

# Student Life Guide

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## Welcome

The Newbold Student Life and Chaplaincy team welcomes you to Newbold. Coming to spend time here is an exciting, enlightening and extremely rewarding experience and we are delighted you have chosen to do so.

Your first few weeks at the College will be an exciting and challenging time as you familiarise yourself with life at the college, meet new people, learn about student support and various programmes that we provide.

Our team of dedicated staff is here to support you throughout your time at Newbold, both with your studies and with anything else you may need.

This welcome pack will help you to prepare for the transition, so be sure to read through this guide and start your transition today.

## About Student Life and Chaplaincy

### Department

Our team provides information, advice, support and guidance on many aspects of student life. The office of Head of Student Life and Chaplaincy is in Keough House, ground floor. Our main focus is to support you in non-academic matters and to ensure that your overall student experience is excellent.

**Danilo Puskas** is Head of Student Life and Chaplaincy and he will be the main contact person for non-academic side of your student experience.

Email: [dpuskas@newbold.ac.uk](mailto:dpuskas@newbold.ac.uk)

Phone: +447594326433

Core of the team are Student Life Assistants. For our distance learners, Danilo will be the main person of contact regarding student experience enquiries.

### Blended Experience

Since some of you will be studying fully on-line, while others will be living on-campus or nearby the college, we want to ensure that every student gets the best possible experience. There will be many events that you could attend only in person (trips, on-campus social and spiritual events, etc.), but we will have other things available for our distance learners as well. In this guide, you will see what might be available and applicable to your personal circumstances.

Additionally, we will be sending regular updates on services and events that will be planned throughout the year. Your feedback will always be useful in improving our services for all students.

## International Place

Newbold is international institution with over 40 different nationalities being represented every year. We love to celebrate and protect this diversity.

International students may have additional difficulties when settling in, adjusting to the language (not all English is the same!), local practices and customs, but this is just part of the challenge and fun of living and studying in a foreign country.

The good news is there are lots of us who have experienced the same things as you might be experiencing in adjusting to the new environment, so please talk to someone if you are feeling unsure or lost. Talk to your fellow students, chaplain, tutors, lecturers, or other staff members that will be able to help in different ways. We are here to help make this transition as smooth as possible.

## Induction Week

For new students that will be joining us this semester, there will be induction organised by your programme leaders during the first week (starting on 2nd September). Details about this will be sent to you by email, and in the first week we will also have Assembly on Wednesday 4<sup>th</sup> September at 12:00. This will be opportunity to come together as the whole college community, we will do our best to make livestream available for our online students, and that will be an important welcome event for this semester. New students will also be introduced to the work of Library, Chaplaincy, and other academic and non-academic support.

## Campus Ministries

Worship is an integral part of your life at Newbold. There are a variety of programmes designed to allow each student to worship our Lord and Creator in a manner that encourages personal spiritual growth. Times and venues are advertised through various media on campus: notice boards, media display screens, social media and email.

Campus Ministries team will be organising these events and we would strongly encourage you to be part of this team and shape spiritual life at Newbold since we are always aiming to have student driven Campus Ministries.

Newbold College and Newbold Church work closely together. Even though you might be involved in placements and other Sabbath activities off-campus, have in mind that every Sabbath there is a worship service organised by Newbold Church.

**Sabbath Worship:** Every Saturday, Newbold Church (for the updates, follow <https://newboldchurch.org>)

**Bible Study:** Every Monday evening at 7pm, Student Hub.

**The Experience:** Every Wednesday evening at 8pm, Student Hub.

**Vespers:** Every Friday evening at 7:30pm, Moor Close Chapel.

Campus Ministries team is always open to ideas and new programmes. This is a ministry that is ideal for Theology students to put their gifts into practice. Whenever there is a special event that is not part of the regular weekly schedule, we will be sharing that information with you via email.

## Student Wellbeing

### Counselling

Higher Education life can be both exciting and stressful. Counselling can help with psychological or emotional difficulties that may be preventing you from making the most of your time at Newbold. Confidential professional counselling support to students is available. Students experiencing personal difficulties in regard to study, relationships, work, spiritual dilemmas, health problems or other issues may receive up to six sessions free of charge. Please contact Danilo if you would need more information about this.

Even if you are not living in the UK, please feel free to get in touch because they might be able to help.

