Summer 2022 EDITION Students' Association



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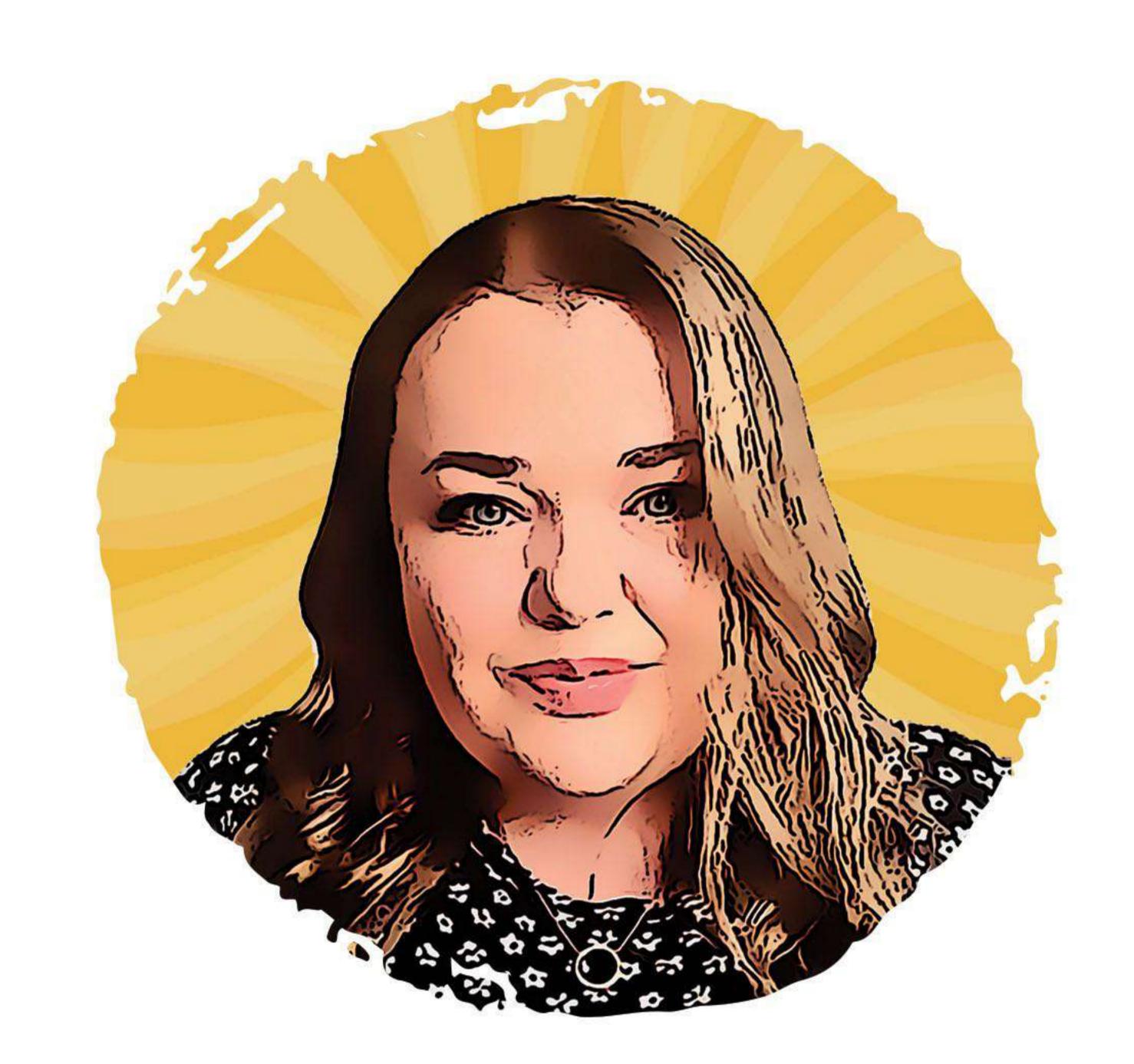
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Your Students' Cam ASSOCIATION



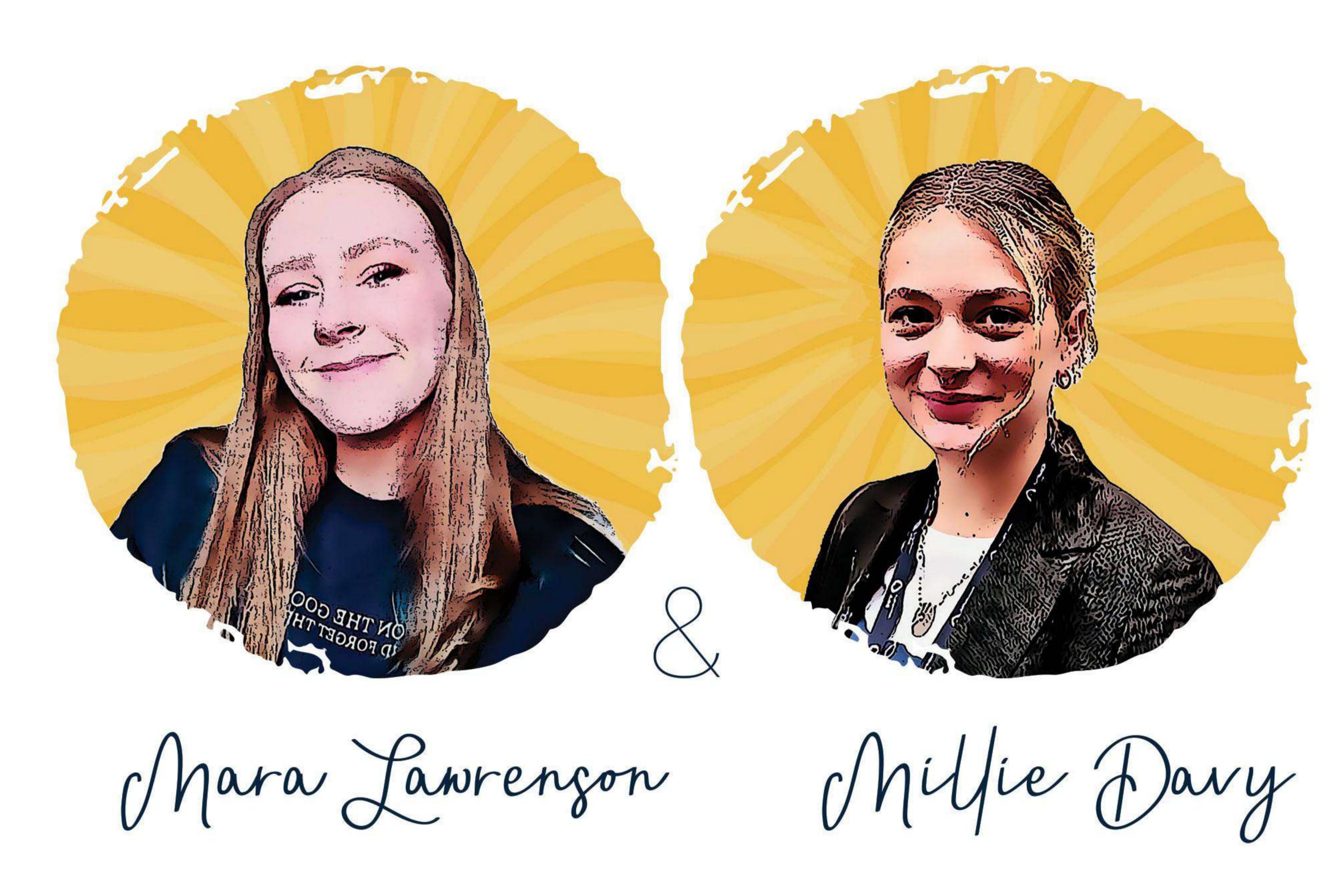
Charlotte Dare

Head of Students' Association

As the Head of Students' Association, I work across all 3 of our area; Student Voice, Student Engagement and Independent Education and Welfare to ensure the Students' Association are here for you throughout your time with BPP.

I am passionate about working in partnership with you to evaluate and enhance your student experience. I am here to ensure that your opinions are valued and heard by the university. I also work closely with our Student Voice Representatives to look for ways to improve the service provided to the students throughout their academic life.

If there is anything you would like to see from your Students' Association or you need our help with anything at all, please do reach out to me at charlottedare@bpp.com

