



BE A BIG DEAL

THE 2020-21 MEMBER ACTIVITIES JOURNAL


BUCKS
STUDENTS' UNION

WELCOME!

Welcome to your 2020- 2021 Activities Guide!

Here you can keep a note of any developmental activities and training sessions you take part in throughout the academic year.

Thanks to the Big Deal, all skills and activities that we offer are absolutely free to make sure every single student can take part, so why not boost your CV with a certified course, or meet some new people on one of our trips?

This guide will give you an idea of all the activities that we will be offering through the year and we will keep a record of all that you attend so you can always ask us which skills you should include when it comes to writing your CV.

Please also visit the “What’s On” page on our website, where we advertise dates and times for activities and make tickets available to reserve.

We look forward to seeing you join in a session soon!

**Your activities team,
Tom, Emily and Sarah**



SO WHAT'S THE BIG DEAL?

All Bucks students are automatically a member of Bucks Students' Union and are therefore able to take part in all Students' Union activities, including developmental activities with additional skills sessions and accredited training courses, completely **FREE!**

The costs displayed for each activity are how much you save by participating through the Students' Union - you can take part in thousands of pounds worth of activities completely **FREE!**

In order to book your space onto any of our **FREE** activities, visit **bucksstudentsunion.org/whatson** and click on your chosen event.

REMEMBER!

Most events require a £5 deposit, which will then be refunded back to you once you have attended that particular event.

If you have an idea for an activity or need more information, you can contact us here:



bucksstudentsunion.org



01494 601 600



surecactivities@bucks.ac.uk

ADDITIONAL SKILLS

It is never too late to gain another skill! Whether you have just started university or are in your final year, there is always time to add to your CV. Our additional skills sessions will provide you with key competencies and invaluable experiences, ultimately making you more employable as well as improving your confidence in everyday situations.

PAEDIATRIC FIRST AID

If you're planning on working with children as a career, coaching as a hobby or you are a parent or carer, these life saving skills are a must!

Our Paediatric First Aid course is an accredited two-day course focusing on emergency scenarios that we hope will never happen and giving you the skills to deal with them if they do.



DATE COMPLETED: __/__/__

YOU SAVE:
£222



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FIRST AID

No matter what you're studying or what you're planning on doing after graduation first aid is a vital skill and is a great addition to anything you achieve during your time here. Emergency First Aid is an accredited one-day course; you will be provided with everything you need to know and the opportunity to practice your new skill with the support of a qualified instructor.

YOU SAVE:
£162

DATE COMPLETED: __/__/__

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BRITISH SIGN LANGUAGE

This interactive course is designed to teach you the basics you need to communicate using sign language. This course aims to give you an introduction to British Sign Language and to the alphabet and basic conversation, topics and skills.



YOU SAVE:
£130

DATE COMPLETED: __/__/__



MENTAL HEALTH AWARENESS

The aim of this course is to give you improved confidence, skills and knowledge to support yourself and others. The course includes activities, film and discussion to explore 4 areas of mental health: illness, stress, stigma and wellbeing.



DATE COMPLETED: __/__/__

YOU SAVE:
£35

PERSONAL RESILIENCE AND WELLBEING

In a fast-paced world facing challenges, it's crucial to have skills to deal with change. Having a high level of resilience enables you to thrive in the face of situations encountered in everyday life.



DATE COMPLETED: __/__/__

YOU SAVE:
£45



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YOU SAVE:
£35



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SAFEGUARDING

This workshop aims to increase awareness of safeguarding and protecting children and adults at risk; helping sports coaches and anyone who has responsibility for others to recognise signs of abuse and poor practice and deal sensitively and effectively with issues that arise.

We run two separate courses, one is for Safeguarding and Protecting Children and the other is Safeguarding of Vulnerable Adults.



DATE COMPLETED: __/__/__



AUTISM AWARENESS

During this interactive workshop you will have an opportunity to further understand the characteristics of people on the autistic spectrum.

YOU SAVE:
£40



DATE COMPLETED: __/__/__



MINDFUL SELF-CARE

This course helps you explore a range of self-care techniques to help you manage stress, improve emotional stability, develop clearer focus and cope with life's challenges.

