

In partnership with:



GUIDE FOR STUDENTS IN THE COMMUNITY



bucksstudentsunion.org

MAKING LIFE BETTER FOR STUDENTS AT BUCKS



Silent Students: Happy Homes



bucksstudentsunion.org/ssh



Bucks Students' Union provides a **free** night bus on a Wednesday night and weekend night (the most popular nights out) for students to get home safely and quietly. After midnight the bus starts taking students home to anywhere in High Wycombe that they need to go. Just jump on the bus and tell the driver where you're heading to, and they will take you for **free!**



CAMPUS LINK BUS

There is a **free** door to door bus service for students and staff between the High Wycombe and Uxbridge Campuses. We think it dramatically improves the student experience and helps foster cross-campus links.

For more information see **page 39**.

*must have a valid Bucks New University ID card.

MAKING LIFE BETTER FOR STUDENTS AT BUCKS

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Welcome



Bucks Students' Union represents and supports over 9,000 students who study at Bucks New University. We are committed to ensuring our members' student experience is the best that it possibly can be, and that includes reaching out to where they live.

In partnership with Wycombe District Council, we have produced this Community Guide to promote the importance of living safely and sensibly in the community. We hope that this guide will lead to an increase in the contribution of students within our local community.

We really are proud of the positive contribution we make to the community and truly believe that our members play an important part in this, supporting economic growth, providing a workforce, and having an active role in the local area. We are committed to working with community partners to improve the reputation of our members in their communities.

If you have any feedback, we would love to hear from you – we always love hearing from our local community about what we do, what we could improve on, and how we can work together to create a harmonious living community for our members. Email **union@bucks.ac.uk**.

Happy reading!



Tamsin Grainger
Students' Union
President

Tash Neal
Vice President
Education and Welfare

Tom Feathestone
Vice President
Student Involvement



We are the Sabbatical Team at Bucks Students' Union. All three of us have studied at the University and understand the importance of safety and security. The well-being of our students and staff, as well as our neighbours, is very important to us.

Our campuses are situated in great places, and are home to a diverse mix of people who contribute to their town's identity. Don't be afraid to say hello to your neighbours and remember to have respect for your local community and surroundings.

Bucks Students' Union also offers a wide range of opportunities to work closely with the community, so you can give something back but also gain transferable skills and meet new people. So please do get involved!

Moving In? Moving Out?



Have you got an inventory?

Your landlord/agent should have given you an inventory. Make sure you check everything is correct when you move in, and if anything is missing or broken, inform them immediately and make a note of it in the inventory. Sign it and ask the landlord/agent to sign it by sending them a copy by recorded delivery (so you have proof that it has been sent to them).

Protect your deposit!

Under the law in England and Wales, if you've what's called an 'assured shorthold tenancy' (the most common type) that started on or after 6 April 2007, your landlord **MUST** put your deposit into one of these schemes within 30 days of getting it. (If you're not a lodger or renting from a council, you've probably got an assured shorthold tenancy, but you can double-check with Shelter's tenancy checker: england.shelter.org.uk/get_advice/downloads_and_tools/tenancy_checker). Ask your landlord for these details, they are legally required to let you know within 30 days of paying your deposit. Contact the Students' Union Advice Centre for advice.

Read your meter

Take any meter readings on the day you collect the keys (and do the same when you leave). Contact your gas and electricity providers to give them the meter readings and ask them to put everyone's names on the bill, so you are jointly responsible. This also ensures you are not paying for gas and electric used by previous tenants!

Council Tax

Households where everyone is a full-time student do not have to pay Council Tax. All students in the house will have to provide proof that they are full-time students - to do this please contact The Student Centre. You will get a Council Tax bill if there is an

adult in your household who is not a full-time student, but your household might still qualify for a discount. Please seek advice if this is the case, as it can be complicated. (Note, you do not need to worry about this if you are living in halls of residence).

Take photos

If you haven't got an inventory when you move in, make sure you take photos of the condition of every room; you might need them later as evidence when you want to get your deposit back.



Get covered!

Get contents insurance if you aren't already covered. We recommend Endsleigh Insurance who provide excellent cover for students and a wide range of different insurance products.

Buy a TV Licence

If you don't, you risk being fined up to £1,000.

How expensive will your bills be?

If you have gas, check that your house has a current gas safety certificate (legally your landlord has to have a check every year). Has your landlord got an Energy Performance Certificate (EPC)? An EPC can give you an indication on how expensive your fuel bills may be.

Don't forget

Your landlord must keep the property in good repair and must not enter your private residence without giving you 24 hours written notice unless by prior agreement or in case of an emergency. You cannot be evicted without a court order. The Council's website has lots of useful tenancy information.

If you're moving into halls this year, most of this stuff won't apply to you, but it's useful to know for when you do move into privately rented housing. While you're at halls, you can always talk to your Senior Resident with any questions you might have.

Yellow Pages



Bucks Students'
Union Advice
Centre

t: **01494 603 016**

e: **suadvice@bucks.ac.uk**



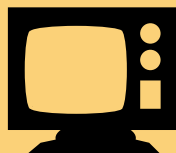
To find out who supplies
your gas call:

08706 081 524



To find out who supplies
your electricity call:

08456 014 516



TV Licence
information:
tvlicensing.co.uk
(search for students)



For more info on insurance, visit:
endsleigh.co.uk/university

Go to page **42** for the full yellow pages.

