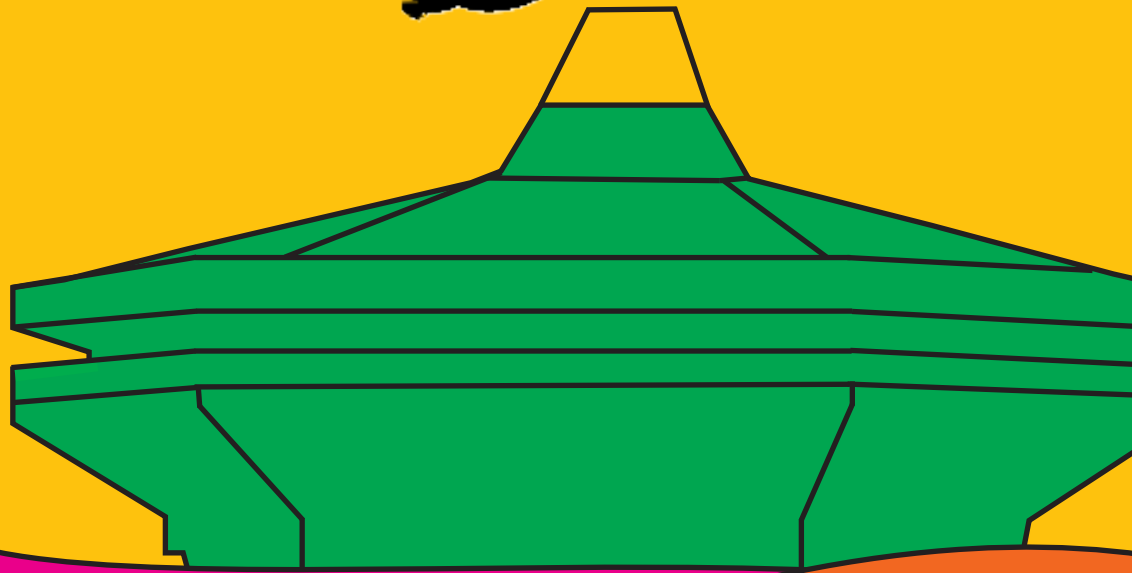


NOUSE

freshers



ANTHONY HOROWITZ | MUSIC & ART | SPORT & SOCIETIES | TAKEAWAY GUIDE | & MORE

CONTENTS

4-5. EXCLUSIVE INTERVIEW WITH ANTHONY HOROWITZ

6. WHAT IS YUSU?

7. INTERVIEW WITH YUSU PREZ

8-9. ASK THE EDITORS

10. MUSIC IN YORK

11. ARTS IN YORK

12. SPORT AT YORK

13. SOCIETIES AT YORK

14. TAKEAWAY GUIDE

15. HELP & SUPPORT

Nouse 

Turn to the back page to find out how to get involved

IMAGES (TOP RIGHT CLOCKWISE): ALEX THOMPSON (X2), LUKE SNELL, ANTHONY HOROWITZ, PATRICK WALKER, NORDISKE MEDIEDAGER

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With contributions from Jonathan Wellington, Alex Thompson, Maddie Thornham, Patrick Hook-Willers, Jenna Luxon and Patrick Walker

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The opinions expressed in this publication do not necessarily reflect those of the editors, writers, publishers, or advertisers. Contact editor@nouse.co.uk with letters, complaints and praise.

NOUSE ACCEPTS NO RESPONSIBILITY FOR OUR QUESTIONABLE ADVICE

NOUSE? HOW DO YOU EVEN SAY THAT?

If you're reading this then you're one of three things: 1) a first-year, slightly confused and very rarely sober having probably opened this by mistake, 2) *Vision* reading this to try and steal our ideas or 3) my nan. Whichever you are, don't discard it just yet.

This magazine is, in part, designed to answer some of the many questions you inevitably have starting Uni, so read through it and maybe you'll learn a little about York and a little bit about *Nouse* too. I'm also using this Editor's note to answer a couple more questions, the most pressing question being: what is 'Nouse'?

Apart from being the thing that makes up a surprising amount of my life, *Nouse* is THE student newspaper on campus. Broadsheet in style and made up of two halves, main paper (News, Comment, Sport, Science, Business and Poli-

tics) and MUSE (Features, Arts, Fashion, the Shoot, Music, Film & TV, Gaming, Food & Drink and Musings) our 48 page newspaper prints three times a term.

Another question you might have while reading this is: who the hell are you? Well, I'm Jonny and I'm the MUSE Editor at *Nouse*: the bloke who's somehow constructed this magazine with the help of a brilliant team. I'm someone who, as a fresher last year, was reading the 2018 freshers supplement, just like you are now.

There is, however, another function to this supplement other than offering advice and information and that is a little bit of *Nouse* propaganda. Hopefully one more question you are thinking is: how can I join *Nouse*? *Nouse* is the largest and oldest society on campus with over 60 roles which are all up for grabs at our election in Week Three. So if you

flick through this and think *Nouse* looks like something you'd like to join, either writing or editing, then come along to our welcome meeting, join our writers' groups on Facebook, or run for an editing position in our upcoming elections.

Getting involved with *Nouse* is one of the best decisions I've ever made. Through *Nouse* I've learned so much, not only editing a newspaper, but in improving my writing and a load of vital qualities that I won't bore you with here, but instead save for boring future prospective employers. More interestingly, *Nouse* has given me opportunities such as interviewing my favourite author as a teen, on the very next page. Getting a pre-release copy of Sam Fender's album, *Hypersonic Missiles*, was certainly a highlight too.