DATE COMPLETED: __/__/__



YOU SAVE:
£45

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YOU SAVE:
£126



UNDERSTANDING DEAFNESS

Come on this course to gain an insight into the world of deafness. Learn about people with varying levels of hearing loss and the different ways of communicating. Take part in interactive activities such as lip reading and fingerspelling.



DATE COMPLETED: __/__/__

IMPROVE YOUR EMPLOYABILITY

Our employability focused workshops can help you develop key skills such as writing your CV, finding part time work to support you through university and finding your dream job as a graduate. Our sessions aim to improve your confidence, both in and out of university, complimenting your studies and supporting your professional goals.

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PUBLIC SPEAKING

Make sure you're always ready to speak in front of an audience! Attending this workshop will provide you with practical tips and advice on public speaking and presenting. This session will help you to develop confidence, address nerves and deliver engaging speeches in a friendly environment that will enable you to develop your own personal style. Whether you will be speaking in front of a lecture theatre, as an election candidate, or you are an experienced public speaker looking to refresh your skills, this session is a must.



YOU SAVE:
£95

DATE COMPLETED: __/__/__



NHS WORKSHOPS

Delivered in collaboration with Hillingdon Talking Therapies, these 1 hour workshops provide essential skills in:

- Challenging negative thoughts and worries
- Building confidence
- Procrastination
- Relaxation and self-care techniques

YOU SAVE:
£35

DATE COMPLETED: __/__/__

VOICE COACHING

Are you on a course that involves speaking in public, acting or any sort of performing? This course specialises in training and enhancing your accents, tones, performance and public speaking.

DATE COMPLETED: __/__/__

YOU SAVE:
£90

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PRESENTING YOURSELF ONLINE

As communication is now shared globally through technology, it's important for you to gain the skills, knowledge and best practices for presenting yourself professionally online.

DATE COMPLETED: __/__/__

YOU SAVE:
£45

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STAGE COMBAT

Get your BADC Foundation Certificate through this 40 hour program containing armed and unarmed elements with historical and modern dramatic combat for theatre. Stage combat naturally brings together all of the performers core skills such as voice, movement and acting into one coherent discipline.

DATE COMPLETED: __/__/__

YOU SAVE:
£250



ONLINE REPUTATION MANAGEMENT

Have you ever uploaded a video or photo to social media and then regretted it? Written a status and then changed your mind? This unique session is designed to assist you in managing your social media accounts effectively in order to support and enhance your employability.

DATE COMPLETED: __/__/__

YOU SAVE:
£23



PERSONAL LICENCE

This is a great way to enhance your CV and employability for anyone who wishes to work in licensed premises. On completion of this accredited course, candidates will hold a licensing qualification with which they can apply for their personal licence.



YOU SAVE:
£180

DATE COMPLETED: __/__/__



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SPORTS TAPING

Fiscal movement taping aims to teach you lots of taping techniques and the concepts on which they are based. Throughout the course of the day, you'll be given tutorials on the body's anatomy and how best to support an injury with the use of sports taping. Later on, you'll have the opportunity to put what you've learned into practice. So whether you're studying sports, performing arts or are a member of a sports team during your spare time, this course is a must and a great addition to your CV!

DATE COMPLETED: __/__/__

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ALUMNI TALKS

These talks give students the opportunity to see the successes of previous Bucks students and ask questions that may benefit you and your career path. Throughout the year we will be hosting a number of Q&A sessions with Alumni who have gone on to achieve great success since completing their studies.

DATE COMPLETED: __/__/__



YOU SAVE:
£30

ONLINE SESSIONS

Whilst the hope is that everything will be able to run as normal from September, we wanted to reassure you that we have a range of online options available to you should the situation change.

These are also available to you if you find yourself with little time to attend our face to face sessions and still want to add some extra skills to your CV! Our online employability workshops are run via Zoom and our takeovers from alumni, local employers and current students are available on Instagram.