10 Golden Rules On a Night Out

- 1. Look out for your friends.**
- 2. Know your limits, drink and drugs impair your judgement which can lead to poor decisions.**
- 3. Never leave your drink unattended, even for a moment, and if it doesn't taste right or you're ever unsure, don't finish it.**
- 4. Do you know what you're taking? Drugs can be mixed with a number of different substances and can vary in strength.**
- 5. If you get separated from your friends in a bar, pub or club, let them know where you are.**
- 6. Plan your route home in advance. Avoid walking alone at night and stick to busy, well-lit places. Let someone know where you are.**

- 7. If you're concerned or need help on a night out, you can speak to a member of bar or door staff who are all trained to help.**
- 8. Put money aside for your transport home and if you choose to take a taxi, make sure you used a licensed taxi.**
- 9. When walking between bars or walking home be aware of your surroundings. A top tip is to take out headphones if listening to music so you can be alert to what is around you.**
- 10. Keep your valuables hidden from sight.**

Consent

Sex without consent is rape.

Together we can stop rape by ensuring everyone knows when they have sexual consent – and when they do not.

The person seeking or initiating sex is responsible for getting consent.

Ask yourself if the other person is capable of giving consent.

If they are on drugs or too drunk, asleep or unconscious they cannot choose.

Some people living with a mental health problem, a learning disability or a head injury may not have the capacity to consent.

You can confirm if you have consent by checking the other person's body language and by asking them.

Check with them each time you start a new type of sexual activity.

Check with them on each occasion you start any sexual conduct.

Look at their body language and facial expression to see if they are eager and comfortable.

Ask them if they are okay.

If they seem unhappy, or you are not sure they are consenting, stop.

Silence, or the absence of a “no”, does not guarantee somebody is consenting.

consentiseverything.com

CON - SENT [VERB]

To make a mutual, voluntary, informed decision between clear-minded, of age participants before ANY and EVERY sexual act.

Travelling by Bike, Car or Taxi

If you've brought your bike to uni, make sure you've also got a bike lock to secure it when you're out and about. When you lock your bike, don't lock it to bikes that don't belong to anyone you know as this could result in your lock being cut



If you've brought your car to uni, be sure to close your windows, lock the car and ask yourself whether you've left anything valuable on display. Leaving valuable items on show can make your car a target for thieves whenever you're not in it.



Taxis

When you're ready to head home, make sure you only use Black Cabs or Licensed Mini Cabs. Licensed taxis will display badges (displayed below) on their rear number plate and inside the taxi.

Do not use illegal mini cabs who will tout for your business near pubs and clubs.



Home sweet home

When leaving your room, flat or house, make sure your doors and windows are closed and locked. It sounds simple, but most burglaries are committed by opportunistic thieves who find doors unlocked or windows open. These thieves may not be strangers, they could be friends of friends in your house or building who take advantage of a door being left unlocked. Don't take the risk.

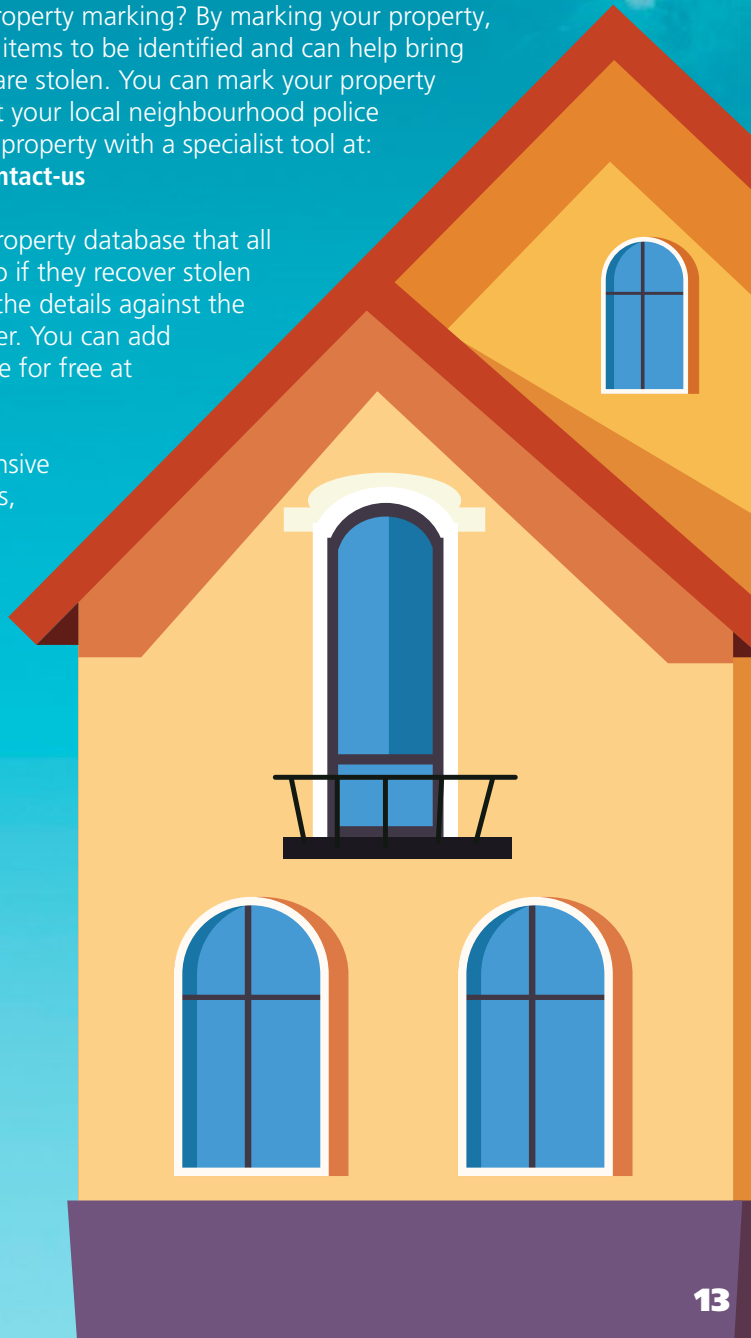
Think you're good at window shopping? Burglars are even better. Consider what you're leaving on show and try to keep expensive items like phones, tablets and laptops away from windows. This goes for your keys too, if you're in a house share, don't leave your keys too near the door where thieves could hook them through the letterbox. If you need to leave keys for your housemates, leave them somewhere safe where you wouldn't expect to find them.

