

  
**BUCKS**  
STUDENTS' UNION



**BE A BIG DEAL**  
THE MEMBER ACTIVITIES JOURNAL

# WELCOME!

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Welcome to your Activities Guide!

Thanks to **The Big Deal**, all skills and activities that we offer are absolutely **free** to make sure every single student can take part so why not boost your CV with a certified course or meet some new people on one of our trips?

This guide will give you an idea of the kinds of activities and skills that we will be offering through the year and we will keep a record of all that you attend for your Bucks Award where we can talk through which skills you should include when it comes to writing your CV.

Please also visit the "What's On" page on our website where we advertise dates and times for activities and make **free** tickets available to reserve. You can follow us on Facebook and Instagram for all the latest opportunities!

We look forward to seeing you at a session soon!

**Your activities team,  
Jess, Sarah and Jessica**



# SO WHAT'S THE BIG DEAL?

All BNU students are automatically a member of Bucks Students' Union and are therefore able to take part in all Students' Union activities, including our development programme of recreational activities and accredited training courses, completely **free!**

The costs displayed for each activity are how much you save by participating through the Students' Union - you can take part in thousands of pounds worth of activities completely **free!**

In order to book your space onto any of our **free** activities, visit [bucksstudentsunion.org/whatson](https://bucksstudentsunion.org/whatson) and click on your chosen event.

**If you have an idea for an activity or need more information, you can contact us here:**



[bucksstudentsunion.org](https://bucksstudentsunion.org)



01494 601 600



[surecactivities@bnu.ac.uk](mailto:surecactivities@bnu.ac.uk)



**Bucks Student Development**



**BucksStudentDevelopment**



# ADDITIONAL SKILLS

It is never too late to gain another skill! Whether you have just started university or are in your final year, there is always time to add to your CV. Our additional skills sessions will provide you with key competencies and invaluable experiences, ultimately making you more employable as well as improving your confidence in everyday situations.

We work closely with your course teams to provide co-curricular activities, providing funding for transport where possible to ensure that there are no barriers to you getting involved.

On the following pages you can see examples of specific training and activities run for your school and if there is anything that you can think of that would benefit you, your course or your school just email us at [sutrainig@bnu.ac.uk](mailto:sutrainig@bnu.ac.uk) to see what we can arrange!

You can participate in as many activities as you like, across all disciplines, saving yourself thousands of pounds thanks to **The Big Deal**.

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# AVIATION AND SECURITY



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## CAA TRAINING

### FUNDED FOR MEMBERS OF THE LEADERSHIP ACADEMY

Courses in Apron Safety, Covid regulations and more are available to members of the Leadership Academy, this great accreditation can really make your CV stand out above the rest!

YOU SAVE:  
**£125**

## CAREERS FAIR

Run by the aviation school, this is your chance to meet your prospective future employer, with companies such as Heathrow careers, Easyjet and SITA available on the day to talk to, advertising jobs and giving advice on how to take the next step in your career!





## SCIENCE MUSEUM TRIP

We offer transport to the Science and Natural History museums in London where you can learn more about the history of medicine and our natural world!

YOU SAVE:  
**£45**

## SPECIALIST COURSES IN ADHD AWARENESS, AUTISM AWARENESS

Learn more about hidden disabilities with these 2 hour intensive workshops focussing on ADHD and Autism. You will learn how to manage any variation whilst remaining understanding of the behavioural difficulties which it can cause.

YOU SAVE:  
**£45**



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# NURSING AND MIDWIFERY

## PAEDIATRIC FIRST AID

This two-day paediatric first aid course focuses on emergency scenarios that face those looking after young children and infants. You will understand the role and responsibilities of the paediatric first aider. You will be able to assess an emergency situation safely and be able to provide first aid for an infant and a child.

YOU SAVE:  
**£300**

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## MENTAL HEALTH FIRST AID

On this course delegates will gain an in depth understanding of mental health and the factors that can affect wellbeing and learn practical skills to spot the triggers and signs of mental illness. This is a certified course giving you a recognised qualification for the workplace.

YOU SAVE:  
**£300**





## CHALLENGING CONVERSATIONS

Especially booked in for our nursing students and those on other health and social care courses, how to hold difficult conversations with patients, clients and their families.

