



University of
Southampton

THE AWARDING GAP PROJECT

BLACK FRESHER'S GUIDE

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WELCOME

Black Fresher's Guide 2022/23

Welcome to the Black Fresher's guide 2022/23, brought to you by the Awarding Gap project. This guide has been designed by Black students at the University to help new students navigate their new adventure at Southampton.

The Awarding Gap Project

The Awarding Gap Project is a course of action, aimed at tackling the awarding gap between Black and white students, where there is the largest disparity in degree outcomes across the sector; both sector-wide across higher education as well as internally, where data at Southampton has shown that the awarding gap exists. The Awarding Gap Project is pleased to present the Black Fresher's Guide: a handy document, created by Black students at the University, for new and returning students from Black and minoritized ethnic backgrounds. Included in the guide is information on student services and support, local Black owned businesses (hairdressers, barbers and stores) and places of worship; as well as tips for navigating university life. Visit the Awarding Gap Project website for a digital copy or email us to get your hands on a physical guide.



Find out more

Scan here to find out about the Awarding Gap Project
Email us at agp@soton.ac.uk or
find us on Instagram [@agpsoton](https://www.instagram.com/agpsoton)



THE AWARDING GAP PROJECT PANEL



The Student Inclusion Team, within Widening Participation and Social Mobility, recruit undergraduate students at the University of Southampton to take up paid positions on the Awarding Gap Project Panel.

The panel currently consists of students from Black ethnic backgrounds (currently underrepresented at the University of Southampton), who have oversight of activities and interventions targeted at Black students at the University with the aim of improving their university experience.

With the support of the project team, panel members evaluate the impact of existing projects, develop new interventions in response to feedback, and are a part of implementing targeted campaigns. The panel is also responsible for planning and hosting at least one community building event each semester and are supported by the University with the financial resources to do so.

Members also undergo high-quality

training prior to taking their posts, involving external speakers, which further equips them with the skills to complete their work. Becoming a member of this panel allows students to be part of a project that has the potential to form a wider case study into the impact of entirely peer-led interventions on the lived experience of Black students in higher education.

How to become a member:

Simply fill out and submit the application form linked below.

Application closing date:

30th October 2022



For more information

Scan the QR code

AFRICAN AND CARIBBEAN FOOD AND RESTAURANTS

Restaurants

- Nativ - 104-108 Bevois Valley Rd, Southampton SO14 0JZ
- Jerk Pan - 85 Commercial Rd, Southampton SO15 1GH
- Afritopia - 127 St Mary St, Southampton SO14 1PG
- RX Lounge - 38 Victoria Rd, Woolston, Southampton SO19 9DX

Shops

- Black Sea Supermarket - 4-6 Shirley High St, Shirley, Southampton SO15 3NH
- International foods Ltd - Portswood Rd, Portswood, Southampton SO17 2NJ
- Bangers and Biltong - 161 High St, Southampton SO14 2BT
- Impala family butchery - 167 Shirley Rd, Southampton SO15 3FG



BLACK BEAUTY SERVICES IN SOUTHAMPTON

Hairdressers/Wigs/Beauty

- **LacebyLucy**
Wigs, Installs
Website: lacebylucy.com
Instagram: Lacebylucyofficial
officiallacebylucy@gmail.com
- **KornrowsbyKiki**
Braids, Cornrows
Both Men and Women
Instagram: KornrowsbyKiki
shekinahglorybanson@gmail.com
- **SabsLashes**
Lash Extensions
Instagram: sabslashes_
bysabslashes@gmail.com
- **StyledbyVee**
Braids and Cornrows
Instagram: Styledbyvee____
styledbyveee.as.me/schedule.php
- **Beauty by Aja Ndeye**
Hair and Beauty
www.beautybyajandeye.com
02380234739
- **Sewasbraids**
Various braid styles
Instagram: sewasbraids
07715516191
- **Jasmine Nails**
160 High St, Southampton SO14 2BT
Instagram: jasminenails_southampton

