BRIGHTON STUDENTS' UNION PRESENTS

FRESHERS' 2026

THE GULL

FRESHERS' SPECIAL ISSUE



BRIGHTON STUDENTS' UNION

MAKING STUDENT LIFE BETTER

Welcome

to Brighton Students' Union



YOUR OFFICERS

Hello! We are the student officer team for 26/27. Our role is Making Student Lives Better, and we do this through lobbying the University for any changes needed, and constantly improving BSU activities and services to make sure they are want you all want and need from your SU.

This year we are working with the university to try and improve timetabling, asking for more information on what is done with all your feedback, supporting our student leaders through a employability programme, and celebrating our brilliantly diverse international and UK community through cultural events and anti racism action. We know that communities such as our Trans and Jewish students really need our collective support right now, and we will also be focussing on making sure students with disabilities and mental health challenges get the help needed for an inclusive and equitable University experience.

We will be across all three campuses this year, so make sure you come over and say hello. We look forward to meeting you over the coming year.

Ayat, Ben, Charlotte and Sultan
BSU 26/27 Officer Team



THE GULL
FRESHERS' SPECIAL ISSUE

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WELCOME TO BRIGHTON STUDENTS' UNION!

WE'RE HERE TO ENSURE THAT EVERY STUDENT HAS THE BEST EXPERIENCE AT THE UNIVERSITY OF BRIGHTON



WHO ARE WE?

BSU are a supportive, representative and fully independent charity run by students, for students. Throughout the year, we're here to make your student voice heard, offer you advice and support, provide you with a range of activities and events, and make student life better!

ANNUAL EVENTS

BSU HOST A VARIETY OF ANNUAL EVENTS, INCLUDING THE UNIVERSITY OF BRIGHTON'S ONLY OFFICIAL FRESHERS' PROGRAMME!

Throughout the year, we hold a range of fun events, including our annual Freshers' Fairs and events, Union Awards and Leadership Elections. These events are a great way to get involved with the student body, whilst also celebrating your peers and having fun!

During Freshers' Week, you can enjoy both daytime and nighttime events, FREE activities, society welcome events, plus parties and club nights.

BRIGHTON STUDENTS' UNION PRESENTS FRESHERS' 2026

BRIGHTON STUDENTS' UNION AWARDS

BSU ELECTIONS

COME ALONG TO FREE ACTIVITIES AND CAMPUS EVENTS

Our FREE Activities and Campus Events Programme runs throughout the academic year and gives students the chance to join in with activities at no cost.

Try something for the first time, meet new people, and gain new skills! From wellbeing activities and creative craft workshops to large scale events celebrating community, culture and identity, there's something for everyone!

SCAN TO FIND OUT MORE ABOUT FREE ACTIVITIES

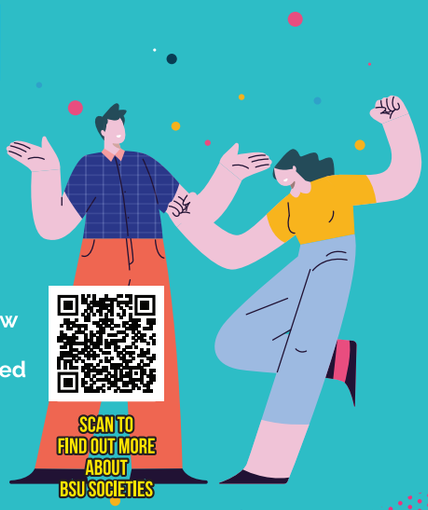


WANT TO JOIN A SOCIETY?

BSU SOCIETIES

Do you have a specific hobby or interest? Are you keen to meet new people and make friends?
We have more than 100 student-led societies for you to choose from.

Whether it's the Drama society or the Video Gaming society, there's something for everyone!
Think we're missing something?
You can also start your own society!



SCAN TO FIND OUT MORE ABOUT BSU SOCIETIES

BSU MEDIA

We have our very own student-led magazine, The Gull, and radio station, Bright Radio to give you the scoop on all things student life!
Whether you're a keen writer, editor, designer, photographer or sound engineer, you can get involved with future editions of The Gull or record some shows or podcasts for Bright Radio.

