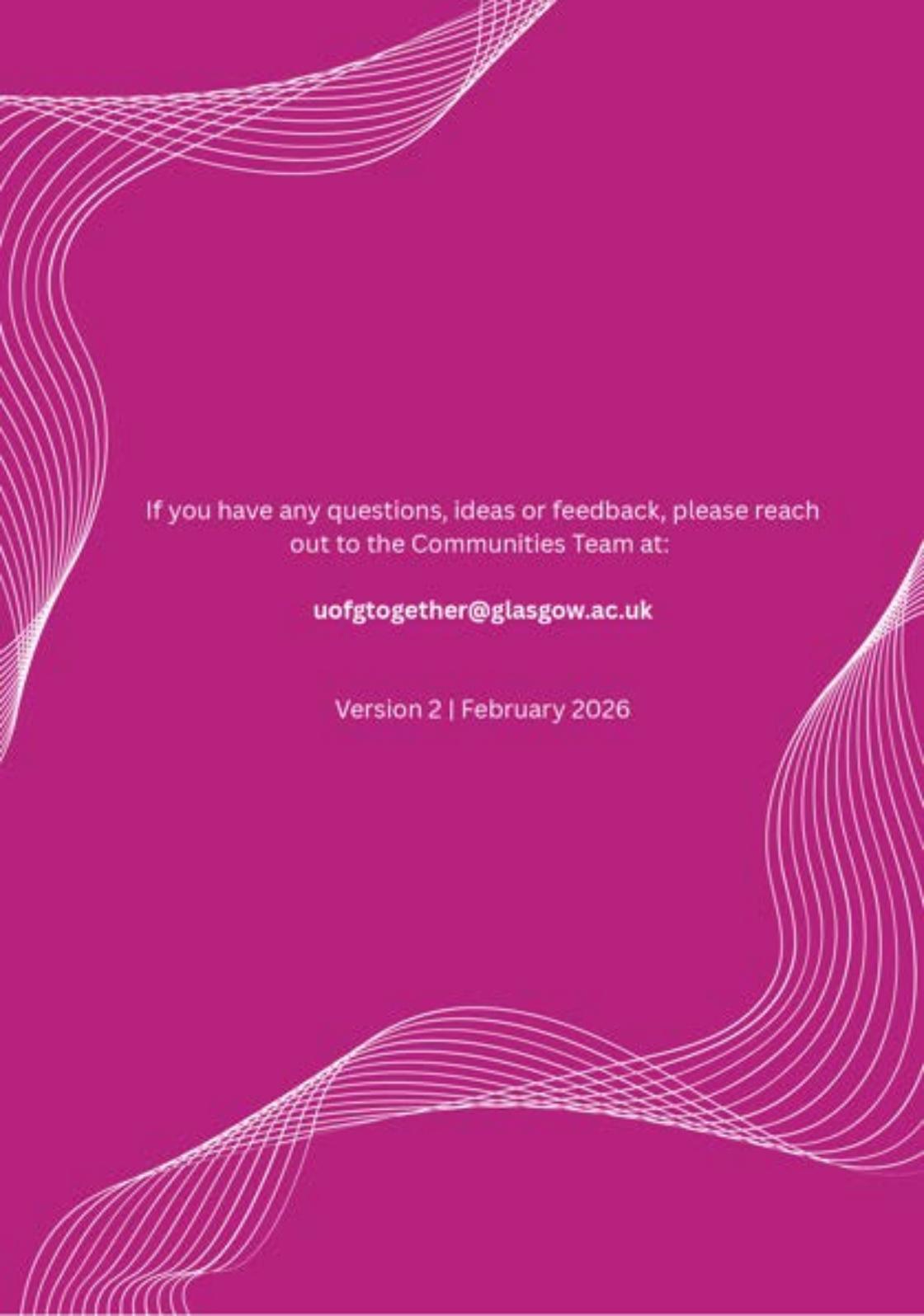


Community Connections Guide



together



If you have any questions, ideas or feedback, please reach out to the Communities Team at:

uofgtogether@glasgow.ac.uk

Version 2 | February 2026

Purpose & Contents

A sense of belonging is a key factor in students' wellbeing and academic success, yet it isn't always obvious how we can help them feel part of a community. Loneliness is a growing issue for many students, and research shows that joining a club or society is the most effective way to reduce it, nearly half (42%) saying it was the most helpful action they took. This guide offers practical tips to help staff confidently signpost students to social and community activities that foster connection and belonging.

