



## Welcome to the autumn edition of your volunteering newsletter

Autumn arrived with a real thump at the OU's campus in Milton Keynes. The leaves are beginning to turn red and gold in the sun, and autumnal tones fill the flower beds.

Our 2024–26 Student Leadership Team (SLT) and elected student Trustees are nearly two months into their first year and you can catch up with them, their manifestos and plans for the coming term on our [website](#).

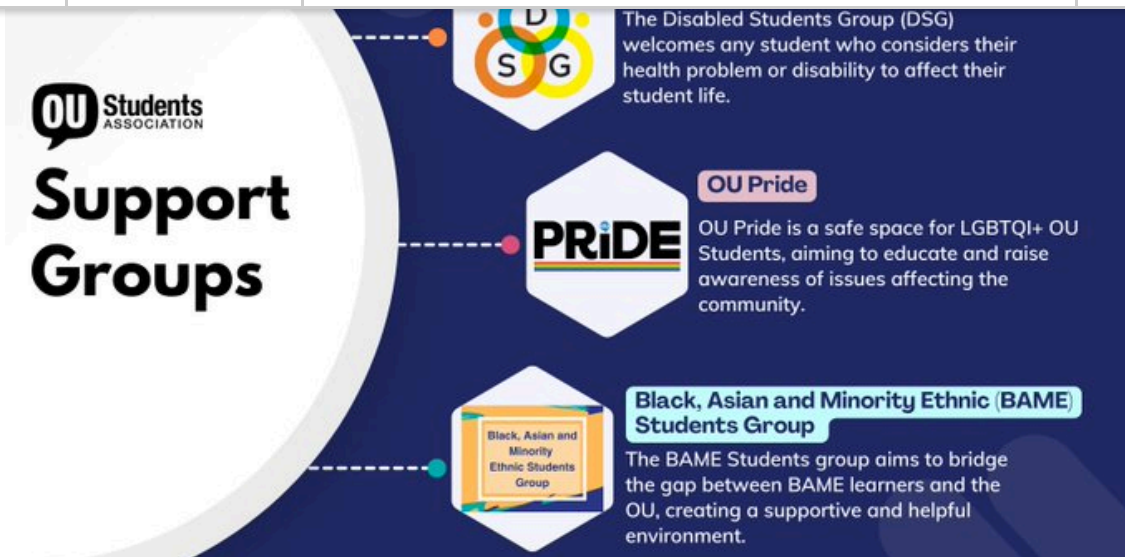
We've **Welcome Week** and the Freshers Fair coming up, a **Rep Weekend** in November and volunteering roles available throughout the season, so hopefully see you soon.

Happy volunteering!

*Nicola and the Volunteering & Representation team*

Email the Volunteering & Representation team

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**OU Students ASSOCIATION**

# Support Groups

**DSG**  
The Disabled Students Group (DSG) welcomes any student who considers their health problem or disability to affect their student life.

**OU Pride**  
OU Pride is a safe space for LGBTQI+ OU Students, aiming to educate and raise awareness of issues affecting the community.

**Black, Asian and Minority Ethnic (BAME) Students Group**  
The BAME Students group aims to bridge the gap between BAME learners and the OU, creating a supportive and helpful environment.

## Support Group Committee Opportunity!

Run by OU Students, our Black, Asian and Minority Ethnic Group; Disabled Students Group; and OU Pride offer support and advice and campaign the Open University on topics which are important to you.

Recruitment is now open to fill the five Committee roles for each group. These are Chair; Vice-Chair; Secretary; Communications Officer; and, Events Officer.

Check our [Current Opportunities Page](#) for more details and to apply!



## BECOME AN EVENT AND MEET-UP HOST!

- Meet fellow OU students
- Develop new skills
- Feel a part of the student community



## Event and Meet-up Host recruitment

looking for enthusiastic individuals to host them!

From online wellbeing check-ins to regional in-person meetups, there are some really fun events to get involved.

In this flexible role, you'll have the opportunity to make a difference to other students who may be feeling isolated in their studies (because no one knows the life of an OU student better than a fellow OU student), whilst developing your own event-hosting & organising skills.

Applications close at midnight on **Wednesday 23, October 2024**

See more details about the role and apply through our website:

[Apply for Event and Meet-up Host here](#)



## Welcome week 2024

You may be a new student and volunteering with us for the first time or returning to study this autumn. Wherever you are on your study journey, **Welcome Week** is for you!

The programme has landed so check out what's coming up.

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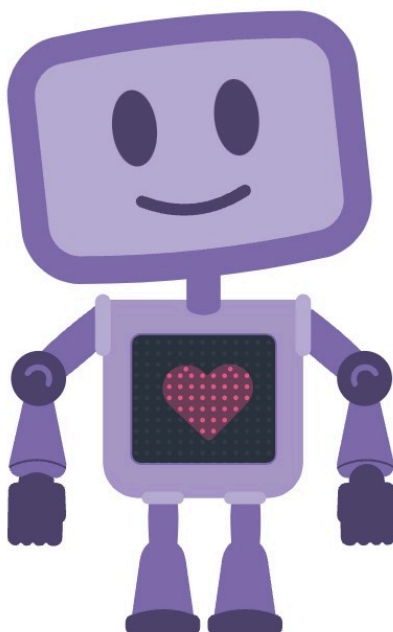
## New accessibility training

If you write anything for students, whether a Hoot article, posting about an event, social media post or information on our website, you can find more information about ensuring your communications are accessible in the optional training in the [Volunteer Zone](#).



Accessibility training

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## The OU Wellbeing app

Did you know the OU has a wellbeing app?  
Meet Charley, your digital wellbeing coach!

'Five Ways to Wellbeing':

- be active.
- connect.
- take notice.
- keep learning.
- and give.

The app also allows you to track your progress along the way.

To join:

1. Download **OU Wellbeing** through iOS or Google Play
2. Sign up using your **OU email address**.
3. You'll be sent an email to verify your email address.
4. Click on the link to activate your account.

You can find more wellbeing tips and resources on our website.

### Wellbeing support and advice from the Students Association

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### Looking after yourself

As well as our regular **Mental Wellbeing Online Meet-up** every Sunday at 7 pm with Nichola and Bev, you'll find a [Mindapples](#) **'Feed your Mind'** session during Welcome Week on Monday, 30 September at 2 pm.

Our VP Student Welfare Mark Walker has written an article for [The Hoot](#) online magazine about mental health and the challenges of OU students.

Read it [here](#) and if you would like to write about your experiences of student life, volunteering or anything you're interested in, please let us know.

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