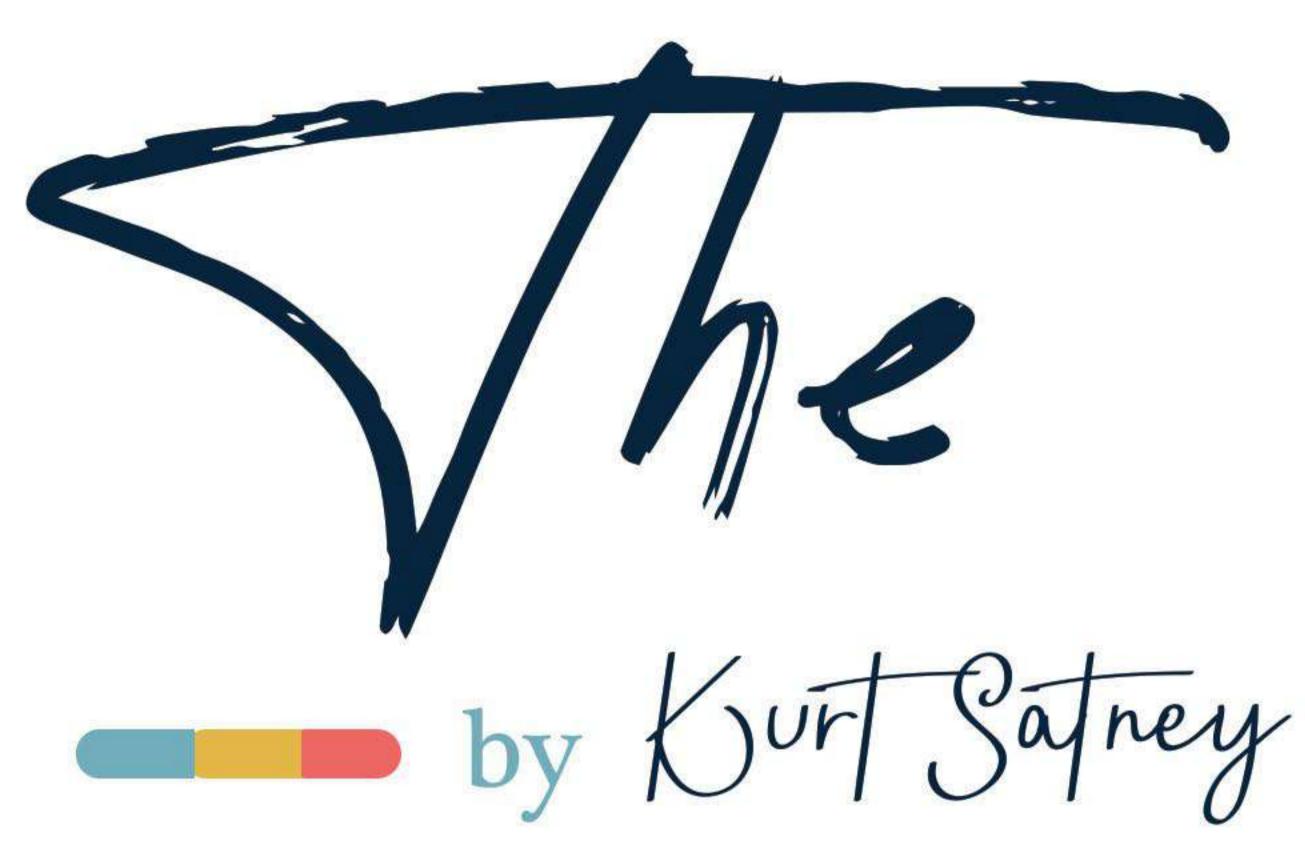


Independent Education and Welfare Advice Team

The Independent Education and Welfare Advice Team provide a free, confidential, unbiased service which is available to all students at BPP. We can provide guidance for when things don't go to plan, ranging from feedback on Mitigating Circumstance or Appeal applications to advising on the Complaints procedure. We can also attend University meetings or hearings, such as Academic Misconduct Panels, with you.

We also run a range of welfare campaigns and events, for more information please check the Students' Association website and the Virtual Campus

We are friendly faces at the University, so please feel welcome to reach out to us via our contact form, which you can access here, if you have any questions.



2021-2022 STUDENT WRITTEN by Bur Safrey SUBMISSION

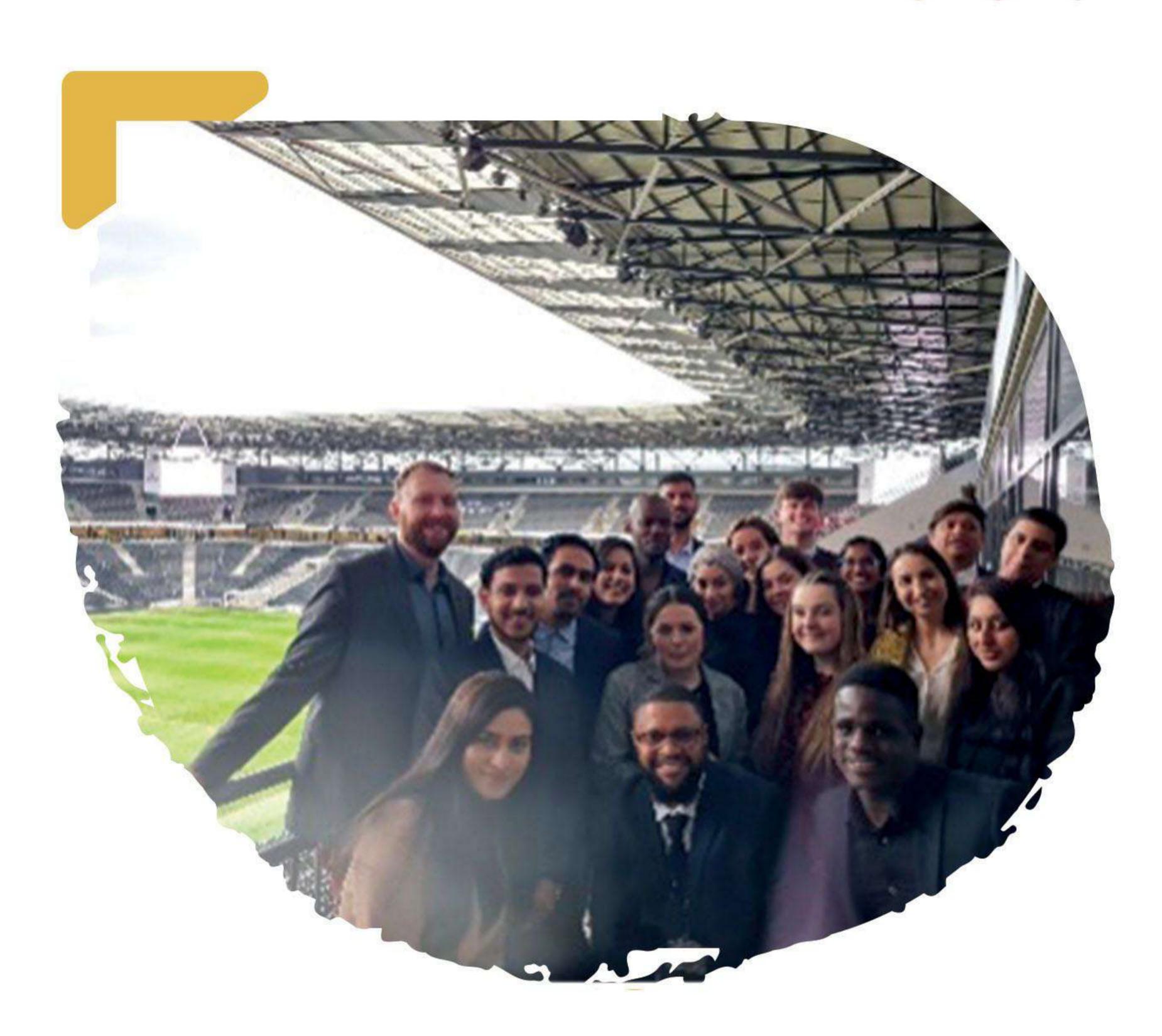
The 2021/2022 SWS is here, and it speaks about the student journey out of the Covid-19 pandemic from online teaching to face-to-face delivery of learning and teaching in a safe and learning conducive environment. It was not a straight-forward transition and the University rightfully sought to attract the Student Voice through the Students' Association to help inform decision-making during the process. Students welcomed this and because of this, there was overwhelming positive feedback from students about their experience during the 2021/2022 academic year. Students felt that University listened to them and this in turn created a ripple effect experience.



This time around we were able to host the SWS Away Day in-person for the first time since the emergence of the pandemic and the Student Voice Representatives (SVR) were all excited to attend. This year we took the students to Milton Keynes which allowed the students based in London to enjoy a trip outside of London this time around. Each School of BPP University was represented which made for a University wide discussion where the SVRs have their honest, constructive and useful feedback in a very productive and fun atmosphere.

The SWS contains twelve areas of good practice which is an increase of four over the last SWS. This demonstrates that the University is continually improving in many aspects of the student experience. These areas of good practice include Quality of Teaching, Library, Careers, Learning Support and Safeguarding which have consistently featured in this category year on year. Kudos to these teams for their hard work in ensuring that students are well supported during their time as students at BPP. For a second year running the Virtual Campus (VC) is featured as an area of good practice and this is down to the hard work of the Students' Association who play a vital role in keeping students engaged on the VC even in a post-pandemic world. Additional areas of good practice this year include Inspera, Experienced Tutors, Course Structures, SWS Away Day and Proactive Students Association. The students have really positive things to say about the areas of good practice and they feel each area really deserves the recognition.

Continuing with the positive experience of students this year there are only two areas for recommendation in this SWS which are The Hub and Finance. Each of these have provided students with a bitter-sweet experience and the students feel that if some of their processes were tweaked a bit, then the experience will be very much improved. The recommendations given by the students are realistic and attainable and the University has committed to delivering on them. The recommendations be tracked by the Students' Association to ensure the University fulfils their commitment.



Overall, this SWS has provided University with important insight into their decision-making as we moved from online to face-to-face delivery. The consensus from students is that the University got many things right and it should be proud of this achievement.





Tell us about your role at BPP and walk us through your team

I have worked at BPP for nearly 16 years in a variety of teaching and leadership roles and I have embraced every opportunity that has come my way. My current position as Director of Students is a new role in the law school and is an exciting opportunity to enhance the student journey. I lead a team of talented and committed Heads of Law, who in each of their law schools are committed to ensuring the best possible experience for their students. I am incredibly excited by this new challenge and look forward to working with and for our students.

Can you tell us a bit about yourself?

came into law from a non-traditional background, I am starting to wonder if there is such a thing as a traditional background. I finished college and spent a few years did lean towards event travelling; management but enjoyed the events too much for this to be a viable future. At 22 I decided I needed a 'proper job' and started work as a paralegal in a criminal defence law firm; I loved it! I studied in the evenings and weekends while working full time and eventually qualified as a Fellow of the Institute of Legal Executives. I went on to complete the LPC, qualified as a solicitor, duty solicitor and then a higher court advocate. My route to qualification was very much like an apprenticeship and enabled me to qualify with lots of experience, my own client base and no debt; I was very lucky. I love a challenge, and after 14 years in law, education was my next calling. I believe in lifelong learning and recently completed an MBA at Salford university.

What advice would you give to a new student starting at BPP?

BPP is the beginning of your professional life, take advantage of the knowledge and experience of your tutors. Explore the opportunities available with careers and pro bono to network and develop your skills. Balance your learning by building friendships so that you can support each other through the course; these friends will be your professional peers as your career progresses. Finally, be kind to yourself, those around you and reach out if need help.

Who inspires you?

I have to say I am not inspired by any one individual person. Daily I observe family, friends and work colleagues engaged in acts of generosity, kindness, compassion, determination, dedication, courage, discipline and focus, these observations nourish and inspire me to be my best.

What is your greatest weakness and how do you make this into a strength?