### Mental Health

The Student Life team takes proactive steps to make people at the College understand issues around mental health and to promote positive attitudes. Head of Student Life and Chaplaincy should be your first point of contact if you have concerns about your mental health.

#### **In what ways might we help?**

We provide general advice and guidance on issues related to mental health and wellbeing by:

Helping you to liaise with medical practitioners locally

Encouraging students to speak to Samaritans or other agencies

In some cases, make referrals to the Mental Health Crisis Team

Co-ordinating crisis situations when they occur

#### **What to do in a crisis**

You are never alone in a crisis. The Newbold Crisis team is here to support you. You are encouraged to take proactive role in seeking for help. There is always support out there:

In an emergency, call 999 for an ambulance

Crisis Mental Health Team, Berkshire: 0300 3650300 (24 hours)

Samaritans: 116 123

Community Mental Health Team (CMHT), Bracknell: 01344 8223333

For those living in the UK, NHS is providing a lot of support regarding mental health. Please refer to the following link if you want to find out more: <https://www.nhs.uk/nhs-services/mental-health-services/>

## Disability

We offer specialist disability-related advice and guidance through off-campus experts. We provide a diverse range of services, which means that we are able to tailor support to meet your individual needs. If you have disclosed a disability in your application form or would like to have information about Learning Support available to you, please contact Academic Registrar or speak to the Head of Student Life and Chaplaincy.

Please note that some of our building or at least some of the areas might not be accessible to everyone. If you have any concerns about this, please share them with us.

## Safeguarding

Newbold follows specific procedures to protect students who are suffering harm or who are at risk of suffering harm as a result of physical, sexual, and emotional abuse or neglect in accordance with Section 157 of the Education Act 2002. The College wishes to ensure that all students enjoy the best possible experience during their studies. In the case of those students who may be vulnerable for other reasons (e.g. disabled), the College wishes to make certain that those students can be confident that their safety is taken extremely seriously and that all reasonable steps have been taken to provide a safe learning environment during their stay on campus.

Another important part of our safety procedures is our commitment to Prevent Duty. We have procedures in place to monitor, prevent, and react to any signs of extremism that might be harmful to members of our community. All students and staff are expected to abide by our Prevent policies and procedures.

## Confidentiality

Student Life team strives to ensure that confidentiality is maintained at all times. We will not pass on personal information about you to anyone outside the team, subject to the following exceptions:

When it is believed that there is a serious risk to the personal safety of you and others on campus, therefore staff may need to contact Mental Health Crisis Team or GP (general practitioner) when staff could be liable to criminal or civil court procedure if the information was withheld when you have given consent for the disclosure of information.

## Substance Use

Newbold is committed to providing an alcohol, tobacco, and drug free campus. If any person is found in violation of these regulations, the College reserves the right to ask that person to leave the premises. In addition, Newbold will support the legal authorities of the United Kingdom in the event that any investigation into the use or abuse of illegal substances occurs. We will share relevant policies with you.

## Discipline

Whilst we would expect that all students act with the decorum befitting Christian students, we do understand that at times people make errors in judgement. At times such as this, disciplinary action may be commenced by the College. Please refer to relevant policies and procedures on the College website.

We take bullying, harassment and discrimination very seriously. In case that you are

experiencing anything that affects your safety, mental and physical wellbeing, please feel free to approach staff at the college but have in mind that we have dedicated harassment officers:

Gabriele Kamoi - email: [gkamoi@newbold.ac.uk](mailto:gkamoi@newbold.ac.uk); tel: +44 (0)1344 407421

Danilo Puskas – email: [dpuskas@newbold.ac.uk](mailto:dpuskas@newbold.ac.uk); tel: +447594326433

## Policies and Regulations

The College aims to offer excellent academic education to all students. This necessitates the implementation and review of policies that govern academic and campus life on a regular and 'as required' basis. Please refer to the College website for current policies, regulations and practices: <https://www.newbold.ac.uk/policies>

Please note that we are reviewing policies on a regular basis, so it might happen that webpage might not be available at all times.

## Other Aspects of Student Life

### Assembly

This is a time when the whole of College comes together. The focus of each Assembly will change each time, but will generally include encouragement, acknowledgement and/or inspiration. The College Assembly will generally be held at 12:00 on dedicated Wednesdays. Information will be shared on notice screens and email.

### Newbold Student Association

Newbold students have their association that organises events, gathers feedback and represents students in various committees. You can be part of the leadership team or simply take part in any of the activities that NSA might organise. You will be receiving more information from them.

