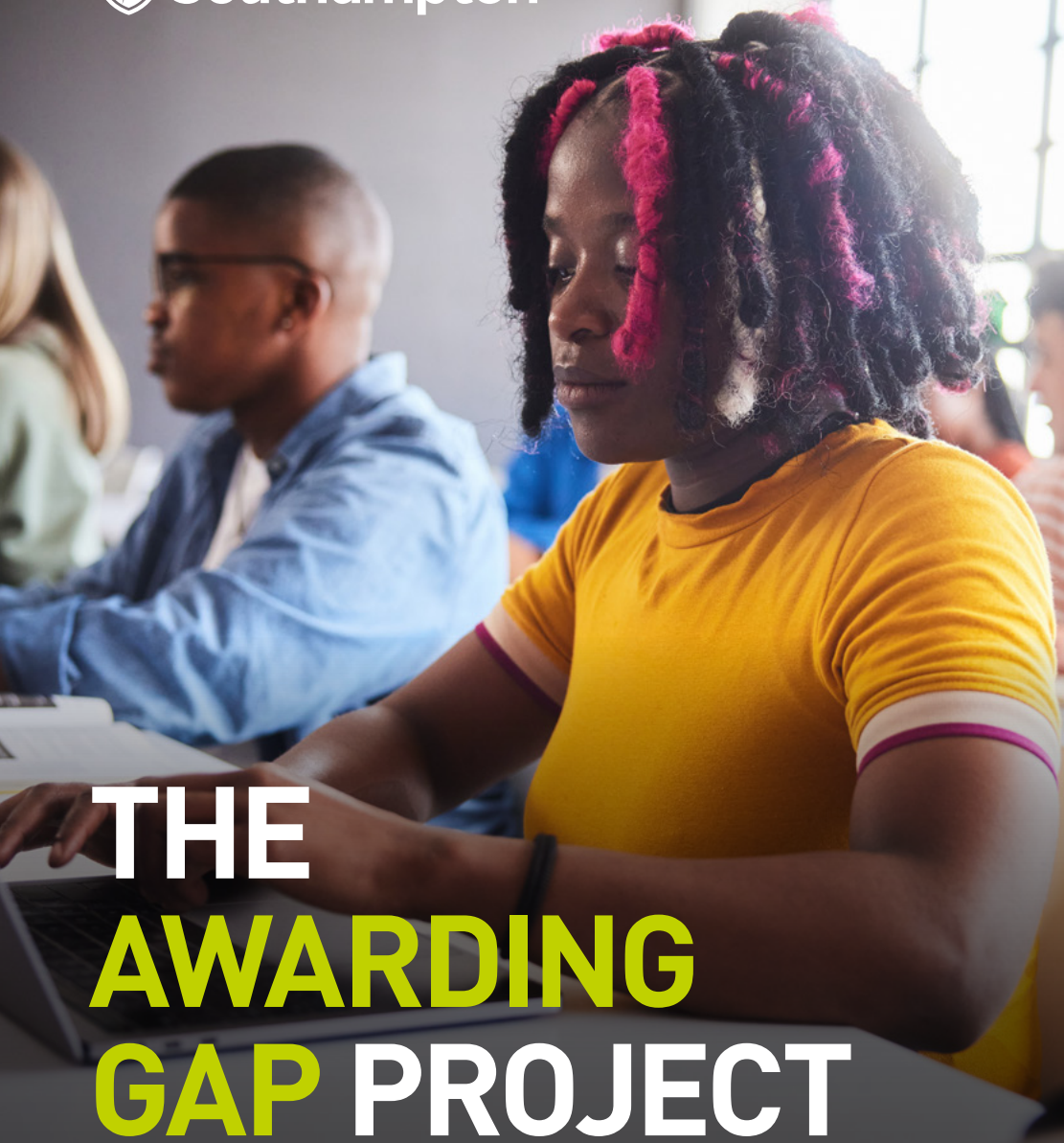




University of
Southampton



THE AWARDING GAP PROJECT

BLACK FRESHER'S GUIDE

CONTENTS

Introduction to the Black Fresher's Guide	4
The Awarding Gap Project Panel	6
Freshers' checklist	8
Notes	9
Food and restaurants	10
Hair and beauty services in Southampton	11
Entertainment	12
Societies	14
Faith and worship	16
Support at the University: Accessible study spaces	17
Support at the University: Study support	18
Support at the University: Personal support	19
Support at the University: Financial support	22
Student Recipes	23
A day in recipes: Breakfast	24
A day in recipes: Lunch	25
A day in recipes: Dinner	26
A day in recipes: Dessert	27

WELCOME

Black Fresher's Guide 2024/25

Welcome to the Black Fresher's guide for the 2024/25 academic year, brought to you by the Awarding Gap Project. This handy guide has been designed by Black students at the University to help new and returning students from Black and minoritized ethnic backgrounds to navigate their adventure at Southampton.

