

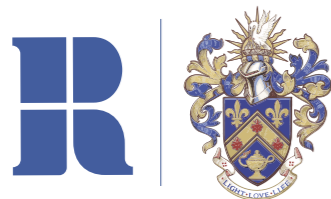
# Southlands College

## **Your Guide**

2023/2024

## The Southlands Crest

The college crest says a lot about the history of Southlands. The lamp at the bottom of our shield is the lamp of light and learning, indicating our commitment to education and the founding of our college as a place for the training of teachers. The red clams in the middle are a symbol of the Wesley family. John Wesley was the founder of Methodism, which is the Christian denomination which built Southlands and which still plays a big part in the life of the college and university. The clams are shared with the crest of Westminster College, another old Methodist teacher training college, now based at Oxford Brookes University. Southlands grew out of Westminster in the 1870s as a college catering exclusively for women. The fleurs de lys at the top of the shield represent the association of the college with the French royal family (the college's two former sites in Battersea and Wimbledon were previously residences of that family). The pelican at the top of the crest feeds its young with its own blood. This image, taken from the natural world, is a traditional Christian symbol of the sacrifice of Christ and indicates the college's roots in the Christian faith and the college's commitment to serve others. The same meaning is found in the rising sun, used since the fourth century AD as a Christian symbol of God's presence in the world. The crest contains our college motto – Light, Love, Life – and from it we take our college colours of blue and gold.



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# Welcome

from the Head of College

I am delighted to welcome you to the University of Roehampton, and especially to Southlands College



Roehampton is made up of four colleges, each with long and rich histories. Every member of the university, staff and student, is also a member of a college, and this will come to mean as much to you as being part of Roehampton itself.

Being a member of Southlands College brings lots of opportunities for engaging more fully with the university, to make friends, develop skills, build your CV, and to ensure you have an enjoyable time at Roehampton. You can join college teams, societies, leadership programmes and learning events. You will also find yourself invited to college social activities ranging from informal film and quiz nights to large, formal dinners with hundreds of other Southlanders.

Our college community is a very diverse one. Students and staff come from all over the planet, speak numerous languages, practise many religions, look, think and behave in many different ways. Part of the college experience includes the opportunity to get to know people with different

backgrounds, skills and interests to your own, to learn from them, and to become a more understanding and inclusive person. Above all, at Southlands we value the dignity of all people and encourage respect, kindness and inclusivity.

Our approach to living and working together is grounded in our college's strongly held values. These are shaped by our long history and our continuing relationship with the Methodist Church, which founded our college in 1872. You'll find some of the guiding principles of Methodism's approach to human relationships articulated throughout this booklet.

Do feel free to come and talk to me or any member of the college team whenever you would like. We are always happy to spend time with you. Whatever you are studying, I wish you every success and look forward to getting to know you during your time here.

**Dr Christopher Stephens**

The Southlands Spirit: Do all the good you can... to all the people you can

## What is Southlands College?

Southlands College is part of our University campus, we are at the northern end of the site, closest to Barnes Station, opposite the Welcome Centre and near to the university library. Our buildings are designed around a large grassy space, known as the quadrangle (or just "Quad") and consist of:

- Queen's Building (classrooms, offices, lecture halls and prayer rooms)
- Lakeside (the Reef, Senior Common Room and other eating and meeting spaces)
- The Well (chapel and chaplaincy spaces)
- Halls of residence: Aldersgate Court, Epworth Court and Wesley Hall (blocks A-G)

## Our College Community

Southlands is home to about 6,000 students, of whom 300 live in the college. Many of our students study the subjects taught in the college, but a large number are taking degrees across all our academic departments, at all levels from foundation to postgraduate study.

The following people are all part of Southlands College:

- All students resident at Southlands
- Commuting students studying in the Faculty of Business and Law and Applied Music Research
- All other staff based in Queen's Building including community music and e-sports
- Students and staff who work within the Law department in Mandela Building
- Students who have chosen specially to be members for a personal reason
- The college staff team (contact details on the back)
- Staff of the university library

## Valuing One Another: Inclusion and Diversity

Every member of Southlands College should expect to feel loved – embraced by our whole community as a unique and utterly special person. Each individual has the potential to change the world and to make society that bit better for us all. We want to make sure you realise that potential and that you encourage everyone around you to do the same. At Southlands, we hope to provide a range of resources and activities to enable this to happen.

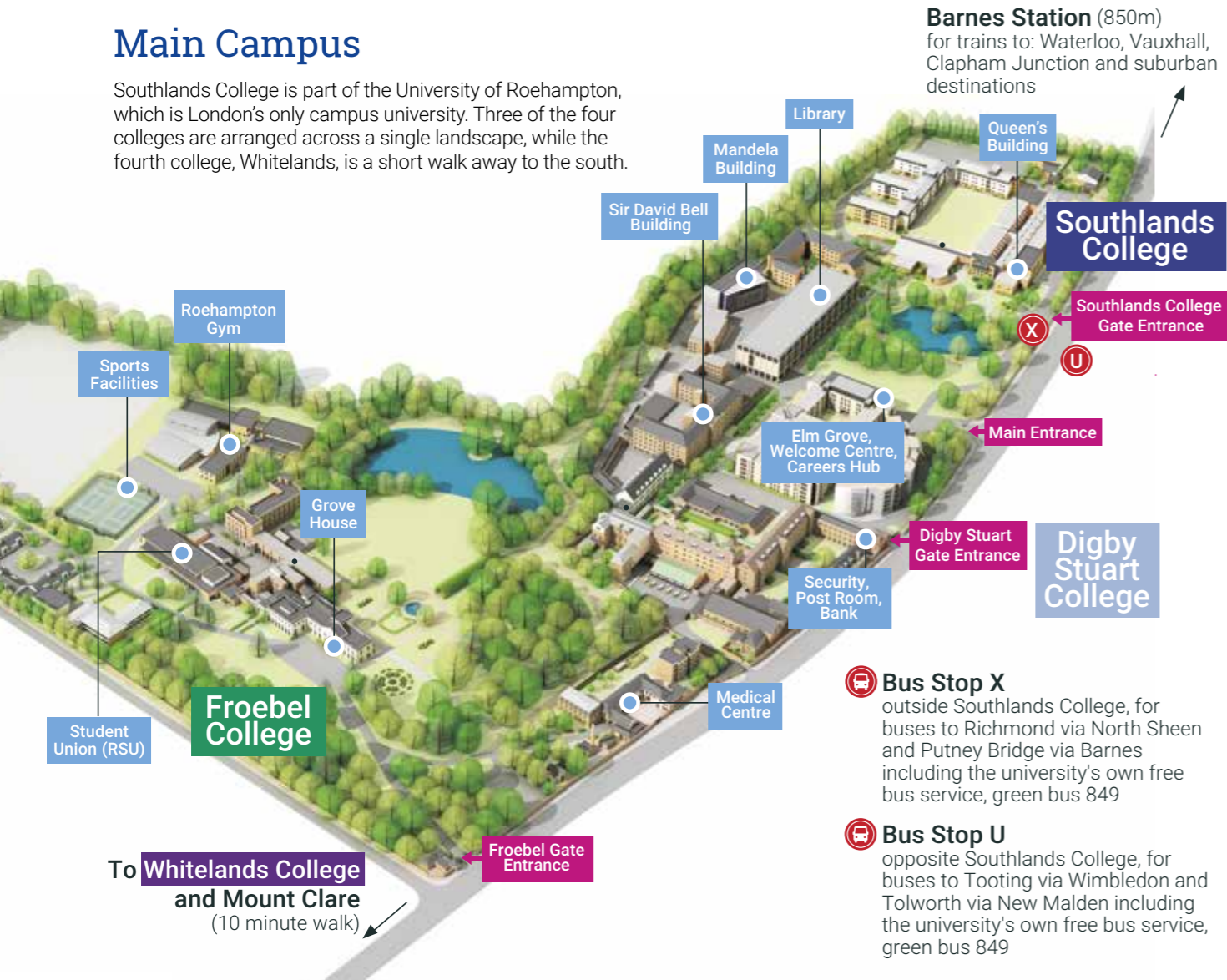
At Southlands and across the university, students from minority groups and communities under-represented in Higher Education can find both specialist support and also supportive social communities. If you are part of the LGBTQ+ community, a student of colour, a mature student, a disabled student, a student with caring responsibilities, a person of faith, or a member of any special community, you will have access to support services, student societies, and a programme of events designed for you. Contact one of the college team, visit the university website, or visit the Students' Union to find out more.

