GUSA FW '20

FIND OUT WHAT'S ON THIS WEEK AND BEYOND IN THE WORLD OF SPORT AT GLASGOW

14TH - 20TH SEPTEMBER 2020
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@GUSAPresident
@gusa_gram
Funded in 1881, the Glasgow University Sports Association is the oldest student body on campus and serves to represent the interests of all University of Glasgow Sport members.

If you have any issues, suggestions or concerns with the services provided by University of Glasgow Sport, we are the people that can make your voice heard at a higher level.

GUSA provides effective opportunities for students to participate in sport by coordinating club sport, recreational leagues, health and fitness classes, specialist courses and drop-in sessions.

Being part of sport is a fun and easy way to create a healthy lifestyle for yourself that will improve your physical, mental and social well-being. GUSA is here to facilitate this lifestyle, and with more than 50 sports clubs that cater to all abilities, we make sure that there is something for everyone here at Glasgow.
Meet the council

Get to know the faces that will be running GUSA in the upcoming year

#GUSAFW20
I would like to wish a very warm welcome to all freshers of 2020. As the oldest student body on campus, the Glasgow University Sports Association (GUSA) provides an effective voice to our 11,000+ student sport members. We look forward to meeting you during fresher’s week!

At GUSA, we pride ourselves in having something for all students. Whether you are completely new to sport or an elite athlete, we can cater for you! With our partnership with UofG Sport, we work with over 50 affiliated sports clubs as well as delivering free fitness classes and opportunities for recreational sport within our facilities. You can find out more about GUSA and sport at the university by popping into the Stevenson Building or on the Glasgow University Sport website.

Sport and physical activity have proven to have a huge impact on mental health and academic performance! It is also an incredible way of making friends for life and really bonds you to a group that will stick with you for your UofG experience.

During Fresher’s week, you’ll have the opportunity to find out all the amazing opportunities we have by attending our club taster sessions. Each club will host a taster session which will allow you to trial the sport for free. Some of our clubs even open up to all members for a couple of weeks into the semester! Sign up to as many as you can at first, pick and choose which ones you like after you have had a chance to try as many as you can. Make sure to approach people at tasters, exchange numbers and you’ll soon be making friends for life. That’s what we’re all about here at GUSA. The world has recently faced one of our biggest challenges with the COVID pandemic but what has been getting us through is community. No where will you find a stronger community than right here at Glasgow and we are ready to welcome you into it!
Hello! Welcome to Glasgow and I have to say I’m very jealous you have a lot to look forward to over the next couple of years.

Over the next few pages you will meet the rest of our council, each telling you who they are and their role within the GUSA community. You might notice a common theme in each of their blurbs; a plead for you to get involved with sport here at Glasgow. It really has made our time at university so special.

After a gap year in Thailand, I was nervous to get back into sport again. I joined hockey which I’ve played at school and lacrosse, a sport I’d never played before. I cannot stress enough how good club sport is for making friends and keeping fit.

Our clubs cater to all abilities, so please don’t worry about not being ‘sporty enough’. The Sports Fayre is a fantastic way to see our clubs, you can speak to members and find out which club(s) are right for you. Aside from our club sport, your gym membership grants you access to over 100 different classes each week, and if you’re a bit hesitant to go on your own, sign up to our Gym Buddy Scheme.

I have made most of my closest friends through sport. Getting involved with GUSA, I feel I have a great opportunity to make sure people have as much fun as me so I really hope you give it a go as well.

Charlie Dickens
- Vice-President
A huge welcome and congratulations to all the Glasgow University Freshers of 2020! My name is Jessica and I am proud to be this year’s GUSA Secretary. This will be my second year on the GUSA Council after my last position as Travel Convenor for 2019-2020.