What's included?

- **The 4 Student Bodies** - Who's who?
- **UofG Sports Clubs and Societies** - Regular student-led sessions where students can mix with their peers, and how to gain membership
- **Events on Campus** - Union and University led events open to all
- **External Community Support** - Networks for individuals that the University may not cater to
- **University-Led Support** - A series of 60-minute sessions over four weeks that students can be referred to and supported at
- **SSO Referral Guide** - step-by-step guidance for signposting and referring



The Four Student Bodies

The four student bodies at UofG are the home to all student led activity on campus. Understanding how these organisations support students can make student-led activity on campus much easier to track.



The Students' Representative Council (SRC) is the hub for clubs and societies on campus. Over 300 clubs are registered with and supported by the SRC. Membership costs are set by the individual clubs and societies and range from £0 to several hundred pounds. Further information about membership pricing is in the following pages. The SRC also supports student media including The Glasgow Guardian, Glasgow University Student TV (GUST), Glasgow University Magazine (GUM), and SubCity Radio station.

The SRC is the legally designated representative body for students and is the home of student voice on campus. Their elected council network of class representatives from across the University provide feedback on the student experience. The SRC offers a variety of services to students including printing, volunteering and an Advice Centre which offers students independent advice on issues they face at the University.



Glasgow University Sports Association (GUSA) is the home for sports clubs and societies at UofG. For many of their groups and access to the Stevenson Gym, students are also required to be a member of UofG Sport. Further information about memberships and pricing structures including financial support for students are on the following pages.

GUSA has a council of students elected from their membership which represents the interests of all students participating in sport at the University. Unlike the other student bodies, GUSA is not a legally distinct body from the University, and it's staff and elected student President are University employees. They are, however, entirely student-led.



Glasgow University Union (GUU) is one of two social unions on campus. They have a physical building on the Gilmorehill campus with eight bars, two cafes, a billiards hall, a nightclub, and various events spaces. Many clubs and societies from the SRC and GUSA utilise the GUU as meeting and event space for their activities.

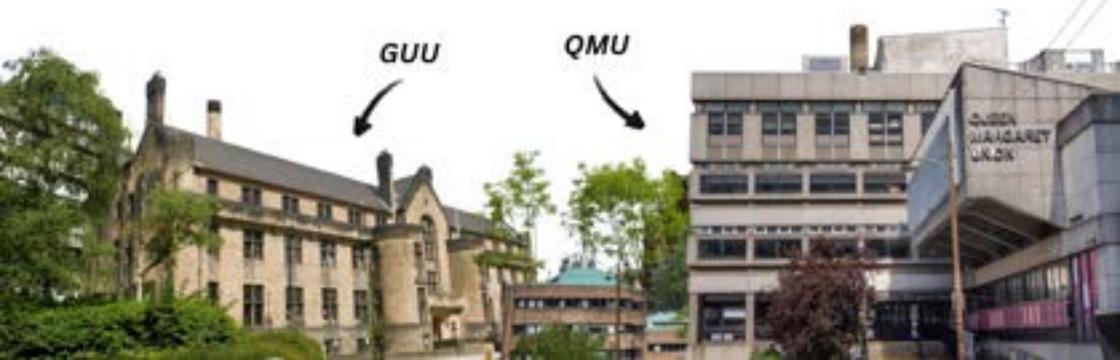
The GUU have a Board of Management made of student volunteers who run the weekly programme of events in the building and annual flagship events such as St Paddy's Day, Beach Hive, and the Daft Friday Winter ball. They have an independent student magazine (MoGUU), a creative writing magazine (Fleet) and an undergraduate academic journal (Groundings). They are also the home to a World Championship winning debate team.