As for how you pronounce *Nouse* - come and see us at Freshers' Fair to find out.

by Jonathan Wellington



ANTHONY HOROWITZ

INTERVIEW BY JONATHAN WELLINGTON EXCLUSIVELY FOR NOUSE

“WE NEED GOOD JOURNALISM NOW MORE THAN EVER



Anthony Horowitz is one of the University of York's most notable alumni and, as a former writer of *Nouse*, one of our biggest claims to fame. With over 40 books under his belt, the likes of which include the best-selling teen spy series *Alex Rider*, he is also one of the UK's most prolific and successful authors.

Taking time out of his busy schedule of writing in Greece, Anthony admits our interview with him “couldn't be worse timed”. Busy writing the sequel to murder mystery *Magpie Murders*, I ask Anthony what on earth compelled him to break from his writing and take this interview with lowly student paper *Nouse*.

Anthony answers in an honourable way, saying “this article is aimed at young men and women who are beginning a fantastic journey, at York and beyond, and I sort of feel that if I, representing an older generation, can help in any way, then I should”.

With that we move to one of the main topics of the interview: sharing advice with all you lovely freshers. Anthony first gives the disclaimer that despite feeling obliged to take our interview request he “hate(s) giving advice”, arguing it makes him “feel pompous and old”.

Despite this hesitation, Anthony draws inspiration from his current location of Crete and answers in Ancient Greek, with “sega sega”, which he describes as basically meaning “take it easy, one step at a time”.

This advice is based on Anthony's ex-

-periences as a fresher. When I ask about his first day here at York, he admits that when it comes to his first night as a student, he has “no memories at all beyond the third vodka”, as he confesses: “I clearly did not take my own advice”.

Moving away from his student drinking habits, we progress more towards his writing career, where Anthony gives the following advice to any budding authors or journalists: “Believe in yourself. Follow the voice inside your head. Don’t take advice from an author just because they’re successful.” He then reflects that: “I was exactly where you are once and nobody ever gave me any advice or even very much support, really. I was just determined to succeed and kept plugging on until I did”.

Regrettably, I then asked the world-renowned author how much his experience writing for this very student publication had gone on to help with his writing. The brutal answer: “Not an awful lot, to be honest”.

Despite *Nouse* not necessarily having as big of an impact on his career as we may have hoped, there’s no denying that Anthony still holds some affinity towards student media, as he admits: “I can’t walk into the new media centre without feeling intensely jealous”. Moving more generally on to how the University has changed since his time as a student, Anthony claims that: “York is unrecognisable to me in terms of its expansion, its amazing facilities, its progressiveness”.

Moving past this praise however, Anthony reflects on the more negative ways in which the culture of university has changed. The author reckons “university fees have made a huge difference, if not to the culture then to the perception of what university is about. I thought it was a

period (three years) in which to explore, to find yourself, to take a breath before you got onto the treadmill of life. These days, it often seems to be more about preparing yourself to get a good job, earning money... to pay off the debt. That’s a shame.”

Rather selfishly, I then turn the conversation towards my favourite books as a teen, the best-selling *Alex Rider* series. Despite previously saying that 2011’s *Scorpia Rising* would be the final installment, *Alex Rider: Never Say Die*, came out in 2017 and *Alex Rider: Nightshade* is expected soon.

When I ask what it was that drew him back to the character, Anthony confesses “I really did mean to stop after *Scorpia Rising*. But what changed my mind was a sense that I had ended on a very dark note, that Alex was unhappy and that in a way I’d done a disservice to my readers”. He stated, “If a young adult author has one duty, I think, it is to be optimistic.

So I wrote *Never Say Die*, a much more cheerful book, and that reminded me how much I liked writing about the character.” He describes the upcoming book, *Nightshade*, as being “quite an adult book with a very dark theme.” He hopes



“some York students will read it” and adds “I loved writing it.”

The books are also currently being adapted into a television series. When I ask Anthony about it, he is full of praise, stating that: “Otto Farrant is brilliant as Alex and Brennock O’Connor (Olly - *Game of Thrones*) is also wonderful as his best friend”.

He admits that: “Of course, I would say this, wouldn’t I!” but then clarifies that he “was actually quite worried about the TV series and I’m only writing this after seeing an assembly of episodes 1-3 and being blown away”. Anthony describes the adaptation of his work as “dark, sophisticated, serious” before admitting that he “wishes the film of *Stormbreaker* had been more like it”.

Before concluding the interview, the budding student journalist in me can’t resist getting a little bit political and asking Anthony, who describes himself as an “occasional journalist”, what his views are on the current state of the media and fake news culture. His response: “Crikey – do you want an interview or a whole book?” He continues: “Very briefly,” that in his opinion, “the concept of ‘fake news’ has been hugely destructive to democracy. The suggestion that if a newspaper is critical of a politician then it is probably lying is a simple and almost unanswerable way of deflecting that criticism. In a nutshell, ignore the message and attack the messenger.”

“Sadly, news organisations have not behaved particularly well over the last decade (hacking etc). But right now, given the lamentable quality of our politicians, we need good journalism more than ever.”

Interview by Jonathan Wellington, with thanks to Anthony Horowitz and his team.



WHAT IS YUSU?

BY MADDIE THORNHAM

YUSU stands for York University Students' Union. YUSU is an independent charity, based on-campus and is run by elected student representatives: five full-time Sabbatical Officers that you can meet below, and ten Part Time Officers. YUSU aims to represent the wishes, needs and opinions of students on-campus, working to champion the interests and student welfare; also by providing to students' services such as YUSU bars, activities, and a means for students to discuss how the University should be run.

