This useful guide is here to tell you everything you need to know about living in University accommodation. Keep it safe as you’ll need to refer to it throughout the year.

CONTENT:
1. Accommodation Office
2. Allen Court works in partnership with the University of Sheffield to provide its students with City accommodation.

All information contained in the A-Z was correct at the time of print.

Accommodation Office
Contact them about room allocations, your contract and accommodation for future years (Monday-Friday, 9am-5pm).
0114 222 4488 (option 2)
accommodationoffice@sheffield.ac.uk
propertywithUS, Students’ Union Building, 16 Endcliffe Avenue, Ranmoor/Endcliffe residences

Customer Services
Allen Court Customer Services is open Monday - Friday, 8am - 6pm (excluding public holidays). The Customer Service team are here to help with any general enquiries you may have, as well as dealing with the post.
0114 2755036
allencourt@iqstudent.com

Residence Life
Get in touch to find out about activities, events, sport and volunteering for the residences (Monday-Friday, 9am-5pm).
0114 222 8860 / 0270 / 6967
residencelife@sheffield.ac.uk
www.residencelife.co.uk

Students’ Union
If you need advice, guidance or support about any issues you may be having, please contact:
supportcity@sheffield.ac.uk
0114 222 8800, 6pm - 12 midnight
0114 222 4085, after midnight
www.sheffield.ac.uk/accommodation/residence-lifes
Allen Court Common Room 9-10pm (every day).
Maintenance Helpdesk
Report a maintenance problem or damage in your accommodation 24/7, 365 days per year. Log into the maintenance website below. Your unique code and login details will be issued to you on check in.
frathouse.base360.com

Income Office
Contact the Income Office if you have any money worries or queries about paying your rent.
0114 222 4668
residencefees@sheffield.ac.uk
Students’ Union Building, Sheffield, S10 2TG

Security
Security are available 24/7. In an emergency (fire, police, ambulance):
07506765008 or 07956039749
For general advice and information: 0114 222 4085

Private Sector Housing
If you want advice and information about house hunting for next year, speak to the team at propertywithUS (Monday-Friday, 10am-5pm).
0114 222 6058
propertywithUS@sheffield.ac.uk
www.propertywithus.sheffield.ac.uk
Students’ Union Building

hustle & bUStle
Get in touch with the hustle & bUStle team to find out about the University’s food and drink venues and the GeniUS Card (Monday-Friday, 9am-5pm).
genius@sheffield.ac.uk
www.withus.com/hustleandbustle/

Doctors
All students need to register with the University Health Service for free* and full GP services.
0114 222 2100
health.service@sheffield.ac.uk
www.sheffield.ac.uk/health
53 Gell Street, Sheffield, S3 7QP

NHS Walk-in Centre
See a doctor or a nurse without an appointment at no cost* between 8am and 10pm every day.
0114 241 2700
Rockingham House, Broad Lane, Sheffield, S3 3PB

Minor Injuries
For treatment of sprains, cuts, grazes etc. between 11am and 8pm every day.
0114 271 2071
8 Floor; Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2AF

Sexual Health
Free confidential advice for men and women about contraception, unplanned pregnancies and sexually transmitted infections.
0114 305 4000
www.sexualhealthsheffield.nhs.uk
1 Mulberry Street, Sheffield, S1 2PJ

National Meningitis Helpline
Contact them if you’re concerned that you or a friend may have the symptoms of meningitis or would like more information about the disease.
0800 8800 3344
helpline@meningitis.org
B Floor; Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2AF

Health Contacts

Student Advice Centre
If you are feeling that things aren’t going right and want to talk to someone, pop into the Student Advice Centre.
0114 222 8660
Advice@sheffield.ac.uk
Students’ Union Building

Income Office

NHS 111 Service
You can call 111 when you need medical help fast but it’s not an emergency.
111

Nightline
Nightline is a confidential, anonymous listening and information service provided by volunteers at the Students’ Union. It’s available 8pm-8am during term time.
(listening): 0114 222 8787
(information): 0114 222 8788
nightline@sheffield.ac.uk

*If you are an international student you may need to pay a surcharge to use NHS services. To find out if this is applicable to you, visit: www.sheffield.ac.uk/said/international/immigration/nhs
Our bars are all part of the University’s hustle & bustle food and drink offer, which means that you can use a GeniUS card to collect loyalty points and spend money on food and soft drinks in any of these venues.