Queen Margaret Union (QMU) is the other social union on campus. Their building on Gilmorehill (opposite JMS) holds a successful music venue that hosts student events as well as popular gigs open to the public. Additionally, they have a student bar and several bookable spaces that are utilised by SRC and GUSA clubs and societies for events and meetings.

Originally founded as the social union for women studying at Queen Margaret Women's College. They similarly have three executive members and a team of volunteer student convenors who run the weekly programme; annual events such as OktoberFest, Galentines, and the rival St Paddy's Day celebration; and their independent student magazine (qmunicate).

Almost every UofG student will engage with these organisations either through their buildings, regular activity, student media or activity delivered by the clubs and societies that these bodies support. However, they can also become directly involved in running these organisations, becoming a part of their long and vibrant history of student organising.



SRC Clubs & Societies

Clubs and societies set their own membership pricing based on the operating costs of the group. Membership typically covers the regular activities offered to members, with some larger events incurring additional ticket costs. Students should reach out to the club or society they are interested in joining if they have more questions.

SRC Club and Society Membership

Membership is offered on a 'standard' and 'associate' basis. All students enrolled at UofG should use the standard membership option; associate memberships are for non-UofG members. Some clubs and societies offer membership on a semester-by-semester basis.

Membership prices can only be viewed on the SRC website when a student is logged in. To log in, students should look for the top of the page where it says 'Log In' or in the hamburger/ dropdown menu on phones and tablets. Staff can also log in to view prices, but must first register an account with the SRC using their staff email.



Big Band

- Big Band Full Year Standard Membership \$25.00
- Big Band Full Year Associate Membership \$35.00
- Big Band Semester 1 Standard Membership \$12.50
- Big Band Semester 1 Associate Membership \$17.50



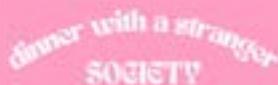
Find a Club or Society

Whether you're looking for a new hobby, want to get involved in your community, or just want to meet new people, there's a club or society for you.

[Click here to see full list of Clubs & Societies on the SRC Website](#)



Society Spotlight



dinner with a stranger
SOCIETY

Dinner with a Stranger Society

The Dinner with a Stranger Society was the largest society on campus in 2025/26 and is a really easy way for students to get involved and meet someone new. Each month, they send out questionnaires to members and set people up on 'friendship blind-dates' based on interests and hobbies.

The Mature Students Association (MSA)

The MSA is a unique club on the UofG campus. It offers community and support for mature students (anyone 21 and over at the time they start their studies, including PG). They have a dedicated club space located on Oakfield Avenue which is the only building on campus with 24/7 access for students. The space includes study space, a computer room with PCs on the University network, Wi-Fi throughout the building, cheap printing, a group study room, lockers, a lounge and kitchen facilities for heating and preparing meals.

Membership is £15 per year and includes access to the clubhouse and all of the MSA resources.



MSA MATURE STUDENTS ASSOCIATION

The Nerd Collab

The Nerd Collab is a collection of societies including Chess, Comic Creators, Cosplay, Rubik's Cubing, Doctor Who, Gaming, Fantasy, Manga & Anime, Minecraft, Nintendo, Shrek, Star Wars and Worldbuilding.

They host their larger events like quizzes and karaoke together, offering an opportunity for students to meet people from a range of societies and with various interests, while only paying membership for one society.



GUSA Sports Clubs

GUSA Club Membership

In order to purchase membership for a sport club or society, students must also have a membership with UofG Sport.

$$\begin{array}{ccccc} \text{UofG Sport} & & & & \\ \text{Full-Access} & & & & \\ \text{Membership} & + & \text{Club or Society} & = & \text{Total} \\ & & \text{Membership} & & \text{Cost} \end{array}$$

There is an exception for 7 clubs (those which rely less on University-funded facilities) who have a cheaper affiliate membership. Those exceptions can be found on the [UofG Sport website](#).

Membership fees are paid upfront on an annual or semesterly basis. UofG Sport has recently introduced a membership model allowing students to pay monthly for UofG Sport membership and membership in a club. This is currently limited to a pilot of 5 specific clubs which can be viewed on the UofG Sport website.