SAMARA UNION PREZ



I Chair the YUSU Board of Trustees, and sit on the University's Trustee Board (which is called the University Council). I also oversee relationships with students, funders and wider community partners, I meet with the colleges and often lead or support student campaigns. I try to maintain oversight of each Union's competing demands and priorities to ensure that we prioritise the right issues and focus on areas where we can have the greatest impact on the most students.

MADDI SPORT PREZ



I coordinate sport at a college and university level, working with committees to support and develop their clubs to improve the quality and provision of sport across the University. My goals are to complete the triple threat, which I have affectionately titled winning a home College Varsity, an away Roses, and finishing in the top 40 of the BUCS league table. On top of this, I want to work at making sport truly for everyone, and encouraging a highly active campus here at York.

WHO BETTER
TO ASK WHAT
A SABB IS THAN
THE SABB'S
THEMSELVES?

STEPH COMMUNITY & WELLBEING OFFICER



I advise students on housing, finances, mental and physical health, safety, sexual violence and misconduct, and support students in hardship. I deal with community engagement, from the Council, to residents and National groups. I also lead the Liberation and Welfare committee. My goals are to secure affordable campus accommodation, continue #RentRant and #BUSTice, introduce a reporting tool for violence and misconduct and improve wellbeing provision in academic depts and across the University.

GIANG ACADEMIC OFFICER



My role is to represent your academic interests. My goals are to build an inclusive and diverse academic community departmental study spaces, utilise technology efficiently in teaching and learning, improve academic supervision, breaking down hidden costs and to decolonise and diversify the curriculum. I want to create relevant departmental careers support and diversify career-related events such as the York Strengths Programme. Finally, I want to enhance the student reps system by professionalising training.

OLLIE STUDENT ACTIVITIES OFFICER



I look after societies, student media, RAG and volunteering. I support students to make any activities and events that they take part in are the best they can be. I also lobby the University to tackle issues that face our amazing student groups. We need to ensure the campus estate is up to the standard that student activities need to thrive in, including access to proper storage, performance and flat floor space. I want to foster culture on and off campus, improve our YUSU events, venues and protect cultural spaces in the city.

The Part Time Officers consist of the BAME officers, Amy Perlaza and Zainab Moalinn; the Disabled Students' Officers, Victoria Cornford and Elana Greaves; the Environment and Ethics Officers, Merry Dickenson and Mark Matthews; the International Students' Officers, Jessica Rendini and Sorhna Perrot; the LGBTQ+ Officer, Gem Card; the Mature Students' Officer, Ioana Dumitrescu; the RAG Officers, Annie Bockock and Sam Meadows; the Volunteering Officer, Emily Johnsen; the Women's Officers, Ally Smith and Daisy Slate; the Working Class and Social Mobility Officers, Courtney Smith and Joel Stasiuk.

ALEX THOMPSON TALKS WITH YUSU PRESIDENT: SAMARA JONES



When did you first decide that you wanted to run to become YUSU President?

It was part way through Autumn term in my third year when I decided I wanted to run for President. I'd had a few people ask me if I was thinking about it, because of my involvement in the Alcuin college committee and sports so after talking to lots of my friends and finding out more about the role I thought I might as well give it a shot. I could see the potential to make a real difference to students and that was exciting.

What are YUSU and the University doing to support the mental health of students?

YUSU have signed a three year partnership with Students Minds to ensure we have the support of sector professionals in this area. We aim to train up at least 200 students each year for the next three years in how to support good mental health as part of this scheme. We will also be using their support to engage in the City of York Council Student Health Needs Assessment due this new academic year. More details on the Student Minds website .

Mental health has been a key campaign area for YUSU over recent years and it was a previous president who ensured that the University set up a city wide task force to look at mental health. This resulted in a £500k investment of new money into university men-

tal health and work on a student health needs assessment at York involving colleges, universities, unions and health professionals.

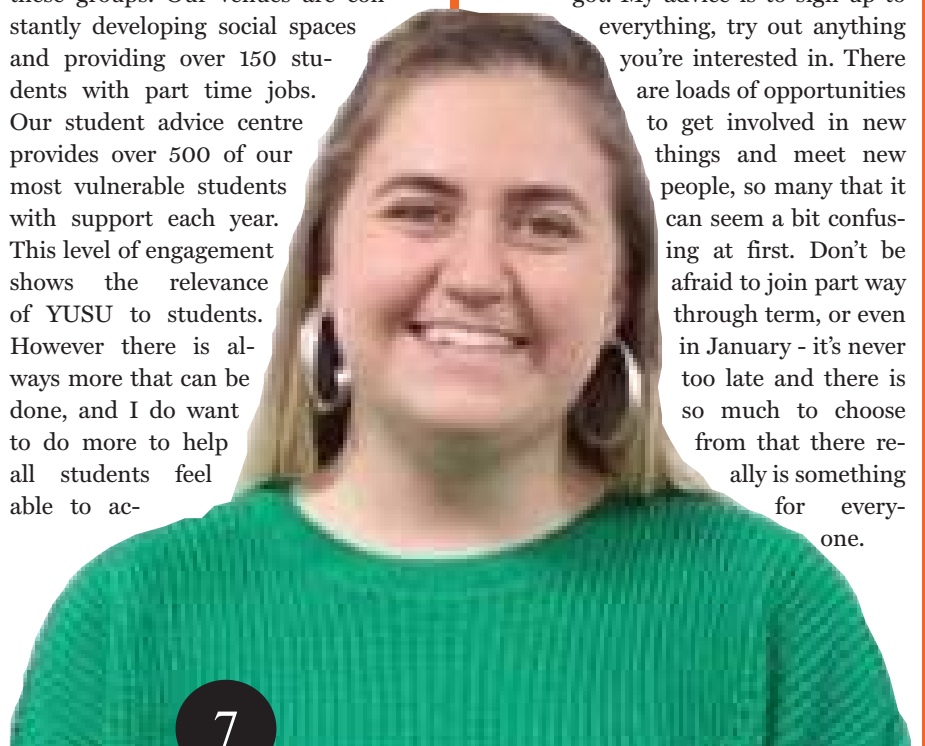
The SABBs are also taking part in The Great York Walk, the first in a series of charity events run by the University for a mentally fit York. Any money raised in this campaign will be used to fund initiatives such as mental health first aid, as well as research projects looking to further our understanding of mental health issues and the barriers to accessing support services.