As GUSA Secretary, I will be overseeing the administration of GUSA, recording and distributing official meeting minutes throughout the year. I will keep our valued members updated on all of our GUSA events, news, meetings and elections. I will also be overseeing the administration, alongside Sherief and Charlie, of one of our biggest (and best!) weeks – Freshers Week. This has always proved to be one of the most fun weeks of University, so I’m very excited to organise what will no doubt be another successful Freshers Week on behalf of GUSA for you all! This year I’m also organising a new Blues and Colours Event, separate to that of our famous GUSA ball. Although COVID-19 unfortunately postponed what was meant to be the first event of this kind last year, I’m excited to organise and see the new event come to fruition and I hope to see it become a permanent calendar event for GUSA and our sports members.

Freshers Week will by far be one of the most exciting and fun weeks of your life, at times it may be daunting and tiring, but if there is one thing you do – I’d strongly recommend popping along to our Sports Fayre and seeing what GUSA has to offer! The people I’ve met through GUSA have turned into best friends and the fun opportunities I’ve had have turned into unforgettable experiences and memories! There really is something for everyone, regardless if you’re a beginner or a pro! I look forward to meeting all your new faces and welcoming you!
As alumni convenor, my role involves looking after our wonderful Sport members who have graduated. This involves keeping them up to date with what is currently happening within GUSA, and working with clubs to strengthen their own alumni networks. A large part of this is maintaining our strong network with the fellow GUSA Council Alumni. I lead the organising for the annual 1881 Dinner – which is an evening for past and present council members to get together for a big reunion. This year I am working with various avenues within the University and Sport to extend and revamp the way our networks are currently kept and maintained. I also work alongside clubs to offer advice for organising their own alumni events, and networks as well as improve the funding they can receive from their own alumni.

My university experience would not have been half as incredible as it has been if it wasn’t for GUSA. It was one of the main contributing factors that made me extend my degree to integrated Masters and now staying in Glasgow for my PhD. Strolling up to the Sports Fayre in Fresher’s Week and signing up to multiple sports was by far the best thing I have done and so glad that I did. 5 years later I have now been part of too many sports: Boat, Ski & Snowboard, Tennis, Swimming & Waterpolo and Cycling.

Sport at Glasgow could not be any more inclusive and accessible no matter your skill level, or if you want to be competitive or just meet some new people. I’ve met so many amazing people through GUSA and many of my closest friends.
Within my role as the Club Sport Convenor I will be the middle woman between the staff at UOFG Sport and our Club Captains and committees. My job is to look after all of our sports clubs and help them to deal with any problems that may come up. I am a relaxed and approachable person so I hope that clubs will feel comfortable coming to chat to me or sending me an email, after all my job is to help our clubs as much as possible.

My aim is to raise the profile of all of our clubs and help them plan for future growth and development. I will be working hard alongside UofG sport staff to do this and make sure our clubs run as smoothly as possible.

Sport has completely transformed my university experience and I want others to have this opportunity. Joining the football team was one of the best decisions I made, it not only helps me to keep fit but I have met an amazing group of girls that I have become very close too. You won’t be part of just part of a sports team, but part of a wider sports community. We currently have over 50 clubs and this means the possibilities and opportunities are endless. Our sports fayre is an excellent opportunity for you to talk to people who are passionate about their sport and to sign up to try something new. University is a new experience for most so why not try a new sport too or stick to what you already enjoy.

I am excited for the year ahead as getting involved with GUSA now gives me a platform to encourage as many people as possible to get involved in sport, so that they can have the same positive experience I have had so far.

Jayny Saunders
- Club Sport

#GUSAFW20
Welcome to the University of Glasgow! I hope you are already enjoying everything about our University so far and have had time to try out new sports and meet members from our wonderful societies. Hopefully I will get to meet you all at our inaugural Festival of sport!

I’m George and I am the GUSA Events Convenor for the year. I am the President of the American football club and a fourth year Business and Management student. Glasgow has now become a home to me and I hope you will soon feel this way too. My role this year is to help plan, organise, and run our associations events. Together with the rest of the GUSA council, and my events team, we have a lot of great things planned for the year. From our GUSA party, to dodgeball tournaments, to brand new intramural competition, this year is jam packed with opportunities for you to try out new sports, make new friends, and truly get to know what makes GUSA the best!