Several sports clubs also offer 'social' memberships, which offer students access to the group's social activities, but not the training or sporting opportunities. These could be events such as pub crawls, group dinners, or viewing parties. Currently, these social memberships still require a UofG Sport membership.



GUSA Worked Example

Worked Example #1:

A student comes to you saying they are homesick and struggling to make friends. They mention that they were involved in sport at school and that they had fun during welcome week attending the Fight Night, but since then nothing has really clicked.

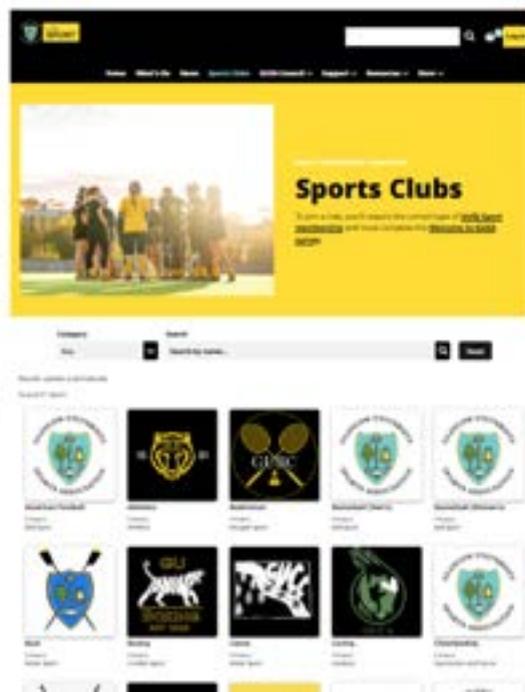
You suggest they try the Muay Thai club and see about participating in a future Fight Night themselves!

To join, the student would need a UofG Sport full-access membership (£185 for the year or £105 for the semester, upfront) and a Muay Thai annual or semesterly membership (£72 or £42, respectively).

The total cost to the student is £257 for the year or £147 for the semester and includes access to the gym and other services through UofG Sport.



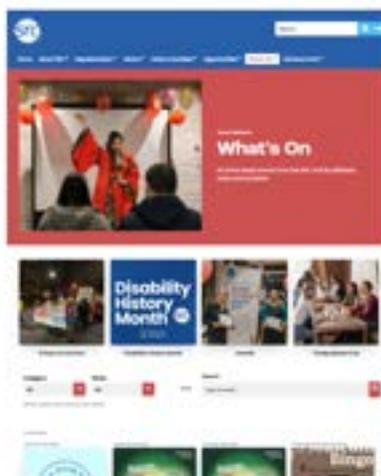
[Click here to see full list of Sports Club on the GUSA Website](#)



One-off Events

Clubs, societies, Unions and the University all host one off events. These are the key events listings pages to keep you updated.

SRC What's On - [Click here](#)



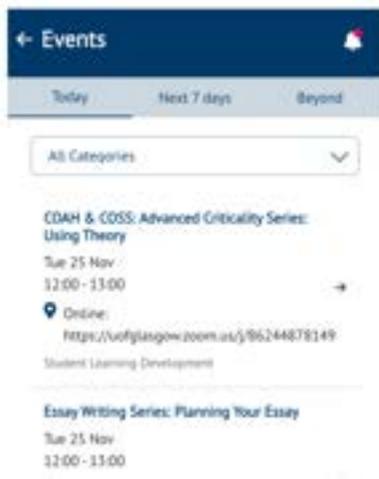
GUSA What's On - [Click Here](#)



UofG What's On - [Click here](#)



UofG Life App - Click 'Menu' then 'Events'



GUU/QMU Events

The weekly events hosted by the GUU - all available to attend without booking - include a **quiz, chess, debates speaker training and Open Mic nights**. One off events will be found on their Instagram **@guunion**



DATE	EVENTS	TIME
MONDAY	BEER BAR QUIZ	8 PM
TUESDAY	CHESS CLUB TRAINING	7 PM
TUESDAY	DEBATES TRAINING	6 PM
WEDNESDAY	SPORTS WEDNESDAY	
THURSDAY	HIVE THURSDAY	
FRIDAY	OPEN MIC	8 PM
SATURDAY	BEER BAR SATURDAY	

We have more fun. Every day. Every night. This week. Every week. All year.