The university's Student Code of Conduct provides a framework for the behaviour of our community, as do our statements and policies on equality, diversity and inclusion. Roehampton is an extremely friendly and diverse community, but we know that nowhere is perfect. Never hesitate to approach a member of the college staff team if you experience discrimination, bullying or unfair treatment of any kind. We will do all that we can to support you.

# Finding Your Way

## Main Campus

Southlands College is part of the University of Roehampton, which is London's only campus university. Three of the four colleges are arranged across a single landscape, while the fourth college, Whitelands, is a short walk away to the south.



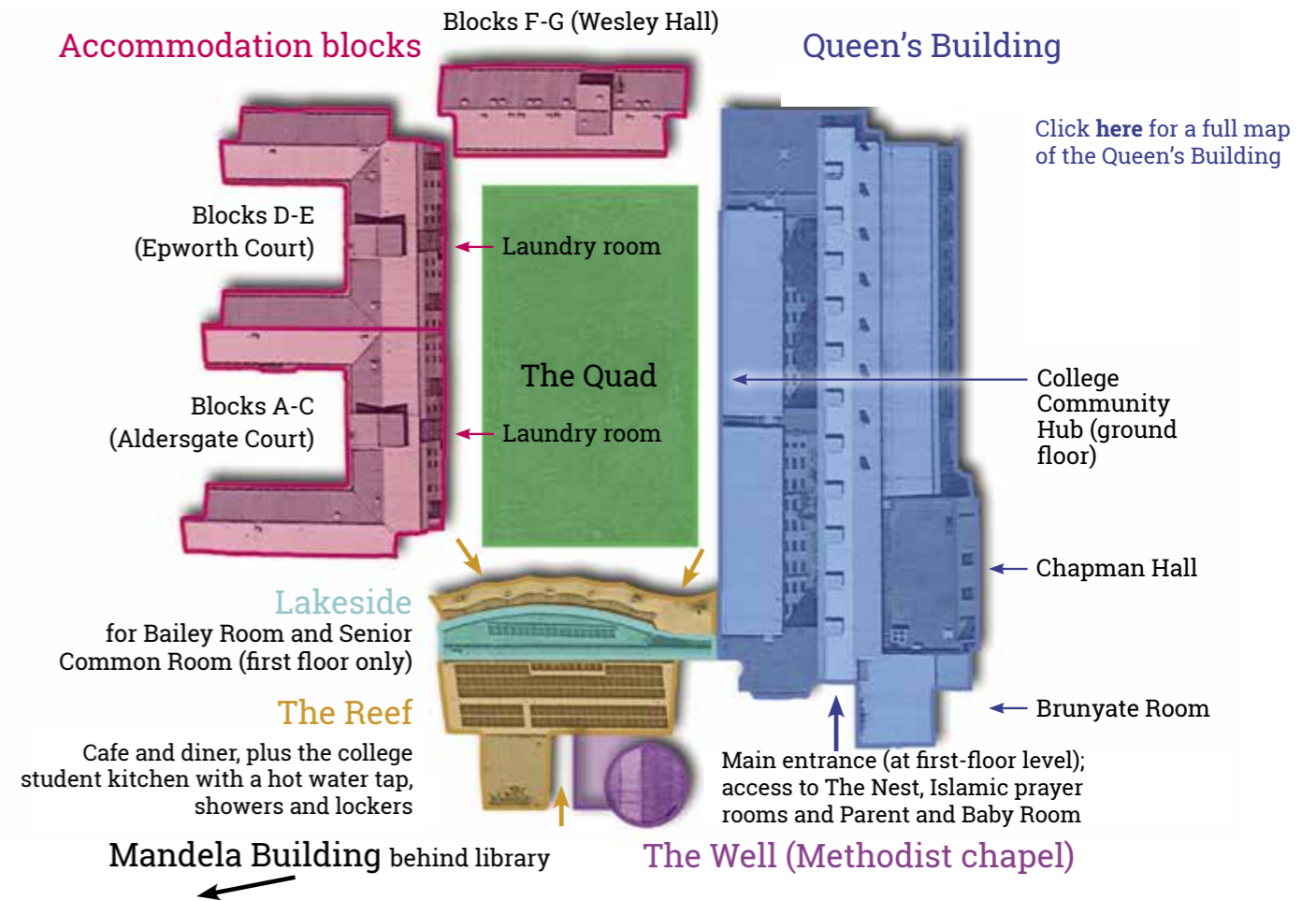
## Southlands College

Rooms in Queen's Building (QB) and Lakeside (LS) all have numbers (e.g. LS002, QB201). The first number always indicates whether that room is on the ground floor (0), the first floor (1) or the second floor (2).

Each floor in Queen's Building (QB) has informal study spaces, toilets (accessible toilet on floor 1), water fountains and a printer (on floor 0).

To access more information and to contact key members of staff, in person, by email or by telephone, see the directory on page 31.

Parking is available on the north and east sides of the college on a first-come basis, please visit The Nest to register your vehicle.



# Southlands College: Our Academic Departments

## Welcome from Faculty of Business and Law

A warm welcome to all students of the Faculty of Business and Law. As part of a vibrant learning community, you will meet and study with extraordinary people and develop enduring friendships. The Faculty works closely with Southlands College to give you a sense of belonging, realise your potential and achieve personal and career success.

We will endeavour to share our commitment to responsible education in Business and Law that focuses on evidence-based reflective practice. You will learn to face the challenges of the world of work in an ethical and socially responsible manner. A responsible and ethical approach to business and law can make a crucial difference to issues affecting our planet, life, and society.