I could talk about self-doubt, impostor syndrome, negative self-talk – but these, I have learnt are part of the human condition and we can turn them into reflection, compassion and kindness. So, instead I will say I love good food and a party; I turn this into a strength by being the host rather than the guest and entertain family and friends when ever I can.

Outside work what hobbies do you have?

In my younger years I enjoyed music and clubbing, it was the 80's and I am from Manchester, well that is my excuse. I play back gammon most days. I am a big fan of National Theatre Live, it is a brilliant way to make theatre accessible to a wider audience. I love being outdoors walking with my beloved dog Peggy. Picture for cuteness

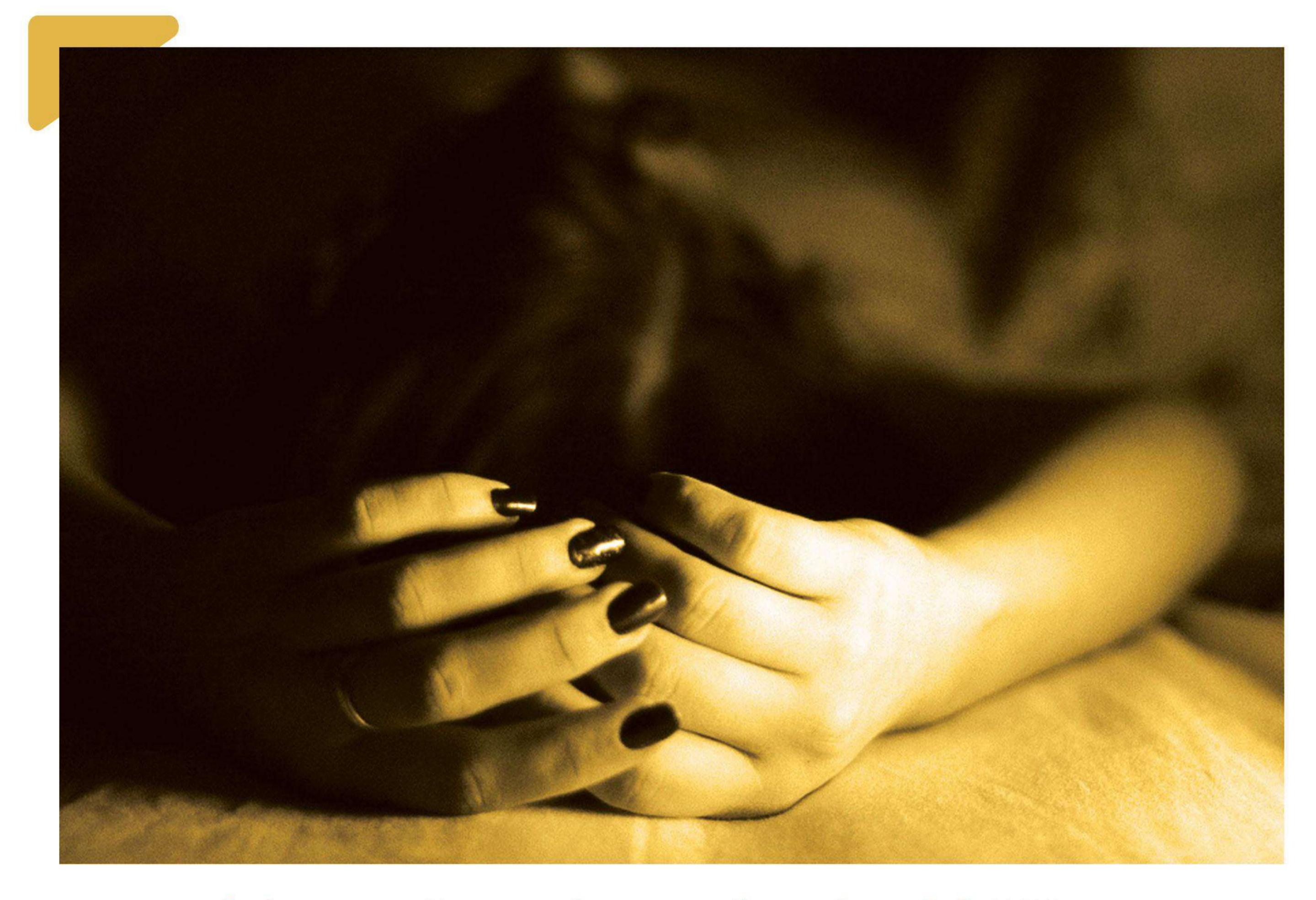


I practice a form of yoga called Kundalini which involves controlled breathing, repetitive poses, chanting, and meditation – yes very 'hippy' but it has done wonders for my mental health, calming anxiety and promoting general wellness.

What is your greatest achievement?

We can all achieve great things each day and I like to believe my greatest achievements have yet to happen; I hope I haven't peaked! Each day holds the potential to do something that has a positive impact and great achievements are as a result of cumulative effort. There have been occasions when I have been able to help, guide and support students and help set them back on track, to then see those individuals overcome their obstacles and for them to achieve great things gives me a huge amount of satisfaction.





"Tired" by TwoBee is licensed under CC BY 2.0

The Office for National Statistics (ONS) estimates that, by the end of January 2022, 2.4% of the population was living with some form of long-COVID.

According to the ONS, an individual has long-COVID when they have symptoms persisting for more than four weeks after the first suspected coronavirus infection, and they are not able to attribute these symptoms to anything else.

And yet, despite the impact across the population, little remains known about this condition, and its full impacts are yet to be understood. The list of symptoms listed on the NHS website is long and varied – ranging from mental health disorders, such as depression and anxiety, through to

joint pain and discomfort and skin conditions. There does not seem to be a link between the severity of Covid during an infectious period, and the intensity of an individual's experience of long-COVID, in the subsequent weeks, months or years.

The most reported symptoms of long-COVID, according to the ONS, include extreme tiredness or fatigue, experienced by 51% of those self-identifying with the condition, and problems with concentration, which was encountered by 28% of those reporting symptoms through the large-scale study. Meanwhile, a smaller study conducted by the University of Cambridge found that, of 181 long-COVID patients, 78% reported difficulty concentrating, 69% reported brain fog, 68% reported forgetfulness, and 60% reported problems finding the right word in speech.

Students preparing for a revision all-nighter may feel particularly alert to the cruelty of a condition that makes engaging with revision feel like a battle, dampens fluency of communication, and which causes all efforts to retain key facts and details to fall a little short.

When you don't know how your energy reserves will play out through the day, how can you develop an effective study plan? If you feel your ability to retain information and concentrate on nuance has taken a hit, can you rely on your usual exam and assignment techniques?

While there are gaps in our understanding of the condition, campaigners are pushing for a shifted legislative landscape that recognises the impact of long-COVID, in the workplace, in education and beyond. The NASUWT (also known as The Teachers' Union) is leading this movement, seeking to raise awareness of long-COVID, calling for statutory recognition, and challenging employers to support those impacted. Their demands include access to decent sickness absence provisions and the introduction of reasonable adjustments for long-COVID that are aligned with the Equality Act 2010.

Although nationwide change may still be in the pipeline, there are pathways that will allow those experiencing long-COVID to balance their symptoms with their goals. For those currently in education, think about how you can drive awareness and get support as you complete your studies.

- Speak to your GP if you are concerned about symptoms 4 weeks or more after contracting COVID-19.
- Contact Learning Support –
 learningsupport@bpp.com
- Speak to Independent Advice The BPP Independent Advice team is dedicated to helping you throughout your studies. The service that they provide is free, confidential, and unbiased. As Independent Advisors, the team sits apart from the University, meaning it is committed to supporting you the students! If you feel Covid has impacted your studies get in contact via this contact form and they will set up a meeting to discuss your options.
- Continue to follow NHS guidance to limit the spread of Covid-19

Information on how BPP is managing COVID-19 can be found on the Hub. For more information about long-COVID,

https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/



Ramadan & Work Life Balance

Every year, Muslims around the world look forward to seeing the new crescent moon, which marks the formal start of Ramadan, the ninth month in the Islamic calendar, the holiest month for Muslims.

During this holy month of Ramadan Muslims take one meal before dawn, known as "Suhoor," and afterwards fast for the rest of the day. Around sunset, Muslims break their fast with a meal known as "Iftar." Throughout this holy month, Muslims are engaged in praying whilst abstaining from life's joys. After Iftar, Muslims attend supplementary prayers known as "Tarawih" in a mosque every night throughout the month of Ramadan. In this prayer, the Quran is recited every night starting with the first chapter on day one to the last chapter over Ramadan.

To summarize, Ramadan is a month during which people who follow the Islamic faith pray, fast, and deepen their faith. Able Muslims across the world fast from dawn to sunset, consuming nothing at all in between. Fasting is one of the five pillars of Islam, and it results in a closer relationship with God, a rejuvenating spiritual experience.

Along with disruptions in regular sleep patterns, fasting for an entire day can really leave a person feeling more exhausted than normal, and lightheaded (particularly by mid-afternoon but even more so towards the end of the day). So, how do these commitments affect the work and study lives of those who are observing it?

Muslims see this holy month of Ramadan as a month-long practice that helps them achieve the right balance in life by dividing their time throughout the day for different tasks. It is not just about abstaining from food and water, it is a program to dive deep into one's life for improvement in spiritual, emotional, and physical aspects as well as to help develop good habits and time management skills. Throughout this month several elements play out in an individual's work or academic life balance as follows:

Ramadan is one time in the year where Muslims pause and reflect on their lives. When they fast, they automatically break their routines. This can include breakfast, snack, lunch, dinner, and sleep routines. In breaking routine, a person begins to reevaluate and re-calibrate their lives and therefore adapt to new challenges while nurturing a flexible mindset for those who sincerely practice.

One can plan the most balanced lifestyle feasible, allotting sufficient time to each of their tasks, but reality always triumphs. However, life can occasionally throw things at us that make it tough to manage and maintain a balanced lifestyle. Thus, to counteract this, Ramadan teaches Muslims to consider work-life balance in terms of rights fulfillment over work-life balance in terms of what is anticipated.