As for the QMU, find out about events here including their **jazz night, quiz and gig listings**. Find out more on their Instagram **@qmunion**



QMU EVENTS

We're not just a gig space. Throughout the week we have social events, karaoke, jazz nights, live music, quizzes, and more!

We also host some big events throughout the year in our Venue!

See which are going on at the QMU Union - follow our accounts to keep up to date.

- MONTHLY CLUB NIGHT - O THE MUSIC
- BI-WEEKLY (TUES) JAZZ NIGHT
- WEDNESDAYS - GUSA CLUB PRES
- THURSDAYS - QMU QUIZ 7PM
- FRIDAYS - GU RAM SOC

External Support

Some students may require support that UofG do not specialise in, and community services may be better equipped. [ALISS](#) (A Local Information System for Scotland) is a national platform that helps people find and share local services and resources to support health and wellbeing. It connects communities by making practical support easier to discover and keep up to date.

Worked Example: peer-to-peer support group for parents

A postgraduate student who is also a parent feels isolated after their child's neurodivergent diagnosis. University wellbeing services help generally, but the student wants peer support.

Using ALISS, you find Differabled Scotland's Peer-to-Peer Support Group for Parents, which offers a safe space for sharing experiences and mutual support, pre- and post-diagnosis. Topics include behaviour, sleep, benefits, education, friendships, and sensory advice.

Drop-in groups run in Glasgow North and South on Tuesdays, Wednesdays, and Thursdays. The student is given the group details and website for updates and feels reassured to have found a supportive community.



University-Led Support Programmes

A **4-week Community Connections programme** will be piloted in 2026. Unlike existing wellbeing related interventions on campus which focus on gaining skills for coping with stress and emotions, these short programmes will be focused primarily on allowing students to socialise with each other and build new connections.

They will be **led by a designated staff member**, giving students a named point of contact and removing the possibility that meetings would be unexpectedly cancelled without notification as is always a risk with student-led activity. Students who register for a programme will receive **follow up messages if they do not attend, ensuring that there is follow through and individualised support** given to students participating. These programmes will cover areas of interest including: **Culture, Sports, Environment, Crafts and Games.**

Staff can refer students to these programmes by **filling in this form.**



Structured Support Programmes

Arts & Culture with the Hunterian
Saturdays 7th/14th/21st/28th, 14:00-15:00pm

- Participate in 'Look Club' at The Hunterian with other students, encountering artworks and discussing cultural artifacts



Sports with UofG Sport
Tuesdays 3rd (Group workout)/10th (Badminton)/17th (Dodgeball)/24th (Spin),
14:00-15:00

- Find a new gym buddy, get an introduction to the UofG Sport facilities and try out activities from Badminton to Spin Biking

Crafts & Culture with Sisters Together
4th (Womens Library), 10th (UofG Archives), 19th (Spring Crafts)

- If you identify as a sister, this space offers the chance to meet other women studying at UofG, build intercultural connections, and form friendships.



Structured Support Programmes

Gardening with the EcoHub

Fridays 14:00 - 15:30 & Sundays 13:00 - 14:30

- Build a sense of community amongst people who want to be a part of the gardening team at the Viewfield Lane gardens.

- Join their Whatsapp Group here:

<https://chat.whatsapp.com/H2k5GmOPILK7IZk5Xj61qH>



Games with the Games and Gaming Lab

- Join sessions exploring games from tabletop to digital, meet other students, and discover how gaming connects to culture and technology.

- C.I.V.I.S Sustainability Challenge

Friday 6th - Saturday 7th March

- Devise potential solutions to Global Sustainability Challenges, presenting in a 3-minute pitch.

Free catering: snacks/tea/coffee on Friday, lunch on Saturday.