Included in the guide:

- Information on student services and support
- Local Black owned businesses (hairdressers, barbers and stores) and more
- Places of worship
- Tips for navigating university life.

Visit the Awarding Gap Project website for a digital copy or email us to get your hands on a physical guide.

The Awarding Gap Project

The Awarding Gap Project is a course of action, created by the Widening Participation and Social Mobility Directorate (WPSM), aimed at tackling the awarding gap between Black and white students, where there is the largest disparity in degree outcomes across the sector; both sector-wide across higher education as well as internally, where data at Southampton has shown that the awarding gap exists.



Find out more

Scan here to find out about the Awarding Gap Project
Email us at agp@soton.ac.uk
Find us on Instagram @agpsoton



JOIN THE AWARDING GAP PROJECT

We offer our undergraduate students paid opportunities as part of our Awarding Gap Project.

We currently work with students from Black ethnic backgrounds (currently underrepresented at the University of Southampton). These students have oversight of activities and interventions targeted at Black students at the University with the aim of improving their university experience and creating more equitable outcomes for all students.

Our panel

The panel form our core project team. Panel members evaluate the impact of existing projects and are a part of implementing targeted campaigns by developing new interventions in response to feedback. They also have opportunities to lead on workstreams, including our podcast 'Bridging the Gap'. The panel is also responsible for planning and hosting community building events for students currently underrepresented each semester and are financially supported by the University resources to do so.

Members also undergo high-quality training prior to taking their posts, involving external speakers, which further equips them with the skills to complete their work.

Our board

The board forms part of the wider project team. Members of the board gain experience of working on a committee alongside fellow students, questioning and challenging staff, and helping the panel to develop and carry

out campaigns. Members of the board act as consultants to the work that is happening within the project and potentially in other areas of the university. They also have the opportunity to support the panel in workstream related task, such as supporting with the podcast. Becoming a member of the board allows students to be part of a project that has potential to form a wider case study into the impact of entirely peer-led interventions on the lived experience of Black students in higher education.

How to become a member


Becoming a member of this panel will allow you to be part of a project that has the potential to form a wider case study into the impact of entirely peer-led interventions on the lived experiences of Black students in higher education. You could be part of the core project team, or the consulting student board who oversee the work happening throughout project and its alignment to the needs of our student body.

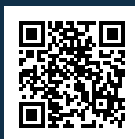
For more information, please email us or visit the Awarding Gap Project webpage.

To apply, simply scan the QR code, and submit the application form for your preferred role.

Application Closing Date:

Monday 14th October 2024

 **Find out more**
Scan the QR code



I have networked with other people like never before and put my foot forward like I have never before. I learnt about interviewing skills, hearing other people and their experiences. I have been able to use my voice in different situations because of my experience with the team and being proud of my heritage and not fitting in but being happy to stand out knowing that I have a platform to stand on/back me up.

Awarding Gap Project Panel Member

FOOD AND RESTAURANTS

Restaurants

- Nativ - 104-108 Bevois Valley Rd, Southampton SO14 0JZ
- Mbuntu Cocktail Bar and Bistro - 2-4 Cobden Ave, Southampton SO18 1FX
- Deluxe One Oxford - 1 Oxford St, Southampton SO14 3DJ
- Afritopia - 127 St Mary St, Southampton SO14 1PG
- RX Lounge - 38 Victoria Rd, Woolston, Southampton SO19 9DX

Food

- Black Sea Supermarket - 4-6 Shirley High St, Shirley, Southampton SO15 3NH
- International foods Ltd - Portswood Rd, Portswood, Southampton SO17 2NJ
- Bangers and Biltong - 161 High St, Southampton SO14 2BT
- Impala family butchery - 167 Shirley Rd, Southampton SO15 3FG