Look After Your Belongings

Have you ever heard of property marking? By marking your property, it makes it easier for your items to be identified and can help bring them back to you if they are stolen. You can mark your property using a UV pen or contact your local neighbourhood police team who can mark your property with a specialist tool at: **thamesvalley.police.uk/contact-us**

Immobilise is a national property database that all police forces can access so if they recover stolen property, they can check the details against the database to find the owner. You can add your items to the database for free at **immobilise.com**

Take photos of your expensive items as well such as bikes, laptops and jewellery, so that if they are stolen, you can give the photos to the police to help find them.



First Aid

Some tips that could save lives:

- If you come across someone who is heavily bleeding, put pressure on the wound. This can be with an item of clothing, a towel or even your hands. Call 999 and keep pressure on the wound until an ambulance arrives. If there is an object in the wound, don't remove it, put pressure around the object.
- If they begin to feel faint, lie them down and if possible, raise their feet higher than their heart while keeping pressure on the wound.
- If you have come into contact with a liquid or substance that starts to cause irritation or a tingling sensation, follow the steps Remove, Remove, Remove
 - Remove yourself from the area. Fresh air is important and find a fresh water source.
 - Remove any clothing affected by the substance. Try to avoid pulling clothes off over your head. Do not smoke, eat or drink.
 - Remove the substance from your skin.
- If you believe someone has drunk too much alcohol, give them water if they can drink it and keep them sitting up and awake if possible.
- If they have passed out, lie them on their side in the recovery position and make sure they are breathing properly. Keep them warm and stay with them.



Domestic Abuse

Don't be silent...

Domestic abuse isn't just physical.

2.4 million
adults
experienced
domestic abuse
last year
**(65 % women &
35 % men).**

Domestic abuse is a crime in which an abuser seeks power and control over their victim. It's not normally a one-off incident, but a pattern of abusive and controlling behaviour.

Domestic abuse may be physical, such as slapping, punching or kicking, but it is often emotional and mental abuse which takes its toll. Constant criticism, ridicule or comments are directed at the victim to make them feel humiliated, worthless and isolated. Victims should not have to put up with any form of abuse.



National domestic violence helpline
0808 2000 247
www.nationaldomesticviolencehelpline.org.uk

Fire Safety

Not having a working smoke alarm doubles your risk of death.

Check it once a week.

People living in rented or shared accommodation are seven times more likely to have a fire.

As of Thursday 1 October 2015, landlords will be responsible for fitting a smoke alarm on every floor of the property, as well as a carbon monoxide detector in every room containing a solid fuel burning appliance, such as a coal fire or wood burning stove.

253 fire related fatalities in 2018.

Faulty electrics cause around 8,000 house fires a year.

If you live in privately rented accommodation, your landlord has to meet certain safety obligations by law. This includes ensuring that all provided gas and electrical appliances are safe and in good working order.

Simple safety tips:

- Fit smoke alarms and carbon monoxide detectors on each level of the house and test them weekly.
- Don't attempt to cook whilst under the influence of alcohol and don't leave cooking unattended.
- Don't overload plug sockets.
- Do not put washing machines, dishwashers and tumble driers on before you go to bed or go out.
- Switch off electrical appliances like mobile phone chargers and hair straighteners when not in use.
- Never leave candles or tea lights unattended and ensure they are put in safe holders.
- Check furniture has the permanent fire resistant label.
- Close internal doors (kitchen, living room etc) before going to bed. A normal internal door will stop the fire from spreading for at least 20 minutes.
- Practise an escape route with your housemates. It can be fun and will help ensure that all routes are clear and unrestricted.
- If a fire starts, get out, stay out and dial **999**.

Yellow Pages



If you're in High Wycombe, visit **www.bucksfire.gov.uk** to get a downloadable leaflet about fire safety in rented accommodation.

Phone **01296 744 400** for a **free** Home Fire Risk Check.



LONDON FIRE BRIGADE

If you live in Uxbridge, visit **www.london-fire.gov.uk**

In all emergency situations dial **999**.



GOV.UK

To see what safety provisions your landlord must legally have in place visit: **gov.uk**

Go to page 42 for the full yellow pages.

Party Time

If you are throwing a party, please remember to consider the other people who live in your house, your neighbours and yourself.

- Don't advertise the party on Facebook, Twitter or any other social networking sites - if you do, set it as a private event.
- Be considerate to others. Remember that your neighbours may have young children and have full-time jobs. If you are having a party, it might be a good idea to host it at the weekend as opposed to a weekday.
- Put any valuables away in a safe place; laptops, consoles, jewellery, expensive clothes - basically anything you don't want to lose.
- Agree with your house mates before the party who is going to clear up afterwards and who is going to deal with any problems.
- The landlord will hold you responsible for any damage to their property whether or not you caused it and will take the cost from your deposit.
- You should always let your neighbours know in advance if you are going to have a party. Be considerate with noise levels. If you do cause problems by being really noisy and your neighbours call the council, you could get fined up to £5,000 and lose your equipment.