Bar One
Located in the popular Students’ Union Building, Bar One is a lively student bar that will entertain you right up to 1am with its wide range of events. From quizzes to live comedy, there is always something going on at Bar One for you to enjoy.

Bar One opening hours (term time)
Monday: 11am - 12 midnight
Tuesday & Wednesday: 11am - 12.30am
Thursday - Saturday: 11am-1am
Sunday: 12noon-12midnight

Interval
Located on the other side of the Students’ Union beer garden, Interval is a favourite amongst those who want to relax and chat during the day. This laid back cafe provides the perfect place to catch up with friends after lectures.

Interval opening hours (term time)
Monday - Friday 9.30am  -11pm
Saturday: 11am - 11pm
Sunday: 12noon - 11pm

The University Arms
Famous for its range of hand-pulled real ales and its popular beer garden, the University Arms is located next to the IC at the heart of campus. Head there for a hearty, home-cooked lunchtime or evening meal, with weekly offers including a beer and burger. Take advantage of the beer garden in good weather and look out for details of the regular band nights, beer & cider festivals.

Twitter: @UniversityArms
facebook.com/universityarms

The University Arms opening hours (term time)
Monday - Thursday: 12noon - 11pm
Friday - Saturday: 12noon - 12midnight
Sunday: Closed

Times may differ over the vacation period. Please check http://withus.com/hustleandbustle/venue-info-opening-times/ for the latest information.
**BIN COLLECTIONS**

You are responsible for regularly emptying your kitchen bins and taking the rubbish and recycling to the waste bins in the courtyard.

- **General Waste**
  - Collected: Every Wednesday
  - Frequency: Weekly

- **Blue Bin**
  - Cardboard, paper
  - Collected: Every Monday
  - Frequency: Fortnightly

- **Green Bin Glass**
  - Collected: Every Monday
  - Frequency: Fortnightly

---

**Chaplaincy**

The University runs a Multi-Faith Chaplaincy Service at 344 Glossop Road. It offers space for prayer, meditation and quiet reflection and also has information about places of worship in Sheffield.

- **Chaplaincy Cleaning**
  - Contact: 0114 222 8923
  - Email: chaplaincy@sheffield.ac.uk
  - Website: www.sheffield.ac.uk/ssid/chaplaincy

---

**CLEANING GUIDELINES**

- **Keep the inside of the fridge clean, remove old food and wipe the shelves regularly**
- **Wash up and clear away any kitchen items from work surfaces and the sink area**
- **Make sure that food doesn’t get stuck to the bottom of the oven - it’s a fire risk**
- **Take out rubbish and recycling**
- **Wipe down the work surfaces and cooker regularly, especially if you spill food during cooking**
- **Do not use a vacuum cleaner to pick up wet spillage**

---

**Making your在里面干净**

- **Keep the refrigerator clean**
- **Remove old food and wipe the shelves regularly**
- **Wash up and clear away any kitchen items from work surfaces and the sink area**
- **Make sure that food doesn’t get stuck to the bottom of the oven - it’s a fire risk**
- **Take out rubbish and recycling**
- **Wipe down the work surfaces and cooker regularly, especially if you spill food during cooking**
- **Do not use a vacuum cleaner to pick up wet spillage**

---

**General Waste**

- Collected: Every Wednesday
- Frequency: Weekly

**BLUE BIN**

- Cardboard, paper
- Collected: Every Monday
- Frequency: Fortnightly

**GREEN BIN GLASS**

- Collected: Every Monday
- Frequency: Fortnightly

---

**Cleaning Tip:**

- Take down and wash your shower curtain occasionally to keep it fresh.
- It can go in the washing machine and be hung back up to dry.

