



Graduate
Students'
Association
UNIVERSITY OF YORK

Summer social guide

Your guide to what's on
over summer on campus
and beyond!

July - September 2019

A message from Amy, your VP Wellbeing & Community

Hey everyone, I hope that you are all doing well.

This time last year I was completing my Masters dissertation and it was undoubtedly a very stressful time for me and my friends. Looking back, we didn't take enough breaks or give ourselves the opportunity to rest and recharge. That's why this year in my role at the GSA we have created our very own Summer Social Guide for you. In this guide we have included all of the events running over the summer, from 1st July to the 20th September. This includes campus weekly wellbeing walks, meditation sessions, a city-centre pub garden crawl and an ice cream trail.



Finally, I would just like to emphasise that no matter how much work you have on your to-do list, you shouldn't feel guilty for taking breaks to attend events. In fact, our minds are more productive after we've taken some time to refresh! So be kind to your mind and join us in the sunshine (hopefully!) for the range of events in this guide.

Wellbeing Support

If things aren't going well, please come and talk to us at the GSA. We have advisers on hand who can provide you with all the options available and support you in making informed decisions. The GSA Advice Service is completely free, confidential and independent from the university, so if you come and speak to us, your department will not be informed of your visit. Even if you are unsure we are the right people to speak to about a certain issue, just book an appointment anyway and our advisers can signpost you where necessary.

To book an appointment head to yorkgsa.org/book to speak to one of our advisors (it's all free).

If you are struggling with your mental health, the Open Door Team, the university's counselling service, are also available over the Summer for appointments. To book an appointment with the team, please fill out a self referral form available at york.ac.uk/students/health/help - they will then be in touch with you within two working days.

If you are feeling lonely, homesick or stressed, remember you can also get in touch with your college's welfare team, even if you live off-campus. You can find contact details for your college team on their website, and all of the college websites at york.ac.uk/colleges

GSA Sports

All of our GSA Sports Sessions continue throughout the summer:

Netball Sessions

Every Monday, 5:30pm-6:30pm, York Sports Centre, Heslington West

Squash Sessions

Every Tuesday, 4:40-6:00pm – 2 courts available, 5:00pm – 5:40pm – 1 court available, Sports Centre, Heslington West

Volleyball Sessions

Every Tuesday, 5:00pm-6:30pm, Sports Centre, Heslington West

Basketball Sessions

Every Saturday, 11:00am-12:00pm, Sports Centre, Heslington West

Tennis Sessions

Every Saturday, 2:00pm-3:00pm, Tennis Courts, Sports Centre, Heslington West

Badminton Sessions

Every Saturday, 9:00am -10:00am, Sports Centre, Heslington West

Football Sessions

Every Sunday, 7:00pm-8:00pm, JLD Pitch, Sports Centre, Heslington West

Global Programmes events

Weekly events in Derwent SCR, Tuesdays 4pm-6pm

Directions to Derwent SCR can be found at this link: bit.ly/2wtL97D

Week 1 - Board Games Night

Week 2 - Treasure Hunt

Week 3 - Karaoke

Week 4 - Wild Card Night - you choose!

Week 5 - The Great Quiz of Britain

Week 6 - Film Screening

Week 7 - Arts & Crafts

Week 8 - Crime Scene Investigation

Week 9 - Wild Card Night - you choose!

Week 10 - Face masks and chill out

Week 11 - Bingo

Also check out the International Conversational Afternoon at Kitchen@Alcuin, Wednesdays at 4pm-5:30pm