I want this year’s events to bring together our University under the umbrella of lighthearted sports. To create an avenue for all students to try out new things, take risks, and most importantly, get involved with University life. You can even get involved with the Events team as applications will be up for two weeks in September!

Thank you for reading through this amazing magazine, and I hope to see you all at one of GUSA’s Events.

#GUSAFW20
I'm Julia and I am going into my 5th year Maths masters.

In the role of Finance Convenor I will be primarily focusing on the Chancellors and Representative funding. A goal I have for this year is to better publicise the chancellors funding by working with the publicity convenor to share past success stories so clubs know what opportunities they can apply for.

I will also be working closely with the finance administrator and finance team to go through claims from different clubs. To develop a strong relationship with each club I will be creating a Facebook page for the Treasurers and encouraging catch-ups with myself where treasurers can go through any queries they have.

#GUSAFW20
As Fundraising and Outreach Convenor, I am responsible for GUSA’s fundraising events for both charity of the year and GUSA sports club. I also work with GUSA clubs and charities, communities and schools to create an outreach programme to get disadvantaged groups into sport. Our charity of the year for 20/21 is Scottish Sport Futures. This is an amazing charity that encourages sport for disadvantaged and vulnerable young people to develop and promote positive changes to them and their communities throughout Scotland.

GUSA will be fundraising through various events – including council fundraisers – to raise money for the charity of the year. We will also be running events in which GUSA clubs will receive the rewards directly, aiming to help clubs who may be struggling financially.

I aim to develop the outreach programme within GUSA clubs. With the great facilities and coaches we have to offer, I hope to work with clubs and organisation to help disadvantaged children and young people get involved in sport and have a positive impact on them.

Sport at Glasgow has been one of the most enjoyable parts of university, the people I’ve met and the things you end up doing, I could not recommend it enough.
Hello I’m Bertie, I’m a fourth year maths student, and I’m the Health and Fitness convenor. My aims in this role are to make sport accessible to everyone, advocate the physical and mental benefits of exercise, and encourage students to get involved!

I was never much of a sporty child but getting involved with the Weightlifting club when I came to Glasgow has been hugely beneficial to both my physical and mental health so I want other students to have the same great experience of university sport as I have.

I know the Stevie can be an intimidating place so I want to work to make sure you all feel comfortable making the most of this universities great sport facilities and opportunities. Be sure to keep an eye out for upcoming events and don’t be afraid to try something new this year!
First of all hello and welcome to GUSA! I’m Anna, a third year geography student and this year’s GUSA publicity convenor. My main job for this year is to oversee and manage all of the social media and promotion for the association, as well as for the 50+ sports clubs that we have here at Glasgow.

As well as using my graphic design knowledge, I’ll be working alongside photographers and videographers to create fun and engaging graphics and posts for our social media. I’ll also be coordinating bigger projects throughout the year such as the GUSA music video, GUSA ball video plus a new project called the sporting year in review.

At university I play hockey, and through joining a sports team I’ve met so many amazing people that have really helped to shape my whole university experience. I can’t recommend highly enough joining a club, even if you’re not that sporty yourself. GUSA is such a great way to meet new people, have fun and just make your time at Glasgow so much better – I hope you all have a fab freshers week!
Hello! I’m Ciaran, the GUSA Travel Convenor for this year; I’m part way through a PhD in Public Health and September marks the start of my 7th year at the University of Glasgow. I’ve been a part of GUSA since the very start of my first year and can’t recommend it enough, through GUSA: I’ve made friends for life, had unforgettable experiences, and had the chance to give back and get more out of my time at Uni by serving on national and club sport committees.