Your academic success depends on the extent of your engagement with what we are here to offer you, and much depends on your motivation to succeed and make the best use of opportunities. Therefore, we would like very much for you to work with your lecturers and professors by preparing well and actively participating in curricular, co-curricular and extra-curricular activities.

We wish you all the best for your studies and learning journey with us towards a successful and happy life and career.

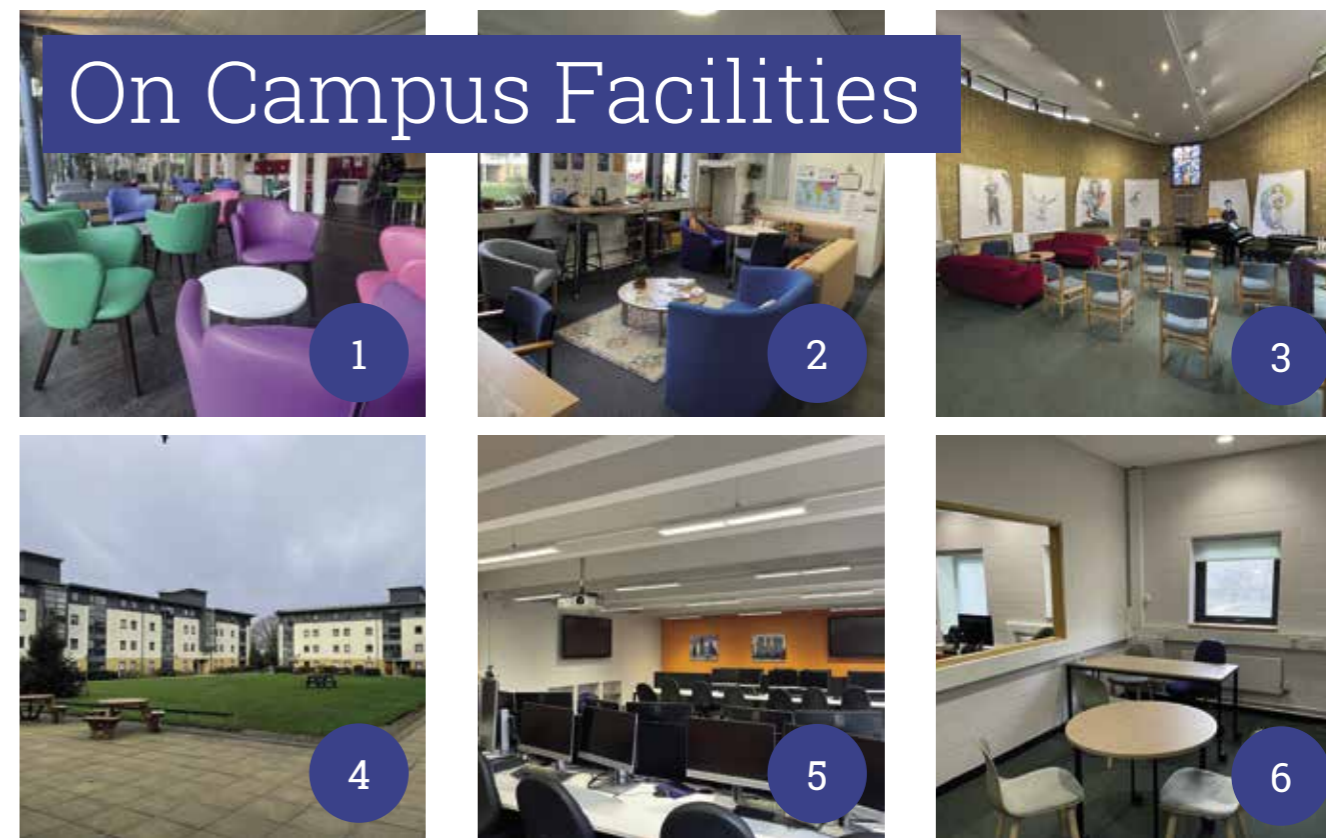
*Christy Traore (far left), Head of Business School, Faculty of Business and Law, and Professor Judith Bourne, Head of Law School, Faculty of Business and Law.*

The academic departments based at Southlands include:

- The Faculty of Business and Law
- Applied Music Research

The University library is also part of the Southlands College community.

Many Southlands students will study in the Faculty of Business and Law, but a number of our resident college members will study with different departments. All are full members of the college community and welcome to take part in everything we do.



### The Reef (1)

The Reef is the main student space at Southlands College and contains showers, toilets and a College Kitchen with microwaves and a hot water tap. It is also the home of the Southlands Diner and Café, which you can find more details about on page 25 of this guide.

### College Community Hub (2)

A quiet space for students and staff to relax in between classes, you can often find members of the Southlands College team in the hub.

### The Well, Southlands Chapel (3)

The Well is a space for all members of the college community to gather, relax and reflect. Find out more about the facilities in the Well on page 23 of this guide.

### Southlands Quad (4)

Southlands Quad is our favourite event space in the warmer months, a perfect place to gather in the fresh air. There are a variety picnic benches here and you are more welcome to borrow sports equipment – please see page 11 of this guide for more details.

### Bloomberg Trading Room (5)

The Bloomberg Trading Room is a dedicated space for students to use to learn about different elements of trading and finance.

### Student Exchange (6)

The Student Exchange is the home of the Nest at Southlands College, and an area for students to gather and work together on group projects.

# The Nest

The Nest team are based on campus and online, and are here to help our students make the most of their time at Roehampton.

Whether it's signposting to the academic achievement team on moving from a 2:1 to a 1st, how to get more involved with university life or if they might need wellbeing support, the Nest and our team of Student Life Specialists will guide our students along the way.

The Nest is the first place you should visit when you aren't sure where to go next.



Students can talk to us about anything and everything, but common things include:

- What's going on around campus this week
- Improving writing and referencing
- Getting a new Student ID card
- Supporting with issues on Moodle or with IT
- Help with submitting an issue over Service Desk
- Accessing wellbeing, mental health, and disability advice
- Help with finances or speaking to someone about fees and funding
- Applying for mitigating circumstances

No question is too big or too small – Nest are here to help.

## How to contact us

The Nest is open 8am–7pm, Monday to Friday, and 10am–4pm, Saturday and Sunday (except Queen's Building, Southlands College).

We're online where students can talk to us via LiveChat or submit a ticket: <https://www.roehampton.ac.uk/nest>

### If you are on campus

You'll find us in the following locations:

- Library, Digby Stuart College
- Queen's Building Reception, Southlands College
- Parkstead House Reception, Whitelands College

We can be called directly **on the phone** 020 8392 3100.

You can pop in and let us know how we're doing or drop us an email at [nest@roehampton.ac.uk](mailto:nest@roehampton.ac.uk).

# Our University Library

A warm welcome from the Roehampton Library and our Library Services team.