---

**Keeping Your Accommodation Clean**

- **Common areas at Allen Court are cleaned Monday - Friday. However, no cleaning is provided in the apartments and study bedrooms.**
- **Your Responsibilities**
  - **Chaplaincy Cleaning**
    - **CLEANING GUIDELINES**
      - Keep the inside of the fridge clean, remove old food and wipe the shelves regularly
      - Wash up and clear away any kitchen items from work surfaces and the sink area
      - Make sure that food doesn’t get stuck to the bottom of the oven - it’s a fire risk
      - Take out rubbish and recycling
      - Wipe down the work surfaces and cooker regularly, especially if you spill food during cooking
      - Do not use a vacuum cleaner to pick up wet spillage

---

**There is a British Heart Foundation collection point at Allen Court.**

**Items you can donate include:**

- Bedding, such as duvets, pillows and linen, clothing and shoes, cutlery, crockery and cooking utensils, unopened toiletries, books, CDs, and DVDs, non-perishable and unopened food.

---

**You are responsible for keeping your bedroom clean and tidy throughout the year. You’re also jointly responsible for keeping shared areas clean and tidy and should work with your flatmates to make sure that kitchens and corridors are kept in an acceptable condition. Your Residence Mentor can offer advice if you need it, such as following a rota for emptying the kitchen bins. Whether or not you get your deposit back partly depends on how clean you keep your accommodation, so it’s in your best interests to keep things spick and span!**

---

**Cleaning Tip:**

- Take down and wash your shower curtain occasionally to keep it fresh.
- It can go in the washing machine and be hung back up to dry.
COMPLIMENTS & COMPLAINTS
If you’ve received good service from a member of staff or there’s something you’re not happy with in your accommodation, speak to Customer Services about it first.

They log all compliments and handle all complaints according to the ACS Complaints Procedure, which you can view at:

www.sheffield.ac.uk/accommodation/policiesandprocedures

CUSTOMER SERVICES
The Customer Services team are your first point of contact for most accommodation issues and queries. They are based at reception at Allen Court:

Contacting Customer Services
0714 2755036
allencourt@iqstudent.com

CYCLE STORAGE
We recommend storing your bikes in the lockable cycle storage undercover in Block H.

Use your fob to access the cycle store - you’ll need to get it activated at reception first. Cycles must not be taken into buildings or stored in shared areas (e.g. corridors, landings, bedrooms) as they obstruct fire escape routes.

If found in these areas, cycles will be removed and you’ll need to pay a £25 retrieval fee.

Available 24/7 - 365 Days a year
We value your feedback. It’s the best way for us to find out what we’re doing well and also, how we can improve.

ANNUAL STUDENT SURVEY
This survey gives you the chance to tell us what you think about all aspects of living here. We’ll email you a link to the online survey where you can win fabulous prizes just for taking part.

FOOD & DRINK
If there’s a dish in one of our cafés that you love and want to see on the menu, or there’s something you’ve not been happy with, let us know - email: genius@sheffield.ac.uk.

Also see:
Complaints and Complaints
Page 10

Disciplinary action
The University has a zero tolerance policy on maliciously activating fire alarms or tampering with fire safety equipment (such as covering a smoke detector or discharging a fire extinguisher without reasonable cause). Such conduct puts lives in danger and is a criminal offence. Any student engaging in such behaviour will be referred for disciplinary action (with a fine of £100 per person as a minimum penalty), required to pay full costs and may be asked to leave their accommodation.

Additionally, if you set off the fire alarm through negligence - for example by burning your cooking or wedging the kitchen door open - this will result in disciplinary action (with a fine of £50 per person as a minimum penalty).

You can help
If you become aware of any potential health and safety risks in your accommodation or in the case of an emergency please call the Security team immediately on 07506 765008 or 07956 039749.

Risks can include:
- Trip hazards - particularly on stairwells
- Fire doors that do not close properly
- Damaged or loose glazing
- Out of order door entry systems
- Faulty electrical appliances

ELECTRICAL APPLIANCES
Your electrical equipment should be compatible with the UK electricity supply and be fitted with a three pin plug with an appropriate fuse.

