



LOOK AFTER YOURSELF

HEADING OUT?

- Stick with friends: go out together, come home together.
- If drinking, stay safe. For tips, www.drinkaware.co.uk
- Drugs? Don't wing it, see www.talktofrank.com

HEALTH & WELLBEING

- Feeling stressed? Avoid too much booze as it can lower your mood and increase anxiety.
- Why not join a club or society to get fit, meet new people & learn new skills.
- Feel like you can't cope? Check out the advice and support contacts on the back page.



NEED HELP OR ADVICE?

PSNI 101
Emergency 999
Belfast City Council 028 9032 0202

STUDENT WELLBEING AND SUPPORT SERVICES

Queen's University
028 9097 2893 (Student Wellbeing)
studentadvice@qub.ac.uk (Advice SU)
community@qub.ac.uk (Community Engagement)

Ulster University
028 9536 7000 (Student Wellbeing)
studentsupport@ulster.ac.uk
advice@uusuu.org (UUSU Advice Bureau)
www.ulster.ac.uk/studentsupport

Belfast Met
028 9026 5184
studentsupport@belfastmet.ac.uk
www.belfastmet.ac.uk

St Mary's University College
028 9026 8353
s.beattie@smucb.ac.uk

Stranmillis University College
028 9038 4510
studentsupport@stran.ac.uk

STUDENT WELLBEING OUT OF HOURS

In an emergency or distress call **Lifeline** on 0800 808 8000

Queen's University
0808 800 0016
qubstudents@inspirewellbeing.org

Ulster University
0800 028 5510 or email ulsterstudents@inspirewellbeing.org
www.ulster.ac.uk/ss
advice@uusuu.org (UUSU Advice Bureau)

Belfast Met
0808 800 0032
support@inspirewellbeing.org

OTHER ORGANISATIONS

Samaritans 116 123
PSNI Rape Crime Unit 0845 600 8000 (emergency 24hr)
The Rowan 0800 389 4424 (support after sexual abuse, assault or rape)
Nexus 028 9032 6803 (counselling for sexual abuse)
Common Youth 028 9032 8866 (free sexual health advice and contraception)

MOVING IN

STUDENT WELFARE AND SAFETY ADVICE



St Mary's
University College
Belfast
A College of Queen's University



Police Service of Northern Ireland
Keeping People Safe



Belfast
City Council



WELCOME TO THE COMMUNITY

Welcome to one of the most diverse areas of Belfast. Even if you're only here during the week, make the most of your time here and be part of the community.

- Introduce yourself to your new neighbours.
- Want to get more involved? Why not volunteer for a local community project or event? Contact your Students' Union for info on opportunities.

ACT WITH RESPECT

Remember that you are living near families, older residents and people who have to get up for work, school or classes the next day.

Behave appropriately, be polite and keep the noise down, particularly late at night. Treat housemates with respect too.

PROTECT YOUR PROSPECTS

- Think before you post on social media.
- Antisocial behaviour (including noise complaints) can lead to a criminal record, which may show up when applying for jobs.
- **Student Conduct Regulations also apply off campus and at any time of the day or night.** If you receive notice of a complaint, contact your college/university straight away for advice.

BE CLEAN, BE GREEN

BINS & RECYCLING

You can now download the free Bin-ovation app for information about:

- bin and box collections
- nearest recycling centres
- holiday arrangements, and
- items that can go into each of your bins.

You can also set reminders for your collections, so you never forget to put your bin out.



Under the Clean Neighbourhoods Act, you can be fined for littering, defacing property with graffiti, or if your garden or yard are littered. Please remember to put bottles in bins – broken glass on the street is a hazard for children, cyclists and car tyres.

DITCH THE CAR

Avoid bringing your car if you don't need it during the week - spaces are hard to find and there are now permit only and pay and display bays on College Green, Rugby Road, College Park, part of University Avenue, part of Carmel Street, College Park Avenue, Rugby Street and Rugby Parade. For further information, see <https://www.nidirect.gov.uk/articles/resident-parking-zones>



Walking or cycling are great ways to get round the city – you could also save cash, reduce stress and get fit in the process. Don't have a bike? Register with www.belfastbikes.co.uk. For route info, check out www.sustrans.org.uk

For public transport options, look at www.translink.co.uk, and avoid the queues with mLink mobile ticketing app.

If you need your car, drive slowly and watch out for kids playing and walking to school. When parking, leave enough space for buggies and wheelchairs on the pavement, and for vehicles to pass on the road. Avoid blocking driveways and only use disabled parking spaces if you have a blue badge.



RENTING RIGHTS AND RESPONSIBILITIES

There's so much to know when renting a house for the first time.

For information on protecting your deposit, living safely, handling repairs and other landlord issues, check out the following links:

<https://go.qub.ac.uk/readytorent>
<https://www.uusu.org/advice/>

- Buy a carbon monoxide alarm if you have gas heating or appliances and ask for a copy of the landlord's current gas safety record.
- Don't tamper with fire safety equipment – it could cost lives.
- When you leave the property, shut windows and doors, and hide valuables from view. Consider Endsleigh Insurance to protect your valuables. www.endsleigh.co.uk
- Look after your property and take care with visitors as you could lose your deposit if they cause damage, or be fined for any noise complaints which they cause.