Some students feel that YUSU is no longer relevant. How would you plan to address this issue?

Over the last year we have seen incredible student engagement with campaigns, particularly in the student driven campaigns on rent, the cost of living and transport. We have over 200 student run societies and more than 60 BUCS sports clubs, which are extremely popular with so many students getting involved with these groups. Our venues are constantly developing social spaces and providing over 150 students with part time jobs. Our student advice centre provides over 500 of our most vulnerable students with support each year. This level of engagement shows the relevance of YUSU to students. However there is always more that can be done, and I do want to do more to help all students feel able to ac-

cess and engage with all these activities and more. The year ahead will involve a lot of looking forward as we begin to develop a new YUSU strategy. We will be thinking about the expectations of future generations of students, what campaigns will the students lead on to deliver bigger and better outcomes, how can we grow the amount of student jobs on campus as well as broaden the range of information, advice and resources available from our advice service, widen and deepen participation in clubs, societies, RAG and volunteering. **How did you find your Freshers' Week? Do you have any advice for new Freshers?**

My Freshers' Week was a great start to uni and college life, the STYCs were really welcoming and I had a great time with my flat. Although when I think back it feels like one really long day which ended with the massive freshers fair, I'm still working through all the free pens I got. My advice is to sign up to everything, try out anything you're interested in. There are loads of opportunities to get involved in new things and meet new people, so many that it can seem a bit confusing at first. Don't be afraid to join part way through term, or even in January - it's never too late and there is so much to choose from that there really is something for everyone.



ASK THE EDITORS

JONATHAN WELLINGTON ASKS THE NOUSE EDITORS FOR THEIR ADVICE FOR FRESHERS, THEIR PERFECT NIGHT IN YORK, AND THEN A COUPLE OF HELPFUL EXTRA BITS...



“WHAT IS GOING ON? HELP ME NOUSE”



Maddie Thornham - Editor

Advice: Embrace university life for what it is and keep an open mind. Sometimes things work in binary opposites: the highs can be really high and the lows really low, but these experiences all help to make up what makes University such an immersive experience outside of just your course. Keep perspective and push yourself!

Perfect night: Pre-drinks with rum and coke or red wine, after that I don't mind as long as it's not Salvos and I end up in Drawing Board.

8

Why should someone get involved with Nouse? Think about how you'd regret it if you didn't! No but seriously, I had a fuck it moment when I ran for Arts Editor as my first position, and although at the time it was scary, I now know my university experience wouldn't have been the same without Nouse. It's important to view student journalism and societies in general as things that everyone is just as worthy of getting involved with, so don't shy away from putting yourself out there. It sounds silly but the best way to get involved is just to get involved - turn up and you'll be sure to find something that works for you.

How do you feel about having a massive picture of your face next to this piece? Confused but I'm rolling with it.

Callum Tennant - Deputy Editor

Advice: My biggest piece of advice is to get involved. It can be scary, but you don't want to later realise that you've missed a whole load of possibly life-changing experiences. Try something new and go out of your way to meet different people.

Perfect night: A good pre-drink session, Stone Roses for a Blue Shit, then heading to a sweaty bad remix-filled night at Salvos. Deniz Kebab on the way home.

How should someone go about joining Nouse? Come see us at Freshers' Fair at Greg's Place and check the 'Join' section of our website. Stay up to date with our events through our Facebook and Twitter.

Alex Thompson - Deputy MUSE Editor
Advice: First year doesn't count. Making it to Stones does.

Perfect night: Heavy pre-drinks, Spoons, Stones, Kuda.

What is York's music scene actually like? York's music scene is diverse, accessible and cheap. It's easy to play gigs and even easier to see them, just be prepared to dig through a lot of shit to find some gems. Check out my piece on page 13 to find out more.

Matthew King - News Editor & Social Secretary

Advice: Don't hold back at the start of the year - talk to everyone and anyone and make as many friends as you can.

Perfect night: Have a good pre-drinks in your flat with your Aldi vodka and Nisa lemonade, go get blue shirts from Lowther, then go to either Salvos or Fibbers. Finish the night off at McDonald's.

Does your college actually affect your personality? The whole idea that your college has something to do with your personality is absolute bull. Because I was in Alcuin everyone mocked me saying that I'm obviously boring, which is not true I promise (Social Sec here). The whole 'Derwent's got asbestos' and 'Alcuin's boring' stuff dies down after freshers so don't worry if you're on the receiving end of some good old college prejudice.

Alice Weetman - Features Editor (Muse)

Advice: Get involved. Trying new things at the start of university helped me find a great network of friends with similar interests and helped with my confidence!

Perfect night: Start with a stroll round the centre of town, enjoying a cocktail or two in Las Iguanas then Evil Eye for one more. Lowther is a must to get in a quick treble before the classic Flares, Society (and maybe Salvos) combo. Nothing like boogieing the night away to some cheesy tunes. No night is complete without stop-

ping at Deniz for cheesy chips and gravy.