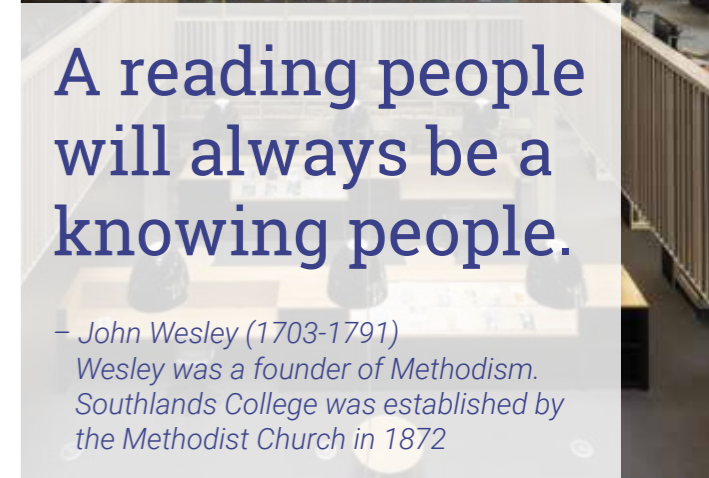
As a Southlands student, your library is only a few steps away from college. The Library Services team is there to support you in getting the best from your studies, whether you are on campus using the award-winning building or working online accessing our extensive range of ebooks, journals, resources and information.

In the Library building we have over 1100 study spaces from single desks, to booths, or bookable study rooms; PCs and loanable laptops; silent and group working areas; a café and exhibition area and let's not forget 300,000 books. The library is open from 8am–12 midnight weekdays during term time and 10am–6pm weekend days. If you're working from your study bedroom or off campus at home or anywhere, you can access thousands of books, journals, and online databases, 24/7/365 as well as find supporting information on how to study well and achieve your best. Have a look at our website <https://library.roehampton.ac.uk/home> for more information and to ask any questions.

We have a great team of staff ready to help you on chat, email and in the library. As members of Southlands College you will see them at college events and activities. Please feel free to ask them any questions you have. Have a look at our website <https://library.roehampton.ac.uk/home> for more information.

A reading people will always be a knowing people.





– John Wesley (1703-1791)  
Wesley was a founder of Methodism.  
Southlands College was established by the Methodist Church in 1872



# College Life

## Find out What's On

The best way to find out what's going on is to follow the college's social media:

-  **Southlands College** (our official college page)
-  **@roe\_southlands**
-  **@roe\_southlands** (our official college page)
-  **Southlands College**

Posters and fliers will often be put up around the college with information about events and activities. Pick one up from Reception, the Reef, or the College Community Hub at QB010.

## At Southlands we host all sorts of activities just for you..

QB010 (on the ground floor, in the middle of the main college building) is the College Community Hub. You'll often find College Community Leaders – our student team – or members of the college staff team down there and keen to hear from you or answer questions about getting involved in college life.

You'll find some sports and games equipment in the College Community Hub, which you are welcome to use. On sunny days, find a member of the college team and they will let you know how to borrow them.

## Sports and Competitions

The university recruits sports teams from all our student cohorts. Each year we compete against the other colleges in the College Cup. The Cup involves activities like bake-off competitions, E-Sports, volunteering projects, social sport, and charity fundraising. Colleges receive points for taking part, and the more we win the closer we get to winning the Cup.

The university has a range of competitive sports teams such as football, cricket and squash, as well as running social sports on campus. If you'd like to find out more please follow them on Instagram or email [sportsandactive@roehampton.ac.uk](mailto:sportsandactive@roehampton.ac.uk)

 **@sportroe**

## Community Events and Activities

We try to run a variety of events for students, but we are always happy to listen to new ideas!



If you have an event concept you would like to suggest please contact: Lewis Redfern (Student Leadership Manager) and Tazim Fatima (College Engagement and Activities Officer) by emailing [southlands.college@roehampton.ac.uk](mailto:southlands.college@roehampton.ac.uk)



The college is always looking at new ways to enhance the learning and living experience here, including the sustainability of our facilities and buildings. For more information you are welcome to contact Dr Nick Mayhew-Smith, Deputy Head of Southlands College, who helps to co-ordinate the college team. [nick.mayhewsmith@roehampton.ac.uk](mailto:nick.mayhewsmith@roehampton.ac.uk)



## Postgraduates

Postgraduate students are welcome to take part in everything that happens at Southlands. There are also special activities during the year put on especially for postgraduates, to help you meet one another and make the most of your time at Roehampton.

Postgraduate research students are very welcome to use the Senior Common Room (SCR). This is a quiet space immediately above the Reef, accessible from the Reef or Queen's Building. It is reserved for staff and research postgraduates and is a space designed for informal meetings, quiet study, and lunches.

## Commuting Students

Southlands is a college for the whole community. We know that sometimes our campus is easier to navigate for students who live here, but everything at Southlands is available for our commuting students, and we encourage you to spend time here studying, relaxing and socialising.

There are study pods, a silent study room, as well as IT suites in Queen's Building, which give you an option to study somewhere other than the Library. If you just need a space to relax, you can use the College Community Hub (QB010) and the faith spaces to unwind and meet other students too.

The Reef is an excellent space for eating and socialising, with its diner and café. The diner offers a variety of dietary provisions, but if you have a dietary need that is not being met, then please do talk to the college team.

The Reef contains a **College Kitchen**, where you can heat up food, make a drink with the hot water tap and use the fridges. You can also use our lockers, toilets, showers and designated study spaces. There is also a parent and baby room in QB149a in Queen's Building. To get access to this room, please visit the Nest in the Library.

If you cycle to campus, there are bicycle shelters located in front of Queen's Building. The closest bus stops are shown on the Campus Map (on pages 5–6 for more details). If you need any advice around travelling to and from the university, please speak to one of the college staff team.

## College Clothing & Merchandise

We want you to feel as proud of being part of Southlands College as we are. A range of university and college-specific merchandise is available **here**.

College Hoodies and other merchandise will be available to purchase throughout the year.

## Be friends of everyone. Be enemies of no-one.

– Charles Wesley, 1707–1788

# Staying Safe



## Shai Danmole and Olivia Ogunbunmi Senior College Wardens

Our role is to encourage positive behaviour and responsible citizenship on campus. We work closely with your Residential Community Leaders to make sure people are living together well in accommodation – looking out for each other and following the rules. You are welcome to visit us if you have any concerns about behaviour on campus, either in a flat or elsewhere. We also work alongside others on serious disciplinary and wellbeing cases, to ensure everyone has the best experience of university.



Our team of College Wardens are available overnight to respond to emergencies. You can speak to the Wardens by calling Security on ext. **3333** using an internal phone, or call directly on **020 8392 3333**.

Visit **QB016** or **QB014**, Call **7297** or **5017** or email **s.danmole-ellis@roehampton.ac.uk** or **olivia.ogunbunmi@roehampton.ac.uk**

Everyone who lives or works on campus has signed up to our code of conduct and the rules and policies which are in place to make sure we all support one another, and keep one another safe.

You can access the Code of Conduct from the university's website [here](#).



## Imran Shafiqi College Warden

Your College Warden works together with the college team to make sure students on campus are safe, looked after, getting along well together, and following the student code of conduct. Your Warden provides pastoral care to support Wellbeing and Security where needed, outside of office hours. It is also their role to help ensure the college community life is safe, supportive and nurturing. The Warden will help build a community and encourage responsible citizenship, informed by the values of the college.