YOU SAVE:  
**£45**

## HEALTHY EATING WORKSHOPS

We run a series of healthy eating workshops, where you will learn how to prepare a healthy meal on a budget. Sign up to our in person workshops or join us for an online cook along where ingredients are provided so you can cook in the comfort of your own home!



YOU SAVE:  
**£25**

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# HEALTH CARE AND SOCIAL WORK



YOU SAVE:  
**£35**

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## CONFLICT MANAGEMENT

This course is designed for staff in any sector and ensures that they are able to confidently address challenging behaviour in the workplace and also manage conflict to avoid future incidents. Delegates will gain a range of skills which will enable them to ensure the safety of themselves and those around them whilst dealing with difficult situations.

## FREE ONLINE TRAINING

There are always opportunities to complete free online training to help support your course and future employability.

Contact [sutrainig@bnu.ac.uk](mailto:sutrainig@bnu.ac.uk) to find out how to get involved.



# HEADSHOTS

We provide funding for final year students to have headshots taken before they leave so they are ready before signing up to agencies!

YOU SAVE:  
**£150**



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## WHAT'S MISSING?

If there is a particular area of training you feel you would benefit from, please let us know either by popping down to see us, or emailing us at [sutrainig@bnu.ac.uk](mailto:sutrainig@bnu.ac.uk) and we will try and source specific online training according to your needs.

# ART, DESIGN AND PERFORMANCE



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## THEATRE TRIPS

We provide regular tickets to shows at the Wycombe Swan and in the West End! Keep an eye on our What's On page for more upcoming shows.

YOU SAVE:  
**£30**

## DANCE MASTERCLASSES

FROM WEST END STAR ALBEY BROOKES

Albey trained at the Arts Educational School, Tring Park: Albey's theatre credits include - Resident director/Joe Vegas 'Fame', Aladdin, Dirty Dancing, Singin in the rain, Grease and many more. He has featured in Eastenders, Harry Enfield and Chums, Microsoap and appeared in over 20 European television commercials. He joins us to provide master classes in routines performed in West End shows and give audition advice.



YOU SAVE:  
**£150**



## PROJECT MANAGEMENT

We can provide links to online project management courses, where you can learn the fundamentals of preparing and managing a project – a must have for the business world!

YOU SAVE:  
**£25**

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## LANGUAGE COURSES

Your future career may be in Europe, the middle east or Asia so a second language may be essential. Our introductory language classes have been delivered in Japanese, Spanish, Russian and Italian. Let us know which ones are important to you and we will deliver!



YOU SAVE:  
**£50**

# BUSINESS, LAW AND COMPUTING

## PUBLIC SPEAKING

Are you preparing to present in front of a class? Or do you want to practice speaking in front of an audience? This workshop is ideal for those who want to learn some new skills or practice the ones they already have!



YOU SAVE:  
**£40**

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## PRESENTING YOURSELF ONLINE

As communication is now shared globally through technology, it is important for you to gain the skills, knowledge and best practice for presenting yourself professionally online.



YOU SAVE:  
**£50**

A photograph of four wooden blocks with the letters S, A, F, and E on them, arranged in a row on a light-colored surface.

YOU SAVE:  
**£25**

## SAFEGUARDING

This course is aimed at anyone who works (or is looking to work), or has contact, with children, young people and/or their families. It provides a detailed insight into duty of care and the implementation of safe practice. Training is designed for delegates who are new to this area and ensures a solid introduction to child safeguarding and the issues surrounding it, although it would also serve as an excellent refresher to update your existing knowledge.

## MANAGING DIFFICULT EMOTIONS

This course is designed to promote an understanding of emotional intelligence, the role of emotions and strategies to control difficult emotions. Ideal for students looking to work in emotionally difficult areas of work.

A photograph of several smooth, rounded stones stacked on a beach, with the ocean and sky in the background.

YOU SAVE:  
**£25**

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# HUMAN AND SOCIAL SCIENCES

## EQUALITY & DIVERSITY TRAINING

The course explores the essential topics of equality, diversity and inclusion. It includes analysis of the key themes and what they mean in practice such as; an overview of equalities legislation, exploring the barriers faced by equalities communities and providing an opportunity to embed the course themes into practice.