Our body's rights, our mind's rights, our family's rights, our friend's rights, and, of course, our workplace rights. When people shift their thinking on work-life balance away from subjective and idealistic notions and toward the rights of others (and us), it becomes incredibly plain and intuitive on where to draw the line between the various parts of our lives and how to balance our lives during and beyond Ramadan.

Having a productive Ramadan does not imply focusing solely on the spiritual aspect of Ramadan and overlooking (or even ignoring) productivity and work performance, nor does it imply the opposite. A productive Ramadan is one in which Muslims ask themselves the key question: How could I become a better representation of myself spiritually, physically, and socially throughout this period and beyond? Overall, Ramadan helps Muslims attain tranquility and peace in the heart, integrity in speech, and clarity in the mind, all feeding to achieve a successful and balanced life.



Ramadan Routine as a Student in the UK

by Afshan Sher

Here in the UK, the routine is totally different from our home countries like Pakistan, India, Bangladesh, Sri-Lanka, Malaysia, and other Muslim countries. The first difference is that we must follow alarms to wake up for Suhoor as there is no "Adhan" or calling that wakes us. Secondly, there are different calendars with a difference of 5-10 minutes, so one must decide which one to follow. Thirdly, at some workplaces, breaks are not permitted at the time of Iftar or if one is working night shifts, they may not receive any break at the exact time of Suhoor, which is usually one to two hours earlier than the closing time. However, at my workplace, I did not face this challenge as the managers are so considerate regarding this matter that they give all Muslims where I work two breaks, one as regular and one at Iftar time.

Many Muslim students living in the UK can relate to my Ramadan routine. In my studies this year, I had two or three classes during Ramadan and my summative assessment submission deadline was exactly one day after Eid. This meant that I had to work on my assignment while fasting. Furthermore, having to work part-time alongside my studies during Ramadan was a new experience for me. In light of this, I decided to keep it as simple as I could by having no fancy eating, no fried items, and no heavy meals.



However, I faced the dilemma of working at a fast-food restaurant and in so doing, avoiding fried foods was not always possible. The answer for me was simply adding fries as part of my Iftar every third day. At home, I usually consumed milkshakes and water along with dates. In the UK, this time around, one may not feel thirsty while fasting because of the weather during the month that Ramadan fell on this year, but one still must consume enough water to prevent dehydration. The trick is to consume more liquids and less solids. Therefore, I was able to eat less solids such as bread, rice, and other carbohydrates because one good thing that Ramadan helps with is hunger control. I have developed more patience and thus felt less hungry as compared to other months.



The Eid celebration was also a bit different from my home country but if you have good friends around, life is still good even if you are thousands of miles away from home.

In short, it is a blessed month because
I was able to revive my relationship
with Allah, added some good deeds,
and became more considerate
towards other people around me. My
advice is to keep following Ramadan
practices in other months as well and
make this world a happy place to live
for you and others.



University CENTRAL ADMINISTRATION



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STUDENT ADMINISTRATION

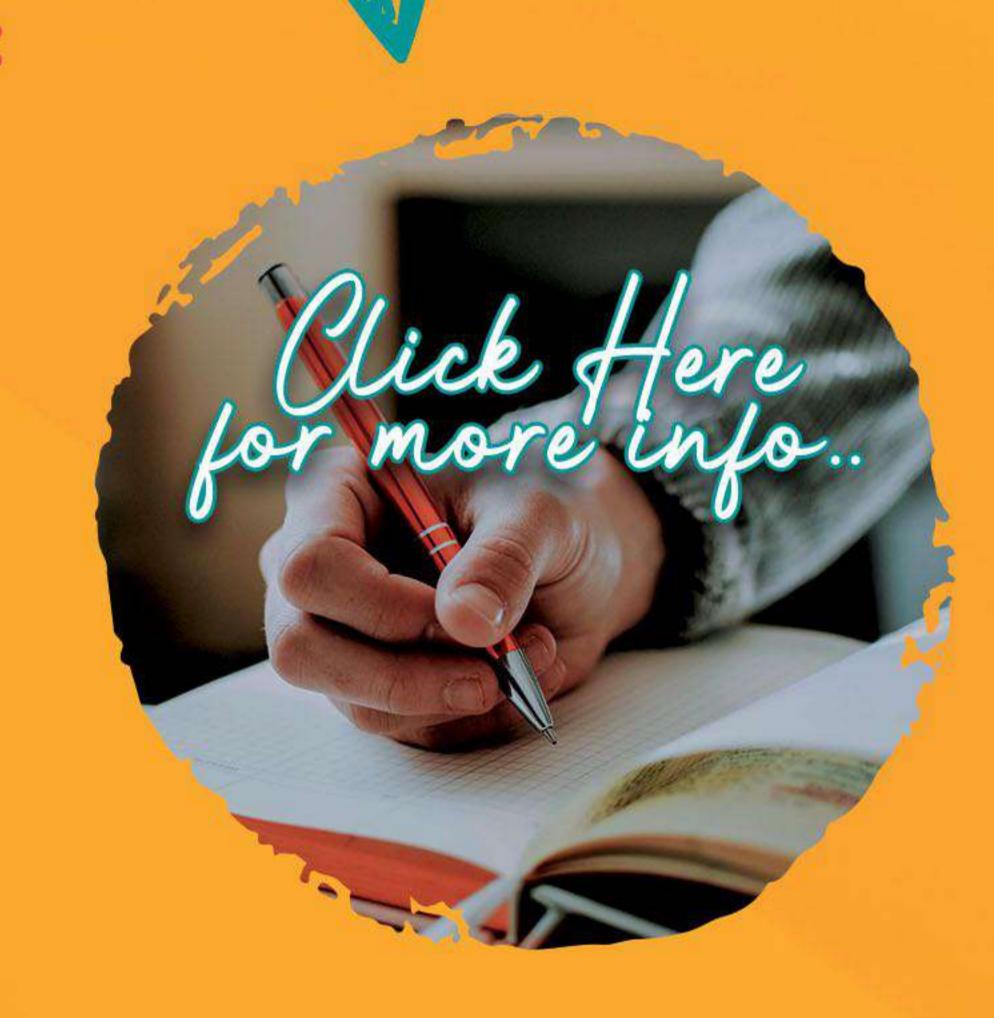
- For services including:
- © Change of Personal Details,
- Delter Requests (such as Status, Bank,
- © Council Tax Letters),
- O ID cards,
- Oyster cards,
- Student Loans, etc.



ASSESSMENTS

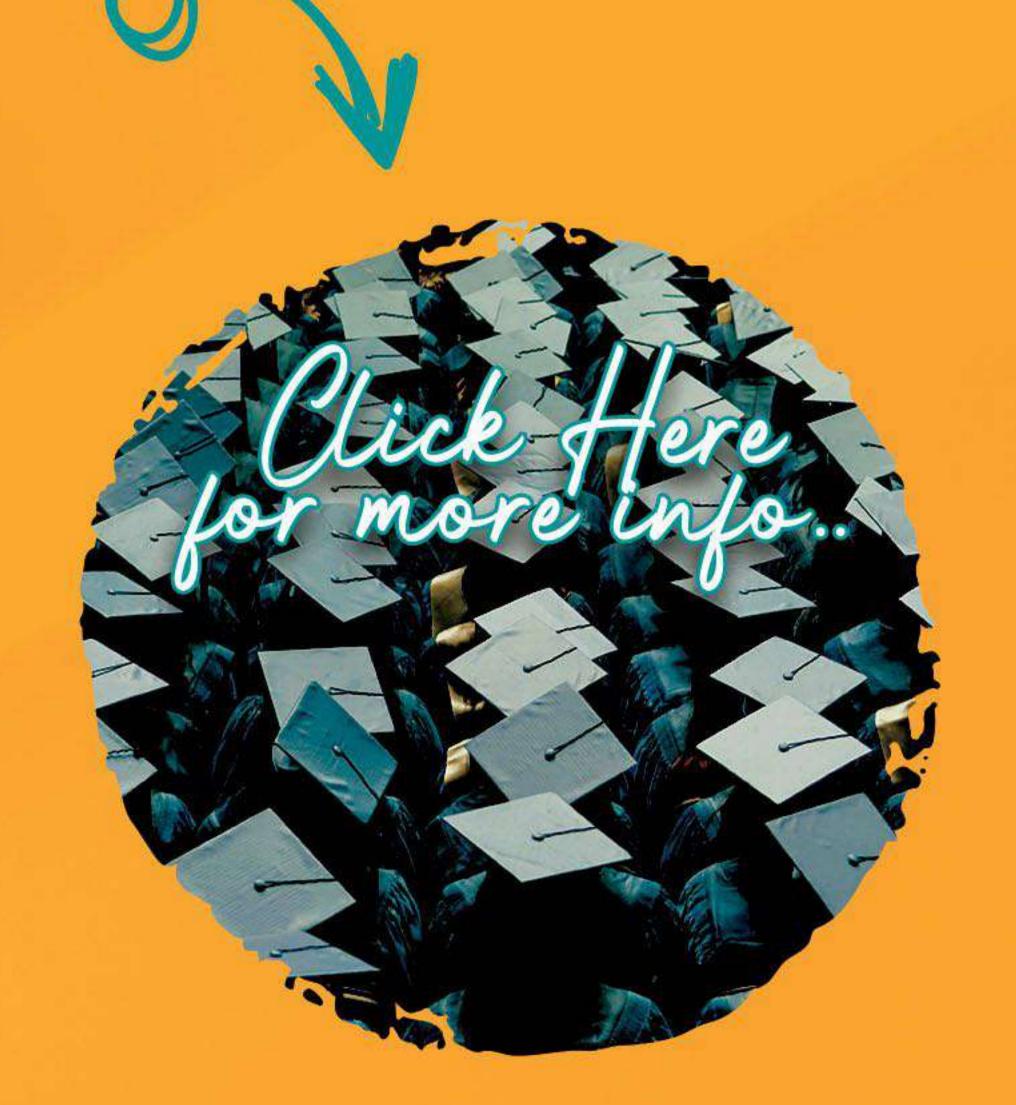
- For information about:
- Results,
- Assessments (including Inspera exams),
- Transcripts.

As well as, general information on: Deferrals, Mitigating Circumstances, Academic Appeals and Misconduct.