Think Before You Drink

Ask yourself these questions:

1. When intoxicated, have you ever done something you are sorry for later?
2. Have you ever woken up and not remembered parts of your night?
3. Do you only drink to get drunk?
4. Is drinking affecting your reputation?
5. Have you ever missed morning lectures because you were hungover?
6. Have you performed badly on an assignment or an exam because you had been drinking the night before?

If the majority of your answers were “yes”, then stop and think for a moment. You could be causing yourself a lot of damage...

Alcohol consumption amongst students is higher than the average person and drinking too much can affect your life and studies. In young adults, binge drinking is associated with a range of risky behaviours, including a higher risk of contracting sexually transmitted infections and pregnancy.

The short-term risks of alcohol include: anxiety, impotence and can even lead to fatal poisoning. A glass of wine has the same amount of calories as a packet of crisps and a pint of beer has the same amount of calories as a large sausage roll!

For more information you can speak to One Recovery Bucks. Call: **0300 7729 672** or email: **orb@sssft.nhs.uk**.

Protect and prepare yourself:

- Don't drink on an empty stomach.
- Don't take a drink that you haven't seen poured.
- Keep active when you drink - you're more likely to drink less and pace yourself.
- Keep an eye on your belongings.
- Monitor your drink and make sure you don't leave it unattended.



Your local officers

No matter where you're living, you have a dedicated local neighbourhood team who want to hear from you. They work day to day with officers from the surrounding neighbourhoods as well as response officers and detectives to keep you safe. You can find the names and details for your local team by visiting **www.police.uk** and click Find Your Neighbourhood.

You can also follow your local team on facebook or twitter, either TVP Aylesbury Vale, TVP Wycombe or TVP Chiltern and South Bucks.

Or, you can follow our force account on Instagram, [thamesvalleypolice](#)

If you'd prefer to receive updates by email on crime, advice and policing events near you, you can sign up to Thames Valley Alerts at **www.thamesvalleyalert.co.uk**

If you need to report a crime, you can do this online at www.thamesvalley.police.uk or by calling the non-emergency number 101.

In an emergency, always call 999.



Neighbourhood Watch

Neighbourhood Watch is based on simple ideas and values that are shared by many people around the country: 'Getting together with your neighbours to reduce local crime and disorder in the bid to make your neighbourhood a safer place to live, work and play.'

Be a good neighbour. It is a known fact that watch schemes can act as a deterrent to thieves who prefer to avoid them.

Bucks Students' Union and Neighbourhood Watch have joined in partnership to ensure our students are aware of any of the latest criminal activity with a view to keep them safe and secure.



Staying Alert

A good way to keep up to date with local police is by following them on Twitter. If you're at the Uxbridge Campus, you can follow the Metropolitan Police **@metpolice**, or if you're at the High Wycombe Campus you can follow the Thames Valley Police **@TVP_Wycombe**.

Say No to Drugs

With the proper help and support, many drug users are able to overcome their drug use before any serious harm has been done to them, or their family and friends. Other drug users have to hit rock bottom before they can see the harm and damage they are doing and start addressing their drug use.

If you do use drugs, make sure you do so as safely as possible and that you are in control of your drug use - not the other way round! If your drug use does start causing problems, get some advice and help - there's plenty available. Make sure you look for help before it starts to affect your relationships, your studies and your health.

For more advice on drugs (and alcohol):

High Wycombe: One Recovery Bucks 0300 7729 672

talktofrank.com



Bucks Students' Union and Bucks New University hold a zero drugs policy across all campuses and venues.

Set Yourself Up

Travelling students

When packing:

- Make sure you learn as much as you can about Bucks New University and either High Wycombe or Uxbridge.
- Familiarise yourself with the UK's customs/manners/laws (eg you have to be 18 or older to buy alcohol and cigarettes in the UK).
- Make sure you have travel and property insurance that covers you abroad. Check to see if you need medical insurance too.
- Always have photocopies of your travel documents and passports data page.
- If it's not necessary, don't bring it. Some valuables are safer left at home.
- Keep the telephone number of the University switchboard stored on your phone.
- Make sure you know where you will be living, your way around and how to get to and from your flat.

When travelling:

- Don't carry huge amounts of cash with you, bring just enough to cover your journey needs. Use a credit card to pay for things like hotels and travel.
- Never leave your luggage unattended - label it with a forwarding address.

Bucks New Usage

Bucks New Usage is a scheme that collects unwanted and left items from halls and recycles them to new students.

International students don't have a large luggage allowance, so please feel free to use our free scheme.

There is a wide range of items available including crockery, bedding, electricals and much more.

For more information, please email multifaithchaplaincy@bucks.ac.uk

The Medical Stuff

Doctor/General Practitioner (GP)

One of the first things you need to do when you move into a new area is register with a GP. Your GP will be able to offer a wide range of advice and healthcare services. This usually includes contraception, screening, medical examinations and vaccinations. GPs can also refer you to a specialist or other health professionals if necessary.

To find your nearest GP, dentist or local pharmacy, go to **nhs.uk/service-search** or call NHS Direct on 111

Pharmacies/chemists

Sometimes you don't need to go to the GP. A visit to your local pharmacist may be all you need, if you have a cold for example. Most pharmacies will have a trained pharmacist available to give advice. Many pharmacies offer a range of services such as blood pressure monitoring and diabetes testing.

Accident and Emergency

There is no A&E department in High Wycombe, but there is a Minor Injuries and Illnesses Unit. If you think you've broken a bone, or need stitches you should go here. You will be seen by a senior nurse who will decide whether you need treatment, self care or re-direction to other services such as your GP or A&E. The nearest A&E unit is at Stoke Mandeville Hospital.