Top food place in York: One food place I'd recommend trying in York is The Press Kitchen on Walmgate. They offer a different, delicious and well priced brunch menu in a relaxed environment, you can even pick your own songs on the jukebox. Their dinner menu, although not cheap, is definitely cheerful and offers a variety of options and flavours. They also use lots of local produce from the vegetables and baked goods, to their selection of gins and wines. You have to give it a try!

Jenna Luxon - Arts Editor (Muse)

Advice: It's never too late to join a society. Don't think that you've missed the boat just because you don't manage to go to their social in Freshers' Week or don't make the first few meetings. If you want to give something a try later in the year, just show up or message the society on Facebook.

Perfect night: The key to a good night in York is to start in Stones, end in Flares and get Salt & Pepper on the way home. What you do in between those three is pretty irrelevant.

What's the best place to start with all the culture in York? Firstly, check out our 'The Month Ahead' series. At the end of each month we list the top arts and culture events over the following month, in town and on campus. Aside from that shameless self-promo for my article, I'd say to start on campus. Comedy Soc and Drama Soc put on performances throughout the term, they're cheap, and generally situated near a college bar.

Annie Wood - Sub-Editor

Advice: Get involved as much as you can. Perfect night: Flares - Society - Salvos.

For those who don't know, what actually is a Sub-Editor? A Sub-Editor cleans up everyone else's mistakes and makes sure the news- paper is at the best stand- ard possible.

9

Alex Woodward - Deputy Sport Editor
Advice: Do things you wouldn't have done otherwise.

Perfect night: There are 365 pubs in York so you're not going to be stuck for options. My favourites are The Hop for its music, pizza and specialist beers; House of the Trembling Madness for having all of the beers in the universe (probably) and Evil Eye for cocktails, gins and live music.

What's the best way to get involved with sport at uni? Most of the sports societies run Give It a Go sessions in the first few weeks of term. These sessions are there to give you an introduction to the sport and are free, you don't have to commit to anything, so just throw yourself into it. College teams are also a great way of getting involved with sport and require very little commitment (or ability for that matter).

Patrick Hook-Willers - Design Director

Advice: Don't be afraid of failure. You'll end up where you're meant to be regardless.

Perfect night: Playing pool literally anywhere with a bar. Stone Roses. Flares.

Do you need an experience to get involved with Nouse? No. There is always someone available to help you learn what you need to know. Most of being a Nouse editor or writer is trial and error. You really can start from zero experience and end up as Editor.

Jonathan Wellington - MUSE Editor

Advice: Take every opportunity you can. Whether it's taking your involvement with a society (hopefully with us here at Nouse) to the next level, or refusing to pass up on the opportunity to go to the pub, just get involved in what uni life is all about.

Perfect night: Bottle of your cheapest Rosé, Spoons, Stone Roses, after that it doesn't really matter. I won't remember it.

Has the creation of this supplement affected your health and well-being? Yes.

IMAGE CREDITS WHERE NEEDED FOR TOP LEFT: J. HARRISON, COMPLETE RUNNER, YUSU, KK70088, PIXNO, KAREN ARNOLD

MUSIC...IN YORK

BY ALEX THOMPSON

THE FULFORD ARMS - FOR HEAVIER TASTES

Cosy pub by day and sweaty venue by night, The Fulford Arms caters to the heavier side of York's music scene with a focus on alternative music. While being primarily a rock venue, there are a host of other eclectic and varied acts and one of the best live sounds in town.

Featuring local talent and big touring bands, The Fulford Arms is a staple of the York arts community.



THE CRESCENT - UNRIVALLED VARIETY

Nestled down a small street near the station, former working men's club The Crescent turned venue manages to retain its community spirit while hosting some of the biggest gigs in town. Combining a sizeable venue with your typical pub fare (pool tables, bars, sofas etc). The Crescent has a unique atmosphere and a good selection of beers which is always a bonus. Hosting a semi-regular reggae sound system event and a wide variety of local and touring artists as well as comedy nights, The Crescent is a must visit for anyone wanting to see what York has to offer.



VICTORIA VAULTS - BEST FOR SMALL GIGS

I have a soft spot in my heart for the 'Vicky Vaults' as it was where me and my band played one of our favourite gigs. Part pub, part venue, it's cosy and intimate without feeling crowded and has a great variety of local bands as well as your usual collection of covers bands. Gigs are typically smaller-scale but a cheap way to see live music. Also, it's just down the road from Spoons which is never a bad thing.



YOUNG THUGS - OFF THE WALL WEIRDNESS

Local studio and record label Young Thugs hosts weird and experimental gigs across the city. Bringing together some of the best and brightest up-and-coming bands, the team are galvanising an alternative music scene and fostering local talent. Keep an eye out for events around York because the gigs are always something special. From cramming a full band and 40 punters into a small room for their notorious Hovel Sessions to floating audiences in a giant sensory deprivation tank on a barge with bands performing in complete darkness, Young Thugs bring a unique weirdness to York's growing scene.



FIBBERS - THE HEAVY HITTERS

Fibbers is more than just a nightclub, having hosted some historic York gigs from the likes of Bring Me The Horizon, The Arctic Monkeys, The Killers and unfortunately, Coldplay. This year has seen sets from Frank Carter and the Rattlesnakes, Sleaford Mods and there's no doubt more great gigs to come. While its future is uncertain, its legacy is set in stone.



CAMPUS - HIDDEN GEMS

It might seem pretty obvious but keep an eye out for gigs around campus itself. For newly formed bands or solo acts, playing gigs organised by college committees and BandSoc can be a great way to boost confidence and it's a constant source of free live music, right on your doorstep.