GRADUATION & AWARDS

- For information about:
- © Graduation Ceremonies,
- References & Verifications,
- o eModule,
- Awards and Certificates



Assessments at BPP

With exam season approaching please see our Assessments hub for all assessment related info:

https://www.bppstudents.com/university_services/assessments/

Before Your Exams:

Please read our preparing for exams page:

https://www.bppstude nts.com/university_s ervices/assessments/ prepare/

to ensure you are ready for your exams.

Check your exam schedule:

The dates of your exams will be released to you on the Hub/VLE at the beginning of your course.

Apply for any Learning Support allowance:

Contact learningsupport@bpp.com. Your Learning Support agreement must be in place at least one month in advance of your exams.

Check your exam platform:

The platform which will be used should be described on the Hub/VLE in your module section.

If your exam platform or coursework is scheduled in Microsoft Teams, Turnitin or Panopto: Your Programme team will co-ordinate these. For any queries about your assessment or time slot please contact your Programme team via a VLE Query or a Hub Query.

If your exam platform or coursework is scheduled in Inspera:

- Ensure that your system complies with the specifications listed in the Bring Your Own Device (BYOD) policy.
- Inspera Assessments are co-ordinated by the University
 Assessment Office. Please see the 'Inspera' section for further information and guides.

Ensure that you:

- Read the appropriate Inspera guide.
- Download or access the correct system.

If you are sitting a proctored (remotely invigilated) exam you will receive two emails from the Assessment team:

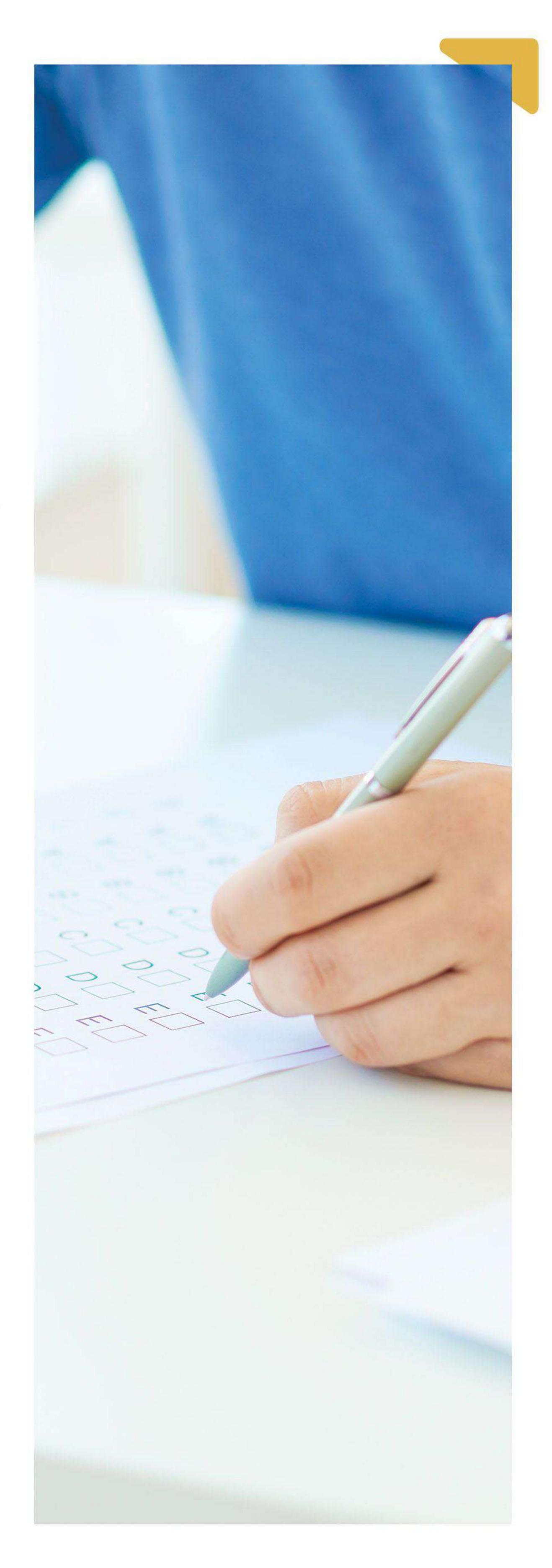
• First email: 1-2 weeks before your exam: This gives information about how to test your system.

It is important you test your system as soon as possible so that we can help you resolve any potential issue in advance of your exam. You must also check that you are using the most recent version of Inspera as the software is regularly updated.

Second email: 1-2 days before your exam:

This informs you that your upcoming exam should now be visible to you in Inspera.

If you have any issues check the troubleshooting part of the guide, then contact lnspera@bpp.com as soon as possible. Check that you can log in with your BPP email address and password in the 24 hours before your exam.



On the Day of Your Exam:

Log In on time:

Ensure you log in at the assessment start time (please note if you are overseas Inspera will update to your local time

Consider if you are 'Fit to Sit':

If you are not well or something happened and you are not mentally or physically ready to sit the exam, then check:

https://www.bppstudents.com/university_se rvices/assessments/fittosit/

Remember: Online exam guidelines attached poster

Get in touch if you have issues:

If you experience issues during your assessment contact the following so you can get help as quickly as possible:

Inspera exams:

For any technical issues contact our dedicated Digital Assessment team: lnspera@bpp.com.

Other platforms -

Contact your Programme team.

Results release

Your results will be available:

On the day that your results are due to be released to you, you will receive an email from ResultsReleases@bpp.com email to

your BPP email address inviting you to click on a link to access your results. Your results will be available at 2pm on the allocated day of your release. Additional releases (for example where a student's results have initially been withheld due to Student Record or Financial hold, which has since been resolved) will take place once daily at 2pm for up to 3 consecutive days following the main release day and will be available via the link sent to you on the first day of that release.

Please see Results FAQ poster for any queries you may have following the release of your results Attached poster

Mental Health AWARENESS WEEK LONELINESS

A warm welcome to this edition of the magazine from everyone in the Safeguarding Team. Our team consists of five members of staff who deal with any safeguarding concerns raised by students or staff. We operate a safeguarding line which is for safeguarding issues and open from 0900-1730 Monday to Friday. We would like to stress that this line is not for general student enquiries. However, if you are worried about yourself or another person then please do not hesitate to contact us on 07464 542636 or by e mail to safeguarding@bpp.com

We have recently had mental health week which had a theme around with a theme around loneliness. This is something that can affect anyone at any time. You may be part of a group and feel on occasions isolated from what is going on. You may be far away from home and missing your family and loved ones. It can be hard to make new friends in a new environment. There may be days when you just feel alone.

There are excellent resources on the Mental Health Foundation website which you can access here.

Please feel free to have a read of these as there are lots of tips on how to help you feel a bit better and less isolated.

Another excellent thing to consider is volunteering. This could be for a local charity or group and there are lots of opportunities. This way you can get involved with local projects and make new friends as well as helping others. You can find information locally on how to do this at your local voluntary bureau or contact an organisation directly.

I was lucky enough to be selected for a volunteering role at the Royal Windsor Horse show. This was held over four days in the grounds of Windsor castle. As someone who loves the British traditions and horses this was a brilliant opportunity for me. I met so many people who were all lovely as well as meeting and helping lots of members of the public. I was also lucky enough to help at the Queens Platinum Jubilee pageant on two nights, so I got to watch it twice which was amazing. I would thoroughly recommend having a go at some volunteering it is a worthwhile thing to do.



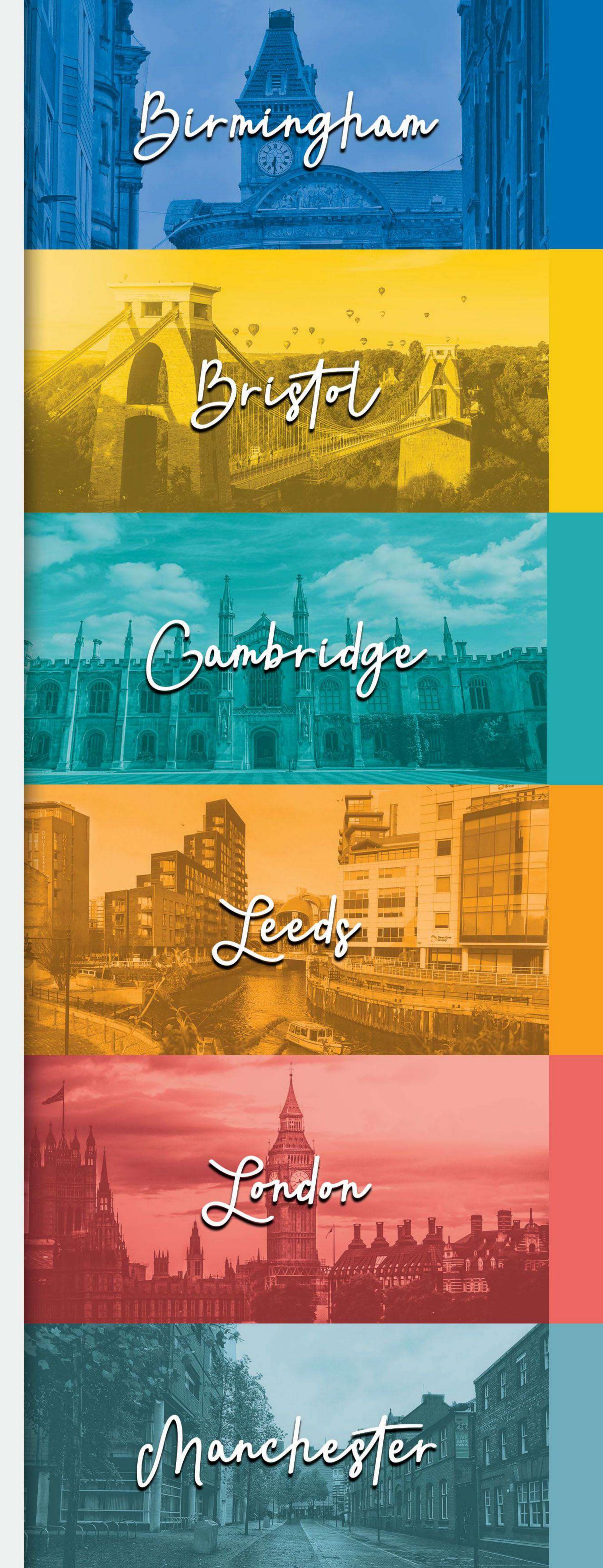
by Sue Aufiero



GET INVED

Your Community





The Arts Society, Birmingham

Founded in 1990, The Arts Society Birmingham is a successful and vibrant society with over 350 members who share a curiosity for the arts.