TIME MANAGEMENT

This session will give you the skills to evaluate how well you use your time. You will be given the tools to prioritise tasks, manage potential 'time stealers' and set realistic and achievable goals. Most importantly you will gain the confidence to say no when appropriate and take control of your day!

YOU SAVE:
£20

DATE COMPLETED: __/__/__



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YOU SAVE:
£20

CV WRITING

You may already have a CV or you might be starting from scratch. Either way, we will help you identify what should and shouldn't be in your CV, how you should present it and how to make the most of the experience you have, however limited. You will talk through common mistakes and barriers with the aim of leaving with a CV that will get you shortlisted.

DATE COMPLETED: __/__/__

INTERVIEW SKILLS

This session will help you prepare for an interview as well as give you tips on how to best present yourself on the day. You will have the chance to consider example questions and use your own personal experience to give clear and compelling answers. You will learn the importance of feedback and how first impressions go a long way.



YOU SAVE:
£20

DATE COMPLETED: __/__/__

NETWORKING

We will help you find the confidence to be able to talk to anyone in the room! This session covers how to communicate effectively and the benefit of building relationships that work for you. Your influencing skills will be improved and you will gain a better understanding of how you can use your social media presence to get where you need to in your career.

DATE COMPLETED: __/__/__



YOU SAVE:
£20



YOU GAIN
INVALUABLE
EXPERIENCE
AND ADVICE

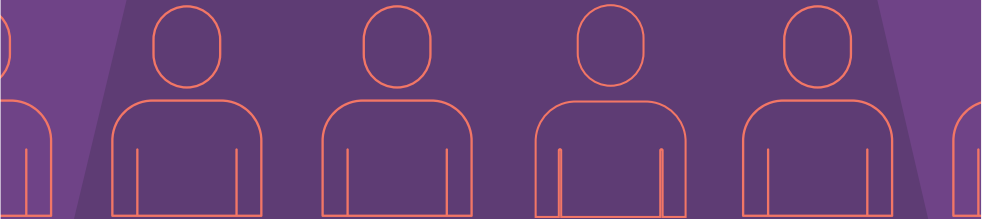
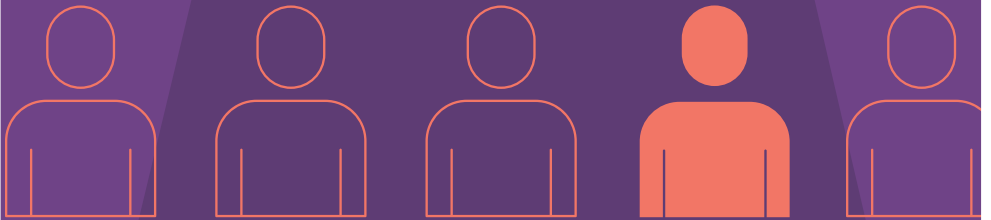
TAKEOVERS

Run throughout the year, these are hosted by alumni, local successful leaders and current students and will cover their success stories and live answers to any questions you might have on their industry or how to succeed!

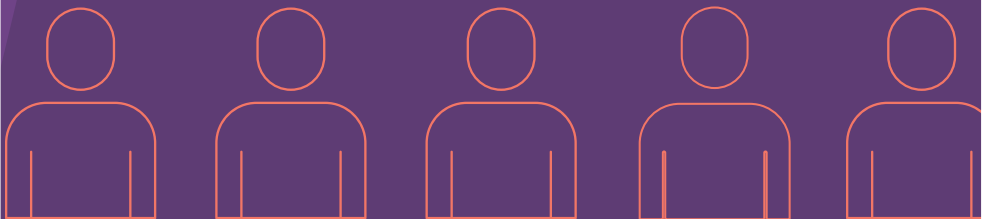
DATE COMPLETED: __/__/__

STRIVE

FESTIVAL



SPRING 2021
FULL DETAILS COMING SOON



BUCKS AWARD



Here at Bucks, we want you to succeed in all aspects of your university experience and beyond. We know how good you are so are giving you the opportunity to receive a record of all of your fantastic SU related achievements in one place.

Every time you participate in an activity with us, be it volunteering, a skills session or securing a committee role, we have a record of it and are now able to collate these records to really showcase your involvement through the Bucks Award.

