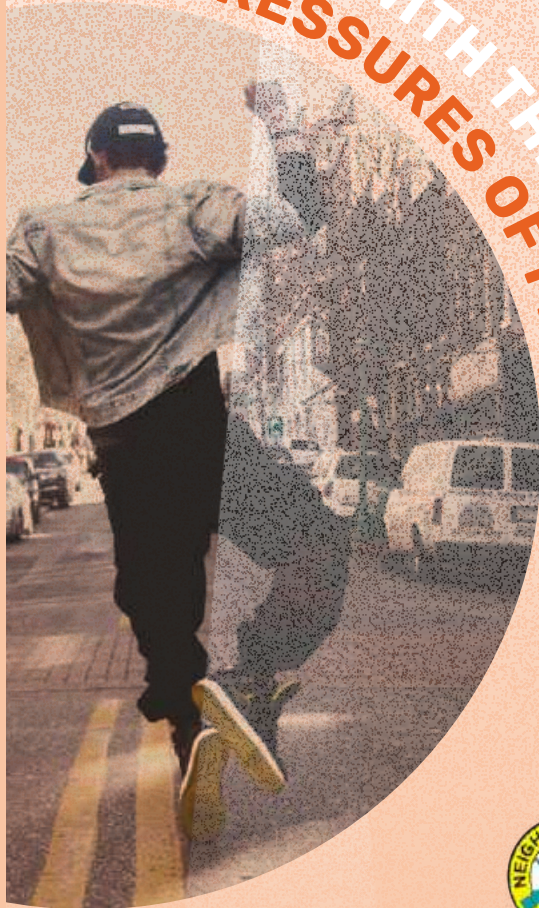


THE LOOKOUT

THE STUDENT WATCH MAGAZINE

DEALING WITH THE PRESSURES OF FRESHERS



TIPS TO HELP YOU
FIND YOUR CROWD
AT FRESHERS

SEVEN STEPS TO A
SAFE STUDENT
NIGHT OUT

MAKE YOUR
MONEY LAST
AT UNI

WHY ARE SOCIETIES
IMPORTANT AT
UNIVERSITY?



Insurance

Are you spending more than you need to at your local Co-op?



Did you know if you're a member of the Co-op, you get 2p back for every pound you spend on Co-op branded products and services, and the same goes to local communities?

Think about it this way. If you spend £20 a week at your local Co-op – popping in for the odd bottle of wine or pint of milk – in a year you'd get just over £20 back in member rewards to spend on whatever you like, and you'd have raised a further £20 for community.

And there's more, you get access to exclusive member deals in store and personalised offers for money off the things you like to buy via the Co-op App. So, if you scan your membership card when you pay for that bottle of wine, you might get an offer for it the week after.



How do I join, I hear you ask? Simple. Scan the QR code to download the Co-op App on the App Store or Google Play.

It costs £1 to become a member but that gives you access to all the above and buys you a share, so you can have your say on the way we do business. **You'll also be in with a chance of winning some cool prizes each time you get involved.**



It's what we do

Student life has its own ups and downs and often as a student you can easily find yourself feeling lost (both physically and metaphorically) on huge university campuses. The Lookout Magazine was created to support university students and foster both happier and safer environments for them to work and live in.

Coming up to the year anniversary of the launch of The Lookout, we have seen the words within these pages reach over 35,000 students nationally. Outside of the tips and guidance offered to students through the magazine, Co-op and The Neighbourhood Watch have invested in alternate student initiatives. Our Student Advocate program has been a highlight this year. Just over 50 UK students were trained, enabling them to be able to deliver online student safety courses on campus. All in an effort to improve student well-being and security.

From cover to cover, we have a selection of articles written for young people by young people. The topics range from safety on a night out to managing your finances as a student. Particularly for prospective university students, this issue contains advice articles detailing how to find the right crowd, navigate the pressure of freshers in addition to the importance of joining societies.