ARTS...IN YORK

BY JENNA LUXON



ART & SHOW - 25 - 27 OCTOBER, YORK RACE COURSE

Three-day art festival with more than 120 artists exhibiting and selling their work. As well as having the opportunity to buy art and to talk to the designers, there will be installations, workshops and art demonstrations running across the weekend. (£5.50 for a day ticket or £10 for all threedays with your student card).



LAUGH OUT LOUD COMEDY CLUB - 26 OCTOBER & 23 NOVEMBER

Comedy Club that travels round the country each month, stopping in York twice (at The Basement and York Barbican). Featuring four top professional comedians, the show's line-up changes every month. Comedians booked in the past have included Russell Howard, Sarah Millican, John Bishop and Jason Manford. (£17 tickets).

DUNGEON ADULT LATES (18+) - 26 & 31 OCTOBER

On selected nights throughout the year the York Dungeons reopen at 8pm for 18+. With more scares and riskier jokes, you'll experience 11 live shows. Tickets include two free drinks inside the dungeons and free entry to Kuda after the show. These events are really popular, so book in advance to secure a place and save £5 on your ticket. (£20 if booked or £25 on the door).



AESTHETICA SHORT FILM FESTIVAL - 6-10 NOVEMBER

International independent film festival championing creative filmmaking held annually in York. A key event for both film makers and film enthusiasts. Films featured have gone on to win many awards, including BAFTAs and Oscars. A full schedule of all the films being shown and events in the festival can be found online. (£15 for a student day pass).

THE WOMAN IN BLACK - 12 - 16 NOVEMBER, YORK THEATRE ROYAL

Following its record breaking run on the West End, Susan Hill's famous ghost story *The Woman in Black* comes to York as part of its UK tour. Sure to get you jumping at the tiniest creek in the house and sleeping with the lights on. (Tickets from £15).



RECORD AND BOOK FAIR - 16 NOVEMBER, THE CRESCENT

20 tables selling an eclectic mix of vinyl records and second-hand books, a perfect way to spend a Wednesday afternoon. (Free entry)

ADULTS' NIGHT POTTERY PAINTING - 15 & 29 NOVEMBER

Arrive any time from 6pm onwards to de-stress and let your creative side out by enjoying an evening of pottery painting. (Book in advance, £4 entry + the cost of whatever you paint). At Rainbow Ceramics.

YORK MUSEUMS TRUST MEMBERSHIP CARD (YMT CARD)

A YMT Card is a great membership to sign up for at the beginning of the academic year. This card will gain students unlimited free access to the York Castle Museum, the Yorkshire Museum & Garden and the York Art Gallery, as well as 10% off in the attractions' gift shops and cafes. York Art Gallery will soon be hosting the Christopher Cook Artist Workshop and Exhibition on Saturday 12 October, where Christopher

SPORT...AT YORK

BY PATRICK HOOK-WILLERS

 @NOUSESPO

BUCS Teams

British Universities and Colleges Sports (BUCS) is the most regular show-piece of sport at every university. BUCS boasts national leagues in 47 sports, ranging from popular games like Football and Rugby, through to more niche sports such as Ultimate Frisbee and Fencing.

Not every sport at York is part of a BUCS league or cup, with some like Handball being otherwise affiliated. In total, there are 64 individual sports clubs on campus, so there will certainly be something for you to break into if you are interested.

Joining a club is a great way of meeting people and getting acquainted with York's nightlife - Salvos on a Wednesday is an absolute must at least once in your first term.



Roses are White

The jewel in York's sporting crown is the annual varsity tournament, Roses, against the old enemy Lancaster University.

Harking back to the War of the Roses, this competition is Europe's largest inter-university varsity competition, boasting over 100 fixtures over the first weekend of May every year.

The best of York's sports clubs, at both university and college levels, battle it out for bragging rights as well as the famous Carter James Trophy.

Making it into a Roses squad is not easy, but it's well worth the effort, offering you the chance to play your chosen sport in front of electric crowds full of hundreds of supporters desperate for you to win.

The trophy currently lies in York's hands after this year's 209.5-143.5 victory.

Whether you're a player or a supporter, Roses is without doubt the best weekend of the year.



College Teams

For those not wanting to commit to a heavy training schedule and play more casually, college sport is the place for you. Each college has teams in a wide range of sports, including Football, Badminton, Cricket, Squash, Pool and many, many more! These single sex and mixed sports clubs are a great way for players less confident in their abilities or more focused on their degrees to get active and are often gateways into university-level clubs.

Any level of ability, and any level of commitment is welcome in college sport, which is what makes York's sporting scene one of the most inclusive and engaging anywhere in the country!

College Sport leads up to the college varsity tournament against Durham in March, where the best college teams from each sport and league face off against their Durham counterparts. York narrowly lost to Durham away last year, so a big home win is expected when March finally rolls around.



KEY SPORTING DATES
BUCS MATCHES: WEDNESDAYS
ROSES: 1ST - 3RD MAY 2020
COLLEGE VARSITY: 1ST MARCH 2020

SOCIETIES ...AT YORK

BY MADDIE THORNHAM

Making the most of your time here:

The first few weeks of university are a total whirlwind experience. They're fun, daunting, fast, and information is thrown from every angle. But be mindful in this busy time of what excites you outside of settling in, because there are lots of opportunities on offer to get involved in university life, after the initial period of chaos has ended.

It is important to consider: how to build up your CV, how can you build up general life experience and do things you wouldn't be able to do if you weren't at university? One of the biggest regrets for a lot of students is not getting involved in societies sooner. There are over 200, and you are bound to find one, or plenty, that appeals to you!