*Oli Ottoway,  
Sexual Violence  
Prevention Officer*

## Bystander Intervention Team

The Bystander Intervention Team is responsible for reinforcing the university's zero tolerance stance on sexual misconduct. They attend late-night events to prevent sexual violence from taking place and provide support in cases of disclosures. The team is made up of students who are trained to intervene safely in problematic situations, including but not limited to, sexual violence, harassment, intoxication, and mental health challenges. If you are ever in need of any support during an event, please speak with a member of the team (look out for the blue t-shirts!).

All students living on campus must complete their compulsory training, to access the portal click [here](#).





# Wellbeing

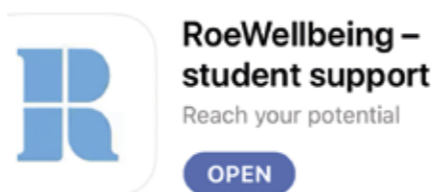
By being part of a college we hope that you come to feel like this small community is a place of belonging, where you are supported throughout your time at Roehampton to achieve the most you can.

We are committed to supporting your wellbeing, and work in close partnership with the university's central services to provide a wide range of support for our students.

Southlands College has designated Student Wellbeing Officers to support anyone experiencing difficulties with their wellbeing. Your Wellbeing Officer is your first contact for any doubt or question around wellness resources or issues. They can refer and signpost you to a range of support services both within the University and externally, depending on your needs and specific context.

The Student Wellbeing Officers can provide in-person appointments as well as online (via phone or Microsoft Teams) during the week. You can book a first appointment with them to have a brief conversation and see what next steps can be most helpful. You can contact them by emailing [swosouthlands@roehampton.ac.uk](mailto:swosouthlands@roehampton.ac.uk) or click [here](#) to go straight to the [bookings page](#).

Follow Wellbeing at **Roe\_Support** for campaign updates and general wellbeing insights.



## Farhia Abukar and Colin Symington-Bailey Student Wellbeing Officers (SWOs)

### We are here as your first port of call if you have any queries or anxieties.

As well as 1:1 appointments, the Wellbeing Officers have bookable daily drop-in slots to meet with you on the same day. These appointments run every weekday during term time from 1–2.30pm, September to July (except during public holidays), and are held both online or in-person at the Richardson Building, in the Wellbeing Centre.

Click [here](#) to go to the [bookings page](#).



## General Wellbeing Provision

Southlands students have access to all the university's wellbeing, mental health and disability services. You can access these by emailing our SWOs at [swosouthlands@roehampton.ac.uk](mailto:swosouthlands@roehampton.ac.uk) or any other member of the College staff team, or by asking one of your tutors or lecturers.

Here's some information about the services:

### Student Medical Centre

We encourage all our students to make use of our on-campus medical centre, which is located in Froebel College, in the Old Court buildings. The Centre offers GP and nurse appointments.

To register or book an appointment, call **020 8392 3679** or email [studentmedicalcentre@nhs.net](mailto:studentmedicalcentre@nhs.net)

### Disability and Dyslexia Services

Students with disabilities and specific learning differences can receive advice and support from the university. To discuss your needs, visit the Information Centre (located at Digby Stuart College), call the service on **020 8392 3636**, or email [disabilities@roehampton.ac.uk](mailto:disabilities@roehampton.ac.uk)

## Additional Mental Health Support

The Wellbeing Team at Roehampton includes professional and training Counsellors who can support you via a one-off session or short-term counselling. You can self-refer to these services, but we recommend you discuss with your Student Wellbeing Officer if you think one of these options through Counselling could be a good fit for you.

Our Mental Health Advisers are a multidisciplinary team who can support you if you are experiencing difficulties related to a specific mental health diagnosis or condition. If you are struggling and have a diagnosed mental health condition, or you would like guidance in connecting with higher levels of care through NHS or other medical providers, discuss with your Student Wellbeing Officer if seeing a Mental Health Adviser could be a good fit for you.

## Financial Support

If you have funding issues while at university, we have a team available to help support you. They can provide advice and help with questions about your loan, grants, scholarships and other financial matters. Contact the team through Farhia or Colin, on **020 8392 3090**, or on [studentfinance@roehampton.ac.uk](mailto:studentfinance@roehampton.ac.uk)

Roehampton University subscribes to the financial advice specialist Blackbullion, giving students access to a range of financial tips, tools and handy information.

## Academic Achievement Advisers (AAAs)

If you need some additional support with your learning skills, the AAA team can help. They can provide you with personal advice and support, and point you to helpful resources online. They also run workshops, events, and drop-in sessions in the library. More information is available on the Learning Skills Hub on Moodle.

## LGBTQ+ Students

Specialist wellbeing and support services for LGBTQ+ students are available through our wellbeing team, the Students' Union, and locally to the university through external organisations. For more information, <https://www.roehamptonstudent.com/support/lgbtq/>

# Student Leaders



## College Community Leaders (CCLs)

College Community Leaders are peer student leaders in the college who are here to help foster the Southlands Spirit: that wonderful sense of belonging that makes being part of the college special! You'll see the CCL team facilitating events and activities of all kinds to enhance your university experience, as they work with our partners across the university! Your ideas are always welcome and they're happy to chat with you about how we can improve the student experience.

The CCL team is made up of individuals who represent home and international students, both undergraduate and postgraduate, whether resident in college or commuting from home. They're a friendly bunch, and are here to support you, so please do have a chat with them. Contact [southlands.college@roehampton.ac.uk](mailto:southlands.college@roehampton.ac.uk) or visit College Community Hub at **QB010** to contact the CCL team or to find out how to become a CCL.

## Residential Community Leaders (RCLs)

RCLs are usually second or third year students who live with our new residents to help provide a friendly and supportive welcome at the start of term and to offer advice and guidance throughout the year.

If you are living in college and have any questions about how to seek help, advice or support at the university, start with your RCL. They will often be able to provide you with some initial advice and let you know which members of staff can help you further.

RCLs aren't appointed to police our residences but we do ask them to take a leadership role in building a happy and friendly residential environment. They receive training throughout the year as part of the Student Leadership Certificate which provides them with the resources and skills to make your experience of university life a happy and positive one. Residents of our college flats should feel welcome to talk to their RCL about the community environment and should expect a positive, helpful and supportive response.

## History of Residential Community Leaders

RCLs are an important part of our community's focus on looking after one another at Southlands, and they have a long and important history. They are a direct continuation of the Southlands Mothers and Daughters system which existed right back into the early part of the last century. Here you can see some Southlands Mothers and Daughters in the 1940s.



## Becoming a Residential Community Leader

Being an RCL provides lots of opportunities to become a leader in the Southlands community, to develop your skills, knowledge and experience. RCLs receive formal training and professional development, all of which is fantastic for building up an impressive CV.

If you think you have what it takes to become an RCL in next academic year (2024–2025), you are welcome to apply. Applications are open to all students, whether or not you currently live at Southlands. The application process begins in early 2024, and details will be posted on the college social media platforms and the Nest.