HAIR AND BEAUTY

Hair

- **Affricardo Barbershop**
16 Bedford Pl,
Southampton SO15 2DB
02380225731
- **Top Design II Southampton**
38 Old Northam Road,
Southampton SO14 OPB
07448408842
- **Ktrendz Barber**
24 High Street SO14 2DF
023 8033 4387
- **Urban Trend Barbers**
190 Above Bar Street,
Southampton SO14 7DW
- **The Saints Barbers**
82 High Rd, Swaythling,
Southampton SO16 2HZ
07877 325723
- **M3 Barbers**
92 St Mary's Rd,
Southampton SO14 0AH
07944 990615
- **Beauty by Aja Ndeye**
19C London Rd,
Southampton SO15 2AE
02380234739

Beauty

- **Jasmine nails**
160 High St, Southampton SO14 2BT
07848821284
- **NailbyMay**
instagram: nailbymay
getnailbymay@gmail.com
- **DayotheMua**
instagram:dayothemua

Beauty Supply Stores

- **Afro City**
94-95 St Mary St,
Southampton SO14 1PB
02380233005
- **Fabulous Hair Extensions**
Unit 25a, the Marlands Shopping Centre,
Western esplanade, Civic Centre Rd,
Southampton SO14 7SJ
07888731078
- **Harmony Hair**
14 Shirley High St, Shirley,
Southampton SO15 3NH
07814781117

ENTERTAINMENT

Activities

We offer free events and activities across our campuses and halls throughout the year. These can be viewed on the My Southampton App.

There is also a wide range of activities to do in and around the city of Southampton.

Whether you are a thrill seeker in search of adventure or simply looking to explore local treasures: there is something for everyone!

- **Hollywood Bowl Southampton**
West Quay, Harbour Parade, Southampton SO15 1DE
0844 248 2041
- **SeaCity Museum**
Havelock Rd, Southampton SO14 7FY
023 8083 4536
- **John Hansard Gallery**
142-144 Above Bar St, Southampton SO14 7DU,
023 8059 2158
- **Elusion Escape Room**
68 Commercial Road, Southampton, England, SO15 1GD
02380 572837
- **Locked in a Room**
West Quay Shopping Centre, Portland Terrace, Southampton SO15 1QD
01179291759
- **Ninja Warrior UK Adventure**
Antelope Park, Bursledon Rd, Thornhill, Southampton SO19 8NE
023 8127 7870
- **1st Base Southampton**
16 East St, Southampton SO14 3HG
0808 164 1010
- **GO APE Southampton**
Itchen Valley Country Park, Allington Ln, Southampton SO30 3HQ
01603 895500
- **Mayflower Theatre**
22-26 Commercial Rd, Southampton SO15 1GE
023 8071 1811
- **Paulton's Park**
Romsey SO51 6AL
023 8081 4442
- **Alpine Snowsport Centre**
Thornhill Rd, Southampton SO16 7AY
023 8070 7815
- **New Forest National Park**
newforestnpa.gov.uk
01590 646600
- **TeamSport Go Karting**
Barton Park, Chicken Hall Ln, Eastleigh SO50 6RR
01252 732300
- **Delta Force Paintball**
Lee Ln, Southampton SO16 0AD
020 3869 9305
- **Solent Sky Museum**
Southampton SO14 3FR
023 8063 5830



Nightlife and Clubs

- **Switch**
127 Above Bar St, Southampton SO14 7FN
023 8023 8418
- **Island Ting**
Instagram: Island Ting
islandtinguk.com
- **Fever and Vibe**
24 Carlton Pl, Southampton SO15 2DY
07926 384802
- **Sobar**
98 Bevois Valley Rd, Southampton SO14 0JZ
023 8023 6343
- **BRAVE Night Lounge**
Salisbury St, Southampton SO15 2TZ
07552 344110
- **Buddha Lounge**
3a Winchester St, Southampton SO15 2EL
023 8023 6133



Find out more:



GET INVOLVED

Cultural and Ethnicity Based Societies

Societies are student-run organisations focused on providing members with opportunities that will develop them into culturally proud and aware, well rounded individuals who feel valued during their time in higher education. They aim to unite students from various backgrounds through shared interests while encouraging them to excel in their academic and career pursuits. Here are just a few of the many cultural and ethnicity focused societies on offer here at Southampton:

ACS (including ACS Netball and ACS Football)

Instagram: @acsoton

Southampton Black Law Students Network

Instagram: @blsn.soton

Black Women's Project (BWP)

Instagram: @bwpsouthampton

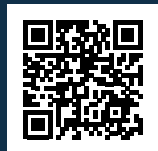
African Caribbean Medical Association (ACMA)

Instagram: @acma_soton

Visit the SUSU website for more societies and sports clubs available at the university (there are over 300 to choose from)!