To ensure your safety:
✔ Never interfere with electrical equipment or installations (including smoke / heat detectors).
✔ Never use electrical equipment that is unsafe (e.g. cables with exposed wires, cracked casings, e-cigarette chargers).
✔ Do not bring in any additional furniture or soft furnishings into the flats; these may not be up to fire safety regulation standards and are therefore fire hazards.
✔ Do not use multi-way block adapters (cube type), trailing adapters and extension leads as these can overheat, are frequently trip hazards and also when plugged into one another are one of the main causes of electrical fires.
✔ Remember to switch off appliances such as irons and hair straighteners before you go out!
✔ Do not use vacuum cleaners to pick up wet spillages.

For more advice and information about fire safety, watch our film at www.sheffield.ac.uk/accommodation/policiesandprocedures
STAY SAFE WHEN COOKING
According to the fire service, the most common cause of domestic fires is unattended cooking. To ensure you don’t cause a fire in your kitchen:

- Read the instruction booklet carefully so that you know how to operate the hob and the cooker safely
- Never interfere with the smoke / heat detectors
- Ensure grill pans and the inside of the oven are clean - any food or cooking fat stuck to them may catch fire when the oven is on
- Stay in the kitchen and keep an eye on your food whilst you’re cooking to make sure that nothing burns
- Never wedge kitchen doors open

- If your cooking burns and there’s smoke, open the windows and turn on the extractor fan. Do not open your kitchen door, since this will activate the smoke alarm in the corridor.
- Only use cooking appliances in your kitchen or pantry (including toasters and kettles)
- Allen Court does not permit the use of woks as they are fire hazards.

FIRE SAFETY
Your welfare is our top priority and we ensure that all health and safety requirements are adhered to.

We are also fully compliant with the Universities UK Code of Practice (see p.30) which, among other things, aims to ensure students live in a safe environment.

Fire Hazards
Candles and fairy lights may look pretty and incense may smell nice, but they are fire hazards and can cause serious damage.

No open flames are allowed in your accommodation.
Allen Court has its own gym and swimming pool which students can join for an extra charge. For details, please visit:
allencourtgym@iqstudent.com
0114 273 0379
www.facebook.com/momentumleisureclubsheffield

WHAT IS THE GENIUS CARD?
The GeniUS card is the best reward scheme around and gives you 5 points for every £1 you spend. With each point worth 1p, you’ll soon save up enough points for a well-earned treat.

Pick up a GeniUS card from any of our 19 hustle & bUStle outlets across campus or download the app.

Collect loyalty points ✓ Receive exclusive offers ✓ Add credit and use as a cash card ✓

Join the 10,000 GeniUS users every month earn rewards on food & drink across campus Download the free app now! Search: ‘GeniUS Card’

Join the 10,000 GeniUS users every month earn rewards on food & drink across campus Download the free app now! Search: ‘GeniUS Card’

Collect loyalty points ✓ Receive exclusive offers ✓ Add credit and use as a cash card ✓
Hotels

Jonas

Jonas is our new flexible stay accommodation for modern travellers. With that in mind we’ve created a new hybrid hotel for you to stay anywhere between a night and six months. With a high standard of interior design, large communal kitchens, open plan social space and two soundproofed rooms for working or studying, there’s everything you could need. Live differently, live Jonas.

0114 222 8816
hellob@jonashotel.co.uk
www.jonashotel.co.uk

Halifax Hall

Looking for a place for friends, family or visitors to stay? Make sure they book a room at our boutique hotel, Halifax Hall. Situated on the edge of the Ranmoor/Endcliffe residences amongst stunning gardens, the beautiful Victorian hall has been transformed into an elegant and modern hotel.

0114 222 8810
stay@halifaxhall.co.uk
www.halifaxhall.co.uk

Smart Move Campaign

Lots of students think you need to start looking for housing for next year as soon as possible – you don’t. Sheffield has plenty of good quality student accommodation available throughout the year. Look out for the Smart Move campaign in November to get all the housing information you’ll need.