As Travel Convenor I’ll be working alongside staff in the University to deliver transport for trainings and fixtures for all of GUSAs clubs as well as helping to recruit new drivers for GUSA and making sure our minibuses are well cleaned and maintained by the clubs who use them.

Even during these unprecedented times Freshers week and the whole of your first year will be some of the most exciting and fun experiences of your life. I can’t urge you enough to get involved in sport at university, there are opportunities for anyone and everyone to take part. You’ll definitely find something you’ll love!

#GUSA FW20
Hey all. I’m Ewan and I’m delighted to introduce myself as the Welfare Convenor at GUSA for the next year. Alongside my English Literature degree I’ll be working closely with our club committees, welfare officers, and the committed group of volunteers that make up Welfare Committee to deliver training and support to benefit each of our GUSA members alongside taking the lead on Welfare initiatives designed to raise awareness and promote the benefits of sport and an active lifestyle on the emotional and psychological wellbeing of all members of our university.

GUSA Welfare seeks to support all students and staff at Glasgow and play a central role in the cross campus exam destress initiatives alongside promoting campaigns for Eating Disorder Awareness through our partnership with the Linda Tremble Foundation at Glasgow University. GUSA Welfare also works closely with our clubs to promote LGBTQ+ History Month through our LGBT GUSA Role Models Project and Rainbow Trainings and we are so proud at Glasgow to have a culture of sport within GUSA where everyone is celebrated for being themselves.

Furthermore GUSA Welfare involves working alongside the UofG Sport Active Lifestyles Team, the other student bodies and external organisations to provide a range of certified training to club captains, welfare officers and committees to ensure the highest possible of standard for welfare within each of our clubs. There is something for everyone in sport and GUSA Welfare is here to support each and every one of our members. If you have any questions about any of our initiatives or any other welfare related questions feel free to get in touch at gusa-welfare@glasgow.ac.uk.

#GUSAFW20
Contact the council

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EWAN, WELFARE: GUSA-WELFARE@GLA.AC.UK

#GUSAFW20
What's on this week

Find out what GUSA has in store for you this Freshers' Week

#GUSAFW20
Sports Fayre

The sports fayre is your chance to have a look at every sport club we have to offer! Have a chat to current members, sign up to taster sessions and get involved!

Representatives from all of our 50+ clubs will be there to answer any questions you might have.

Date: Monday 14th September
Location: The Quads, Main University Building

Taster Sessions

Our clubs have loads of taster sessions that you can go along to at the end of the week.

Taster sessions are fantastic opportunities to see what a club is all about before joining, or to try a sport you've not been able to before. Make the most of it because you might just fall in love with a sport you've never even heard of before!