YOU SAVE:  
**£25**



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## MENTAL HEALTH AWARENESS

This two hour course includes activities, film and discussion to explore 4 areas of mental health: illness, stress, stigma and wellbeing. Our aim is to give you improved confidence, skills and knowledge to support yourself and others.

YOU SAVE:  
**£50**



# MEDIA AND CREATIVE INDUSTRIES



## ONLINE REPUTATION MANAGEMENT

Don't miss out on this unique training session! This workshop will provide you with information and advice on how to manage your online reputation and social media accounts.

YOU SAVE:  
**£25**

## INTRODUCTION TO MARKETING

Run by members of our very own comms department, this workshop gives you an introduction into the world of marketing, and how to use your own style in your career.

YOU SAVE:  
**£25**





# YOUR CAREER

In conjunction with sessions delivered by the University Careers Service, we aim to put you in the best possible position to enter your chosen career when you leave. The Student Opportunities and Career Success team run weekly 30 minute sessions on CV writing, interview skills and networking.

If you need individual help, we can offer thorough CV reviews and advice and help you learn how to start looking for part time work, summer internships or graduate roles as required.

If you would like to speak to one of our team please email [sutrainig@bnu.ac.uk](mailto:sutrainig@bnu.ac.uk).



# BUCKS AWARD

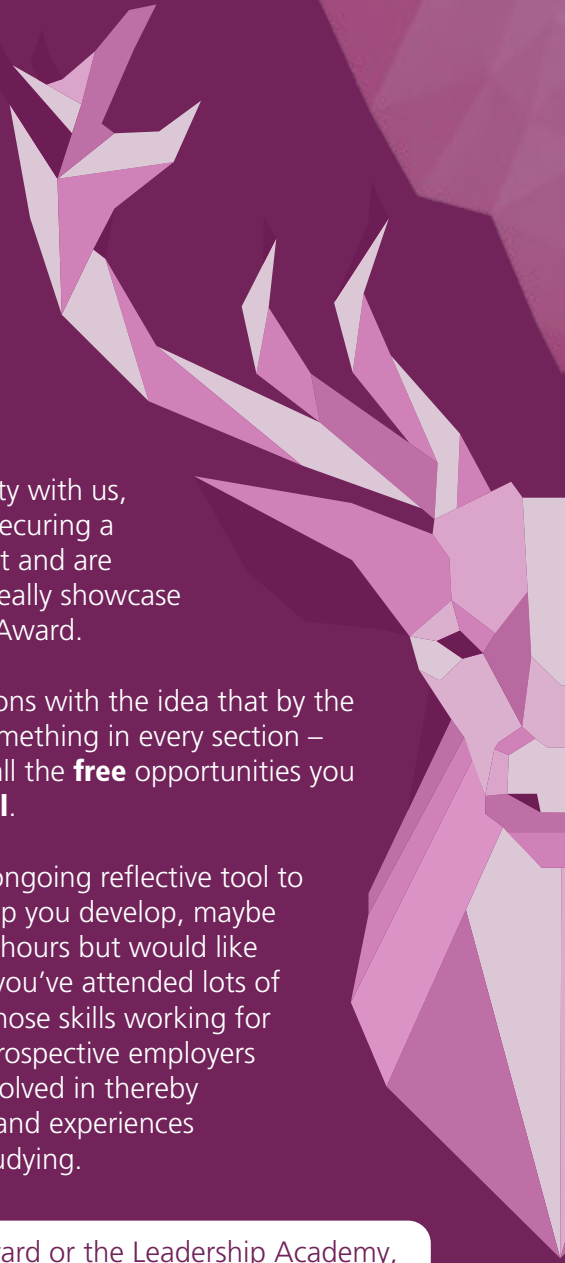
Here at Bucks, we want you to succeed in all aspects of your university experience and beyond. We know how good you are so are giving you the opportunity to receive a record of all of your fantastic SU related achievements in one place.

Every time you participate in an activity with us, be it volunteering, a skills session or securing a committee role, we have a record of it and are now able to collate these records to really showcase your involvement through the Bucks Award.

The Bucks Award is divided into sections with the idea that by the time you leave university you have something in every section – a completely achievable goal due to all the **free** opportunities you have access to thanks to **The Big Deal**.