The Bucks Award is divided into sections with the idea that by the time you leave university you have something in every section – a completely achievable goal due to all the free opportunities you have access to thanks to The Big Deal.

The Bucks Award can be used as an ongoing reflective tool to identify any areas you feel we can help you develop, maybe you have accrued many volunteering hours but would like to secure a leadership role or maybe you've attended lots of skills sessions and would like to use those skills working for us. It can also be a way of showing prospective employers the many activities you have been involved in thereby demonstrating the transferable skills and experiences you've picked up during your time studying.

To find out more about the Bucks Award or the Leadership Academy, email **sutrainig@bucks.ac.uk**



LEADERSHIP ACADEMY

The Leadership Academy is a bespoke development programme for talented students to gain specific skills for routes, through the Union, into leadership roles. It's a series of training, courses and opportunities to enhance employability and build leadership traits.

There are many routes into leadership roles within the Union and beyond your university life and, depending on your interest or ability, your choice of route may be individual to you. Each route will have tailored development sessions to help you reach your goal.

A typical programme will include:

- One-to-one sessions to agree your leadership development route and monitor progress
 - Workshops focusing on leadership styles and self-awareness
 - Accredited training courses specific to your chosen route
 - Employability sessions focussing on CVs, interviews, applications and assessment centres
 - Access to networking opportunities through conferences, staff days and external events
- Full support of the Students' Union Development team

We will be recruiting a cohort of 25 future leaders at the beginning of the first term to start the programme at the end of October.

ALUMNI

Bucks Students' Union has created Alumni 2020, a package designed to support you after graduation and allow you to continue to benefit from the free opportunities offered by the Big Deal. Across the year you'll receive the following benefits:

- A quarterly e-newsletter
- Free access to The Big Deal programme
- Networking events held throughout the year
- Full participation in the Bucks Enterprise scheme
- Access to an industry-relevant mentor scheme
- Access to the Leadership Academy modules and support
- Full engagement with the STRIVE festival events and activities

You will also continue to have free entry to all events held in The Venue. For more information, visit **bucksstudentsunion.org** or email **sutraining@bucks.ac.uk**.

ENTERPRISE

New for 2020-21, Bucks Enterprise is a free-to-join society fully supported by your Students' Union. Throughout the year, we'll help the society to organise entrepreneurial activities and events that will be open to all students. These events will include guest speakers and masterclasses; mentorship; alumni panels; competitions and 'live briefs'; training and access to a wide range of personal development opportunities to help cultivate your inner entrepreneur. Contact **sutraining@bucks.ac.uk** for more information.





WELLBEING PROGRAMME

Your Students' Union are delighted to be collaborating with The Clare Foundation to deliver Wellbeing Month in October 2020.

The Clare Foundation aims to make Bucks the happiest British county.

**THE CLARE
FOUNDATION**

They are a charity that brings together key stakeholders, partners, businesses and charitable organisations to facilitate and create positive change across society in Buckinghamshire. Their mission is to bring the forces together to tackle the root causes of unhappiness.

The activities are all FREE courtesy of the Big Deal and The Clare Foundation and will include a wellbeing box, hand and head massages on tap as and when you need them and visits from puppies! The Positivity Project will allow you to share your positive vibes on campus and online and participating in 'Honest Hour' sessions with our fantastic team of Executive Officers will be the opportunity for you to speak openly about your personal experiences and hear how the Students' Union can instigate action to make your life at Bucks even better.

There will also be formal training sessions around self-care, wellbeing, mental health awareness and healthy eating as well as guest speakers who will talk about their experiences and how they have overcome challenges. In addition, we are remaining hopeful of opening our first ever 'nap corner'!

All activities will be advertised on the 'What's On' page of our website and across our social media so make sure to keep an eye out to take part.