Dates: Throughout the week, contact the club for more info.
Locations: Different locations, contact the club for more info.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Link</th>
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</thead>
<tbody>
<tr>
<td>Monday 07/09</td>
<td>12:00-12:45</td>
<td>Welcome and plan from UofG Sport from Active Lifestyles and GUSA (session 1)</td>
<td>Zoom Link, Meeting ID: 971 1531 4319, Passcode: 690282</td>
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<td></td>
<td>17:00-17:30</td>
<td>Resistance Bands and Core</td>
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<td>Tuesday 08/09</td>
<td>09:30-10:00</td>
<td>Mat Workshop</td>
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<td>12:00-12:30</td>
<td>Flow</td>
<td>App Link</td>
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<td>16:00-16:30</td>
<td>Quiz and Q&amp;A (Session 2)</td>
<td>Zoom Link, Meeting ID: 985 0654 4070, Passcode: 086179</td>
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<td>Wednesday 09/09</td>
<td>09:00-09:30</td>
<td>Meditation and Sun Salutations</td>
<td>Youtube Tutorial</td>
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<td>13:00-13:30</td>
<td>Total Body</td>
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<td>16:00-16:10</td>
<td>Back Release Flow</td>
<td>Youtube Tutorial</td>
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<td>09:30-10:00</td>
<td>Virtual walkthrough SB and Garscube (Session 3)</td>
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<td>13:00-13:30</td>
<td>Pilates</td>
<td>App Link</td>
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<td></td>
<td>16:00-16:45</td>
<td>Bodyweight exercises you can try at home</td>
<td>Youtube Tutorial</td>
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<td>Friday 11/09</td>
<td>08:30-09:00</td>
<td>Flow30</td>
<td>App Link</td>
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<td>12:00-12:40</td>
<td>HIIT</td>
<td>App Link</td>
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<td></td>
<td>16:00-16:45</td>
<td>BERTIES BINGO (Session 4)</td>
<td>Zoom Link, Meeting ID: 965 6467 5656, Passcode: 347159</td>
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<td>Saturday 12/09</td>
<td>10:00-10:30</td>
<td>Kerry’s Backpack Workout</td>
<td>Youtube Tutorial</td>
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<td></td>
<td>15:00-15:10</td>
<td>Legs Up the Wall</td>
<td>Youtube Tutorial</td>
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<tr>
<td>Sunday 13/09</td>
<td>10:00-10:15</td>
<td>Garden Yoga</td>
<td>Youtube Tutorial</td>
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<td></td>
<td>15:00-15:10</td>
<td>Meditation</td>
<td>Youtube Tutorial</td>
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## Schedule for Isolation

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<tr>
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<td>09:30-10:00</td>
<td>Club Sport, freshers week info, taster session info (Session 5)</td>
<td>Zoom Link Meeting ID: 943 5899 7798 Passcode: 637769</td>
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<td>11:30-12:00</td>
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<td>Tuesday 15/09</td>
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<td>12:00-12:30</td>
<td>Animal Flow</td>
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<td>12:15-12:45</td>
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<tr>
<td>Thursday 17/09</td>
<td>11:30-12:00</td>
<td>Flow30</td>
<td>App Link</td>
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<td></td>
<td>13:00-13:20</td>
<td>Core</td>
<td>App Link</td>
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<td>Friday 18/09</td>
<td>08:30-09:00</td>
<td>Mobility and Stretch</td>
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<td>Saturday 19/09</td>
<td>10:00-10:30</td>
<td>Sam’s Lower Body Backpack Workout</td>
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<td>15:00-15:10</td>
<td>Flow Yoga</td>
<td>Youtube Tutorial</td>
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<td>Sunday 20/09</td>
<td>11:00-12:00</td>
<td>Sam’s Lower Body Backpack Workout</td>
<td>Youtube Tutorial</td>
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<td></td>
<td>15:00-15:10</td>
<td>PMR Guided Meditation</td>
<td>Youtube Tutorial</td>
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## Useful Links
- Coronavirus and your mental wellbeing
- Looking after your mental health
- University Counselling Services
- Keeping in touch during self isolation

## Nutrition Tips
- Maintain a Robust Immune System
- Blood Sugar
- Snacking
Welcome to the Stevie

Get to know the home of some of our most exciting sporting facilities

#GUSA FW20
The Stevenson Building

The Stevenson Building, (more commonly known as the Stevie), is the university gym and home to some of our most exciting sports facilities, some of which include:

- 6 lane swimming pool
- Sauna
- Steam room
- Strength suite
- Cardio suite
- 2 sport halls (basketball, 5-a-side, netball, volleyball and more)
- 3 studios
- 2 squash courts

Membership to the gym is free if you are staying in halls, or £135 for the year for anyone else. Membership also includes access to over 100 fitness classes per week. From high intensity interval training to yoga, there really is something for everyone.

Alongside the Stevie, we have our Garscube Sports Complex. Garscube is home to our synthetic and Astroturf pitches as well as the rugby playing fields. It also has its own gym - perfect for any vet students that want a midday workout!
Club Sport at Glasgow

Look at all the clubs we offer and find the right one for you
Club Sport

At Glasgow we have over 50 different sports clubs that cater to all abilities. From Aikido to Wakeboarding you’ll definitely be able to find the right one for you.