Find out more:



Give It A Go

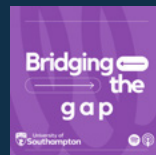
Give It A Go is an activity programme provided by SUSU where you can find diverse weekly craft workshops, day trips to near cities, taster sessions by our clubs and societies such as surfing, volunteering and lots of fun things to do! There is no long-term commitment, and all events are at student-friendly costs. If you have any questions you can get in touch via giveitago@soton.ac.uk.

The Awarding Gap Project Podcast

Bridging the Gap podcast is a student-led podcast ran by the Awarding Gap Project members. This University of Southampton affiliated podcast delves into the top issues that affect university students today, with particular emphasis on the impact they have on Black and minoritised students. Hosts Jessie and Grace critically explore a range of topics with special student guests. If you are interested in being a guest on the podcast or would like to suggest topics the podcast should cover, get in touch agp@soton.ac.uk



Listen to Season One now:



FAITH AND WORSHIP

Navigating university can seem difficult at the start as the things around you change constantly. We understand that your university experience is more than just your degree. Getting involved in faith and worship both locally and on campus is a great way to meet new people from various backgrounds, who share the same belief system, in a welcoming environment.

Worship on Campus

Faith and Reflection Centre

Highfield Campus
 chaplaincy@soton.ac.uk

Prayer Room

Entrance by the staircase around the back of Building 38

Islamic Society

Instagram: @southamptonisoc

Christian Society

Instagram: @southamptoncu

Worship in Southampton & Winchester

Bashir Ahmed Mosque

96-100 Portswood Rd, Portswood, Southampton
 SO17 2FW

Portswood Church

Portswood Rd, Portswood,
 Southampton SO17 2FY

Southampton Buddhist Centre

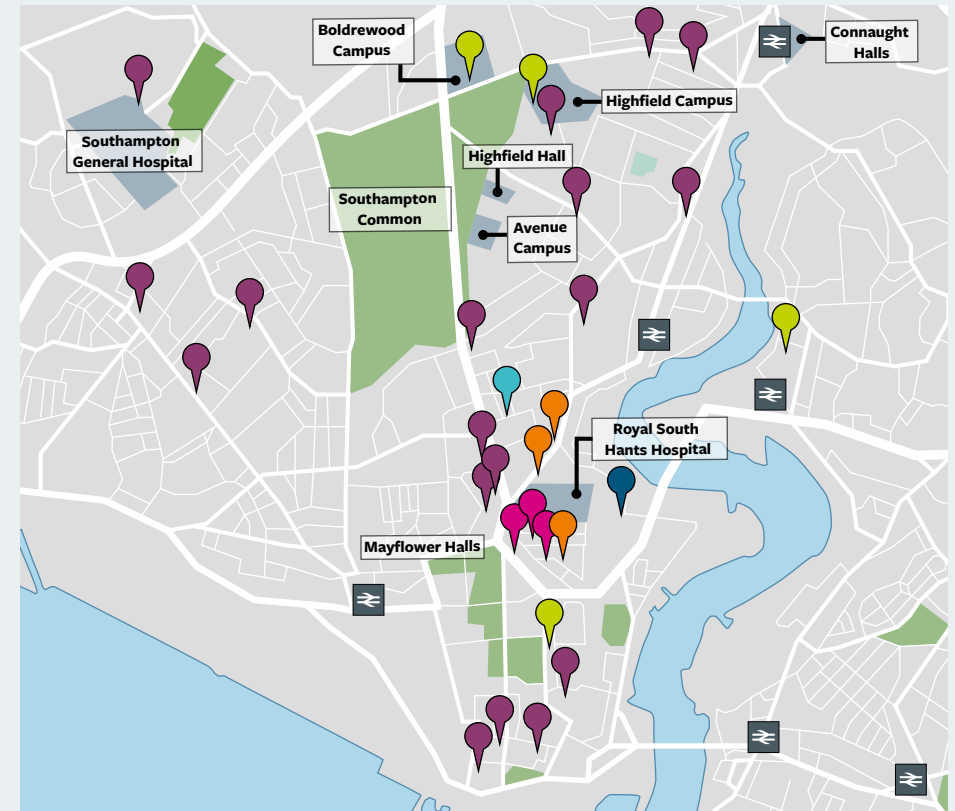
73 Saint Mary Street, Southampton, SO14 1NW