The Bucks Award can be used as an ongoing reflective tool to identify any areas you feel we can help you develop, maybe you have accrued many volunteering hours but would like to secure a leadership role or maybe you've attended lots of skills sessions and would like to use those skills working for us. It can also be a way of showing prospective employers the many activities you have been involved in thereby demonstrating the transferable skills and experiences you've picked up during your time studying.

To find out more about the Bucks Award or the Leadership Academy, email [sutrainig@bnu.ac.uk](mailto:sutrainig@bnu.ac.uk)



# BUCKS AWARD

*Acknowledging commitment & celebrating success*

## John Smith

Graphic Design

### Volunteering

Poppy selling – 8 hours  
Chiltern Rangers – 3 hours  
Smile Campaign – 3 hours  
Gardening at Wycombe Museum – 2 hours  
Brighton Beach Clean Up – 5 hours  
Good Deed Day – 1.5 hours

### Employment

Freshers' Helper  
Bar Staff  
Students' Union Receptionist

### Leadership roles

Course Rep  
RAG Ambassador  
Badminton Treasurer

### Memberships

Badminton  
Rugby  
Cosplay & Craft Society  
Snowsoc

### Awards

Big Deal Award for Engagement 2017  
Membership Services Employee of the Year 2018  
RAG Charity Fundraiser of the Year Nominee  
Student Rep of the Year Nominee  
Membership Services Student Staff Member of the Year Nominee

### Skills

Autism Awareness  
Anti Bullying Awareness  
OCD Awareness  
Understanding Deafness  
End of Life Care  
Online Reputation Management  
Sign Language  
Public Speaking  
Cooking Lesson  
Beginners Scuba Diving  
Careers in the Arts  
Time Management  
Safeguarding and Protecting Children  
Make Up Masterclass  
Business Path  
End the Awkward  
Public Speaking  
Public Speaking Level 2



# STRIVE

## FESTIVAL



Strive is our annual employability festival. We will have employers from across the industries available for you to meet and speak to about what they do, any job opportunities they have and tips and advice to get into your chosen industry!

We will be working directly with your course teams to try and ensure that there are relevant opportunities available to all of you attending, with course team staff and the university's careers department also attending to give you tips and advice on taking your next steps after leaving university.

There will be panels, run by alumni and local leaders, ready to answer your questions, and speaking about their journeys to success as well as challenges they have had to overcome. You will get current advice on how to make yourself as employable as possible on leaving university.

Several charities will also be attending the event with volunteering opportunities on offer to help boost your volunteering hours and your CV but also a great opportunity to give back and get involved in something that you believe in.



# LEADERSHIP ACADEMY

The Leadership Academy is available to all students and entirely bespoke to the individual. We will create a development programme based on your goals for the year and beyond.

Whether you are in your first or third year we can create a programme for you. We can offer you training courses specific to your needs, offer funding for recognised, certified qualifications and networking opportunities to give you the best possible chance for success.

Development activities will be sympathetic to studies; it really is an individual programme designed around you! It will be manageable for students at all levels and a typical programme will include:

- One to one sessions to agree your leadership development route and monitor progress.
- Workshops focusing on leadership styles and self-awareness
- Accredited training courses specific to your chosen route
- Employability sessions focussing on CVs, interviews, applications and assessment centres
  - Access to networking opportunities through conferences, staff days and external events
- Mentors – we will discuss in the initial meeting whether you could benefit from a mentor.

Plus full support of the Students' Union Development Team through one to one meetings, reflective developmental sessions and assistance with finding your ideal role. Once you have completed the year, you will receive a certificate of completion plus a **free** Leadership Academy hoodie! But the support will not end there and we will continue to support you through to your graduation and beyond.

# RECREATIONAL ACTIVITIES

During your time at university, you need to make sure you are taking time to look after yourself, de-stress and un-wind to support your wellbeing. Make sure you take some time to look at our selection of fun and social activities to try something new and meet like-minded people.

Bucks Students' Union is committed to tackling inequality and endeavours to make our activities accessible to all student groups. If you are interested in one of our activities and have any specific accessibility needs, please contact us and we will offer reasonable adjustments wherever possible.