SCAN TO FIND OUT MORE ABOUT BSU MEDIA

WHAT SUPPORT DOES BSU OFFER?

BSU SUPPORT

BSU offers free, confidential advice and support to all students. We support students on a range of issues such as wellbeing, housing, cost of living, and more.

We are independent from the University of Brighton, which means you can talk to us about academic issues, and we can offer impartial advice.

SCAN TO FIND OUT MORE ABOUT STUDENT BSU SUPPORT

STUDENT VOICE LEADERS



Our Student Voice Leaders work with your school to make positive changes to your learning experience. Instead of just collecting feedback, they team up with University staff to come up with new ideas, test solutions, and make sure your studies keep getting better. They're here to help turn student feedback into real improvements.

SCAN TO FIND OUT MORE ABOUT STUDENT VOICE LEADERS

BSU ESSENTIALS



BSU Essentials is an initiative dedicated to ensuring every student has access to the essentials they need, located on the ground floor of Mithras House. No one should have to go without, so you can use BSU Essentials as a foodbank and a re-use centre, providing free food, household supplies, clothing, personal hygiene products, and more.

SCAN TO FIND OUT MORE ABOUT BSU ESSENTIALS

OUTLETS

All money spent in our outlets is put back into improving your student experience. We run various outlets, ranging from bars, cafés and shops. Designed around your needs, our outlets are priced with you in mind, providing students with the best prices we can offer.

THE VENUE

The Venue is our student bar based at Mithras Halls on Moulsecoomb Campus. We offer food and drink deals, a great value menu, and an amazing range of exciting student events. Look out for new developments coming soon, including a revamped cocktail menu, interactive darts, Premier League and European Football, and more diverse events aimed at the broad range of Brighton students.

Follow us on Instagram to find out more: @subrighton_thevenue

BASEMENT CENTRAL

Basement Central is our café located on the Moulsecoomb campus in the Cockcroft building. We serve Brighton's favourite Coffee, Trading Post. We also offer great student-priced food, including breakfast, lunch, and snack options such as paninis, pizzas, burgers, and salads, as well as a variety of popular cold drinks.

Follow us on Instagram to find out more: @subrighton_basementcentral

COCKCROFT SHOP

Our shop in the Cockcroft building on Moulsecoomb campus offers a wide range of meal deals, sandwiches, soft drinks, snacks, sweet treats, and University of Brighton merchandise. We also stock stationery and other essential household items. The shop is conveniently close to the library and lifts in Cockcroft, so students can pop in before and after lectures and study.

GRAND PARADE ART SHOP

Our Art Shop is based on the Mezzanine floor of the Grand Parade building. We stock a range of art materials that cover a variety of courses, including spray paint, paper, paints, sewing threads, and more. We also sell meal deals, snacks, treats and cold drinks. We provide expert advice on art materials as well as offering a friendly, helpful service.