Private Sector Housing

propertywithUS look after the University’s register of private properties. All properties on the register comply with standard guidelines. propertywithUS can also offer advice, guidance and support about house hunting. Contact them at:

0114 222 6058.
propertywithUS@sheffield.ac.uk
www.propertywithus.sheffield.ac.uk

UNIVERSITY ACCOMMODATION

You can live in University accommodation throughout your studies.

1. All inclusive rent = no splitting bills.
2. Internet included.
3. Wide selection of houses/rooms.

Find out more: 0114 222 4488 (option 2)
accommodationoffice@sheffield.ac.uk
www.sheffield.ac.uk/accommodation

Students’ Union Building

When you’re ready to start looking, use the propertywithUS search engine online at:

www.propertywithus.sheffield.ac.uk.
Inox

Inox is one of Sheffield’s best restaurants, serving up delicious food and drink, located on Level 5 of the Students’ Union building. Celebrate special occasions with 10% off for all University of Sheffield students, in a stylish setting and relaxed atmosphere. Open from 11:30am until early evening, it’s the perfect place to take your family and friends when they visit you in Sheffield.

0114 222 6043
dine@inoxdine.co.uk
www.inoxdine.co.uk
Level 5, Students’ Union

If you lose your fob or post key, you can get a replacement from reception. Please bring your Ucard along with a debit or credit card for payment as the following charges apply and cash cannot be accepted:

- £20 per key fob
- £10 per post box key

If you return the originals within seven days, you will receive a 100% refund.

Locked out?

If you forget your fob and need to be let back into your accommodation, contact Allen Court reception (0114 275 5036). We reserve the right to charge you for this service, so make sure you remember to take your keys with you when you go out.

£5,000 of room contents insurance with Cover4Students is included as part of your rent. If you’ve got any questions about what’s included in the cover, need to make a claim or you’d like to upgrade, visit: www.cover4insurance.com/sheffield-university

£3.00 per wash
£1.50 per dry

The launderette is located in F block on the ground floor, near to the reception. The laundry facilities in Allen Court are activated by a circuit laundry card, which you will receive on arrival.

Please visit: https://www.circuit.co.uk/ for more details on using your card and the laundry process - and make sure to download the app that lets you know when your washing has finished!
If you’ve got a fault, a maintenance problem, or a pest control issue report it to the Maintenance Helpdesk (a £50 call out charge may apply for pest control).

When reporting a problem, try to include as much information as possible to enable us to conduct the repair as quickly as possible:

- Full details of what the problem is, e.g. ‘Drawer broken in the fridge on the right’
- Location of the fault (including block, flat and room number)
- Your name, email address and telephone number

Not settling in? Feel unhappy in your accommodation? Your Residence Mentor can help. They’ve been a first year too, so understand what it feels like to move to a new city. They can also offer support and guidance if you’re having an issue with a flatmate. If you still aren’t happy after four weeks, you may be able to transfer to alternative University accommodation. To apply, pick up a form from Customer Services at The Edge or The Ridge, or at propertywithUS in the Students’ Union Building. Transfers are subject to availability and cannot be guaranteed.

If you have any specific requests with regards to maintenance staff that are due to any religious or cultural requirements, please speak to Residence Life or reception.
STUDENT PARKING
All University accommodation is on excellent public transport routes and we advise that you don’t bring a car with you to Sheffield.

City
There is no parking at Allen Court.

LETTERS, PACKAGES AND PARCELS
Allen Court can accept packages and parcels (with the exception of passports, which residents must make their own arrangements for) on your behalf, which will be stored for you to collect. The team will let you know that you have an item to collect from reception by emailing you.

Packages and parcels are only available for collection from reception between 3pm - 8pm. Due to limited space, Allen Court can only hold parcels for three days (exceptions made during public holidays).

Please ensure packages are addressed to you at your apartment, not to reception.