If you are based in Uxbridge, your nearest A&E department is at Hillingdon Hospital.

Smoke Free

Smoking is not only bad for your health but bad for your bank balance.

Smoking just five a day will cost you £730 a year. The good news is that there's loads of help available to help you quit smoking for good. Go to **nhs.uk/livewell/smoking** to find your local stop smoking centre.

To give yourself an even better chance of quitting, you can pick up a free 'Quit Kit' from Smokefree - the NHS's stop smoking service at **smokefree.nhs.uk**.



ARE YOU GOOD IN BED?

Sexual health is all about enjoying the sexual activity you want without having to worry about causing yourself or anyone else any harm.

It's also about using contraception and avoiding sexually transmitted infections (STIs).

Making positive choices about contraception and sexual health are important for both your physical health and your sexual well-being.

There are loads of places to go for information in High Wycombe and Uxbridge.

In Uxbridge, the Sexual Health GUM Clinic is based at:

The Tudor Centre
Hillingdon Hospital
Field Health Road
Uxbridge
UB8 3NN

Tel: 01895 279 537

Book sessions:

Wednesday: 8.30-10.30am

Walk-in:

Monday: 8.30-11am & 3-5.30pm

Tuesday: 8.30-11am & 1.45-4pm

Wednesday: 1.45-4pm

Thursday: 1.45-6pm

Friday: 8.30-10.30am

In High Wycombe, the GUM Clinic is based at:

Shaw Clinic
Wycombe Hospital
Queen Alexandra Road
High Wycombe
HP11 2TT

Tel: 01494 425 660
01494 425 651

Book sessions:

Monday: 12.30-4pm

Thursday: 5.30-7pm

Every other Saturday: 9.45-11.15am

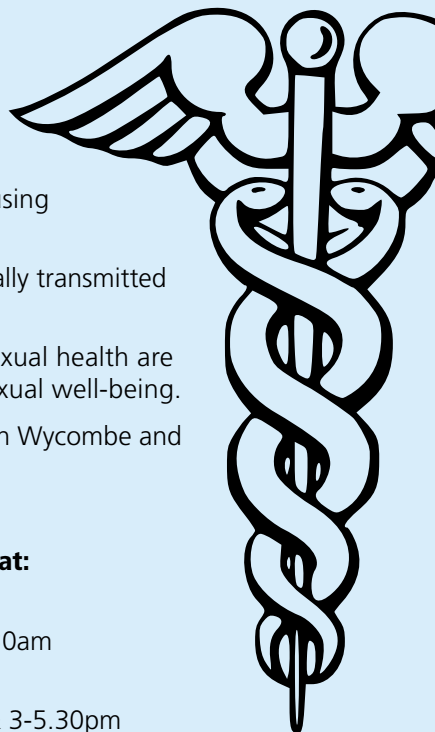
Walk-in:

Tuesday: 9-11.30am & 3-5pm (under 21)

Wednesday: 1-3pm

Thursday: 1-3pm

Friday: 9-11.30am



Democracy

Whether you have voted in an election before or not, it is important to use your vote in your community in both local and general elections. If you don't register, you can't vote and sometimes elections can be called at really short notice - only 17 working days has to be given for a general election. To make sure you get your say, make sure you register.

Can I vote twice – at home and at uni?

It is a criminal offence to vote twice in a UK general election. Even if you are registered in two areas – at home and at uni – you can only vote in one at a general election. However, if your home and uni addresses are in two different local authority areas, you can vote in local elections in both.

Your local MP is your representative in Parliament. You can see what they have been up to through **theyworkforyou.com**. Here you see how they are voting and the things they are debating in Parliament. You can also find out how to get in contact with them.



Remember it's not just general elections that matter - county and district councillors are also elected regularly to represent the different areas of High Wycombe and Hillingdon. Local councillors make local decisions that affect where you are living now. These can include: roads, car parking permits, licensing hours, some housing regulations and local public transport.

You can check if you are already on the electoral register, find out how to register and lots more information about voting on **aboutmyvote.co.uk** (check out the 'students' tab).

Get involved with local parties:

If you are interested in joining a local party and taking an active role in how your local community is run, then visit **gov.uk/find-your-local-councillors** to find your local political Council member.



Rubbish. Reduce, Reuse, Recycle.

Things you should know...

Collection day!

Your wheelie bin will be collected on a different day depending on where you live. If you're in Uxbridge, you can find out what day your bin is collected by visiting: **hillingdon.gov.uk/collectionday**, or if you're in High Wycombe go to: **www.wycombe.gov.uk/bins**.

- **Electricals like TVs and fridges must be disposed of carefully** - If you have electrical, large or hazardous items you need to take them to a recycling centre.
- **Keep tidy** - environment officers can issue fixed penalty fines of £100 to anyone dropping litter.
- **It is illegal to put up posters and flyers around the town centre** - this is classed as fly posting and you may receive a fine.
- **Fly-tipping is the illegal dumping of waste** - make sure you dispose of all rubbish in the correct way.

BLACK BIN

general household waste

GREEN BIN

leaves, grass and flowers

BLUE BIN

plastic food and drink containers, cans, aluminium foil, aerosols, white, green and brown colour glass bottles/jars

GREEN BOX

paper, magazines, envelopes, cardboard, books and telephone directories

BROWN BIN

food waste, leftovers, egg shells, animal carcasses



*These bins apply to High Wycombe. For Uxbridge, please visit: **hillingdon.gov.uk/recycling**
Students living in communal properties should visit **wycombe.gov.uk** for further information.