Freshers' Fair

It's a good idea to go to Freshers' Fair, 5 October, to sign up to anything that even remotely takes your fancy. There will be lots of information given out about each society, a chance to ask questions, meet enthusiastic students and, of course, plenty of freebies.

If you can't make it to Freshers' Fair, remember that you don't only have to join a society

at the beginning of the year. Most societies will host lots of events throughout the year, encouraging new members to join, such as socials, general meeting times posted on society Facebook pages and Give it a Go sessions, which *Nouse* will be participating in for the first time. Just be sure to check the YUSU website to find out more about how to join societies at York.

Volunteering and RAG

There are many ways to get involved in volunteering, which both benefits local communities and causes, as well as helping students to build worthwhile experiences for things that matter. The three main ways to get involved are through projects that are student-led, one-off opportunities, or through college volunteering, whereby each college has their own chosen local charities for students to help support.

YUSU Raising and Giving (RAG) This offers the chance for students to take part in fun, and sometimes wacky, charity events and challenges; from scavenger hunts to skydiving, all in aid of good causes. The core charities chosen to fundraise for this year are Action Against Hunger, World Child Cancer and Snappy.

Breakdown of society categories

Academic and Educational – these include course-based societies, such as EconSoc for Economics and LitSoc which hosts events such as 'Poems and Pints', and film screenings for those interested in literature content outside the course.

Arts and Culture – from the Norman Rea Gallery which hosts art exhibitions on campus, to Hummus Appreciation Society, there's something for everyone.

Campaigning and Political – this covers all major political parties and activist groups such as Feminist Society and Amnesty International Society.

Faith Societies – these are societies that represent all religions at York.

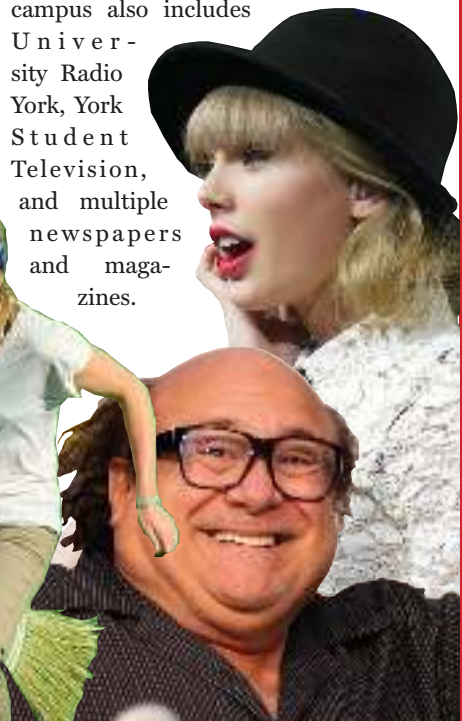
Games and Fandom – societies for fans of Harry Potter and Taylor Swift, those who play Dungeons and Dragons, and many others.

International – these societies unite and represent cultures from around the world, celebrating different traditions by hosting fun and educational events.

Music and Performance – Dance, Drama and Panto Societies, Band societies and Jazz are all included.

Special Interest – everything from FetSoc, a progressive and sex-positive society, to Outdoor Society, which organises weekly walks across Yorkshire.

Student Media – a special mention goes to our beloved *Nouse*, York's oldest student group. The multimedia on campus also includes University Radio York, York Student Television, and multiple newspapers and magazines.



TAKEAWAYS

BY PATRICK WALKER

York has a plethora of food options for students. Here are our top tips for scoring an excellent meal without having to leave the comfort of your flat: bear in mind that most takeaways, like Maw Maw's, give you 10-20% discounts for ordering direct on the phone, or on various apps.



ZIDANE'S INDULGENCE - FOR LATE NIGHT SWEET TREATS

It's 2019, and you're living in one of the culinary centres of the UK: you deserve to be able to order milkshakes and cheesecake to your door. Thankfully, through Zidane's, that's now totally possible. This takeaway is open till 1AM, which makes it perfect for that sweet, sweet blood sugar boost when you're cramming exam revision. We recommend their hot cookie dough, served with ice cream and a drizzle of chocolate sauce.



SLICE OF HEAVEN - AMAZING PIZZA

There's one thing that sets this Just Eat sensation apart from all of the other pizza places that York offers: Slice of Heaven stone-bake their pizzas, which means you can say goodbye to the greasy, more sloppy offerings at inferior York Italians. They also offer a choice between thick or thin crusts, and a variety of sizes, which is helpful if you're looking to share. The pizzas are incomparable value for the money, especially if you're ordering larger ones to stretch a few meals. *Nouse* recommends their crisp, buttery garlic bread to start your meal off with something special, and their burgers are excellent too if you're ordering with a picky crowd.

NAZ SPICE - PIPING HOT CURRIES

Naz is the king of York takeaway curry houses, and offers a wide selection of both Indian and halal Middle Eastern cuisine. As the *York Press* reported in February, Naz has suffered issues with its hygiene rating after "high risk foods" were left un-refrigerated and facilities were left dirty, but has since climbed to its (perfectly acceptable) three-star rating for food preparation.



EFE'S - TECHNICALLY STILL PIZZA

It is rumoured that mere utterance of this low-cost York pizza chain is enough to get you and your mates chucked out of the local Domino's. Efe's has been dominating the pizza wars in York for over 15 years, and it's most popular with the student population. The Just Eat page might be full of disgruntled reviewers wondering why their pizza arrived two hours late, and the cheese might taste closer to plastic than the bag the pizzas come in, but there's no place better for a super-cheap takeaway fix. Efe's is a York icon: anything else is just imitation.