Bridget Eke,
University of Leeds

STUDENT WATCH



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DEALING WITH THE PRESSURES OF FRESHERS

Dan Fisher,
King's College London

**Fear not:
there are ways
to make those
first steps at
university
feel less
intimidating**

If you were to play a game of Family Fortunes where the category is "Stressful Life Events" then I can guarantee a couple of the top answers: Moving house; Starting a new job; Studying for exams; Making friends in an unfamiliar city; Holding a flatmate meeting like it's the bloody UN because someone has been stealing your oat milk on the sly. These are all experiences that more often than not are encompassed by the Mega Stress Event that is Freshers. When it comes to that first week remember to take things at your pace, especially when it comes to nights out and alcohol consumption. Safety is a priority, and reminiscing over a night out that you can remember is one of the best parts of catching up with your new Uni friends.

Luckily, universities have begun to cotton on to the pressures that freshers can find themselves facing, and there are a ton of resources at your disposal.



For instance, your university's support team should resemble a wellness-oriented Avengers: a highly qualified outfit banding together to uplift and protect you and your uni-mates. You can find these resources via wellbeing pages on your university website, or even by accessing your campus or local health centre. If you can't find either of these or prefer a traditional face-to-face approach, I'm sure the staff at your university reception can point you in the right direction.

If for whatever reason you don't feel comfortable reaching out to your university support team (maybe you're more DC than Marvel) then there also exists independent charities and organisations such as 'Student Minds' who you can contact online if you need that extra hand.

Finally, university societies exist for everything from Marxism, to Farming, to DIY Enthusiasm: all your hammer and sickle needs met! Getting out there and meeting your fellow students can be the most fulfilling way to make the Hashtag BestDaysOfYourLife just that little bit more manageable. University can seem quite daunting at first, but getting out of your comfort zone and meeting new people who already share the same interests, or even interests you're willing to learn more about, is the first step in battling that fear. There's something for everyone across campus, probably even comic book and gameshow societies if the extended metaphors in this article didn't quite land.

Trust me: it's fun as well as scary.

Neighbourhood Watch have a loneliness and vulnerability toolkit that you may find helpful.

Click here or search for 'Neighbourhood Watch loneliness toolkit'



Make time for a proper brew



IRI, Value Sales, 52 w/e 18th June 2022



We're the nation's most loved tea*



YOUR VOICE MATTERS

Help Neighbourhood Watch by telling us **your ideas** of how
to improve your local community.



Explore our survey to be in with a chance
to win a £25 voucher of your choice!

TIPS TO HELP YOU

FIND YOUR CROWD AT FRESHERS



Starting university
this month? Getting
to know new people
and making friends
can be fun and
daunting all at the
same time – here are
some tips to guide
you through the
maze.

Mair Williams,
Bangor University



JOIN SOCIETIES

Most universities offer societies – anything from sports societies to coffee clubs to societies dedicated to gossiping! It's a fantastic way to meet people with similar interests – and you can participate in activities you love. Attending induction meetings is a great way of finding the right society for you.

FRESHERS FAIRS

Explore what your university has to offer at your Freshers' fair. These are a great way to meet people on campus as they typically have games and activities for students like you to meet each other.

VOLUNTEERING

Your university will have multiple opportunities for you to volunteer. This is an organic and fun way to meet new people who have similar interests to you and participate in community projects at the same time, so what are you waiting for?

For more tips and information on how to find volunteering opportunities you can volunteer with Neighbourhood Watch at ourwatch.org.uk/get-involved/volunteer and search for specific opportunities within your local community with Co-operate at co-operate.coop.co.uk/volunteer.