SSHH BUS

Bucks Students' Union provides a **free** night bus on a Wednesday and a weekend night to help students get home safely and quietly. To check which weekend night the bus is running, please check our social media channels. After midnight the bus starts taking students home to anywhere in High Wycombe that they need to go. Just jump on the bus and tell the driver where you're heading to and they will take you for **free**!

The SSHH bus will be running all night between Halls and The Venue, however, be aware that entry into The Venue is midnight during the week and 1am on Saturdays. For your safety, please do not charge at the bus when it arrives and queue by the gates.

SSHH

MAP

HUGHENDEN HALLS

Key:



Please keep quiet around these areas



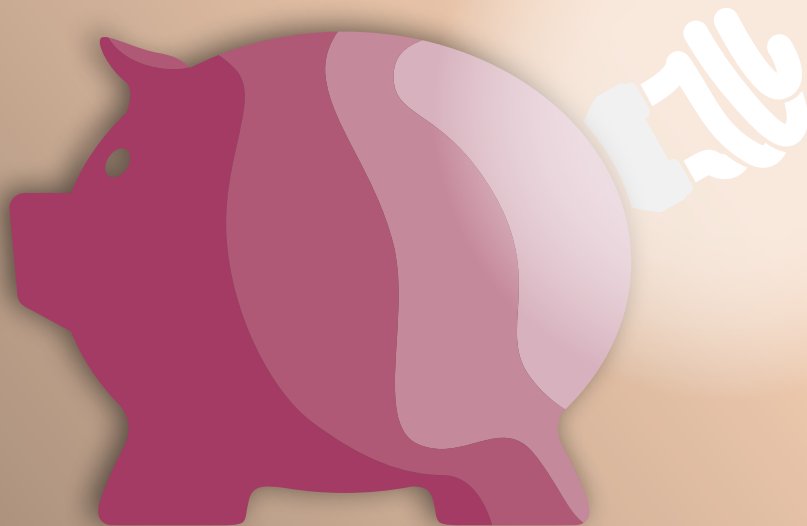
SSH bus pick up point



If you choose to walk into town or to The Venue be respectful of your neighbours and please try and walk along the route highlighted in red.

*highlighted routes are only recommendations and students should be cautious and have a personal safety plan at all times

Money and Energy Saving Tips



It's common knowledge that most students are broke or at least short of money.

1. Switch from washing your clothes at 40 degrees to 30 degrees and you could save up to £52 a year.
2. Feeling cold? Putting on a jumper adds 3 degrees of warmth to your body. You could also knock off £80-£90 per year from your heating bill by turning down your heating by 1°C.
3. Putting a lid on your saucepan reduces the amount of energy required to cook your food by up to 90% and it cooks your food quicker.
4. Turn off lights when you leave a room. It does save money to turn lights off even for a short period of time compared to leaving them on constantly.
5. Don't leave electrical equipment on standby. Turning off your electrical items when not in use could save you £30 per year.

Students' Union

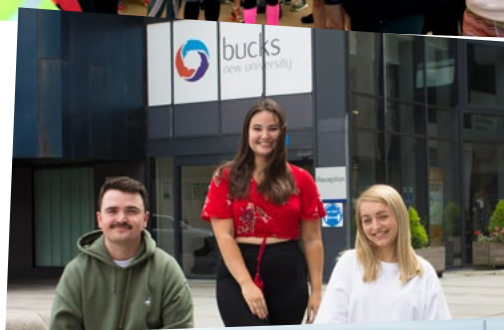
As a student at Bucks New University you are automatically a member of Bucks Students' Union. As a member, you have a say on how your Union is run. Each year, a Sabbatical Team is elected to dynamically lead the Union, tenaciously represent your views to the University and inspire you to make the most out of your time at Bucks.

Thanks to The Big Deal, all activities, events and services are completely **free**. These include:

- **recreational activities**
- **events and entertainment**
- **recreational and competitive sports**
- **societies**
- **volunteering opportunities**
- **Students' Union Advice Centre**
- **The Bucks Student newspaper**
- **additional skills training**
- **representation**
- **raise and give for charity**
- **flexible part-time work.**



bucksstudentsunion.org



Volunteering

Turn your spare time into something great... Do a good deed!

"Volunteering has been a big part of my life at University, it has helped me meet new people and build up skills I never knew I could learn. It has given me advantages and opportunities that have helped me so much within my degree."

Mona Gundacker, Volunteer of the Year 2019

Give something back to your new community

Volunteering not only provides opportunities for students to gain extra skills and develop themselves as individuals but is also a great way to do a good deed and help your local community.

Get involved with local organisations such as Wycombe Homeless Connections or Chiltern Rangers, or spend time volunteering with charities and help make your community better for you and your neighbours.

We put on a range of projects for students to get involved with, from mentoring roles. running your own events and finding you placements related to your course. There's something to suit everyone! It is also a great way to meet new people and build bonds with your new community.

For more information,
please contact:
volunteering@bucks.ac.uk



So what volunteering can I get involved with?

Community volunteering

We organise regular volunteering projects with local organisations in the community such as: local youth clubs, local schools and colleges and charities such as One can Trust, Wycombe Homeless Connection, Chiltern Rangers and many more.

We have a huge variety of projects and there are lots of opportunities for you to get involved in.

Check out our volunteering database: bucksstudentsunion.org/volunteering.

Project leaders

We're always looking for volunteers to lead their own volunteering projects. Whether you want to lead a project we currently offer or start your own project, we're here to help and we may even be able to give you a start up fund! Starting or leading your own project will look great on your CV and equip you with many transferable skills for the life of a graduate. For more information on how to start up or lead a project, check out our website: bucksstudentsunion.org, pop into one of our offices and have a chat with one of the students activities team or email volunteering@bucks.ac.uk.