If you have any questions about being an RCL please email [southlands.college@roehampton.ac.uk](mailto:southlands.college@roehampton.ac.uk)

## Student Leadership Certificate

All student leaders at Southlands College are automatically enrolled onto the Student Leadership Certificate, a university short course, which provides monthly training and comprehensive evaluation that allows CCLs and RCLs to develop, grow and consider how their skills and values might influence their future career and life.

## Becoming a Student Leader

The CCL and RCL roles are just two of a number of opportunities you as a student have to get involved. You may wish to represent your academic cohort as a Department Rep, apply to become an Elected Officer through the Roehampton Students' Union, or perhaps apply to start a student society.

Each role has its perks, like training and certified professional development, growing your network of professional contacts, or perhaps enhancing your work experience profile - all of which are fantastic for building up an impressive CV.

Whatever pathway you wish to pursue to develop your skills, knowledge and experience, speak to one of the student leaders or the college team to find out how you can join in. We need great leaders to continue to make the Southlands community the dynamic and vibrant place it is!

# Student Elected Officers



**Michela Spotti**  
College President

Dearest fellow students,

I am delighted to serve as your Southlands College President for the 23–24 academic year. As a third-year Marketing student with a genuine passion for consumers, I understand the importance of putting students at the core of everything we do, just as consumers are in marketing. My goal for this academic year, alongside Nafisa, your Deputy President, is to ensure that you feel safe, heard, and supported. Remember, no problem is too big or too small to address, so please don't hesitate to reach out to me at [spottim@roehampton.ac.uk](mailto:spottim@roehampton.ac.uk). I am here for you.

We are committed to providing you with enjoyable, engaging, and diverse free events that will make your college experience truly memorable. I am looking forward to meeting all of you and extending a warm welcome to Southlands.

With kindest regards,  
Michela Spotti



**Nafisa Rashmi**  
Deputy President

I am mostly known here as Nafisa but you can call me Rashmi. As an international student studying here in the UK, it was really challenging for me moving across the world to experience campus life, but Southlands College has become family to me. As a part of the Southlands community each of you matters to me and I am always here to support you to make this academic year better than before.

Michela and I have some really exciting plans for you all but we can't do anything without you! As your Deputy President, I will try to be your voice but you need to step forward with your feedback as well.

Please join our WhatsApp student community and don't forget to follow us at Instagram @southlands.president. You can email me at [rashmin@roehampton.ac.uk](mailto:rashmin@roehampton.ac.uk)

Light.Love.Life

Nafisa Rashmi



Our elected officers work with and for Southlands College, but they also have roles within the RSU – the Roehampton Students' Union.

The RSU is for all students across every college and provides a range of services, from advice and representation, through academic and leadership opportunities and social events. The RSU is also home to our student societies and to a range of part-time officers who have responsibility for nurturing and supporting specific groups (e.g. BAME, LG-BTQ+, international and commuting students). You'll find out lots about the RSU in your first weeks at Roehampton.

For more information about the RSU visit [www.roehamptonstudent.com](http://www.roehamptonstudent.com)



The RSU has a range of fantastic societies, three of which are based at Southlands College:

Roehampton Law Society  
[law.society@roehampton.ac.uk](mailto:law.society@roehampton.ac.uk)  
@roehamptonlawsoc

Wild Collective  
[wildcollective.soc@roehampton.ac.uk](mailto:wildcollective.soc@roehampton.ac.uk)  
@wildcollectiveroe

Radio Roehampton  
[radio.society@roehampton.ac.uk](mailto:radio.society@roehampton.ac.uk)  
@roehamptonradio

Roehampton Esports Society  
[esports.society@roehampton.ac.uk](mailto:esports.society@roehampton.ac.uk)  
@roehampionesports

These societies are open to all students, regardless of which degree programme you study. The RSU also has many other societies which can be found here:  
<https://www.roehamptonstudent.com/activities/societies/>

School Reps are experienced student leaders who can help you navigate your studies so please get in touch with them if you have an academic related issue.

For 2023/24, your School Reps are:

Business – Antonella Suzuki  
([businessrep@roehampton.ac.uk](mailto:businessrep@roehampton.ac.uk))

Law – Daiana Purcarea ([lawrep@roehampton.ac.uk](mailto:lawrep@roehampton.ac.uk))

School Reps work with both the RSU and the University to help drive democratic student engagement and support feedback between students and staff.

# SOUTHLANDS VENTURE

## An exciting initiative that helps you to help others.

Southlands Venture aims to empower students to deliver a community-based project of their choice. Whether you organise an event, coordinate a campaign, or manage an ongoing project, Southlands Venture is here to help you enhance your skills and experience by planning and delivering a project you are passionate about!

With help and mentoring from the Southlands Venture team you can bring your idea to life.

Past projects have included:

- Building a roof for the chicken house on campus
- 'Water is Free' campaign
- Making Christmas Hampers for a homeless shelter
- Accompaniment of the elderly to grow vegetables in a community allotment
- Organising an auction event to raise money for a charity supporting orphans
- Turning nettles into a sustainable fashion material
- Turning used coffee beans into a sustainable skincare product

If you have a community-project or campaign idea we want to hear about it and help you to make it a successful venture! We will offer support and guidance and link you up with an experienced mentor who will help you plan and deliver your venture. Small grants to help with expenses are also available.

Your venture project has to meet three simple criteria:

1. Have an element involving the community (university or local area), volunteering, or campaigns.
2. Involve other people beyond the project organiser
3. Be completed within a 12 week time frame

## How to get started

If you have an idea for a project, please get in touch with the Southlands Venture team by emailing us on [SouthlandsVenture@roehampton.ac.uk](mailto:SouthlandsVenture@roehampton.ac.uk)

We will get back to you to discuss your exciting idea and how to make it happen!

Do all the good you can  
by all the means you can  
in all the ways you can  
in all the places you can  
at all the times you can  
to all the people you can  
as long as ever you can

## The Wesleyan Rule of Life.

*John Wesley (1703–1791)  
Wesley was a founder of Methodism.  
Southlands College was established  
by the Methodist Church in 1872.*



# Chaplaincy at Southlands

**Flourishing in Faith and Friendship:** At Southlands, our chaplains are here to help the community to **flourish**; create spaces and opportunities for those who want them to practice and explore **faith**; and to promote **friendships** across our diverse community.

## Here for you

As a college community we share in the whole of life and Southlands College strives to be a place that celebrates your joys and achievements and also offers support and space when you face challenges. Whether you are a person of faith or not, our multi-faith Chaplaincy is here to listen, encourage and support you during your studies with us.



Sabiha and Nicola are members of the College staff team as well as the university's multi-faith chaplaincy team..

Your College Chaplain, Rev Nicola Morrison, is available to you throughout the year, as are other members of the Roehampton Chaplaincy Team, especially Sabiha Iqbal, Muslim Chaplain. Both are also members of the Southlands College Team. We will be at college events, both on campus and online.

Check our college and chaplaincy web and social media pages for regular updates on our activities. We are, along with a wider chaplaincy team with a Hindu and Jewish Chaplain, available for one-to-one conversations should you have questions about faith activities on and off-campus, or just need a coffee and chat. Contact us directly, either in person or using our contact details.