YOU SAVE:  
**£25**

## ESCAPE ROOM

Whether it's Harry Potter, Alice in Wonderland or The Crazy Cat Lady, work as a team to solve the clues and get out of there! A great way to make new friends and find out who you would really want on your team!

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## COOKING CLASSES

Don't give in to ready meals and comfort food, learn how to prepare delicious, healthy food for yourself whilst living on a budget with our bespoke cookery classes!

YOU SAVE:  
**£50**

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## SINGING LESSONS

Love to sing? Or want to fine tune those pipes? Why not sign up to this course of lessons with an external professional singing teacher? A very popular class and places are issued on a first come, first served basis, so don't miss out!



YOU SAVE:  
**£92**



YOU SAVE:  
**£30**

# THEATRE TRIPS

From the London's West End to the Wycombe Swan, we will be providing a number of tickets to musicals, plays and dance shows both in Wycombe and in the capital city. These are brilliant productions and are a great evening out. Remember, these tickets fly off the shelves so make sure you keep your eyes peeled for the sign up dates to avoid disappointment.

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# THORPE PARK

Take a day out to meet some new people and enjoy Thorpe Park! Ready to welcome you for the ultimate day out, with some of the UKs biggest rollercoasters and rides!



YOU SAVE:  
**£20**



# RUSH TRAMPOLINE PARK

If you've never been to an indoor trampoline park, you're in for a treat! Rush Trampoline Park has over 30,000 square feet of adventure, excitement and challenges. This activity is perfect for all ages. Their wall-to-wall, interconnected trampolines will get your heart pumping and your face smiling!

YOU SAVE:  
**£10**

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## DAY TRIPS

If you fancy getting out of Wycombe for the day then grab a seat on one of our coaches to spend a day exploring somewhere completely new! We'll be running a series of day trips for you to enjoy, just sign up online and get ready to go.

YOU SAVE:  
**£40**



# PARENT AND CHILD ACTIVITIES

We also offer parent and child activities which allow you to spend quality time with your children **free** of charge. These work in exactly the same way as all our other developmental opportunities and we will always state which of our events offer child tickets. Here are some of our most popular parent and child activities from last year:

## ODDS FARM PARK

Whatever the season and whatever the weather, you'll always find stacks of animal fun, indoor play & outdoor adventure at Odds Farm Park.



YOU SAVE:  
**£32**

## ZSL LONDON ZOO

Spend a day at London Zoo, the world's oldest scientific zoo. You can hang out with the monkeys and find yourself face-to-face with the majestic Asiatic lion!



YOU SAVE:  
**£52**

## SEA LIFE AQUARIUM

Visit the SEA LIFE London Aquarium, home to one of Europe's largest collections of global marine life. Take a fascinating journey from the coastline to the depths of the ocean and discover a magical underwater world.



YOU SAVE:  
**£47**

## HOUNSLOW URBAN FARM

HOUNSLOW URBAN FARM is one of London's largest community farms. Covering 29 acres it is an important educational resource and leisure facility for all the family.



YOU SAVE:  
**£12**

# CULTURAL TRIPS

Rub shoulders with royalty at Windsor Castle, be inspired by the fashion in Camden Town and stroll along the pier at Brighton. If you fancy getting out of Wycombe for the day then grab a seat on one of our coaches to spend some time exploring something completely new! We'll be running a series of trips for you to enjoy, just sign up online and get ready to go.

TATE MODERN



YOU SAVE:  
**£25**

FIREWORK NIGHT



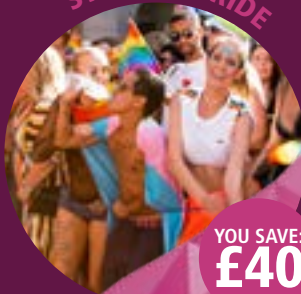
YOU SAVE:  
**£12**

WINTER WONDERLAND



YOU SAVE:  
**£17**

STUDENT PRIDE



YOU SAVE:  
**£40**

PUMPKIN PICKING



YOU SAVE:  
**£5**

COLOUR RUN



YOU SAVE:  
**£18**

EID FESTIVAL



YOU SAVE:  
**£15**

For a full list of our upcoming skills sessions visit:  
[bucksstudentsunion.org/whatson](https://bucksstudentsunion.org/whatson)