Students' Union Advice Centre

Bucks Students' Union Advice Centre is here to help, whatever the problem. We provide a free, confidential and independent advice and representation service on any student issues. If we are not the right people to help you we will try to refer you to someone who can. We welcome enquiries from any Bucks New University student and are able to offer information and advice on subjects such as:

Accommodation issues – landlord disputes including contracts, disrepair and deposits, problems while living in University accommodation and difficulties with housemates.

Course issues – University regulations, academic misconduct, academic appeals, mitigating circumstances, student disciplinary, fitness to practise and complaints if you have an issue with your course or with any other aspect of the University.

EU and International student issues – culture shock, National Health Service, employment regulations and money matters.

Legal matters – consumer, employment and finding a solicitor if you need one.

Money – Student Finance, NHS Bursaries, debts, welfare benefits, budgeting, banks and hardship funds.

Personal life – Health, family, relationships, homesickness.

We are here to help so do not hesitate to contact us.

Welfare Campaigns.

Every year, we run a series of welfare and awareness campaigns aimed at raising awareness of common issues that affect students at Bucks. Look out for the campaigns that will be promoted across the campuses.

**We're
here
to
help
you with
any issues
including:**

bucksstudentsunion.org/advice



COURSES



Internet Safety

The internet offers an ideal place for criminals to commit crime anonymously from anywhere in the world. However 80% of individual's vulnerability to cybercrime can be reduced by following simple cyber security measures.

Top tips for safer internet use:

- Check the website address is genuine by looking for misspellings or extra characters.
- Roll you mouse over a link to reveal its true destination displayed in the bottom left-hand corner of your browser.
- If there is no "padlock" or there is no **https://** at the start of the website address to indicate that it is a secure site, don't enter any personal information.
- Always use a secure password, made up of Three Random Words, see here for more advice **cyberaware.gov.uk/passwords**. Also don't reuse passwords on multiple sites or share them.
- Use 2FA, Two Factor Authentication with all your accounts, for example Facebook, Gmail, who will show you how to apply this easy and no cost safeguard.
- Back up all of your personal and valuable information from your device to a separate and unconnected source.
- Do not carry out any money transaction or private business over a free / insecure Wi-Fi network. Use either a trusted network, the 4g network or a VPN (Virtual Private Network)
- Make sure you check the recipient of any outward payment is genuine before sending a payment. Try and use a credit card.
- Make sure all your devices have auto updates set to apply any updates without delay. Firewalls on PCs / Laptops should be on to help block connections to unknown sites and to keep out known virus. Browsers also need to be kept updated.
- Use and keep updated an anti-virus programme. Also use a password / PIN on all internet enabled devices to prevent access if stolen.
- Be careful using social media – make sure your privacy settings for each platform are as tight as possible to prevent information, location and other personal information are not openly available.
- If in doubt, #Take5 - visit: **takefive-stopfraud.org.uk**

For more information about how to stay safe online visit:

cyberaware.gov.uk/passwords

thamesvalley.police.uk

getsafeonline.org

Report Fraud and Internet Crime via Action Fraud
actionfraud.police.uk/



Financial Safety

Don't bend the rules for the Money Mules

Fraudsters may ask you to receive money into your bank account and transfer it into another account, keeping some of the cash for yourself. If you let this happen, you're a money mule. You're involved in money laundering, which is a crime.

You can be approached online or in person. They might post what looks like a genuine job ad, then ask for your bank details. Once you become a money mule, it can be hard to stop. You could be physically attacked or threatened with violence if you don't continue to let your account be used by criminals.

Don't be fooled by offers of quick cash. If it sounds too good to be true then it probably is.

When you're caught

- Your bank account will be closed.
- You will find it hard to access further student loans.
- It will be difficult to get a phone contract.
- You will have problems applying for credit.
- You could go to prison for up to 14 years.

Protect yourself

- Don't give your bank account details to anyone unless you know and trust them.
- Be cautious of unsolicited offers of easy money. If it sounds too good to be true, it probably is.
- Research any company that makes you a job offer and make sure their contact details are genuine.
 - Be wary of job offers from overseas. It will be harder for you to find out if they are legitimate.
 - Be wary of job ads that are written in poor English, with grammatical errors and spelling mistakes.

It helps to remember that if it's too good to be true then it probably is...



It's Your Change, It's Your Choice

Advice from Thames Valley Police

Across the country, and in Wycombe, we are seeing more people begging.

When you give money to someone begging, you could be helping them to feed an addiction.

It's your decision how to spend your money. But we want you to know the facts first.

A significant number of those begging on the streets are not actually homeless.

Our outreach teams work with local beggars in the town. Most of them have substance misuse issues and could use your money to fund an addiction.

You'll hear many believable stories to help- you part with your cash.

"I need money for the night shelter"

– The night shelter is free

"Any spare change for something to eat?"

– Please don't give them change, buy them food.

Every day, up and down the UK, people die as a direct result of alcohol or drugs paid for by begging. It is a vicious cycle which you can help to break.

Wycombe Street Support Partnership is working to help and support vulnerable people and to tackle begging.

Our teams give real help and real hope to those who want to change their lives.

Find out more at:

wycombe.gov.uk/streetsupport

If you're concerned about someone who's begging, contact:

streetsupport@wycombe.gov.uk

Please give us:

Their first name and a quick description

Where and when you saw them

Our outreach services will make contact with them to offer help.

It's your change. It's your choice.



Cross-Campus Bus Service

There is a free door to door bus service for students and staff between the High Wycombe and Uxbridge Campuses (with a valid Bucks New University ID card). This year we have acquired a higher spec bus, with more seats and Wi-Fi.