COURSE RELATED ACTIVITIES

We work with your lecturers to ensure you are getting the best opportunities including trips and extra skills training that compliment your studies. Some of these include:

YOU SAVE:

£15

CRIME MUSEUM



**BACKSTAGE TOURS
AT THE SWAN**



FREUD MUSEUM

YOU SAVE:

£15

FREUD MUSEUM



LONDON FASHION V

**FLORENCE
NIGHTINGALE
MUSEUM**



YOU SAVE:
£13

YOU SAVE:
£15



POLICE MUSEUM



FILM EXHIBITIONS



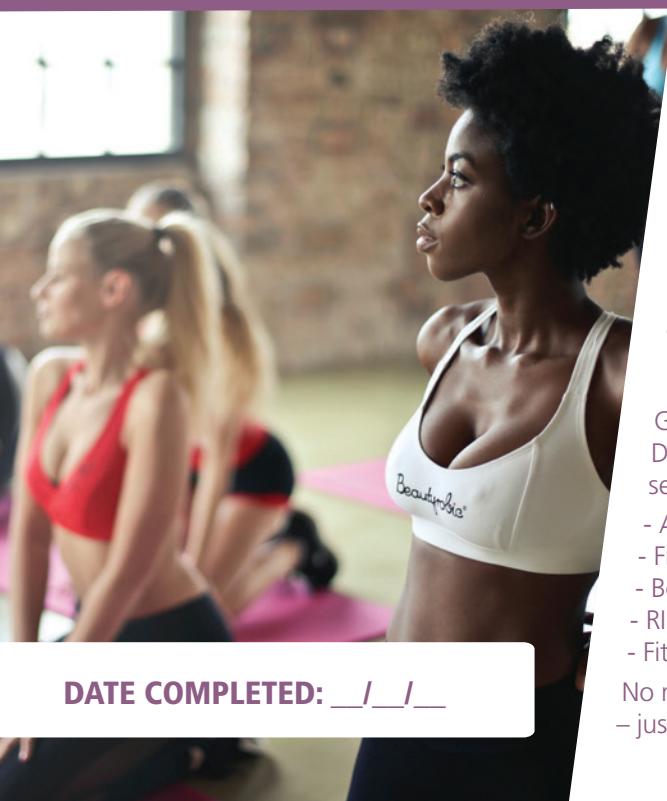
YOU SAVE:
£15

YOU SAVE:
£71

WEEKEND

RECREATIONAL ACTIVITIES

During your time at university, you need to make sure you are taking time to look after yourself, de-stress and un-wind to support your wellbeing. Make sure you take some time to look at our selection of fun and social activities to try something new and meet like-minded people.



FIT FOR FREE SESSIONS

Get fit for free courtesy of the Big Deal through one of our FREE fitness sessions including:

- Abs and Core Blast
- Fitness Fusion
- Bodytone Blast
- RISK 30
- Fitness Pilates

No membership or commitment required
– just drop in when you feel like it!

DATE COMPLETED: __/__/__

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COOKING CLASSES

Don't give in to ready meals and comfort food, learn how to prepare delicious, healthy food for yourself whilst living on a budget with our bespoke cookery classes!

YOU SAVE:
£50

DATE COMPLETED: __/__/__

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SINGING LESSONS

Love to sing? Or want to fine tune those pipes? Why not sign up to this course of lessons with an external professional singing teacher? A very popular class and places are issued on a first come, first served basis, so don't miss out!

DATE COMPLETED: __/__/__



YOU SAVE:
£92



THEATRE TRIPS

From the London's West End to the Wycombe Swan, we will be providing a number of tickets to musicals, plays and dance shows both in Wycombe and in the capital city. These are brilliant productions and are a great evening out. Remember, these tickets fly off the shelves so make sure you keep your eyes peeled for the sign up dates to avoid disappointment.

YOU SAVE:
£30

DATE COMPLETED: __/__/__

THE
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CARIBBEAN WORKSHOP

Get a taste of the Caribbean culture and enjoy this high intensity full body workout along with some waistline training techniques! This session is for absolutely everyone and no experience is necessary, great vibes are guaranteed!

DATE COMPLETED: __/__/__



YOU SAVE:
£10

RUSH TRAMPOLINE PARK

If you've never been to an indoor trampoline park, you're in for a treat! Rush Trampoline Park has over 30,000 square feet of adventure, excitement and challenges. This activity is perfect for all ages. Their wall-to-wall, interconnected trampolines will get your heart pumping and your face smiling!