Winchester Baptist Church

2-4 City Road, Winchester, SO23 8SD

Winchester Muslim Cultural Association

33 Jewry Street, Winchester,
 Hampshire SO23 8RY



KEY

-  Church
-  Sikh place of worship
-  Faith based prayer/meditation
-  Mosque
-  Synagogue
-  Hindu



Find out more

www.southampton.ac.uk/chaplaincy/worship/worship-in-southampton.page




SUPPORT AT THE UNIVERSITY

The Student Hub is your first point of contact for questions and concerns relating to fees, financial support, accommodation, wellbeing, disability, careers and course administration – contactable 24/7 via the online chat, by email, or phone on 02380 599 599. You can also visit the team in person across our campuses.

 **The Student Hub**
southampton.ac.uk/studenthub

Your Personal Academic Tutor (PAT) can support your academic needs by offering one-to-one support and study advice throughout your time at the University.

 **Find out more**
www.southampton.ac.uk/studentadmin/academic-support-guidance/personal-tutor.page

Accessible Study Spaces

Clarkson Room

A designated quiet space for students with disabilities or long-term health conditions. Building 6, Room 1085.



Hartley library

Assistive technology suite in Hartley Library, Level 2.



Global Lounge (Building 54, Room 2001)

A relaxed environment for international students to use to study and socialise.



Study Support

Our campus libraries

Our library services offer many different support options. You can ask questions directly, request books or papers, get access to software and so much more. To find out everything you can get from our campus libraries, visit the link below or just pop in and ask.



Academic Skills Service

As part of the library services, you can academic skills support in a great range of areas. Access a range of academic skills support and resources to help you with the transition to higher education and throughout your time at university.



Student Societies

Most courses have a student society that will represent the subject. These societies may hold events for revision or may even have an area where they upload notes or tips etc.



Peer Learning and Black Peer Empowerment Leaders

Our PAL scheme provides you with peer study support in Psychology, Politics and International Relations, Education and Engineering Foundation Year. It offers a space for new first year students to talk to one another and more experienced students about adjusting to university life both in terms of academic skills and non-academic life. We will also be introducing our Black Peer Empowerment Leaders this year, who will provide support to students of Black heritage as part of a peer support scheme.

Instagram: @uospal



Personal Support

The Student Hub

The Student Hub is your first point of contact for questions and concerns relating to fees, financial support, accommodation, wellbeing, disability, careers and course administration – contactable 24/7 via the online chat, by email, or phone on 02380 599 599.



Careers, Employability and Student Enterprise

You can get advice around careers and internships through this service. There are services such as CV reviewing, mock interviews or setting up work experience. You can get individual support from an advisor or utilise the resources to build your career goals and pathway.



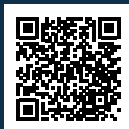
Report and Support Tool

The Report and Support tool is available for you to use to report any incidents surrounding harassment and/or discrimination you may encounter at university. These can be anonymous or you can leave your details and this ensures the university will be aware of the problem and you can access support following the incident.



SUSU Advice Centre

You can get free and confidential advice through the advice centre. You can get advice regarding practical elements of university life such as finance or housing.



Health Services

The University Health Service on Highfield campus is a general doctor's surgery that offers medical advice, assistance and treatments as well as medical evidence request forms and work closely with the university for special considerations, reasonable adjustments and DSA applications.

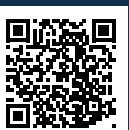


Find out more at: www.unidocs.co.uk

Here you can find details on other local health providers.

Faith and Reflection Centre

Our faith and reflection centre is a space to relax and unwind. It's open Monday - Friday, (10:00 - 17:00) offering free tea, coffee, and volunteers who are available for a chat.



They serve pancakes and cheese toasties on select days, and host games and activities.



I have really enjoyed being able to lead on projects and conversations with new people, which is something I never had the opportunity to do before. I have also enjoyed having the freedom to suggest new ideas with no judgement and actually have them be implemented

Awarding Gap Project Panel Member

Financial Support

Cost of Living

Our Cost of Living SharePoint hub brings together all the support that the University and Students' Union are offering in one place. This includes various funding and support to help you if your financial situation is affecting your ability to study. They do not need to be paid back and can help with the cost of things such as study equipment, technology, health and wellbeing, rent, utilities, food, and unexpected outgoings.