### Student Work

Periodically, the College is able to offer casual or part-time work to students. Positions are advertised through the media boards, Moodle, and internal communication channels.

### Feedback

All students are encouraged to provide feedback about college life. Students are encouraged to share their comments with the head of a relevant department or to follow the process outlined in the Complaints Policy that can be accessed here: <https://www.newbold.ac.uk/policies/>

To seek further advice on this you can talk to:

**Serena Santona**, Academic Registrar – academic complaints/feedback

**Danilo Puskas**, Head of Student Life and Chaplaincy – non-academic complaints/feedback

### Food Services

If you would like to eat in the cafeteria, you will be able to buy meal tickets and to relax by enjoying a cooked meal with other students. If you need more information about meal plans, please write to us.

These are opening hours in the Cafeteria:

Monday-Friday:

Lunch: 12:45-13:30

Dinner: 18:00-18:30

Saturday:

Lunch 12:45-13:30

Sunday:

Brunch: 11:00-12:30

Update on opening hours will be sent via email.

## Shops

Newbold is located in Binfield, which is a small village with a Co-operative shop that is a walking distance from the college (7-8 minutes).

Big shops like Tesco, Waitrose, and Morrisons can be found in Bracknell. There is a bus stop next to the college that takes you to Bracknell town centre where you can do your shopping.

The Lexicon shopping centre was built in 2017 and has a number of popular shops and restaurants.

## Deliveries

If you are planning on living on campus, all deliveries arrive at the college reception. Please use the following address if you would need to use it for deliveries.

Newbold College  
St Mark's Road  
Binfield  
Berkshire  
RG424AN

There are also Amazon lockers and a post office close to the college.

## Roy Graham Library and EG White Research Centre

The Library is the main academic resource centre on campus and offers a full range of library and information services to support your studies. Opening hours are posted on the main door of the Library, College website, and media boards. Please check <https://www.newbold.ac.uk/library> for updates.

## IT Services

Information Technology (IT) services will be a very important aspect of your student experience. We have our IT manager, and you will get more information regarding IT services from him.

You will receive Wi-Fi password and other log-in details after enrolment.

Feel free to contact IT department: [helpdesk@newbold.ac.uk](mailto:helpdesk@newbold.ac.uk)

## Guest Accommodation

If you or your friends and family would like to stay at Newbold, we have some accommodation that would be available. Please contact our Bookings Manager, Melisa Razum: [mrzum@newbold.ac.uk](mailto:mrzum@newbold.ac.uk)

Guests can also buy meal tickets if they want to eat in the Cafeteria.

## Sports Hall

Sports Hall is available for students to play sports during the following times:

Sundays 20:00-22:00

Tuesdays 19:00-20:30

If you would like to use Weight Lifting Room, please contact Danilo because you would need to sign an agreement to get access to use it.

## Transport and Travel

### Bus

Buses regularly travel past the Newbold campus into Bracknell or Binfield village. Refer to <http://www.courtneybuses.com> for details of the timetable. The Bus stop is at the front of Newbold and you should take bus number 150.

Another useful bus service is: <https://www.reading-buses.co.uk/greenline>

This one is especially useful if traveling to/from London or Heathrow airport

### Trains

Bracknell is the closest train station, then Wokingham, and Reading. For full information go to the National Rail Enquiries website at <http://www.nationalrail.co.uk/>

## Vehicles on Campus

All vehicles kept on campus must be the property of a registered student or guest or a person who has legitimate permission to do so. Please, contact reception for more information on vehicle registration.

### Taxi

Uber operates well in the area and there are local taxi drivers at train station.

## Contact Numbers

Student Support

Danilo Puskas: Head of Student Life and Chaplaincy  
+44 (0) 7594326433

Newbold Reception  
+44 (0) 1344 407407

**Medical Contacts**

Binfield doctor's office  
Wood Lane, Binfield      01344 286 264  
Berkshire RG42 4EX

Lloyds Pharmacy  
Terrace Road North, Binfield      +44 (0) 1344 868 486  
Berkshire RG42 5JG  
Open: Monday to Friday 09:00-18:00; Saturday 09:00-13:00

Accident and Emergency Department  
Royal Berkshire Hospital  
London Road, Reading,  
Berkshire, RG1 5AN

Emergency Contact: Fire/Police/Ambulance      999