Rent & Room Booking
Rent payment
After you’ve set up a payment plan, rent will be taken in three instalments to coincide with the dates student loans are issued:

10 October 2017   17 January 2018   26 April 2018

Worried about money?
If you’re concerned that you can’t pay your rent, contact the University’s Income Office. The sooner you get in touch with them, the more likely they are to be able to help you resolve things. Contacting the Income Office:

0114 222 4868 residenccfees@sheffield.ac.uk

Students’ Union Building

To book, email residencelife@sheffield.ac.uk
To find out more, take a look at our Room Booking Policy:
www.sheffield.ac.uk/accommodation/policiesandprocedures

Pay Rent

Your residential contract sets out your legal terms and conditions of residence. Should you be taking leave of absence or withdrawing from your course of study while living in University accommodation, please refer to your contract.
RESIDENCE LIFE
The Residence Life team are here to help you have the best student residential experience possible. As well as events, activities, sports and entertainment provided in partnership with the Students’ Union and Sport Sheffield, our team is here to give you support and guidance.

SUPPORT & CONDUCT
The Residence Mentors are experienced students living in the residences here to support you during your time in University accommodation. They can help with emotional issues, academic worries, disagreements amongst flatmates, or if you just need someone to talk to and don’t know where to turn. If they can’t help or don’t know the answer, they’ll signpost you to someone who can.

Contacting a Residence Mentor
Residence Mentors visit you regularly throughout the year and a Residence Mentor is available every evening during term.

- 0114 222 8600, 6pm-12midnight
- 0114 222 4085, after 12midnight

supportcity@sheffield.ac.uk
Allen Court Common Room between 9-10pm (every day).

THE RESIDENCE LIFE PORTAL
The Residence Life Portal gives you regular updates about events and activities from the Residence Life team, Students’ Union and Sport Sheffield. We’ll also let you know about environmental initiatives, competitions throughout the year, important information about your accommodation and lots more, so check it daily as this is your central hub.

www.sheffield.ac.uk/accommodation/residence-life
@ResLifeTUoS
www.facebook.com/residencelifeTUoS
@residence_life
residencelife.co.uk

Events, Sports and Activities
In partnership with the University Student Services, the Students’ Union and Sport Sheffield, Residence Life is designed to enhance your residential experience.

When you live in University accommodation, there’s always something going on. Residence Life offers a wide range of activities, events, sports fundraising, volunteering opportunities, life-skills sessions and information and awareness campaigns especially for you.

Every week there are loads of opportunities to get involved, from five-a-side football, dance lessons and weekly fitness classes to music lessons, film nights and cultural celebrations. You can meet new people and try new things. Look out for your weekly email for all the latest updates. If you’d like to get involved in events and activities or organise your own, get in touch! Please let us know if you think our programme is missing something.

www.sheffield.ac.uk
There’s a dedicated team of Security who patrol the residences and monitor the extensive CCTV coverage to look after your safety and security. The Security team are available 24 hours a day, 7 days a week, 365 days a year. They work closely with Residence Mentors to ensure the safety of your accommodation.

If you smoke cigarettes indoors (including shisha pipes or e-cigarettes) you will face disciplinary action, with a £50 fine as a minimum penalty. All money collected from smoking fines will be donated to Sheffield’s Weston Park Hospital Cancer Charity (Registered Charity no. 1039885).

The use or possession of controlled, psychoactive, or illegal substances (eg. cannabis) will not be tolerated. You will face University disciplinary action and the matter will be referred to the Police.

When smoking outside, please use the smoking bins provided and be considerate to your neighbours. You are required to stand at least 2 metres away from entrances, exits or open windows.

**TOP TIPS FOR STAYING SAFE**

- Don’t leave the front door on the latch. It means that anyone can access your accommodation.
- Lock doors and windows when not at home.
- Don’t allow anyone to follow you into your block unless you know them.
- Remember the green break glass button is only to be used in an emergency.
- Keep valuables out of sight.
- Use the safer routes when walking back from campus - these are patrolled by Security and are covered by CCTV. Don’t walk alone at night.