Student Support Fund

The Student Support Fund is a limited pot of money designated to help you if you find yourself in unexpected financial hardship, such as paying for rent, utilities and food.



Student Money Champions

Student Money Champions help other students build knowledge and confidence around financial capability. They support their peers in applying financial knowledge to own personal situations, increase their sense of money confidence and financial wellbeing. They host finance-focused events throughout the year and produce bespoke resources such as the student budget planner. For more information contact the financial support team stufunds@soton.ac.uk



Explore the budget planner

www.southampton.ac.uk/~assets/doc/student-services/budget.pdf

Paid Opportunities

Many students take up paid internships and flexible part time roles, alongside their study to gain valuable work experience and supplement their income. You can find more information on casual work, UoS internships and other opportunities the University has to offer on MyCareer.



Student Recipes

A balanced diet is important to maintaining part of a healthy lifestyle and promoting optimal brain function. Whether you're a pro in the kitchen or a complete novice, you can create delicious meals on a budget.

Here are some of our favourite filling and nutritious meals, that won't break the bank.

Budget Meals

→ Mob Kitchen Easy & Cheap Student Recipes



→ Tesco Student Meals and Recipes



→ Original Flava Caribbean inspired Vegan Recipes



→ Rachel Ama's Vegan Recipes



→ Nando's Meal Prep Recipes



→ Original Flava Caribbean and African inspired meals



A day in recipes: Breakfast

Speedy Chipotle Shakshuka *Vegetarian, serves 4*

Ingredients

600g Passata	4 Pitta Breads
2 tbsp Chipotle Paste	Natural Yoghurt
450g Roasted Red Peppers	25g Parsley
8 Eggs	Olive Oil

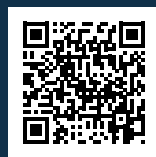
Method

1. Get a large frying pan over a high heat. Drizzle in some olive oil, then empty the passata straight into the pan. Add 1–2 tbsp of chipotle paste (to your taste), then pick out the roasted peppers with a fork, leaving their juices behind, and tear into the pan. Give everything a stir and season with salt and black pepper. Let bubble away for 1 minute.
2. Crack the eggs into the pan and season with salt and black pepper, then cover with a lid. Cook for 4–5 minutes, until the whites are just set but the yolks are still runny.
3. Meanwhile, toast the pitta breads, tear into pieces and put into a serving bowl.
4. Once the eggs are cooked, dollop over spoonfuls of the natural yogurt, scatter over the parsley and serve at the table with extra black pepper and the pitta breads for dunking.



Watch the tutorial:

For a step by step tutorial and amended measurements scan the QR code



A day in recipes: Lunch

Easy Jollof Rice

Ingredients

450g easy-cook long grain rice	3 garlic cloves	1 tbsp onion granuels
500g fresh vine tomatoes	thumb sized fresh ginger	3 bay leaves
2 red bell pepper, chopped	1 tbsp. tomato puree	1 tbsp. oil
1 scotch bonnet pepper, deseeded	1 tbsp fresh thyme	350ml beef stock
1 white or red onion, chopped	1 tbsp smoked paprika	Salt, black pepper, additional all-purpose seasoning, to taste
	1 tbsp all-purpose seasoning	
	1 tbsp garlic granuels	

Method

1. Rinse the rice under cold water until the water runs clear, then set aside to drain.
2. Blend the fresh tomatoes, red bell peppers, scotch bonnet pepper, half the onion, ginger and garlic cloves until smooth. Set aside.
3. Heat the oil in a large, deep skillet or pot over medium heat.
4. Add the remaining chopped onion and cook until softened.
5. Once softened, add your tomato paste and cook this for roughly 5 minutes or until the tomato paste carmalises, you should see black parts on your pan this is where some of the smoky flavour will come from.
6. Into the pan add smoked paprika, all-purpose seasoning, garlic granules, onion granules and cook until aromatic around 60–90 seconds.
7. Add the blended tomato mixture to the pot and cook, you will need to stir to combine to tomato paste and sauce then add a lid and cook for 25 minutes until it thickens and reduces slightly.
8. Once reduced, add the rinsed and drained rice to the pot with the tomato sauce. Stir well to coat the rice evenly with the sauce.
9. Pour in the beef stock and season with salt, thyme, bay leaves and additional all-purpose seasoning to taste. Stir everything together.
10. Reduce the heat to low. Cover the pot with a lid and simmer for about 20–25 minutes.
11. Remove the lid and mix the rice together to make sure there are no spots without sauce and cook for a further 5–15 minutes or until the rice is cooked through and the liquid has been absorbed.
12. Once the rice is cooked, remove the pot from the heat and allow it to sit, uncovered, for 10 minutes to remove excess steam.
13. Fluff the rice with a fork to separate the grains. Serve the jollof rice hot as a main dish or as a side dish with your favorite accompaniments.