MAW MAW'S - FULL ENGLISH BREAKFASTS

Maw Maw's are the takeaway that will serve you a full English breakfast on a Sunday morning: perfect for hungover days in front of the telly. Beyond their morning offerings, Maw Maw's also serve other food. They now offer baked potatoes, paninis and wraps for very reasonable prices, as well as their signature cupcakes and afternoon tea. We recommend trying the milkshakes, and their brownies, which are large enough to smash a sizeable window. Best of all, you can quote the word 'freshers' anywhere in your order and expect a free treat in your bag!



SLOPPY'S BURGERS - GOOD STREET FOOD

Based in the buzzing Spark: York market, Sloppy's Burgers' food is inevitably a bit pricey (expect to pay around a tenner for mains) but undoubtedly worth it. *Nouse* recommends the classic cheese: a burger so large you'll struggle to lift it without total structural collapse.



HELP & SUPPORT

Emergency Services: 999
Emergency Campus Security Services:
01904 323333

Non-emergency Campus Security Services:
01904 324444

Non-emergency police:
101

Non-life threatening NHS line: 111

YorSexualHealth:
01904 721111

Badger Hill Pharmacy:
01904 414912

York Hospital Accident and Emergency: 01904 631313

University Health Centre:
01904 721820

Each college has **College Tutors** who provide confidential support.

Nightline:

Confidential listening service run by students for students. It also provides free sexual health supplies and information.

01904 323735 (or 3735 from any UoY phone), open 8PM-8AM every term night.

Samaritans: 116 123

Chaplaincy:

A support service offering pastoral counsel from Catholic, Anglican, and Methodist

chaplains to those of any faith and none.
<http://www.yorkchaplaincy.org>

OpenDoor:

University of York's team of professionals for students experiencing mental health difficulties.

01904 324140
opendoor@york.ac.uk

Citizens Advice Bureau:

The CAB offer free, confidential and independent advice for everyone. They can help with welfare benefits, debt, housing, employment and consumer rights.

0344 411 1444

Crisis and Access Service York:

01904 610700

Mind Your Head:

Mind Your Head is a volunteer-led mental health campaign. The campaign aims to promote greater awareness and understanding of mental health issues and to combat the stigma around such issues.

info-myh@yorkgsa.org

Student Hub:

For information and support on student finance, health and wellbeing, disability, immigration, private housing, childcare.

01904 324140
student-hub@york.ac.uk

Bridge House (Sexual Assault Referral Centre):

0330 2230362 (9AM-5PM)
24 hour answer phone.
Out of hours helpline:
0330 223 0099

Independent Domestic Abuse Services: 03000 110110

YUSU Advice and Support Centre:
01904 323724

Graduate Students Association (GSA) Welfare Advice:

01904 322718
advice@yorkgsa.org

Survive Helpline:

A helpline supporting survivors of rape and sexual assault in North Yorkshire
01904 642830
(Wednesdays 1:00PM to 3:30PM)
Office: 01904 638813,
survive-northyork.org.uk

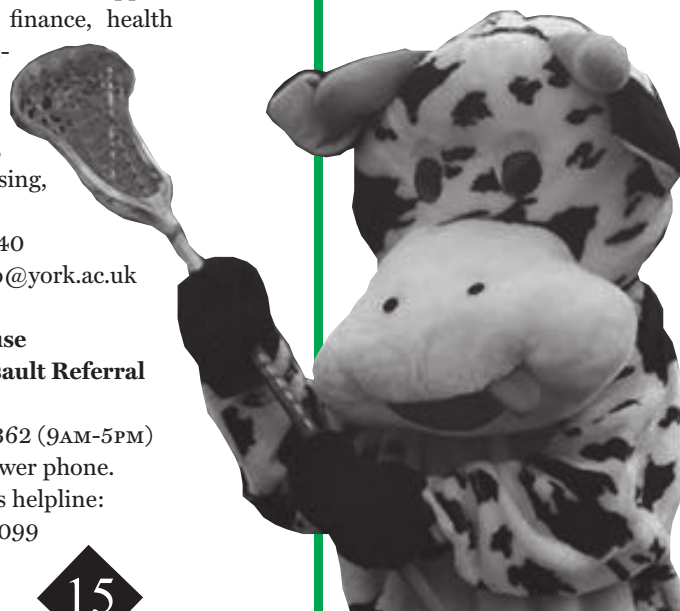
Advice & Support Centre (ASC):

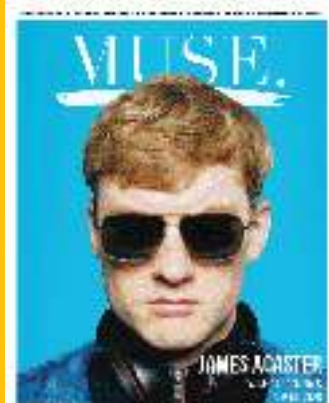
ASC provides independent advice and guidance to students on academic and personal issues. Office hours: 10AM - 4PM, Monday to Friday.

Arrange an appointment via email or over the phone
asc@yusu.org
01904 323724

Report maintenance problems

york.ac.uk/fix-my-room





Nouse Est. 1964

- **WELCOME MEETING: MEET THE EDITORS** 9 October, 18:00 (Week 2) in P/X/001
- **FULL TEAM ELECTIONS** 14 October, 18:00 (Week 3) in SLB/118

Find more info on our Facebook and Twitter pages, or email editor@nouse.co.uk with any questions. Come and chat to us at Freshers' Fair - we'll be in Greg's Place!