Follow us on Instagram to find out more: @bsuartshop

SCAN TO FIND OUT MORE ABOUT OUR OUTLETS

FRESHERS' DAY TIME EVENTS

28TH SEPTEMBER → 16TH OCTOBER

BRIGHTON STUDENTS' UNION PRESENTS

FRESHERS' 2026

CALENDAR

TUE 8TH SEP	**EARLY FRESHERS' FAIR** 10am - 2pm. Outside Checkland in Falmer
TUE 8TH SEP	**OUTDOOR MOVIE SCREENING** 4:30pm - 6:30pm. Outside Checkland in Falmer
SAT 26TH SEP	**MOVING IN LIVE MUSIC FESTIVAL** 2pm onwards. The Uenue
MON 28TH SEP	**BSU WELCOME CARNIVAL** All day. 3 locations: Moulsecoomb, Falmer and City
MON 28TH SEP	**OUTDOOR MOVIE SCREENING** 5pm - 7pm. City Grand Parade Courtyard
TUE 29TH SEP	**STUDENT MEDIA DROP INAND RADIO DEMO** 10am - 2pm. Moulsecoomb South Quad Cockcroft
TUE 29TH SEP	**CRAFT AND CONNECT** 11am - 1pm. City Grand Parade Courtyard
TUE 29TH SEP	**OUTDOOR MOVIE SCREENING** 5pm - 7pm. Moulsecoomb South Quad Cockcroft
WED 30TH SEP	**FRESHERS' FAIR FALMER**
THU 1ST OCT	**STUDENT MEDIA DROP IN AND THE GULL WORKSHOP** 10am - 2pm. City Grand Parade Courtyard
THU 1ST OCT	**CRAFT AND CONNECT** 10am - 12pm. Moulsecoomb Cockcroft Quad
THU 1ST OCT	**BOARD GAMES CAFE** 12pm onwards. The Uenue
THU 1ST OCT	**COMMUNITY KITCHEN** 3pm - 6pm. Moulsecoomb Cockcroft Quad
5TH - 16TH OCT	**SOCIETY WELCOME EVENTS** **STUDENT MEDIA INDUCTIONS AND RADIO STATION TOURS** Various

MORE INFO

BRIGHTON STUDENTS' UNION

FRESHERS' NIGHT TIME EVENTS

28TH SEPTEMBER — 3RD OCTOBER

BRIGHTON STUDENTS' UNION PRESENTS

FRESHERS' 2026

CALENDAR

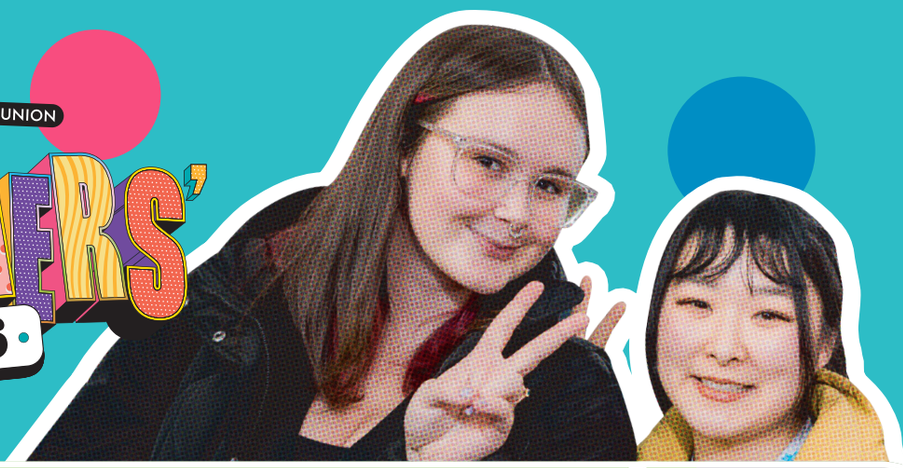
WED 23RD SEP	PRYZM - EPIK WEDNESDAYS TOGA PARTY
FRI 25TH SEP	THE VENUE - OFFICERS' WELCOME PARTY PRYZM - WTF FRIDAYS: HOUSE PARTY
SAT 26TH SEP	THE VENUE - MOVING IN LIVE MUSIC FESTIVAL STANMER PARK - BEYOND BOUNDARIES FESTIVAL
SUN 27TH SEP	THE VENUE - FRESHERS' PIRATE PARTY
MON 28TH SEP	THE VENUE - POOL TOURNAMENT - FRESHERS' EDITION BARBARAS, REVS & PRYZM - BRIGHTON FRESHERS' BLOCK PARTY
TUE 29TH SEP	THE VENUE QUIZ - FRESHERS' SPECIAL QUARTERS - SEE YOU NEXT TUESDAY
WED 30TH SEP	THE VENUE - PRE-EPIK SOCIAL PRYZM - EPIK WEDNESDAYS Y2K
THU 1ST OCT	THE VENUE - MUSICAL DRAG BINGO WITH ALIFE ORDINARY
FRI 2ND OCT	THE VENUE - BIMM MUSIC SHOWCASE HORIZON - GROOVY LAND
SAT 3RD OCT	THE VENUE - KARAOKE PARTY

MORE INFO

BRIGHTON STUDENTS' UNION

BRIGHTON STUDENTS' UNION PRESENTS

FRESHERS' 2026



BRIGHTON FRESHERS' FAIR





WEDNESDAY 30TH SEPTEMBER 11AM – 4PM

BRIGHTON HEALTH AND SPORTS COMPLEX AND MEADS SPORTS HALL FALMER CAMPUS, VILLAGE WAY, BN1 9PH

WHICH SOCIETLY WILL YOU JOIN?