## Spaces

There are a number of spaces at Southlands that you can use for quiet time, reflection, mindfulness and prayer. Information about the activity of the wider Roehampton Chaplaincy Team can be found in these spaces.

**The Well** (Chapel and Chaplaincy Centre). This is the round building situated between the lake and the Reef. It provides a space for all our community to come and spend time in a place that promotes Southlands Spirit. There are tea and coffee making facilities here and a small garden to enjoy. The Well is a place that promotes Southlands Spirit, and is home to creative projects and exhibitions, a space for music rehearsals and a venue for discussion groups. The Well also remains a setting for spiritual reflection and prayer rooted in the Methodist tradition; it is a space that gently invites people to think about questions of faith.

## Prayer Rooms and Wudu (ablution spaces)

These are located on the ground floor of Queen's Building (QB). The prayer rooms are accessible with your ID card between 8.00am–8.00pm, and whether you are a person of faith or not, all are very welcome to use them. Each room provides space to pray, relax, read, and contemplate. These rooms are rooted in the Islamic tradition and therefore they are shoe-free, and there is a dedicated space for brothers in room QB054, and for sisters in QB029.

There are also Prayer Rooms located at Froebel College, Digby Stuart College and Whitelands College. Southlands has dedicated spaces for Wudu located on the ground floor of Queen's Building next to the Prayer Rooms. Please see the Chaplaincy website for further details and our faiths spaces map.

## Worship

On Campus, Roe Christian Community meet to worship monthly on Sunday evenings (details on RoeChaplaincy social media). Weekly the Southlands Chaplain welcomes students to our Partner Church, Putney Methodist Church, which meets to worship on Sundays at 10.30am. Please feel free to contact Nicola directly for more details. Friday Jummu'ah prayer takes place on campus for Muslims, as well as a vast array of activities that includes the wider community. For further details please see our social media platforms or email Sabiha (Muslim Chaplain).

## Why Chaplaincy?

Southlands was founded and is still supported by the Methodist Church, which is characterised by openness and inclusivity. Methodism has a strong focus on building community and supporting social action and this heritage remains something that continues to enrich our community in all its diversity, this is encapsulated in our Southlands Spirit. Here at Roehampton we are delighted that our Chaplaincy offers support for people across a range of faith traditions, reflecting the heritage of the four colleges and the identities of our students today. We are committed to exploring ecumenical and inter-faith work across the campus and to demonstrating the common commitments of all faiths to nurturing a happy and supportive community.

We should be rigorous  
in judging ourselves and  
gracious in judging others.

– John Wesley (1703–1791) Wesley was a founder of Methodism. Southlands College was established by the Methodist Church in 1872



## Contact us

Rev Nicola Morrison: [nicola.morrison@roehampton.ac.uk](mailto:nicola.morrison@roehampton.ac.uk)  
Southlands Chaplain & Methodist Chaplain to the University

Sabiha Iqbal: [sabiha.iqbal@roehampton.ac.uk](mailto:sabiha.iqbal@roehampton.ac.uk)  
@sabiha.thechaplain @sabiha\_chaplain  
Muslim Chaplain to the University

## Follow us

 **Roehampton Chaplaincy**  
  **@RoeChaplaincy**  
[www.roehampton.ac.uk/  
student-support/chaplaincy](http://www.roehampton.ac.uk/student-support/chaplaincy)

Click **here** social media links, website and map

# London Life, local life



Daytime, evening, nights: your handy guide to all the opportunities and facilities available to you

## London Life

Southlands College is at heart a learning community. And what better way to enjoy the wonderful opportunities available to you in our great city than going out and exploring the rich cultural, social and intellectual life of London?

Each month the college will be highlighting one aspect of the city's wonderful resources to encourage you and your friends to go out and explore. These include some world-class museums, fascinating markets, glorious art galleries, inspiring religious buildings, peaceful parks and nature reserves, famous sports venues, and brilliant music venues and events. And best of all, many of the places we are highlighting are free to enter.

So make the most of your time with us in this amazing city, follow the link below to visit our main London Life page, with lots of links and tips to great ideas to motivate you to go and experience the endless opportunities on offer: [www.roehampton.ac.uk/colleges/southlands-college/events/london-life/](http://www.roehampton.ac.uk/colleges/southlands-college/events/london-life/)

Plus don't forget to share a selfie of your visits on social media. Simply use the hashtag **#RoeLondonLife** and tag us on Insta or X on **@roe\_southlands**

## University food outlets

Here are all the places to eat at the university during term time. To check holiday opening times, and check for any updates, look at The Nest website and scroll down to 'campus catering'

### Southlands College (the Reef)

- Coffee shop
- Diner

### Digby Stuart College

- Digby Diner
- The Hive Café

### Froebel College

- Diner
- Froebel Costa
- Union Bar and Pub Grub

### Library

- Café

### Whitelands College

- Diner
- Whitelands Sett

You can find opening hours on on The Nest by clicking [here](#)

## Local shops

### Digby Shop

Digby Stuart College, opposite The Hive  
Opening times (during term-time):  
9am–5pm (Mon–Fri)

### Londis

(3 minutes' walk from the college)  
1 Aubyn Square, Roehampton Lane,  
London SW15 5NT. Opening times: 7am  
to 8pm (Mon–Sat), 8am to 1pm (Sun)

### Tesco Express

(12 minutes' walk from the college)  
357–361 Upper Richmond Rd, London  
SW15 5QJ. Opening times:  
6am to 11pm, seven days a week

### Co-Op Food

(15 minutes' walk from the college)  
39-41 Danebury Ave, London SW15 4DU.  
Opening times: 7am to 11pm, seven  
days a week

### Little Waitrose

(15 minutes' walk from the college)  
Shell garage, 237–239 Roehampton  
Lane, London SW15 4LB. Open 24 hours

### Asda superstore

(get the FREE Roehampton bus)  
31 Roehampton Vale, London SW15  
3DT. Take the free university bus, or 30  
mins' walk. Open long hours except Sun  
11am–5pm

### The Food Bus

Tuesdays 10.30am–12:30pm Queen  
Mary's Hospital; 1–3pm Danebury Avenue  
[www.be-enriched.org/the-food-bus](http://www.be-enriched.org/the-food-bus)

# How to get involved at the University of Roehampton

## London Wetland Centre

The University of Roehampton has joined forces with London Wetland Centre (LWC) to provide new opportunities for student work placements and research and project collaborations under their shared commitment to the environment and sustainability. The LWC is only 1.2 miles from the campus and can be reached on foot or by the free Roehampton Shuttle Bus (details available on the student portal) and enter the Wetlands Centre for a discounted rate of £9.



## Law Clinic

Law students have the opportunity to apply to gain hands-on legal work experience at the department's new Law School Clinic, based in the local branch of Citizens Advice Wandsworth (CAW). Final year undergraduates will support the Law Clinic Manager, covering a range of legal issues.