For more in depth instructions and tips



A day in recipes: Dinner

Jamaican Curry Chicken

Ingredients:

900g Chicken thighs	2 tsp salt	2 medium Potatoes (diced) optional
4 tbsp Curried Powder	4 cloves of garlic (chopped finely)	2 twigs of spring onion
1-2 tbsp Jerk Seasoning (optional)	A small-medium onion (diced)	Thyme
1-2 tbsp all purpose Seasoning	2-3 tbsp Green Seasoning	Scotch bonnet pepper (optional)
1 tsp pimento seeds / all spice seasoning	2-3tbsp cooking oil	
1 tsp black pepper	1 Carrot (chopped) optional	

Method

1. Marinate your chicken with salt, black pepper, all purpose seasoning, all spice (or pimento seeds), half of your curry powder, jerk seasoning (optional) and green seasoning. Set aside for at least half an hour.
2. Add cooking oil to a pot on a medium-high heat. Add curry powder and toast for 30 seconds, before adding the chopped garlic and onion. Fry until softened.
3. Add your chicken to the pot and cover for five minutes until the chicken releases its juices. Stir before reducing the heat. Allow the chicken to simmer for a further seven minutes.
4. Add carrots, potatoes and whole scotch bonnet pepper. Stir, before adding water as needed. Leave to simmer for fifteen minutes.
5. Once the chicken and vegetables are soft and cooked all the way through, take off the heat. Stir and serve hot with fluffy white rice or roti.



Watch the tutorial:



A day in recipes: Dessert

African Donuts (also known as bofrot / puff puff / amagwinya / toogbei / vetkoeks)

Dry Ingredients

4 cups All Purpose Flour
1 cup Sugar
1 tsp Nutmeg
1 1/4 tsp Salt

Wet Ingredients

3/4 cup Water

To Activate Yeast

1 tbsp Sugar
2 tsp Yeast
1 cup Warm Water

Method

1. In warm water add a table spoon of sugar, 2tsp of yeast mix it well cover it up and set it aside for 5 minutes to activate and don't use a lot of yeast because it has a very sour kind of bitter after taste, so just enough.
2. In a separate bowl add flour, sugar, nutmeg, and some salt. Mix it well and set it aside.
3. Once your yeast has activated nicely go ahead and add this to your dry ingredients. Foam means that your yeast is good. Now when it comes to making puff puff the amount of water you add really depends on you, so if you like your puff puff very dense so don't add lot of water but if you like it soft then you have to add just a little more of water to make it light and fluffy. Mix it well to activate the gluten at the same time. Once you have consistency you are going for, cover it up and set it in a warm place for about 2 hours to let it rise.
4. Next pour oil into a deep pot, (I like to use smaller pots, that way I don't waste a lot of oil) and put on a high heat. Remove your dough mixture from the warm place, uncover and take out some of the air by beating it to the side of the bowl. Once its smooth you can scoop it up in your hand and squeeze it out in small drops into the oil. You can also use an ice cream scoop to scoop out balls of the dough into the oil. This ensures that you get a very perfect round puff puff.
5. You will want to drop enough dough into the pot without overcrowding the pot, then lower your heat from high to medium so that your doughnut do not cook on the outside and then the inside is still raw or bad. Use a spoon to gently keep turning the dough balls in the pot in order for them to cook evenly. Once golden brown remove from the pot and set aside on paper towel (to absorb excess oil). You may want to roll the donuts in a cinnamon sugar mixture while they are still hot for some added sweetness.



Watch the tutorial:





Find out more

Scan here to find out about the Awarding Gap Project

Email us at agp@soton.ac.uk or

find us on Instagram [@agpsoton](https://www.instagram.com/agpsoton)