ORGANISE AN OUTING

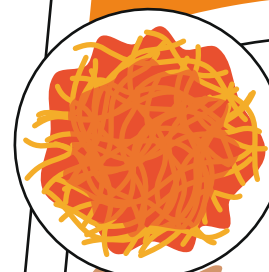
A nice way of getting to know people during freshers' week is to organise an outing for you and your housemates; it'll be an enjoyable way for you to not only form bonds but to get to know the area. A couple of ways to do this would be to organise picnics at your local park or band together with your new housemates to explore your new town finding key points of interest such as your local supermarket, restaurants and cinemas.

BRING FOOD

Food is the way to someone's heart, so try sharing your meals with your flatmates. Even something as small as heating up beans in a pan for breakfast or boiling pasta for lunch will instantly win you popularity points from your housemates and even spark a friendship. There are lots of student-friendly recipes for you to try on oncoop.co.uk/recipes – Just make sure you clean up afterwards!

TAKE THE FIRST STEP

Getting to know new people in a new place can be challenging but it's always good to take the first step to get to know your peers. Avoid sitting alone in lecture halls and use sitting next to a classmate as a way to introduce yourself. Also, try and visit communal areas such as common rooms, the library, and the canteen. This is a simple way of starting a bond with the people on your course or even your campus by using a shared interest.





MAKE YOUR MONEY LAST AT UNI

**Shannon Griffin,
Goldsmiths College**

At university, it can be tough to balance a social life, a working life and managing your money. As a recently graduated third year, I can be your financial fairy godmother offering tips and tricks, from smart budgeting to the benefits of memberships such as a Tesco Clubcard or Co-op's TOTUM card, which gets you a student discount on EVERY shop. Trust me: it's 100% worth it.

Although being a student isn't cheap, wherever you are in the world, it does have its benefits. You're independent! You choose what you eat for breakfast, lunch and dinner, and they can even be different things! Freedom is fantastic – but obviously, it isn't free. You need to use all of the resources available to you, and probably the most important advantage is your student discount.

MANY BRANDS, INSTORE AND ONLINE, OFFER STUDENT DISCOUNTS.

as a student, and the option is right there. Besides, the staff are almost certainly

However, if you don't ask, you don't get. It can feel toe-curling at first to ask in person, but saving money is necessary

used to it. Before that, though, sign up for every student discount and reward system available, including Unidays and TOTUM. You can get deals or money off food and drink, fashion, lifestyle and loads besides.

NEXT, YOU HAVE TO DECIDE WHAT'S REALLY WORTH SPENDING YOUR MONEY ON.

That doesn't mean everyone has the same essentials, nor that you can never, ever treat yourself. But

managing your money and making sure you're spending safely makes it go further, and it can be done effectively with a few small changes in your everyday life. It may sound scary but budgeting how much you can spend, either weekly or monthly, can help you when planning nights out, buying new clothes or doing the food shop. You might even decide to set a 'no-spend Sunday' or 'Wallet-watching Wednesday'? We're just spit balling here. Money safety is also super important, when shopping online double-check with sites such as Check A Website. It could even be as simple as keeping your belongings safe when out and about or keeping your cards and cash on your person.

**You don't have
to change
much to make
student life
a little easier.**

**WHEN FOOD
SHOPPING, LOOK
FOR THE CHEAPER
BRANDS.**

They taste virtually the same, or even sweeter when you savour the savings – just compare the

cost of going out for lunch to Co-op's £4 meal deal – it's only £3.50 if you're a member too! One useful tip is to plan meals ahead of shopping: you can make a big batch of something and freeze it, saving you money but also cooking time. Future You will thank you. If you can, try to visit supermarkets in the evening, when they're reducing prices. Apps such as Olio and Too Good To Go offer discounted or even free food that's close to its Best Before date, so you can eat cheaper and combat food waste.

**RESEARCH AS
MANY DIFFERENT
STUDENT JOBS AS
POSSIBLE.**

If you're worried about needing income while at university, then – especially if

you're an international student – try to research as many different student jobs as possible. You don't want to be utterly miserable while you're earning if there's a better alternative that still allows you to enjoy your university experience. Working on campus can help you to find work that supports your studies and your schedule, so take a look at your university's website. Hospitality work is popular among students, as it can be flexible enough to fit around timetables. There's social media, too: if you're dedicated enough to begin posting on TikTok, Instagram and other socials, you'll see the benefits.