All clients will be referred from CAW, and it will be the students' job to help support the Law Clinic Manager in various aspects of the clinic. For more information please email [southlands.college@roehampton.ac.uk](mailto:southlands.college@roehampton.ac.uk) and we will forward your email to the Law Clinic Manager.

## Business Lab

The Faculty of Business and Law launched the Business Lab in early 2022 to help students at Roehampton explore their entrepreneurial ideas, and provide space and guidance to drive these forward. Please visit room QB040 in Queen's Building or contact [bari.malik@roehampton.ac.uk](mailto:bari.malik@roehampton.ac.uk) for more information.

## Growhampton

Growhampton is a sustainability initiative with a focus on food growing. It was established in September 2013 (initially funded by the NUS Student Green Fund) and is delivered by Roehampton Student's Union Growhampton, with the help of a large number of student volunteers who have established and continue to develop an edible campus that promotes biodiversity.

The creation of multiple growing spaces across the south-west London site helps to open up wildlife corridors across the campus. They have also set up a chicken house on campus, which houses rescued battery chickens. To get involved with Growhampton and learn about sustainable food, please visit [click here](#).

## Sport Roehampton

Sport Roehampton run an on campus gym on the Froebel College campus (see map on page 6 for more details) and offer a wide range of sport and physical activity opportunities for all students. From competitive sport such as cricket, rugby and squash for more experienced students to social activities, including womens-only workouts for those wanting to try something new, we have something to meet the needs of all our students.

[sportandactive@roehampton.ac.uk](mailto:sportandactive@roehampton.ac.uk)  [@sportroe](https://www.instagram.com/sportroe)

# Music at Southlands

At Southlands we are lucky enough to have access to a lot of facilities for making music. We have practice rooms, instruments you can borrow, and even a large concert hall for performances.

Community music is a big part of what we do. The music society meets regularly through the year, and various groups meet to rehearse and perform in college and further afield. If you enjoy playing music at any level, or if you want to find out about opportunities to attend performances of music in any style, we would love you to get involved.

For information about music activities through the year, follow the Facebook Page "**Roehampton Music Society**"

Dr Gulliver Ralston is our Director of Music, and would love to hear from you if you are keen to get involved. You can contact him on [gulliver.ralston@roehampton.ac.uk](mailto:gulliver.ralston@roehampton.ac.uk), [musicdirector@roehampton.ac.uk](mailto:musicdirector@roehampton.ac.uk) call 020 8392 4772, or visit **QB136**.

Music scholarships of up to £1200 are available for all our students, whatever you study. Contact Gulliver for more information.



Hark! The herald angels sing,  
"Glory to the newborn King!  
Peace on earth and mercy mild,  
God and sinners reconciled."  
Joyful, all ye nations rise,  
Join the triumph of the skies,  
With th'angelic host proclaim:  
"Christ is born in Bethlehem."  
Hark! The herald angels sing,  
"Glory to the newborn King!"

– Taken from the famous Christmas Carol by Charles Wesley. Wesley was one of the founders of Methodism. The Methodist Church established Southlands College in 1872.

# Southlands College History

The colleges at Roehampton aim to build a strong community, which meets the needs of diverse groups of staff and students, both residential and commuting, and enriches their experience of university life. Each college aims to maintain and develop the ethos and values of its founding body.

Southlands has a rich history, firmly rooted in the principles of equality of opportunity, education for all, and a commitment to acting in the community to improve the lives of others. Southlands was founded by the Methodist Church as a training college for female teachers in Battersea 1872. In 1930 it relocated to Wimbledon Parkside and in 1997 the present premises were opened on Roehampton Lane. In 1975, Southlands, Digby Stuart, Froebel and Whitelands Colleges joined together to form what was then the Roehampton Institute and is now University of Roehampton. Southlands is still owned by the Methodist Church, but is given to the University as part of the Church's commitment to Higher Education in Britain.

Although Southlands is a different place in a number of ways to how it looked and functioned in the 1870s, the college retains its firm commitment to the lasting principles of its foundation.

Equality, access, diversity and commitment to valuing the individual are just a few of these. Even the architecture of the college reflects its roots. Our quadrangle is open at the corners to allow people to come and go. It is a place that welcomes and which engages with the outside world. This is a constant reminder to us all that, as well as being a small and connected community, we must be an open and welcoming place, and go out and engage with the world to help shape it and be shaped by it.



# Southlands Alumni

As well as remaining in contact with the broader university community, as a member of Southlands you will of course also be welcomed back to college alumni events. These are an excellent opportunity to stay in touch with what's going on at Southlands and to keep in contact with others from your time at college.

The college runs an annual alumni event, which we will contact you about. If you have any questions about our alumni events, please email [southlands.college@roehampton.ac.uk](mailto:southlands.college@roehampton.ac.uk)

Southlands College celebrated its sesquicentennial (150th) anniversary in 2022. More details are available at: [www.roehampton.ac.uk/colleges/southlands-college/southlands-150/](http://www.roehampton.ac.uk/colleges/southlands-college/southlands-150/)



The room number prefix identifies the building (QB = Queen's Building; LS = Lakeside).  
All telephone numbers are 020 8392 followed by the four-digit internal number shown in bold.

The Nest: (*Mon–Fri, 8am to 7pm*): (020 8392 3100)

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Southlands College Office: southlands.college@roehampton.ac.uk (QB010, **3484**)

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Accommodation Office: Yvonne Douglas  
y.douglas@roehampton.ac.uk

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Cleaning Manager: Kate Ludwig (3406)  
kate.ludwig@roehampton.ac.uk

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Security and College Warden: Emergency 3333; enquiries **3140**

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Senior College Warden: Shai Danmole-Ellis (QB016, **7297**)  
s.danmole-ellis@roehampton.ac.uk

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Senior College Warden: Olivia Ogunbunmi (QB014, **5017**)  
olivia.ogunbunmi@roehampton.ac.uk

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Student Leadership Manager: Lewis Redfern (07917965911)  
lewis.redfern@roehampton.ac.uk

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College Engagement and Activities Officer: Tazim Fatima (QB013, **07778168720**)  
tazim.fatima@roehampton.ac.uk

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Student Wellbeing Officer: Farhia Abukar (QB015)  
swosouthlands@roehampton.ac.uk

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Student Wellbeing Officer: Colin Symington Bailey (QB020, **7360**)  
swosouthlands@roehampton.ac.uk

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Sexual Violence Prevention Officer: Oli Ottaway (QB019)  
olwen.ottaway@roehampton.ac.uk

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College Chaplain: Rev. Nicola Morrison (QB021, **3497**)  
nicola.morrison@roehampton.ac.uk

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Muslim Chaplain: Sabiha Iqbal (QB023b, **07741148232**)  
sabiha.iqbal@roehampton.ac.uk

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Director of Music: Dr Gulliver Ralston (QB136, **4772**)  
gulliver.ralston@roehampton.ac.uk or  
musicdirector@roehampton.ac.uk

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Deputy Head of College: Dr Nick Mayhew-Smith (QB023a)  
nick.mayhewsmith@roehampton.ac.uk

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Head of College: Dr Christopher Stephens (QB202, **3401**)  
christopher.stephens@roehampton.ac.uk

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