Men's beauty and barbers

- **Affricardo Barbershop**
16 Bedford Pl, Southampton SO15 2DB
- **Top Design II Southampton**
www.facebook.com/pages/category/
Health-beauty/Top-Design-II-
Southampton-393324714434652/
38 Old Northam Road,
Southampton SO14 OPB
07448408842
- **Ktrendz Barber**
Instagram: ktrendz_barber
24 High Street SO14 2DF
- **Urban Trend Barbers**
190 Above Bar Street, Southampton
SO14 7DW

Black Hair Products And Skincare

- **Afro City**
94-95 St Mary St, Southampton
SO14 1PB
- **Fabulous Hair Extensions**
Unit 25a, The Marlands, Western
Esplanade, Civic Centre Rd,
Southampton SO14 7SJ
- **Harmony Hair**
14 Shirley High St, Shirley,
Southampton SO15 3NH

ENTERTAINMENT

Events Companies

- **Island Ting**
An Afro-Caribbean party from the
south coast. They host regular
events around the south, including
Southampton.

Sign up to the mailing list so you
don't miss out on upcoming events
Instagram: @Islandting
www.islandtinguk.com
- **Hamptons Afro Vibes**
Afrobeats, Amapiano,
Afrohouse events
in the Hampshire area
Instagram: @Hamptonsafrovibes

Nightlife and Clubs

- Switch
- Fever and Vibe
- Afro-Fridays
- Sobar



SOCIETIES

Cultural and Ethnicity based Societies

Societies are student-run organisations focused on providing members with opportunities that will develop them into culturally proud and aware, well rounded individuals who feel valued during their time in higher education. They aim to unite students from various backgrounds through the celebration of African and Caribbean culture while encouraging them to excel in their academic and career pursuits.

ACS (including ACS Netball and ACS Football)

Instagram: @acssoton

Black Women's Project (BWP)

Instagram: @bwpsouthampton

East African Society (EaSoc)

Instagram: @easocsoton

Ghanaian Society

Instagram: @ghsociety_soton

Nigerian Society

Instagram: @nigeriansocietysoton

African Caribbean Medical Association (ACMA)

Instagram: @acma_soton



“

There is no immediate or correct way of closing this awarding gap. The awarding gap is merely a reflection of the wider structural inequalities in place in this country. I think (and I speak on behalf of the whole panel) that the awarding gap project is important, and we hope that its legacy continues and expands because we deserve to learn and enjoy our university experience. So, if there is something I really want everyone to take [away from this, it's] that we do belong at this university, we do deserve to be on whatever course we are studying and we are capable of getting good grades at the end of it and don't let anyone tell you anything different.”

Tyler, Chemistry (MChem)



FAITH AND WORSHIP

Navigating university can seem difficult at the start as the things around you change constantly. We understand that your university experience is more than just your degree. Getting involved in faith and worship both locally and on campus is a great way to meet new people from various backgrounds, who share the same belief system, in a welcoming environment.

Worship on Campus

Prayer Room: Entrance by the staircase around the back of Building 38

Islamic Society: www.instagram.com/southamptonisoc/

Christian Society: www.instagram.com/southamptoncu/

Worship in Southampton

Bashir Ahmed Mosque
96-100 Portswood Rd, Portswood, Southampton SO17 2FW

Portswood Church
Portswood Rd, Portswood, Southampton SO17 2FY

 **Find out more**
www.southampton.ac.uk/chaplaincy/worship/worship-in-southampton.page



We wanted to remind you that there is Black community here at the University and encourage you to continue to share your cultures and experiences with one another. In [creating] this, we had discussions about the shared vs individual experience and what makes a person 'Black'. We concluded that there are no hard or fast rules as to what makes you Black and it is our varied upbringings, ideas, traditions and stories that make this community such an amazing one to be in. Each and every one of you is a valued member of our community in Southampton and we hope we can continue to grow this community, with more [resources like these that will bring us together]."