https://theartssocietybirmingham.org/

Martineau Gardens

Martineau Gardens is a beautiful therapeutic community garden and a charity, located two miles from Birmingham City Centre.

https://martineau-gardens.org.uk/visitor-information/

Bristol Yoga Centre

Based in the centre of Bristol, why not combine social activity and stress relief, by joining in some yoga classes, either with new or existing friends!!

https://bristolyogacentre.co.uk/

Rebel Book Club

Each month "we invite our local members to a meetup at Framework to share insights and actions from the book. The first round is on us!"

https://rebelbook.club/cities/bristol-2/

Body Work Studios

Taught by professionals at a central Cambridge studio, "learn from the best and get involved with our challenging but enjoyable classes."

https://bodyworkcompany.co.uk/adult-dance-and-fitness-class/adult-about/

Cambridge Scouts

Join the Cambridge Couts group for 18-25 year olds, 'Network' and meet like-minded and adventurous individuals. Great for teamwork!

https://www.cambridgescouts.org.uk/sections/network/

Leeds Playhouse

They aim to address 4 specific areas: Isolation and Loneliness, Mental Health and Well Being, Reconnection/Recovery and Skills and Training

https://leedsplayhouse.org.uk/creative-engagement/communities/

Netball League

This provides "Fun fuelled fitness with friends.

All levels catered for." A great way to get involved with the community!

https://www.gomammoth.co.uk/netball/leeds/

Holborn Community Association

They "create the spaces and opportunities for individuals, groups and the wider community to thrive." Loads of great things to get involved in!

London on Board

With meetups across London, if you're a board game fan, this group of like-minded people is for you! Get on board!

Network Theatre

Network Theatre is "a community theatre space in the underground railway arches of London Waterloo station." Perfect to meet new people!

Power League 5-a-side

Join the Manchester Central Power League by joining a team or creating your own with some mates! There's different nights and competitions.

tinyurl.com/38esr338

Young Professionals in Manchester

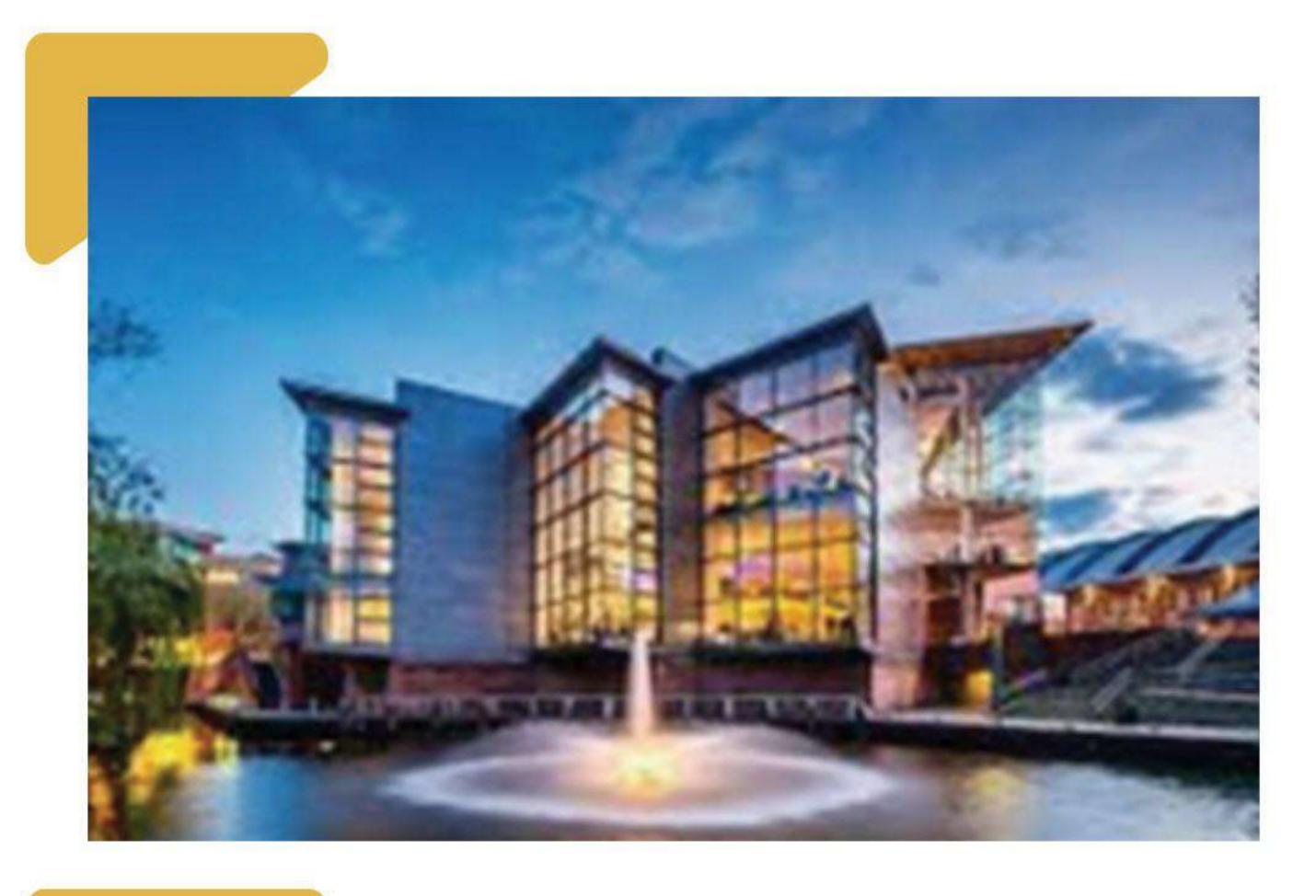
"New to Manchester? New to working life? Don't know anyone in the city? Just want to meet new people? Everyone is welcome!"

https://www.meetup.com/young-professionals-socials-in-manchester/

GRADUATION CEREMONIES!

A moment to be proud as 2,500 celebrated their graduation

For the first time since before the pandemic, BPP University resumed its graduation ceremonies - 2,500 students graduated in five events over three days: BPP graduations are well and truly back on!





Feedback was extremely positive... a quick search of #BPPGraduation yields:

- 'The celebration was worth the wait'
- "We had a blast and my heart is so full"
- 'Still thinking of Friday... it's easy to forget how far you've come!'
- "Had the best day"
- 'Walking across the stage felt so unreal but I've finally graduated'

Four London ceremonies were held at Central Hall Westminster (1st, 8th April). Alumnus Ravi Nayer shared key lessons learned in his journey to become partner at Quinn Emmanuel, and Professor Cristina Cunliffe was awarded a BPP Honorary Doctorate degree for her services to healthcare.



Congratulations to all graduates!

The next ceremonies will be in Spring 2023 - for up-to-date information re dates and eligibility check

https://www.bppstudents.com/graduation/.

Borenticeshib A YEAR(ISH) ON

Okay, so I'm a couple months shy of celebrating 1-year as fully qualified CIMA accountant – but terrifyingly enough, it was almost exactly a year ago I sat my End Point Assessment for my L7 apprenticeship!

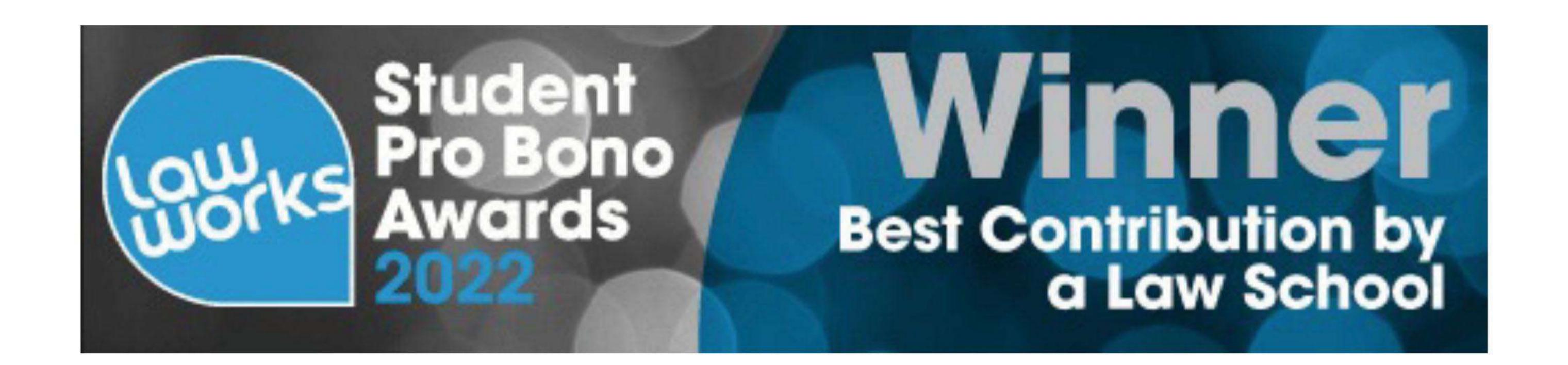
If you've studied or are studying through an apprenticeship, I don't need to tell you how much it enriches your life. My progress and confidence in my studies mirrored that in my career and personal life. As I progressed through each level of my qualification, developing my skills & gaining more knowledge, I would gain more responsibility at work. With this came access to even more amazing opportunities and I felt a little more certain that I had carved out the right space in the world (both personally and professionally) for me to occupy.

A year(ish) on – and my apprenticeship has opened so many doors for me. A couple of promotions later, I am now a Business Controller at a brilliant, sustainability focussed company. The day job is challenging and rewarding. I manage a team of 5 Project Accountants and partner with some very senior stakeholders to give them the financial insights they need to drive their divisions forward and achieve their goals.