CHECK OUT ALL 150 + SOCIETIES AND SPORT CLUBS IN HALL 1 OF THE FRESHERS' FAIR



TABLE TOP GAME SOCIETY

CATHOLIC SOCIETY

BRIGHTON E-SPORTS SOCIETY

FOR A FULL LIST OF SOCIETIES AND CLUBS, SCAN THIS QR CODE

STARTING UNIVERSITY:

BEING KIND TO YOUR MIND

Article by
Vicky Johnson
BSU's Support & Wellbeing Coordinator



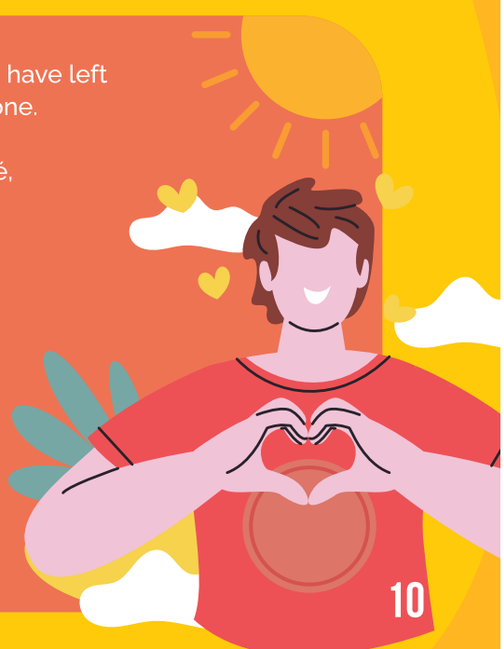
Starting university can feel exciting and nerve-racking in equal measure. Beginning this new chapter is a courageous act. You are stepping into the unknown, following your hopes and aspirations, and creating new possibilities for your future. Fear is a natural emotion to experience during periods of change. You may be leaving behind familiar people, places, routines, and everything you have called home for many years. Even positive transitions can feel unsettling at first. The mind can sometimes be like a wild horse, creating all kinds of worry and havoc. However, with patience, awareness, and practice, it can also become an incredible ally. **Your mind may offer you fearful thoughts such as:**

- What if I'm not good enough?
- What if I don't like it here?
- What if I don't make friends?
- What if I've chosen the wrong course?

These thoughts are completely natural, but it is important to remember that thoughts are not facts. Rather than automatically believing every thought, try noticing it with curiosity. **You might ask yourself:**

- Is this thought true?
- Is this thought helpful?
- What would I say to my best friend if they were feeling this way?

- Starting university can sometimes feel like being in a limbo period. You have left your old life behind, but you may not yet feel fully settled in your new one.
- You might miss your family, friends, pets, home comforts, favourite café, local pub or a much-loved home-cooked meal. Sadness may arise, particularly during quieter moments.
- Be extra kind to yourself when this happens.
- Your university experience will contain many different moments. There will be joy, friendship, discovery, and fun, alongside challenges, uncertainty and opportunities to grow.
- Try to enjoy the good moments, approach difficulties as opportunities for learning, and keep choosing actions that are kind to yourself and others. Kindness is one of our greatest human superpowers.



FIVE WAYS TO SUPPORT YOUR WELLBEING

1

Notice the stories your mind is telling you.

Try to become a kind, curious and non-judgemental observer of your thoughts. Fear, doubt, and anxiety often appear during periods of change. The mind may automatically imagine the worst-case scenario because it is trying to protect you.

