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GUSA Gym Buddy's

The GUSA gym buddy system aims to aid those who wish to start exercising but don't want to do it alone. We pair each student up with a volunteer buddy with similar availability and interests for a four week period. We hope that during this four week period the student will become more comfortable partaking in exercise.

If you are interested in the GUSA buddy system please contact the GUSA Welfare Convenor at gusa-welfare@glasgow.ac.uk

Find out more click on the signup on the link below: <https://forms.gle/nFoZt4jQgzBaDX7b9>

2

Safe Space Studio One

Starting October, Studio 1 (Level 4, Stevenson Gym) will be open to everyone every Tuesday 12-2 pm. This will give GUSA members the opportunity to get introduced to gym equipment and S&C in a less intimidating way. Safe Space is also a setting that is not as busy as PowerPlay.

Please share this information with your club. If any members of your club want to start going to the gym but are intimidated by it; Safe Space will be a perfect start for them!

If you have any questions or suggestions about Health and Fitness, please do not hesitate to contact me at gusa-health@glasgow.ac.uk

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GUSA Charity Ceilidh

GUSA is pleased to present the GUSA Charity Ceilidh in aid of Scottish Disability Sport.

The ceilidh is at Glasgow University Union on Thursday 3rd October. Tickets are £4 in advance on FIXR: <https://fixr.co/event/236533229> or £6 on the door. Ticket price includes free entry to HIVE.

The facebook event is available here: <https://www.facebook.com/events/498734630672592/>

Contact Council:

gusa-president@glasgow.ac.uk, gusa-vicepresident@glasgow.ac.uk, gusasec@admin.gla.ac.uk,
gusa-alumni@glasgow.ac.uk, gusa-clubsport@glasgow.ac.uk, gusa-events@glasgow.ac.uk,
gusafincon@admin.gla.ac.uk, gusa-fundraising@glasgow.ac.uk, gusahealth@glasgow.ac.uk,
gusapubcon@admin.gla.ac.uk, gusatravel@glasgow.ac.uk, gusa-welfare@glasgow.ac.uk



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FARE!

FARE work with communities in Glasgow to improve the lives of children and families living in disadvantaged neighbourhoods.

After many successful sessions provided by GUSA's clubs, it's an amazing opportunity to get involved in. Catherine can work with FARE to get time slots that suit you and your club. It is possible for this to get accredited on your transcripts.

If your club is keen to get involved in this amazing opportunity please email gusa-fundraising@glasgow.ac.uk

7

Alumni

At Christmas time Holly will be sending out the first of what will become semesterly GUSA newsletters to our alumni. I would love it if each club could send me a small paragraph or two of what they have been up to and anything exciting that has happened! I won't be asking for the paragraphs until later in the semester, however I would love it if you could all just keep this in mind for later on.

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Council Visit to your club!

If you would like a visit from one or a few of our council members this month or next, we would love to come! Please email Charlie (Club Sport Convenor) to set this up.

Contact Council:

gusa-president@glasgow.ac.uk, gusa-vicepresident@glasgow.ac.uk, gusasec@admin.gla.ac.uk,
gusa-alumni@glasgow.ac.uk, gusa-clubsport@glasgow.ac.uk, gusa-events@glasgow.ac.uk,
gusafincon@admin.gla.ac.uk, gusa-fundraising@glasgow.ac.uk, gusahealth@glasgow.ac.uk,
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