On a daily basis, I'm applying what I learned in my apprenticeship (both the technical and the softer skills) to make a difference. The 'reflective' mindset I developed as an apprentice has been a key skill in my ability to not only lead, drive and support strategic improvement initiatives, but to also flourish in a professional world that is constantly changing shape as a result of the technological opportunities that exist and the unprecedented challenges we face.

One year on and I'm full of gratitude for what my apprenticeship has afforded me: knowledge, skills, confidence, and opportunity. As well as opening a few doors for me, I have gained some lifelong skills and a passion for my personal development that I have no doubt will continue to be the foundation of an exciting and rewarding career for years to come.

BPP PRO Mard BONO CENTRE Minners!



On 4th May 2022, the BPP University Pro Bono Centre was announced as the winner of the Law Works and Attorney General Student Pro Bono Award for Best Contribution by a Law School. This is the second time that BPP University has scooped the Award in two years.

The Awards recognise the impact and quality of student pro bono work across the country and this year's Awards focused on how universities adapted their services during the pandemic.



The BPP Pro Bono team, presented with their award by the Attorney General, the Rt Hon Suella Braverman QC MP (who is a BPP alumna!)



Harry

"It was such a privilege to be hosted at such a historic venue. The cake and sandwiches were unbelievable, and I think I may have eaten the best scone of my life! Hearing the President of LawWorks and the Attorney General speak has really motivated me to continue dedicating myself to pro bono work.

The most enjoyable part of the day was being able to meet the team who have made working for ELTAL so rewarding. Everyone was in great spirits, and it was lovely to share a moment of celebration together."





Aimee

"It was a wonderful day of being around like-minded people all enthusiastic and passionate about Pro Bono work. Hearing about the diverse, successful range of pro bono projects around the UK and knowing that for those who need legal assistance there is a wide range of options available to seek help was a privilege. And of course, it was brilliant to finally meet everyone who we've worked with while volunteering at BPP!

It was an amazing day all-round and one that truly commemorated the importance of pro bono work!"





Bradley

"Experiencing the passion and dedication of others to helping those achieve justice was fantastic. Attending the House of Lords really emphasised how important probono work is to people and the difference it makes to their lives.

Every project was a worthy winner in my eyes, but I think BPP's win was a perfect result as the team at BPP (both staff and students) work really hard to help people get the justice they need.

Oh and of course the cakes were phenomenal!"





Aimee, Bradley and Harry with Laura Richards and Laura Jones from the Pro Bono team

So, what makes an award-winning Pro Bono Centre?

Here's an overview of some of the projects and services
that BPP students and learners deliver each year:

Streetlaw

BPP's public legal education (PLE) project, Streetlaw, works with a variety of client groups to improve access to justice, by demystifying complex areas of law through interactive workshops. Throughout the pandemic, BPP students and learners collaborated remotely to produce:

- 1. A podcast series (Sex, Laws and Audiotape) to support teachers in developing Sex and Relationships Education lesson plans, including a special episode with Jess Phillips MP, on the importance of teaching about domestic abuse in schools
- 2. 'Live' online workshop content directly responding to pandemic-related concerns (e.g. How can I protest legally and safely during lockdown?)
- 3. A video series for Employment Tribunals users to guide them through the new remote hearing process

- 4. A student interview about Stop and Search broadcast on a prison radio station, to work around Covid site restrictions at HMP Brixton
- 5. A recorded Attempted Murder Mock Trial to support young people taking part in the Law Ambassador Programme (LAP) with their understanding of the criminal justice system. The LAP is a two-year programme which aims to improve social mobility by providing participants with experiences which give them skills and knowledge to access a career in law (including being paired with a mentor who is a practicing lawyer)

BPP student and learner volunteers have clearly made an impact on their audience this year: 97% of Streetlaw clients agreed or strongly agreed that the online workshop they attended helped increase their knowledge about legal rights and responsibilities relevant to their life.

One young person attending a Stop and Search workshop commented that:

"I feel confident to speak to the police without fear as I now know how they [are] meant to treat me".

BPP student and learner volunteers also scored the project highly for opportunities to develop career skills (including communication (94%), teamwork (88%)), demonstrating the transformative power of Streetlaw for all involved.

A stand-out volunteer this year is,

Sapra Jain

(Student Director; BTC)

shares her experience:

"Streetlaw has undoubtedly been a highlight of my time at BPP. To be a part of the team has been both a privilege and pleasure and I was delighted to see the BPP Pro Bono Centre's efforts and hard work recognised at the Awards Ceremony where the team was praised for their innovative approach to pro bono. I would encourage everyone to get involved as not only are there a range of projects on offer, but the staff members go above and beyond to support the student volunteers."

Legal Advice Clinic

BPP Pro Bono Centre designs legal clinics that not only meet client need but address the changes made to legal education which exclude social welfare law from the curriculum of future lawyers. Six distinct Clinics now operate under BPP's umbrella of advice services. These include Housing, Family, General Litigation, Enterprise and Welfare Rights Clinics. In January 2022, BPP joined the Environmental Law Foundation (ELF) network and has just recruited its first cohort of volunteers who will support new BPP/ELF Legal and Policy Clinics.

Virtual Clinic has increased the geographical reach of the service for clients and volunteers and enhanced the student learning experience. The Clinic operates across BPP's seven centres and works with volunteers around the country, as well as internationally.

Veronica Barresi, Clinic

Manager and Supervising
Solicitor for the Enterprise Clinic,
explains how the pandemic has
impacted Clinic work:

"The challenges our clients faced during the pandemic and continue to endure meant the type and number of legal enquiries submitted to the Clinic has grown exponentially. The Clinic provides free legal advice on a variety of different contentious (81%) and non-contentious matters (19%). During the last year, the Enterprise Clinic had a 61% increase in telephone and online queries, 43% increase in clients advised and 97% of clients saying they were satisfied or very satisfied with the service."

For students, volunteering with the Clinic has clear benefits:

"Working as a student adviser at the Enterprise Clinic gave me the opportunity to develop my lawyering and teamwork skills. I also felt rewarded by the impact my work had on the client's business."

[Adeoluwa Ogunleye, student adviser]

One of the newest Clinic services at BPP is the Welfare Rights Clinic. Launched in October 2021, the Clinic was a response to increasing demand for welfare rights advice following the pandemic and widespread legal aid cuts. The service offers advice in a range of areas including applying for welfare benefits, advice on current entitlement and appealing decisions. Since October, the clinic has helped 16 clients and, in May 2022, the Welfare Rights Clinic will benefit from a new Supervising Solicitor, Hannah Lennox. Hannah was the Child Poverty Solicitor at Hammersmith and Fulham Law Centre and has a wealth of experience that she will bring to the role to help drive the Clinic forward.

Employment Law services

For 16 years, the BPP Employment Law Telephone Advice Line ("ELTAL") project has provided free initial employment law advice to clients over the telephone. BPP staff, student volunteers and external volunteer employment lawyers (from private practice and in-house companies) have supported the service and improved access to justice for the most vulnerable in the community, in an area of law that has been hugely impacted by legal aid cuts.

Since its inception, ELTAL has seen increasing demand, particularly in response to the pandemic. From September 2021 – May 2022, ELTAL received 527 queries from members of the public and our lawyers delivered 196 advice calls.

ELTAL has also provided a fantastic learning opportunity for BPP students and learners, allowing them to support real clients, often with complex legal issues. Last year, 119 BPP students and learners volunteered on the project, across all BPP locations. Volunteers consider their time on the project as "an invaluable experience", with one former Student Director commenting

"....it has certainly instilled in me a desire to continue with pro bono work in the future."

There's no doubt that pro bono at BPP can really shape the future careers of our volunteers.

The impact of the service on clients is also clear: "I was shown respect...listened to and given important advice. Continue the good, needed intervention."

Looking to the future, September 2022 will see a re-launch of the ELTAL project, with a new look and feel that will further enrich the experience of our students and learners and meet the growing client demand. Watch this space for further updates!

Do you want to volunteer with our award winning BPP Pro Bono Centre? Opportunities are available for BPP registered students and learners across our schools. The next recruitment window will be Autumn 2022. You can find out more by visiting Career Hub, or contact the BPP Pro Bono Coordinator, Matt Gaskin at probono@bpp.com for further information. Matt has just completed his PGDL at BPP Law School and was a Pro Bono Centre volunteer during his studies.





For 18 years, the London Legal Walk has been bringing together the legal community to stand up for frontline free legal advice services. Please see here for more information https://londonlegalsupporttrust.org.uk/our-events/...

The need for free legal help with debt, benefits, housing, asylum, and domestic violence is now greater than ever. So please come and join our BPP Team at this year's London Legal Walk, taking place on Tuesday 28 June from 3pm.

To join our BPP Team please email probono@bpp.com so we can add you to our Team list.

You can see our Team page and raise money here https://londonlegalsupporttrust.enthuse.com/pf/bpp-university-pro-bono-centre

We look forward to hearing from you.

enacus BPP University



to Enactus BPP!



YOU ARE ABOUT TO START WHAT WILL LIKELY BE AN EXCITING AND FUN New CHAPTER OF YOUR STUDENT LIFE.



OUR VISION

To create a better, more sustainable world

our mission

To make a difference in the world using entrepreneurial action to transform lives and create a sustainable world.



People should be able to live a healthy and happy lives. The challenges people face are outlined withing the 17 UN Sustainable Development goals. Enactus direct their energy, attention and skillset to create real impact.

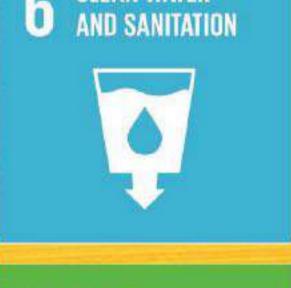


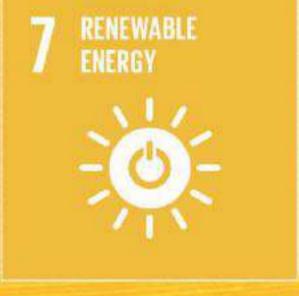




























Create impact in people's lives Build your CV with volunteer work A range of career opportunities Available just for



Let's work together for our common future

We are always growing and encourage driven students from any degree/ experience background to join us Email us at enactusbpp@gmail.com





BPP Apprentice Newsletter

May 2022

Welcome to this issue of the BPP Apprentice Newsletter.