Summer Social Calendar 2019

July 2019

| | |
|----|---|
| 1 | Mo |
| 2 | Tu |
| 3 | We PG Summer Forum - Spring Lane Building - 18:00 |
| 4 | Th |
| 5 | Fr Pub Garden Crawl - SPARK* York - 18:00 (£) |
| 6 | Sa |
| 7 | Su |
| 8 | Mo Museum Gardens Picnic - King's Manor - 12:00 (£) |
| 9 | Tu |
| 10 | We GSA Awards - Hendrix Hall, Derwent College - 18:00 |
| 11 | Th |
| 12 | Fr |
| 13 | Sa Brontë Parsonage Trip (£/T) |
| 14 | Su |
| 15 | Mo |
| 16 | Tu Bowling social - King's Manor - 18:00 (£) |
| 17 | We PG Summer Forum - Ron Cooke Hub - 18:00 |
| 18 | Th |
| 19 | Fr Movie Night - V/N/045, Vanbrugh College, 18:00 |
| 20 | Sa |
| 21 | Su |
| 22 | Mo Meditation Session - LFA/144 - 12:00 |
| 23 | Tu |
| 24 | We Karaoke - Roman Bath Pub - 20:00 (£) |
| 25 | Th Wellbeing Walk - Outside Library - 12:00 |
| 26 | Fr GSA Office Closed |
| 27 | Sa Lake District Trip (£/T) |
| 28 | Su |
| 29 | Mo |
| 30 | Tu |
| 31 | We PG Summer Forum - Spring Lane Building - 18:00 |

August 2019

| | |
|----|---|
| 1 | Th Wellbeing Walk - Outside Library - 12:00 |
| 2 | Fr Climbing Social - Red Goat Climbing Centre - 17:30 (£) |
| 3 | Sa |
| 4 | Su |
| 5 | Mo Ice Cream Crawl - SPARK* York - 14:00 (£) |
| 6 | Tu |
| 7 | We BIG FAT QUIZ - Location TBC - 20:00 (£) |
| 8 | Th Wellbeing Walk - Outside Library - 12:00 |
| 9 | Fr |
| 10 | Sa Fountains Abbey Trip (£/T) |
| 11 | Su |
| 12 | Mo |
| 13 | Tu |
| 14 | We PG Summer Forum - Spring Lane Building - 18:00 |
| 15 | Th Wellbeing Walk - Outside Library - 12:00 |
| 16 | Fr Snickleway Tour - SPARK* York - 15:00 |
| 17 | Sa |
| 18 | Su |
| 19 | Mo Meditation Session - LFA/144 - 12:00 |
| 20 | Tu |
| 21 | We Board Games Night - Spring Lane Building - 18:00 |
| 22 | Th Wellbeing Walk - Outside Library - 12:00 |
| 23 | Fr |
| 24 | Sa Yorkshire Dales Trip (£/T) |
| 25 | Su |
| 26 | Mo Bank Holiday - GSA Office Closed |
| 27 | Tu |
| 28 | We PG Summer Forum - Spring Lane Building - 18:00 |
| 29 | Th Big Postgrad BBQ - Derwent Lawn - 14:00 (£) |
| 30 | Fr |
| 31 | Sa |

September 2019

| | |
|----|---|
| 1 | Su |
| 2 | Mo Wellbeing event - LFA/144 - 14:00 |
| 3 | Tu |
| 4 | We Retro Video Game Night - LFA/144 - 17:00 |
| 5 | Th |
| 6 | Fr |
| 7 | Sa |
| 8 | Su |
| 9 | Mo |
| 10 | Tu |
| 11 | We PG Summer Forum - Spring Lane Building - 18:00 |
| 12 | Th |
| 13 | Fr |
| 14 | Sa |
| 15 | Su |
| 16 | Mo Wellbeing event - LFA/144 - 14:00 |
| 17 | Tu |
| 18 | We |
| 19 | Th |
| 20 | Fr End of year party - Courtyard Bar - 19:00 (£) |

KEY:

Event name - Location/meeting point - Start time

(£) - Bring money to take part in this event

(T) - Book a ticket in advance to take part in this event

Information in this guide is subject to change.

For more information, tickets and updates about all of these events go to:

yorkgsa.org/events and our Facebook page: fb.com/yorkgsa



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The GSA is a registered charity in England and Wales (no.1142381)