These are just a few ways to manage your finances effectively at university; there are also plenty of online resources, such as savethestudent.org and moneysavingexpert.com/students.

**Good luck -
you got this!**

STUDENTS
STUDENTS
STUDENTS
STUDENTS
STUDENTS
STUDENTS
STUDENTS



It's what we do

**GET 10% OFF YOUR
SHOPPING IN CO-OP
STORES!**

REDEEM WITH TOTUM

We understand that you want to save the pennies when you're studying. That's why, when you shop instore at Co-op, you can get 10% off by showing your TOTUM card at the checkout.

- Discount excludes, cigarettes and tobacco, baby milk, products in sale/promotion, stamps, saving schemes, National Lottery, gift vouchers, phone cards, continuity programmes, in-store concessions, PayPoint and Newspaper delivery.
- Cannot be used in conjunction with any other offer. (other than Co-op Membership)
- To redeem this discount, simply show your TOTUM card at participating stores when at the till.

- Southern Co-op Stores
- To claim your membership points when shopping in a Southern Co-op store please retain your receipts and call their Member Support team on 0800 6520 124 or submit your receipts via Southern Co-op's online form.

A DJ is performing at a night club, with a crowd of students in the background. The DJ is wearing a black shirt and is behind a DJ booth. The crowd is diverse and appears to be enjoying the music. The lighting is dim with blue and purple hues. The DJ booth has various equipment, including a turntable and a mixer. The crowd is standing and some are raising their hands. The overall atmosphere is lively and social.

7 steps to a safe student night out

Bridget Eke,
University of Leeds

Staying vigilant doesn't mean being dull – it'll help you to have a better time.

We shouldn't have to write this article. You shouldn't have to read it. But we do and you do, so read on and remember you can have a great night – the most amazing night of your life – and be aware of what's going on around you. In fact, it'll help.

Here are seven things to bear in mind when you're next grabbing your coat and your keys.

1

THERE'S SAFETY IN NUMBERS

This is Numero Uno. It's always best to stay within a group of friends or other students. Being together with people you can trust will massively reduce the risk of somebody targeting you or seeking to take advantage – and it's also important to look out for others who may be vulnerable.

PLAN A ROUTE HOME

It isn't as simple as sticking to busy, well-lit areas (although definitely do that). When you're out late, it's easy to forget that the timings of public transport at night will differ from day schedules. Keep this in mind, and always have a backup. If you miss the last train, do you have the money for an Uber? Does your university have a late taxi service? Are there friends nearby who could put you up for the night until you can journey back safely the next day?

2

3

WATCH YOUR DRINK

We're being literal this time. Unfortunately, leaving a drink unattended means it can be spiked. It can happen to anyone, and for a variety of criminal acts, so keep an eye on your drink all night. You can visit [nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault) for help on the topic of sexual assault and drink spiking.

4

DRINK IN MODERATION

Yeah, yeah, heard it before. Know your limits, stay in control... boring. But this message is repeated so frequently for a reason. Under the heavy influence of alcohol or drugs, or both, there's a much higher risk that your night takes an unexpected turn and not one of the better ones. Judging when to stop so you can still enjoy your night is virtually a superpower when you're a student, because at the very least you'll be the one keeping your lunch in. Which reminds us: eat a meal before a night out, and drink water during it. Yes, as well as the alcohol, not instead of it – give us some credit...

KEEP YOUR VALUABLES CLOSE

It's easy to be careless with your stuff on a night out, and opportunists know that. Someone may well be looking for a drunk student who doesn't know where their phone is, or their wallet, or their purse, or actually anything at that moment in time. Keep your valuables out of sight to avoid being an easy target. Minimising the amount

5

you carry (within reason, obviously,) can also reduce the risk.