DEPARTURE TIMES

HIGH WYCOMBE (Picking up from Queen Alexandra Road opposite the hospital entrance)		UXBRIDGE (Picking up on the pavement by the entrance into the carpark)	
8am	3.45pm	9.15am	4.15pm
9.45am	4.45pm	10.15am	5.15pm
10.45am	5.45pm	11.15am	6.15pm [†]
11.45am	6.45pm [†]	12.15pm	7.15pm [†]
12.45pm	7.45pm [†]	1.15pm [†]	8.15pm [†]
1.45pm [†]	8.45pm [†]	2.15pm	9.15pm [†]
2.45pm	9.45pm [†]	3.15pm	

Approximate journey time is 25 minutes - this is dependent on traffic.

[†] 1.35pm during holidays.

[‡] Available during term-time only.



PLEASE NOTE: THERE IS NO BUS SERVICE ON WEEKENDS AND BANK HOLIDAYS.



FOR ANY QUERIES OR FOR MORE INFO CALL 01494 601 600 (OFFICE HOURS)

Whilst endeavouring to offer the highest standard of service to students and staff, please note this service is limited by vehicle capacity. If you organise an event involving large numbers (ten people or more) of students or staff travelling between campuses on a specific date and time, please inform the Students' Union by calling **01494 601 600** or emailing **union@bucks.ac.uk**.

High Wycombe

High Wycombe is a place with a range of attractions and activities for you to explore, but also somewhere you can really feel at home.

The town itself is bustling with shops, bars, restaurants and a thriving theatre. The town has two shopping centres, many specialist retailers and a market three times a week.

Bucks has plenty of beautiful Chilterns countryside as well as the river Thames in Marlow.

High Wycombe based students are also moments away from two attractive open spaces - the Rye and Hughenden Park.

My Wycombe is an online service, provided by Wycombe District Council, showing information and maps about council services and other community facilities in your local area. To use My Wycombe go to **mywycombe.wycombe.gov.uk**.

The My Wycombe services are:

- my property
- my nearest
- my maps
- my alerts

My Wycombe returns information at and near a selected address. This could be where you live or where you are planning to live, as long as it is within the Wycombe district.



Uxbridge

Our campus in the vibrant town of Uxbridge is home to all of our undergraduate nursing, operating department practitioner and health-related courses.

With two large shopping centres - Intu Uxbridge and The Mall - Uxbridge is among the top ten shopping destinations in London. However, it's sometimes easy to forget that Uxbridge's town centre has a surprisingly generous choice of shops, bars and restaurants.

Situated right next to the big name stores is the historic Windsor Street and the Market House, which boast a

number of independent shops to explore. There are also some hidden gems dotted around the area, such as Colne Valley Park and the Grand Union Canal, where you can walk or cycle down the tow-path all the way to Camden Lock, or even hire a canal boat for the day!

Uxbridge has convenient road and rail links with all of its NHS trusts as well as the rest of London. The Uxbridge Campus is only about five minutes' walk from Uxbridge underground station, and it usually takes less than 45 minutes' journey to reach London's main attractions.

bucksstudentsunion.org/uxbridge



Bucks Students' Union

Advice Centre

bucksstudentsunion.org

Volunteering

bucksstudentsunion.org/advice

bucksstudentsunion.org/volunteering

Bucks New University

bucks.ac.uk

University switchboard

Accommodation Service

The Student Centre

Careers and Employability Service

Counselling Service

Disability Service

Wycombe District Council

Main switchboard

www.wycombe.gov.uk

Waste and Recycling

www.wycombe.gov.uk/waste-and-recycling

Hillingdon Borough Council

Main switchboard

hillingdon.gov.uk

Waste and Recycling

hillingdon.gov.uk/recycling

Crime, accident and incident

Non-emergency Police

Emergency: Police, Fire or Ambulance

WDC Community Safety Team

www.wycombe.gov.uk/crimeprevention

Health and Well-being

Sexual health information

www.sexualhealthbucks.nhs.uk

Drugs and alcohol advice

talktofrank.com

Healthy Minds

oxfordhealth.nhs.uk/healthyminds

Bucks MIND

bucksmind.org.uk

Support service

Victim support

victimsupport.org.uk

Rape Crisis

rapecrisis.org.uk/centres

Report Hate Crime

report-it.org.uk/your-police-force

Asian Women's Helpline

Asian Women's Outreach Worker

wycombewomensaid.org.uk/contact-us

(offering free and confidential support - fluent in Punjabi with knowledge of Urdu)
(24 hour answer machine in Punjabi, calls returned within 24 hours)



phone



email



twitter

01494 601 600
01494 603 016
01494 601 600

union@bucks.ac.uk
suadvice@bucks.ac.uk
volunteering@bucks.ac.uk

@buckssu

01494 522 141
01494 603 063
01494 603 020
01494 603 163
01494 605 018
01494 605 049

accommodation@bucks.ac.uk
studentcentre@bucks.ac.uk
careers@bucks.ac.uk
counselling@bucks.ac.uk
disability.service@bucks.ac.uk

@bucksnewuni

01494 461 000
01494 586 550

info@wycombe.gov.uk

@wycombedc

01895 250 111
01895 556 000

@hillington

101
999
01494 421 117

communitysafety@wycombe.gov.uk

@WDC_communities

0300 7729 672 (One Recovery Bucks)
01865 901 600 / 07798 667 169 (text)
01494 463 364

talktofrank.com/contact
healthy.minds@oxfordhealth.nhs.uk

0845 389 9528
0808 802 9999 / 01494 462 222 (HW)
0300 1234 148
01494 446 366
07890 456 907



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