When you notice this happening, gently label it:
"This is a fear-based story"
Then balance it by asking:
"What could go well?"
"What is the best-case scenario?"
"What evidence do I have that I can cope with this?"

The aim is not to force yourself to think positively all the time. It is simply to remember that fear is not the only possible story.

2

Turn down your inner critic and strengthen your inner coach.

Notice when your inner critic shows up. This might be the voice that tells you that you are failing, falling behind, or not doing university "properly".

Then call upon your inner coach.

Your inner coach is the wise, supportive, and encouraging voice you might use when giving a friend a pep talk.

Instead of saying:
"Everyone else is coping better than me."
Your inner coach might say:
"I'm adjusting to a major life change. It is okay that this is taking time – I'm doing my best."

When life already feels hard, try not to make it harder by attacking yourself. Be on your own side and have your own back as best you can.

3

Actively look for the good - celebrate the small victories daily.

They do not need to be big things.

They could include:

- Someone smiling at you.
- Finding a nice place to sit.
- Enjoying a cup of tea.
- Having an interesting conversation.
- Seeing the sea.
- Making it to a class even though you felt nervous.

Regularly noticing small moments of goodness can gently train your mind to recognise what is going well.

And really celebrate the small victories daily. Sometimes, just leaving your room and getting out, when feeling overwhelmed is a huge victory - keep celebrating all thesteps along the way.

4

Meet homesickness with kindness & curiosity.

When you feel homesick, pause and ask yourself:
"What exactly am I missing?"
"What feeling or quality did this person, place or routine give me?"

Once you identify the feeling, consider how you might recreate a small part of it.**You could:**

- Cook your favourite meal.
- Play music that reminds you of home.
- Call a friend or family member.
- Arrange a regular video call.
- Bring familiar items, objects, or photographs into your room.

Staying connected to home can be supportive. At the same time, give yourself opportunities to slowly build new connections and routines where you are now. And know that these things can take a bit of time to adjust. And be kind to yourself and patient, as you navigate the transition.

5

Take small, courageous steps towards connection with yourself & others.

Your future favourite people and places may still be waiting to be discovered.

Friendships often begin through small moments: sitting next to someone in a lecture, asking a question, joining a society, attending an event or simply smiling and saying hello.

You do not need to feel completely confident before taking action. Sometimes courage means feeling the fear and taking one small step anyway.

You could explore Brighton by:

- Spending time by the sea.
- Watching the sunset.
- Wandering through The Lanes.
- Visiting a new café.
- Reading in a cosy coffee shop.
- Joining a society.
- Attending a wellbeing event.
- Inviting someone for a walk or a cup of tea.

BRIGHTON
STUDENTS' UNION

USEFUL CONTACTS

Brighton Students' Union General Enquiries: HelloBSU@brighton.ac.uk
Brighton Students' Union Societies: BSUsocieties@brighton.ac.uk
Brighton Students' Union Advice Team: BSUsupport@brighton.ac.uk

Sport Brighton: studentsports@brighton.ac.uk
University Student Support Desk: studentservices@brighton.ac.uk
University Student Money and Hardship advice: studentadvice@brighton.ac.uk
University Switchboard: 01273 600900
IT Help Desk: 01273 644444, ServiceDesk@brighton.ac.uk

Campus Security (24 hours): 01273 641373
Campus Emergencies (24 hour): 01273 642222

In an Emergency call: 999
Non-emergency medical help: 111
Non-emergency police: 101

The Samaritans helpline
Offering free, anonymous, 24/7 mental health and emotional crisis support: 116 123

Crimestoppers
An independent charity where you can report information about a crime 100% anonymously: 0800 555 111



WANT TO GET INVOLVED IN THE NEXT ISSUE OF THE GULL??

THE GULL

WHETHER YOU ARE INTERESTED IN WRITING ARTICLES, GRAPHIC DESIGNS, EDITING OR PHOTOGRAPHY - WE WANT YOU!

GET IN TOUCH WITH US AT BSU-STUDENT-MEDIA@BRIGHTON.AC.UK

TEAR AND KEEP