Osasere, BM5 Medicine

WELLBEING SUPPORT AT THE UNIVERSITY

Building 37, the George Thomas building, is where you can go to get access to most of the support services at the University. Additionally, faculties should have pastoral support built into their structure so if you face personal issues or find yourself needing support of any kind, you can approach your faculty who will help you directly or point you in the right direction.

Personal Academic tutor (PAT) - Oftentimes, your PAT may be the first port of call for your academic needs. They may also be able to discuss personal matters with you.

 **Find out more**
www.southampton.ac.uk/studentadmin/academic-support-guidance/personal-tutor.page

STUDY SUPPORT

Library Services

The library offers many different support options. You can ask questions directly, request books or papers, get access to software and so much more. To find out everything you can get from the library, visit the link below or just pop in and ask.



Academic Skills Hub

As part of the library services, you can access academic skills support in a great range of areas. The shift to University studying can be quite a jump but you can access support through the QR code.



Student Societies

Finally, most courses have a student society that will represent the subject. These societies may hold events for revision or may even have an area where they upload notes or tips etc.



PERSONAL SUPPORT

Student Disability And Inclusion Team

The student inclusion team can be contacted via email, phone, online chat or in person in building 37. They offer support in a wide range of areas from arranging extra time in exams to how to prepare for university life.



Student Hub

You can contact the student hub 24/7 regarding fees, finances, accommodation, wellbeing, disability, careers and so much more.



Careers, Employability and Student Enterprise

You can get advice around careers and internships through this service. There are services such as CV reviewing, mock interviews or setting up work experience. You can get individual support from an advisor or utilise the resources to build your career goals and pathway.



Report and Support Tool

The Report and Support tool is available for you to use to report any incidents surrounding harassment and/or discrimination you may encounter at university. These can be anonymous or you can leave your details and this ensures the university will be aware of the problem and you can access support following the incident.



SUSU Advice Centre

You can get free and confidential advice through the advice centre. You can get advice regarding practical elements of university life such as finance or housing.



Health Services

Here you can find details on the local health providers.



Personal Problems

The university also has a page of common personal problems you may face and the ways in which they can support you.



MENTAL HEALTH SUPPORT

Counselling

After contacting the student hub, you can access free counselling through the university. They can also point you to other services where you can access counselling in the local area



Wellbeing Support

You can follow the below link to see the wide range of wellbeing support the university provides. From self help guides to talking directly to an advisor



FINANCIAL SUPPORT

Financial Support

Student Support Fund

If you are met with financial hardship that could jeopardise your ability to continue studying, you can look into applying for the Student Support Fund.



Working While Studying

The university gives advice and support around working while you study as well as budgeting tips.



Faculty Bursaries

Some faculties have access to smaller bursaries that they may be able to grant you if you have financial troubles and so it is always a good idea to talk to your faculty if you find you are struggling. Availability is subject to change.

RECIPES

One of the biggest struggles of being a university student, can be feeding yourself on a budget. Whether you're a pro in the kitchen or a complete novice, you create delicious meals in your university kitchen. Here are some of our favourites to help keep you well fed, with not only filling but nutritious meals, that won't break the bank.

Budget Meals

→ Tesco Student Recipe



→ Mob Kitchen 'Back To Uni' Recipes



→ Miguel Barclay's 'One Pound Meals'



For spice and all things nice:

→ Nando's Meal Prep Recipes



→ Original Flava Caribbean and African inspired meals



Vegan

→ Original Flava Caribbean inspired Vegan Recipes



→ Rachel Ama's Vegan Recipe



FRESHERS CHECKLIST

FIVE THINGS TO DO IN YOUR FIRST MONTH AT UNIVERSITY

- Explore Southampton**
With the help of this guide, and get familiar with the city.
- Try out one of our recipes**
Use the websites recommended in the guide (you can visit one of the recommended ethnic food stores to buy ingredients).
- Prioritise Your Wellbeing**
Register for the GP, and find out about the services provided by the wellbeing team, or speak to financial support about how to get on top of your finances.
- Try out Societies**
- Attend an Awarding Gap Project Event**
Follow us on Instagram @agpsoton to keep up to date



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