

Team Leicester is one of many opportunities to get involved with sport and is the collective identity of all of the performance sports clubs that represent the University of Leicester. Clubs are open to all students regardless of ability.

**Find out more:**
leicesterunion.com/teamleicester
The #LeicsTalk message is that no matter what you’re facing, no matter what your background teaches, you should feel comfortable to speak up and seek the help you need to thrive here at the University of Leicester.

Whether you’re looking for academic advice, someone to chat to about your wellbeing, welfare guidance or a specific support group, there’s support for you. Explore and keep a note of the services below so you know who you can speak to if you need to. If you can’t find the service for you, email leicstalk@le.ac.uk and we’ll point you in the right direction. We have a team of friendly, helpful staff waiting to hear from you, so let’s talk we’re here to help!

These are the main support services available to you:

*Click on links for more information

**UNIVERSITY SERVICES**

AccessAbility (Disability Services) le.ac.uk/offices/accessability
Chaplaincy (Spiritual Support) le.ac.uk/institution/chaplaincy
Counselling & Wellbeing (Mental Health Services) le.ac.uk/offices/counselling & le.ac.uk/offices/mental-wellbeing
Residential Advisers (In University Accommodation) Speak to your Halls reception
Student Learning Development (Study Help) le.ac.uk/offices/id
Student Welfare Service (Financial & Housing Advice) le.ac.uk/offices/welfare

**STUDENTS’ UNION**

C Card Registration (Free Condom Scheme) leicesterunion.com/support/leicstalk
Choices Clinic (Sexual Health Drop-In Clinic) leicesterunion.com/support/leicstalk
SU Officer Representative (Advice and Support) leicesterunion.com/meetyourofficers
Education Unit (Confidential Academic Advice) leicesterunion.com/support/education
Headspace (Mental Health Drop-In Clinic) leicesterunion.com/support/leicstalk
Safe Space (#LeicTalk drop in) leicesterunion.com/support/leicstalk
Peer Mentoring Scheme (Student Mentor Support) leicesterunion.com/peermentoring

View timetable of SU Services

**STUDENT LED**

Autistic Spectrum Society leicesterunion.com/autisticspectrum
LGBTQA+ Association (Sexual Orientation Support) leicesterunion.com/lgbtqaassociation
Mental Health Awareness and Support (MHAS) Society leicesterunion.com/mentalhealthawarenessandsupport
Nightline (Student Listening Support Line) 0116 223 1230 / leicesterunion.com/nightline
Pro Bono (Free Legal Advice) leicesterunion.com/probono
Student Minds Society (Eating Disorder Support) leicesterunion.com/studentminds
Sexpression Society (Sexual Health Educators) leicesterunion.com/sexpression

**COMMUNITY**

#Leicstalk can also direct you to community support too, for example Doctors, Police, Emergency Services and Local Support Organisations leicesterunion.com/support/leicstalk/community-support

Find out more: www.leicesterunion.com/support/leicstalk

Follow us on 🔴/leicstalk and 🔸@leicstalk
KEEP UPDATED, GET INVOLVED AND ACCESS SUPPORT

Our work, events, activities and campaigns run throughout the year and as you’ve seen, there’s lots you can get involved with and support to access.

Whether you want to have fun at our events, have your voice heard, need to speak with a support service or want to enhance your University experience and get involved, we have something for you.

Keep updated by: *Click on links for more information*

• Visit our main website here at www.leicestерunione.com

• Join our fortnightly website newsletter www.leicestерunione.com/users/sign_in to be the first to be updated by signing up to our website and opting in to communications from us

• Find out what’s going on in the Student Hub here: www.leicestерunione.com/student-hub - this is where all of our departments feature, so you can get in touch with any you’d like to

• Visit us in Reception, Monday – Friday 9am – 5pm or email us hellosu@le.ac.uk

• Visit us in Reception, (Ground Floor of the SU) Monday to Friday 9am – 5pm, or email us at hellosu@le.ac.uk / phone us on 0116 223 1181