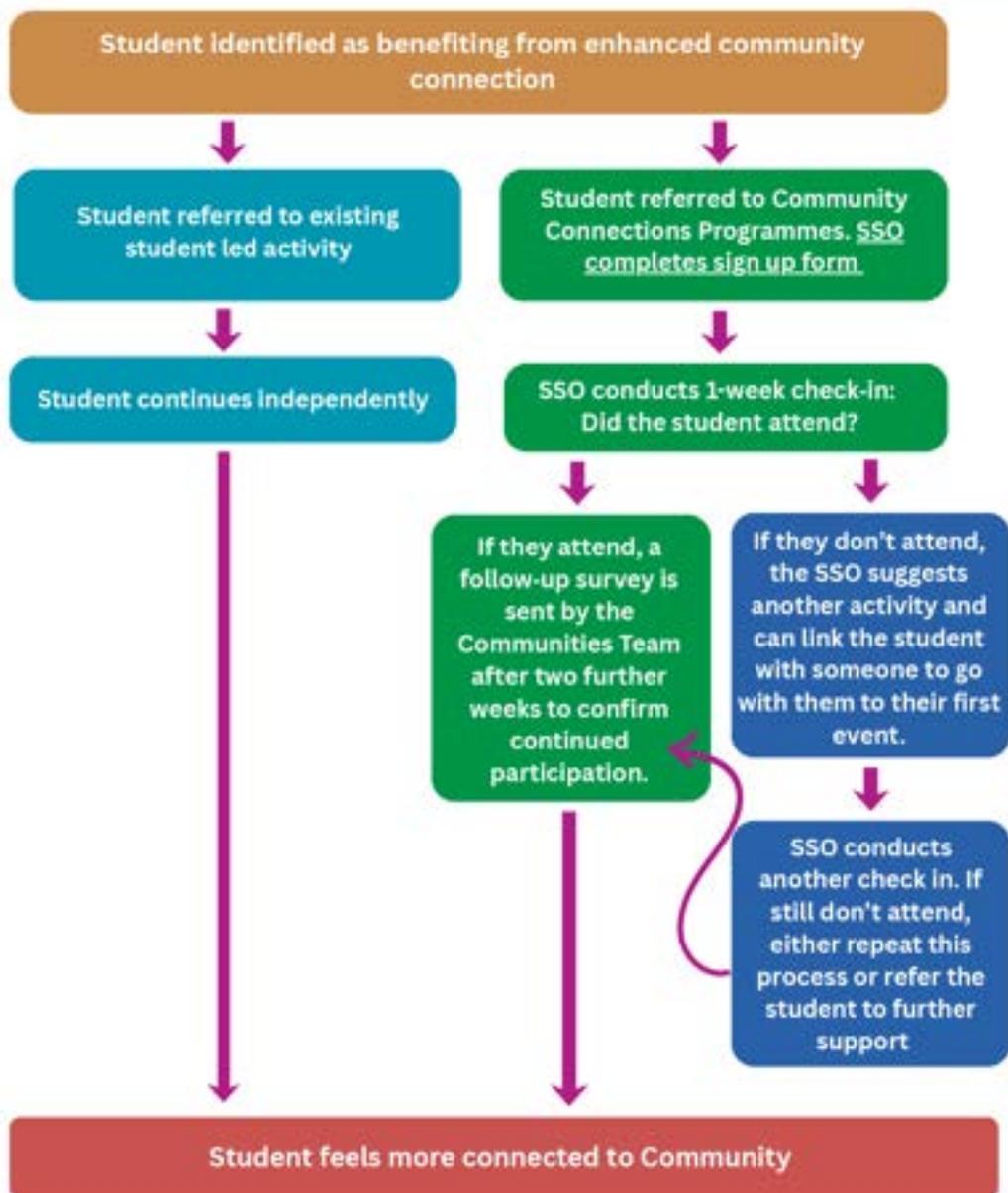
Sign up individually here - teams will be arranged for you.

- Play Across Time: A Night of Scottish Game History

Friday 10th April, 16:00-20:00

- Experience games and gaming in Scottish contexts through interactive activities, stalls, workshops, and discussions

SSO Referral Guide





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