

# Welcome!

Wednesday 21<sup>st</sup> September

Date	Time	Event	Location	More information
Wednesday 21 September	830am- 5pm	Craft workshop	Andrews building concourse	Come and enjoy a completed a range of craft activities, led by the Therapy & Mental Health team.
Wednesday 21 September	830am- 5pm	St Marys Surgery NHS registration	The Spark	Register with the local GP surgery (St Marys).
Wednesday 21 September	830am- 5pm	Solent Sorts it	Halls of Residence	Advice about re-cycling advice in your hall of residence.
Wednesday 21 September	11am and 2pm	Ambassador campus tours	Meet at the Spark reception	Explore the campus on a tour with a student ambassador.
Wednesday 21 September	11am- 12pm	Life as international student in Southampton	Palmerston Lecture Theatre	Useful information for international students to help settle to life in Southampton and the UK
Wednesday 21 September	11am- 3pm	Fire safety day	Halls of Residence	Planned fire drills and fire awareness raising day.
Wednesday 21 September	12pm- 1pm	Life as international student in Southampton	Palmerston Lecture Theatre	Useful information for international students to help settle to life in Southampton and the UK
Wednesday 21 September	12pm- 2pm	Student welcome BBQ	The Quad	Enjoy a free BBQ and meet new friends, numbers limited

Wednesday 21 September	12pm- 2pm	Free ice-cream!	The Dock	Enjoy a free ice-cream, simply go to the Dock to enjoy
Wednesday 21 September	12pm- 5pm	steps2wellbeing @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Health Assurred (SAP) @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Police drop in @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Crimestoppers @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Yellow door @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Student Union Advice Service @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Mayfield Nurseries @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	St Marys Social Prescribing team @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.

Wednesday 21 September	12pm- 5pm	No limits @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	12pm- 5pm	Therapy & Mental Health service @student support fayre	Lower Atrium, The Spark	Drop in to find out about support services providing advice and guidance on a range of wellbeing and safeguarding matters.
Wednesday 21 September	1230pm- 1pm	Time Management & Study Stress	The Workshop, The Spark	Learn more about how to manage your time to prevent study related stress.
Wednesday 21 September	1230pm- 130pm	Headshots for LinkedIn, Portfolios, Profiles	Solent Creatives, The Spark	A free drop-in with our resident photographer to get your profile looking fresh. Whether you're looking for a serious shot or a creative snap, just drop in to the Solent Creatives space when you're ready to smile and we'll do the rest!
Wednesday 21 September	1pm- 130pm	How to be a Successful Solent Student	The Workshop, The Spark	Top tips for success in your studies at Solent.
Wednesday 21 September	130pm- 230pm	Find out about Freelancing	Solent Creatives, The Spark	Training, advice, and expertise to enable to you start your freelancing career alongside your studies. You can kick-start it today by coming along to our introductory session.
Wednesday 21 September	230pm- 330pm	Students with autism induction	TS310, The Spark	A session for students with autism to learn about support available at Solent University.
Wednesday 21 September	3pm-4pm	Solent connect	The Quad	Enjoy some refreshments and connect with other students at Solent University, led by Student Achievement team.

Wednesday 21 September	3pm	Library tour	Library	A tour of the library and resources available on campus
Wednesday 21 September	330pm- 5pm	Simply social	The Workshop, The Spark	A social event for students with autism to meet other students and create a support network.
Wednesday 21 September	4pm- 430pm	Residences drop in	Halls of Residence	Meet with residences team.