<table>
<thead>
<tr>
<th>Aikido</th>
<th>Hockey</th>
<th>Surf</th>
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<tbody>
<tr>
<td>American Football</td>
<td>Judo</td>
<td>Swimming &amp; Waterpolo</td>
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<td>Canoe</td>
<td>Muay Thai</td>
<td>Ultimate Frisbee</td>
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<td>Cricket</td>
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<td>Wakeboarding</td>
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<td>Weightlifting</td>
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<td>Football</td>
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<td>Gaelic Football</td>
<td>Shorinji Kempo</td>
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<td>Golf</td>
<td>Ski &amp; Snowboard</td>
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<td>Gymnastics</td>
<td>Skydive</td>
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<td>Hares and Hounds</td>
<td>Squash</td>
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Find out what services GUSA has in place to make sport more accessible and inclusive
Welfare at GUSA

GUSA wants to make sure that sport at Glasgow is as inclusive and accessible as possible, and our welfare convenor Ewan is here to facilitate programs and initiatives that make this happen.

The GUSA buddy system

The GUSA Buddy System aims to encourage people who may not be comfortable exercising themselves, to do so with the help of a Buddy. Buddies are volunteers who are trained by gym staff to help promote healthy exercise habits. Each buddy pairing will last for four weeks, and will jumpstart an active lifestyle. If you are not already a member of the University Gym, access to the University Sport facilities is free when accompanied by your Buddy.

Why is the GUSA Buddy System in place?

The GUSA Buddy System aims to aid those who are not already exercising for any reason. We pair each student with a volunteer Buddy with similar availability for a four week period. We hope that during this time you will become more comfortable exercising and might even make a friend out of the experience.

Finding your Buddy: If you are a student looking for a volunteer Buddy, email gusa-welfare@glasgow.ac.uk
Starfish

Our relationship with food and our bodies often changes — sometimes we feel secure in our bodies, other times we may feel insecure, we also may go through phases of trying to eat more healthily, or we might eat too much and lose touch with our appetite. Troubles with eating and our bodies are incredibly common, but they can become a problem when we feel like they are taking over.

There are great benefits from talking to others with the same problem. Starfish is a peer-support group which we run in conjunction with the Glasgow-based eating disorder charity, the Linda Tremble Foundation. Starfish runs once a month on campus but LTF also run a session in town, so there is a meeting once a fortnight. You can go to as many or few and go as often or little as you feel you need/want to — the sessions are anonymous (and no one from the GUSA council sits in on them).
How can I be a part of GUSA?

Get involved with GUSA and join the best community on campus.
Get involved

GUSA is one big family and something that being a part of will make your time at Glasgow oh so sweet. Be sure to follow our social media accounts to keep up to date on all things GUSA.

Club Sport

First things first, find a club that you want to throw yourself into. There are so many sports that are part of GUSA that we can confidently there is something for everything (see the list under ‘Club Sport’). Whether you want to be part of a team or go it solo, representing your university on a BUCS Wednesday is an absolute must (as are the #LFW celebrations afterwards, no matter the outcome).
Events and welfare teams

Something you will see appear on the GUSA Facebook page in the coming weeks is advertisements for the applications to our various teams: these include the Events team and the Welfare team. By applying for one of these positions you will be putting yourself forward to support the GUSA Council in their roles.

Being part of the Events team, you will meet so many people and help put on some of the most exciting events such as Monster Dash and Superteams. Throughout the year GUSA puts on a number of campaigns to support and better the welfare of students at Glasgow University and the Welfare team are behind them.
Freshers' Helping

Finally, apply to become a Freshers' Helper 2019. Freshers' Helping is one of the most fun things you can do at uni. Have a chat with the helpers in gold tees around campus this week and you'll see why.

#GUSAFW20