YOU SAVE:

£10

DATE COMPLETED: __/__/__

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DAY TRIPS

If you fancy getting out of Wycombe for the day then grab a seat on one of our coaches to spend a day exploring somewhere completely new! We'll be running a series of day trips for you to enjoy, just sign up online and get ready to go.

YOU SAVE:

£40

DATE COMPLETED: __/__/__



PARENT AND CHILD ACTIVITIES

We also offer parent and child activities which allow you to spend quality time with your children **FREE** of charge. These work in exactly the same way as all our other developmental opportunities and we will always state which of our events offer child tickets. Here are some of our most popular Parent and Child activities from last year:

ODDS FARM PARK

Whatever the season and whatever the weather, you'll always find stacks of animal fun, indoor play & outdoor adventure at Odds Farm Park.



YOU SAVE:
£32

ZSL LONDON ZOO

Spend a day at London Zoo, the world's oldest scientific zoo. You can hang out with the monkeys and find yourself face-to-face with the majestic Asiatic lion!



YOU SAVE:
£52

SEA LIFE AQUARIUM

Visit the SEA LIFE London Aquarium, home to one of Europe's largest collections of global marine life. Take a fascinating journey from the coastline to the depths of the ocean and discover a magical underwater world.



YOU SAVE:
£47

HOUNSLOW URBAN FARM

HOUNSLOW URBAN FARM is one of London's largest community farms. Covering 29 acres it is an important educational resource and leisure facility for all the family.



YOU SAVE:
£12

CULTURAL TRIPS

Rub shoulders with royalty at Windsor Castle, be inspired by the fashion in Camden Town and stroll along the pier at Brighton. If you fancy getting out of Wycombe for the day then grab a seat on one of our coaches to spend some time exploring something completely new! We'll be running a series of trips for you to enjoy, just sign up online and get ready to go.

TATE MODERN - BLACK HISTORY MONTH



YOU SAVE:
£25

FIREWORK NIGHT



YOU SAVE:
£12

WINTER WONDERLAND



YOU SAVE:
£17

STUDENT PRIDE



YOU SAVE:
£40

PUMPKIN PICKING



YOU SAVE:
£5

LONDON DUNGEONS



YOU SAVE:
£18

EID FESTIVAL



YOU SAVE:
£15



BOARD GAMES



CRAFTS

SOCIAL AND TEAM BONDING

As well as your academic life during your time at Bucks, we also want to make sure that you are looking after you! We provide a number of opportunities for you to take part in more social activities throughout the whole year and who knows you might even make some new friends along the way!

FILM NIGHTS



JEWELLERY MAKING

SKILLS SESSIONS REWARD SCHEME

Bucks Students' Union is committed to making life better for students at Bucks. That's why we put on a huge variety of skills sessions that are completely **free** for our members to attend.

As well as supporting your academic experience, we are offering a reward for those of you who choose to take advantage of the amazing **free** skills sessions we have to offer!

HERE'S HOW IT WORKS:

Attend three skills sessions and get a £3 voucher to spend on any drink in The Lounge, Rusty's or Pulse.

Attend six skills sessions and get either: a £5 voucher to spend on food in The Lounge or Pulse; or a priority place on an upcoming developmental activity.

Attend ten skills sessions and get a £20 voucher to spend on official Bucks merchandise.

For a full list of our upcoming skills sessions visit:
bucksstudentsunion.org/whatson



Terms and conditions:

Only applicable to attendance of skills sessions (not recreational activities) held between 21/09/20 and 04/06/21 and booked through the Bucks Students' Union website. Attendance must be recorded on the register of each session. Vouchers for all rewards must be obtained by emailing sutrain@bucks.ac.uk after attendance of sessions. Only vouchers with approved signatures will be valid. Vouchers are only valid towards the specific products in the indicated outlets and have no cash value. No change will be given if less than the total amount of the voucher is claimed. Priority developmental activity place must be requested at least 14 days before the event.