**CONTACTING SECURITY**

Between the hours of 5am - 6pm, and in emergencies or out of hours please contact the Allen Court Security on: 07506785008 or 07956039749.

**TV LICENSING**

Students can be fined up to £1,000 or face prosecution if found not to have a valid TV licence. You need one if you:

- Have a TV in your room.
- Watch or record live shows on your PC or laptop.

If one person in your house or apartment has a TV licence for their room, this will cover a TV in a communal area. A TV licence costs £147 per year and you may be able to get a refund during the summer vacation.

Find out more about student TV licensing at www.tvlicensing.co.uk/studentinfo.

If you’ve run out of money on a night out you can still get a taxi home by taking advantage of the Safe Taxi Scheme. Call City Taxis on 0114 2393939, remembering to quote ‘Safe Taxi Scheme’, and give them your UCard instead of paying your fare.

The taxi driver will give you a receipt and will return your UCard to the Students’ Union welcome desk within 24-48 hours. Simply take your receipt along to the desk, pay your taxi fare and you’ll get your UCard back.
**University Code of Practice**

**UNIVERSITIES UK CODE OF PRACTICE**

All our accommodation complies with the regulations set by the Universities UK Code of Practice. This ensures that we have clear policies and procedures for things like:

- **Health and safety**
- **Maintenance and repairs**
- **Student welfare**

Find out more at [www.th sac.org.uk](http://www.th sac.org.uk)

---

**VISITORS**

You may have visitors to stay with you in University accommodation for short stays only.

Please be considerate of your fellow flatmates and note that you will be responsible for the conduct of any invited guests.

---

**Welfare & Wellbeing**

**Meningitis**

Meningitis can develop rapidly and young people are particularly susceptible. Early symptoms can be very similar to those of flu or even a hangover and include:

- Fever
- Vomiting
- Severe headache
- Stiff neck
- Dislike of bright lights
- Rash

There is currently a vaccine for Meningitis C. Speak to the University Health Service (UHS) about getting immunised against this strain. If you have any concerns about your own or a friend’s symptoms, contact the UHS, National Meningitis Helpline or NHS Direct straight away.

See the ‘Health contacts’ on page 5 for details of how to get in touch. If you are feeling that things aren’t going right and want to talk to someone, pop into the student advice centre. We have plenty of people who are happy to listen to any concerns or worries you may have.

**Student Advice Centre** 0114 222 8660
advice@sheffield.ac.uk

**Students’ Union Building**

**Well connected**

An online mental health and wellbeing resource open to all students.

wellconnected@sheffield.ac.uk
www.sheffield.ac.uk/wellconnected

---

**Visitors**

For help and advice with welfare/wellbeing issues contact the Residence Life support and conduct team (see Contacts on page 3).

**Alcohol**

For some students, drinking can play a part in University life. It’s okay to drink in sensible amounts, but there are lots of reasons why excessive drinking can be bad for you.

Here are some simple things you can do to look after yourself when drinking:

- Eat a substantial meal before going out.
- Use the ‘One Unit of Alcohol’ advice.
- When going home, travel with friends - and remember you can use the Safe Taxi Scheme with City Taxis. (p. 29)
- Alternate alcoholic with non-alcoholic drinks.
- Don’t pressure your friends into having another drink, or be pressurised by them.
- Never leave your drink unattended or accept drinks from someone you don’t know.

If you’re concerned that you or a friend is drinking too much, talk to your Residence Mentor – they may be able to help. For more information about the effects of alcohol, visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk)
Every effort has been made to ensure the accuracy of the information given in this leaflet but the University cannot accept responsibility for any errors or omissions. Accommodation is continually reviewed and there may be changes between the date of publication and the time you commence your stay in our residences.

Voted number 1 for accommodation three years in a row (2013-16)

@SheffUniAccom
facebook.com/sheffieldaccommodation
@SheffUniAccom
sheffielduni

www.sheffield.ac.uk/accommodation
accommodationoffice@sheffield.ac.uk

(Printed August 2017)