6

CARRY A PORTABLE CHARGER

The invention of the portable charger was an instant game-changer; now everybody has one (or six), and why wouldn't you? Our lives revolve around our phones, so fully charge yours, and your charger, and you won't be without a way to reach friends or the emergency services. That's not the only reason. I rely on Apple Pay so much that I forget to carry actual bank cards with me.

BE AN ACTIVE BYSTANDER

This rule applies inside and outside both bars and clubs. If you see someone at risk, assess the situation and how you can help – which does not mean getting personally involved. Bar staff or security will be trained in how to de-escalate or assist, and you can check out Neighbourhood Watch's Active Bystander page on their website for helpful tips on intervening safely.

7

If you're abroad, ensure you know local emergency numbers. And finally: if you're in a dangerous situation, please consider the risk to yourself, because you're not Batman. Nobody is. Well, except Batman.

You can learn more about street harassment and what to do if you experience it, support for victims and how to report it via ourwatch.org.uk/streetharassment.



Neighbourhood Watch Network is a charity registered in England & Wales. CIO No. 1173349

Want to help stop street harassment?

Be a part of creating an environment where harassment, intimidation, and antisocial behaviour are not tolerated in your local community.



#BeTheChange and sign up to the new **Community Safety Charter**.

Tackling Crimes in Public Spaces.

ourwatch.co.uk/charter



Why are societies important at University?

FROM FUN TO FUNDRAISING,
CAREERS TO COMPANIONSHIP,
EXTRACURRICULAR GROUPS
CAN OFFER THE LOT.

Victoria Wilson,
University of Birmingham

Illustrations: Maia Arstad

From Hummus Society to Skydiving, societies or extracurriculars are the perfect way to enrich your university experience, meet new people, gain unique opportunities and relax. Whether you are a fresher or final year student, interested in sports, arts and theatre, politics, volunteering or just socialising; there is sure to be a group suited to you.

At my university, there is even a queueing society where members meet up in town, randomly form a queue, see how many strangers they can get to join it and then suddenly disband. If you don't find your perfect match at the freshers week society fair you can even start your own society and take on a leadership role as a committee member.

Last year I co-founded the Birmingham University Rollerskating Society as social secretary and have had an amazing time helping run roller discos and events. We even managed to win the Birmingham Alumni Grant and received £2000 funding. Our BURS president expressed how founding skating society had helped them to "make lots of new friends and feel a part of a big community".

EXCITING OPPORTUNITIES

Through joining a society you can participate in a plethora of activities with likeminded people, sometimes at a subsidised cost. Societies will often hire out sports or drama facilities for you to use allowing you to train and practice your hobbies, and perform or compete for your university. Your social secretaries will ensure a range of sober and drinking socials take place. Many groups also run trips across the country and abroad. Joining the rock climbing society has undoubtedly been one of my favourite parts of university; through the climbing club I have competed in national competitions, met lifelong friends and enjoyed affordable residential climbing trips.



WELLBEING

Moving to a new city for university can be pretty intimidating. Joining a society is an easy way to meet new friends, alleviate loneliness and homesickness and relax away from your studies. Sports and adventure societies which help you to get outside and get active are especially beneficial for mental well-being.



EXPERIENCE & SKILL DEVELOPMENT

With ever increasing numbers attending university, and 80% of graduate jobs not requiring a specific degree, societies are an enjoyable way to fine tune your career aspirations, and stand out to employers. Participating in societies is a great way to evidence your time management skills and enthusiasm in an interview or application. Taking on a leadership role as a society committee member is a particularly great way to develop essential interpersonal skills such as teamwork and communication which will impress future employers. Through societies you will likely find handy networking opportunities with alumni in your field, whilst volunteering societies are an amazing way to give back to your community.



THE LOOKOUT



Insurance