We hope you have all enjoyed the bank holiday weekends we have recently had, and are looking forward to warmer weather, enjoying the longer days and the Platinum Jubilee Celebrations ahead!

It was Mental Health Awareness Week at the start of this month, with the theme of Loneliness. Loneliness can have a negative impact on mental health and wellbeing and can have a variety of feelings and causes. You might feel lonely when on your own, or when surrounded by lots of people, and that is okay – we want you to know that support is available.

You could try talking about how you are feeling to a friend, family member, health professional or counsellor. You can also call Samaritans 24/7 on 116 123 or email jo@samaritans.org if you need someone to talk to. You could join a group or a class for something you enjoy or visit places where you can be around other people. Here are some tips to tackle loneliness, and there are also options for support here, and peer support options here.

We thought we would share the various support teams available during your time at BPP. The below teams are here for you, whether you need advice or support with studying, working, or have something else going on – so please don't hesitate to reach out for support.

If you are ever confused about where to go for support within BPP, there is the Help Centre where you can search your question and find what you are looking for: https://www.bpp.com/help-and-support.

With that in mind read on for:

- An update from your BPP School
- Safeguarding Topic of the Month Support Teams at BPP
- Monthly Prevent Focus May
- Support information for you

Please read at your leisure and give us any feedback you have by emailing apprenticenetwork@bpp.com

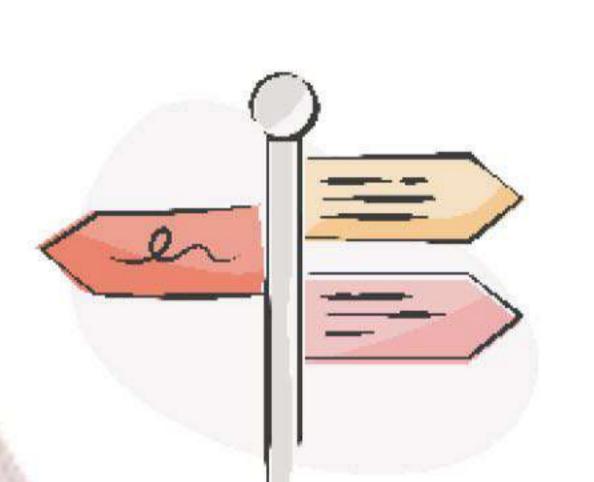
Safeguarding Topic of the Month: Support Teams at BPP

Independent Advice:



Our Independent Advice Team works within the Students' Association, dealing with a range of student queries and staff referrals for academic concessions, and also administers the Crisis Fund for students in need of emergency food assistance. On a daily basis, we work closely to help provide impartial and independent advice to those students who get in contact with us.

At the moment, the team consists of myself, Mara, although stay tuned for our new colleague who should be starting within the next few weeks! I'm a massive fan of football, dogs, and baking – a dream trio! All three of these



activities are great for getting me interacting with a range of people, practising patience (which is sometimes hard when you have choc chip cookies baking) and overall improving mental health. I'm also incredibly lucky that our wider Students' Association Team are lovely, and able to chat

about both work and general life. We all interact closely with campaigns and initiatives, and again working together really increases my resilience, as I'm never working alone!

Getting involved in our campaigns, sessions and presentations can help build a community, especially with other students on your course! It also means that you can interact with the wider BPP community, including staff, which is great.

Building community is an important part of our lives, and so we'd encourage you to look out for those around you and get involved in things you enjoy socially!

Learning Support:



Our Learning Support Team provides assistance for neurodiversity, learning difficulty, disability, health, and mental health issues, working with BPP teams to implement reasonable adjustments so you can access the right support. We support learners on a one-to-one basis, offering adjustments depending on your learning need.

Our services are available to all students at any stage of their journey at BPP. We encourage you to share your neurodiversity, disability, physical or mental health condition with Learning Support as soon as you can at application and registration.

There are Five Steps to Learning Support: Contact Learning Support on learningsupport@bpp.com; complete a disclosure form; discuss support and send us a Doctor's Note or Educational Psychologist's Report; we produce a learning support agreement outlining your support; we arrange support on your chosen course and for exams.

If you have not used Learning Support before, don't worry! We can guide you through the process and answer any questions you might have. For more information, download our Pocket Guide to Wellbeing & Learning Support.

Safeguarding:

Our Safeguarding Team are here to support you with welfare or wellbeing concerns that you might be having. We are a small team of five and we want to support you and make sure you feel safe during your time here at BPP!

We can help support and signpost you to services for extra support, and we will listen, without judgement, to any concerns you might be having.

This could be linking you into external organisations who can provide extra support or linking you in with the other support services at BPP. We also have loads of resources over on the <u>Students' Association</u> website for you to check out for more information.

If you are in a situation where you feel unsafe, are worried about your welfare, or feel overwhelmed and like you might need extra support, please contact our team on safeguarding@bpp.com or call our Helpline (Monday–Friday 9am–5:30pm) on 07464 542 636. (This helpline is for assistance only – if you need emergency services you must call 999.)

Equality, Diversity, and Inclusion:



Our Inclusion Team can provide guidance and support during your time at BPP. We celebrate, support and advocate for learners with (protected) characteristics, care-experienced learners, learners with caring responsibilities and disadvantaged learners.

If you feel you have been the victim of any form of harassment, inappropriate behaviour, prejudice or discrimination, please reach out on inclusion@bpp.com.

We have facilities like multi-faith rooms, gender-neutral toilets, and run events like Black History Month, International Women's Day, Pride Month and Disability and Mental Health Week, as well as schemes like our Reverse Mentoring Scheme. For more information, please download our Pocket Guide to Equality, Diversity, and Inclusion.

Counselling Service:

We have a free and confidential counselling service, offering online and telephone counselling services.

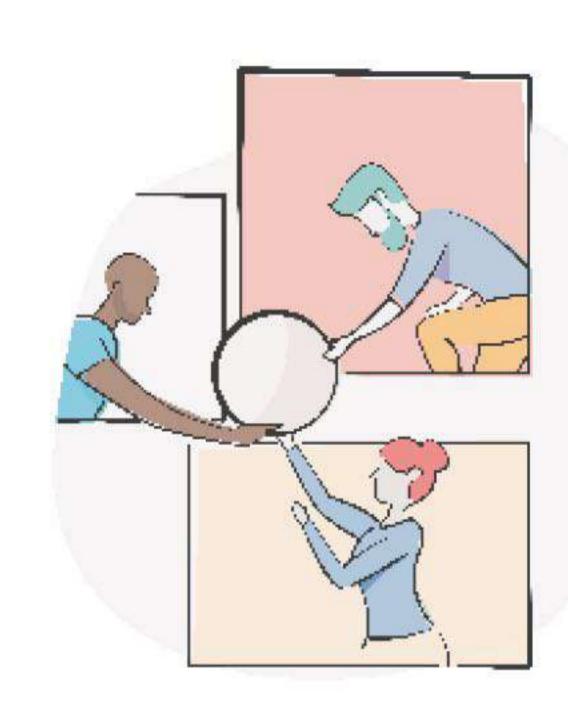
You can self-refer by visiting www.totalwellness.info and completing the registration forms. From here you will be invited to a welcome session to discuss the Total Wellness services that may be of assistance to you.

Monthly Prevent Focus: Isolation

The main aim of the Prevent strategy is to prevent people from being drawn into terrorism, and to help stop people being radicalised.

One aspect that plays a role in radicalisation is isolation, recognised as one of the vulnerabilities that might lead to radicalisation or potential exploitation. Feeling connected with others is not only vital to mental health and wellbeing but can increase your sense of belonging with the wider community.

A 2020 government report advised that social isolation might make people further vulnerable to radicalisation¹, and evidence shows that isolation plays a multifaceted role in both the initial involvement and initial engagement phases of radicalisation². The government also states that a stronger sense of 'belonging' and citizenship makes communities more resilient to terrorist ideology³, showing how important community building can be!



Some things you can do are to get involved in community projects, and promote inclusivity, there is this page on the government website with information about volunteering and making a difference in your community.

Mind also has <u>information and support about loneliness</u> and its impact, as well as how to get help or help others.



Resources to help with Loneliness:

- Mind has information and support about loneliness and its impact, as well as how to get help or help others, and options for peer support here, so check out these resources
- The NHS website also has options for support, as well as advice here
- You could get involved in community projects, there is this page on the government website with information about volunteering and making a difference in your community
- Here are some tips to tackle loneliness on the Mental Health Foundation website

Resources for Mental Health

If you identify as gay, lesbian, bisexual or transgender, you can call <u>Switchboard</u> on <u>0300 330</u> <u>0630</u> (10am–10pm every day), email <u>chris@switchboard.lgbt</u> or use their webchat service. Phone operators all identify as LGBT+. Calls to this number will be included in any call allowances you have either on a mobile or landline.

These free helplines are there to help when you're feeling down:

To talk about anything that is upsetting you, you can contact <u>Samaritans</u> 24 hours a day, 365 days a year. You can call <u>116 123</u> (free from any phone), email <u>jo@samaritans.org</u> or <u>visit some branches in person</u>. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

You can call <u>CALM</u> (Campaign Against Living Miserably) on <u>0800 58 58 58</u> (5pm-midnight 24/7) if you are struggling and need to talk. If you prefer not to speak on the phone, you could try the <u>CALM webchat</u> <u>service</u>.

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.

If you're under 25, you can call The Mix on <u>0808 808 4994</u> (3pm-midnight every day), request support by email <u>using this form on The Mix website</u> or <u>use their crisis text messenger service</u>.

If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please: call 999 for an ambulance, go straight to A&E, if you can, or call your local crisis team, if you don't have their number, you can find it by visiting the NHS Website here.

If you need any support at all, please reach out:

saleguarding@bpp.com
arningsupport@bpp.com
inclusion@bpp.com

If you'd like to network with other BPP students, please visit our BPP Community site: community.bpp.com

Interested in setting up a Club or Society?

We will help you every step of the way

Email us at

engage@bpp.com

