



University of Brighton

# YOUR GUIDE TO RESIDENTIAL LIFE

2020/21

# Welcome to **RESIDENTIAL LIFE**

## WHAT'S IT ALL ABOUT?

Residential Life is a peer-to-peer project in university halls and homes. Upper year students called Student Residential Advisors (SRAs) live and work in the accommodation and provide support to new residents. The aim of the scheme is to create a friendly, positive and inclusive environment for all students.

We know that it may be easier to talk to a fellow student than a member of staff, so each flat/Unihome is assigned an SRA. Your SRA will check in with you regularly throughout the year to say hello. They are there to help you settle into your accommodation and life at the university, and to serve as a resource for all sorts of issues.

The SRAs organise and deliver social events where there is an opportunity for you to build genuine friendships and have fun. We hope that you will experience a real sense of belonging and that you will quickly feel at home.

## STUDENT RESIDENTIAL ADVISORS

You can contact an SRA about any concerns you might have, no matter how big or small. It could be a general question about university, or perhaps a flatmate dispute. You might be concerned about someone you live with, or maybe you are feeling homesick and just want someone to talk to. If an SRA is unable to help you, they will know someone who can.

## MEETING YOUR SRA

Throughout the academic year your SRA will contact everyone in your flat/Unihome and ask to meet with you as a group. This is an opportunity for you as flatmates to speak to them about any issues you might be experiencing. It is also a chance for the SRAs to keep you up to date with social events in halls and the city.

In addition to flat meetings, your SRA will contact you individually so you can have a more personal conversation about how you are managing with university life.

Both the flat and individual meetings will take place virtually using Microsoft Teams.

## MEET ANJOLA OLADIPO, STUDENT RESIDENTIAL ADVISOR



I applied to become an SRA because I thought it would be a good opportunity to give back to the student community. Having SRAs in the halls gives new residents the guidance that they need, and makes the whole process of settling into university slightly less daunting.



For SRAs like myself, it is also a way to strengthen our interpersonal skills. Last year I signposted a lot of students who were dealing with issues like anxiety and depression to university services that would be helpful to them.

The great thing about the SRA team is that since we are all students studying a wide range of subjects and from different backgrounds, you will be able to find someone you can relate to."

## CONNECT WITH US



@uob\_reslife



Official Varley Park Halls 2020-21

Official Phoenix Brewery Halls 2020-21

Official Moulsecoomb Place Halls 2020-21

Official Paddock Field Halls 2020-21

Official Great Wilkins Halls 2020-21

Official Eastbourne Accommodation 2020-21

## OVERNIGHT SUPPORT

SRAs work on a call-out basis during term time and are available to respond to minor incidents overnight, for example, if you are feeling homesick or lonely.

### + Varley Park

Monday to Sunday, 7.30pm-7.30am  
07870 515 617

### + Moulsecoomb Place

Monday to Friday, 7.30pm-7.30am  
07813 399 638

### + Phoenix Brewery

Monday to Friday, 7.30pm-7.30am  
07734 791 124

### + Falmer - Paddock Field and Great Wilkins

Monday to Sunday, 7.30pm-7.30am  
07989 226 416

### + Eastbourne - Welkin Halls and Unihomes

Monday to Sunday, 7.30pm-7.30am  
07813 993 217

## MANAGEMENT TEAM

Martin Barr, Amy Standfast and Noel Kanyama are responsible for managing the Residential Life programme. If you have any questions about the scheme please feel free to contact them.

### Martin Barr

Residential Life Manager

+ 07903 363 861

+ M.Barr@brighton.ac.uk



### Amy Standfast

Residential Life Co-ordinator

+ 07921 459 012

+ A.Standfast@brighton.ac.uk



### Noel Kanyama

Residential Life Co-ordinator

+ N.Kanyama2@brighton.ac.uk



General enquiries: [Resilife@brighton.ac.uk](mailto:Resilife@brighton.ac.uk)

## STAFF RESIDENTIAL ADVISORS

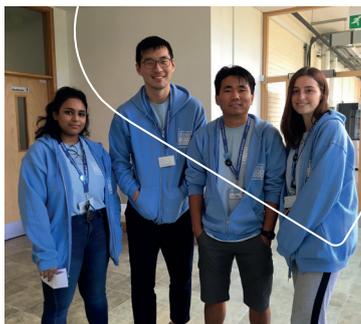
Staff Residential Advisors are members of staff that live and work in the halls of residence. They are also available to offer advice and guidance to residents. They are primarily there to respond to serious incidents that may happen overnight.

+ Monday to Sunday (including public holidays)  
01273 641064 (7.30pm to 7.30am)

## EVENTS

Part of the SRAs' role is to organise and deliver social events. The events help to create a sense of community – a positive environment where you can take a break from the daily academic routine. One of the best ways to meet new people is to get involved with the activities and events taking place in your accommodation.

Throughout the academic year the SRAs will provide you with more information on events – look out for posts on the halls and Unihomes Facebook groups for regular updates!



## BECOME AN SRA

We look to advertise the SRA role and start recruitment for the 2021/22 academic year from January 2021.

As an SRA you will have the chance to help shape the first year experience of new students. In addition to this, you will:

- + Serve as an ambassador and help to develop an environment that fosters self-awareness, academic success, and most importantly, fun
- + Attend training in the following areas: mediation, coaching and mentoring, and mental health first aid
- + Receive a room in university accommodation at a highly discounted rate
- + Enhance your employability skills.

You will receive an email in January 2021 with further details on how to apply for the position. In the meantime, if you would like more information about the role you can contact [Resilife@brighton.ac.uk](mailto:Resilife@brighton.ac.uk).



**University of Brighton**

Student Wellbeing Service

**HOME  
FROM  
HOME**