

THE UNIVERSITY OF PLYMOUTH LAW SOCIETY



| ISSUE NO 1 | OCTOBER 2020 |



MEET YOUR COMMITTEE

If you attended our AGM back in March, you have probably known for quite some time who your newly elected 2020/2021 Committee members are! Near the end of August, you may have also seen the reveals on our social media accounts, so hopefully by now the above faces are fairly familiar. If you want to find out more about each of us and our roles, head over to our Facebook page, @PlymUniUPLS, where you will find our pictures, bios and videos.

The 2020/2021 Committee:

President – Gabriel Rosario
Vice President – Abigail Russell
Secretary and Careers – Olivia Moran
Treasurer – Shasenem Chakanova
Health, Safety and Communications – Kimberley Hurn

Mooting Officers – Aoife Marriott and Holly Parker
Debating Officers – Thomas Wilson and Sipiwe Daka
Negotiations Officers – Laura Keith and Lauren Dixon
Events and Activities Officers – Hannah Dymond and Ruby Forster

We are all so excited to be in our new roles and despite the difficult circumstances, we are all working hard to ensure that our members have a great experience with us over the next year. If you have any questions or would like to find out more, please do not hesitate to get in touch with us, our emails can be found on the last page of this newsletter.

WELCOME

To both new and returning students, welcome! We hope that the start of the academic year is going well and that you have settled in to the city of Plymouth.

This is our newsletter which we will be sending out to you throughout the year. Here, you will find what has been going on, future events to look forward to, our highlights, news, advice and so much more! In the meantime, while you wait for the next issue of the newsletter, make sure to follow our social media accounts where we post regularly so that you can stay in the loop of all things UPLS!



COVID - 19

Due to current circumstances, the UPLS will be running a little differently compared to previous years. Nevertheless, the 2020/2021 Committee are working hard to ensure that we can still provide you with the best possible experiences whilst ensuring your safety is at the forefront of everything we do.

We have developed a set of guidelines for you to follow so that we can manage the risk of Covid-19, all of which are in line with Government and UPSU advice.

It is your responsibility to understand and adhere to these guidelines to keep yourself, fellow students and others safe. So, please make sure you have read this document.

We appreciate your co-operation during these difficult times and hope that despite the challenges of this academic year, you enjoy your time as a member of the UPLS.

COMING UP...

The below are provisional dates only. Please keep an eye on our social media accounts and website for confirmation of events.

October 2020

14th October – Mooting Workshop
14th October – Debating Workshop
14th October – Negotiations Workshop
16th October – Negotiations Workshop
16th October – Bingo
19th October – CV Workshop
21st - 22nd October – Mooting Competition, Round 1
26th - 28th October – Negotiations Competition, Round 1
29th - 30th – Debating Competition, Round 1
30th October – UPLS Play Among Us

November 2020

4th - 5th November – Mooting Competition, Round 2
10th - 12th November – Negotiations Competition, Round 2
11th November – Quiz Night
17th - 18th November – Debating Competition, Round 2
20th November – Devon Chambers Barristers Talk
23rd, 25th - 26th November – Negotiations Competition, Round 3
27th November – Virtual Mock Trial Workshop

SOCIAL MEDIA ACCOUNTS



@PlymUniUPLS



University of Plymouth
Law Society



@uop_lawsociety



<https://www.uplaw.society.com/>



@UPLSLAW



Feel free to tag us in your posts or stories!

CHARITY

After a society-wide vote, we are pleased to announce that Mind will be the charity supported by the UPLS over the next academic year!

This is an incredible organisation that focuses on helping us improve our mental health as well as supporting those who battle with mental illnesses. Therefore, it is a pleasure that we as a society will have a chance to contribute to their cause.”

– Abigail Russell, Vice President.

If you have any thoughts on how the UPLS could fundraise for this great charity over the next year, or would like to make a donation, please get in touch with the Vice President.



Do **one** thing

Improving your mental wellbeing



Relax and reduce stress

Do something that helps you relax, like have a bath or go for a walk.

If you're feeling overwhelmed by a stressful situation, try to take a break.



Do something creative, like baking or crafting.

Try breathing exercises or yoga.

Give yourself some tech-free time.

Spend time in nature

Try to spend some time outdoors. This could be going for a walk, or sitting in your garden or local park.

Bring nature into your home with potted plants and flowers.



Spend time with animals. If you don't have pets, you could feed birds from your window, or visit a community farm.

Look after your physical health

Try to drink water, eat regular meals and have a balanced diet.



Build physical activity into your daily routine, if you can.

Try to avoid drugs and alcohol.

Make time for basic self-care like brushing your teeth and showering.

Try to get enough sleep

Try and establish a routine around bed time, to help set a regular sleeping pattern.

Avoid screens before sleep if you can.



Try to wind down before bed with a bath or relaxation exercises.

Try to make your sleeping environment more comfortable.

Connect with others



Talk to someone you trust about how you're feeling.

Try a peer support group or online community.

Try volunteering to help you meet people and boost your self-esteem.

mind.org.uk/wellbeing



AN OVERVIEW OF OUR EVENTS SO FAR

On the 24th of September, Gabriel and Thomas hosted an Icebreaker Quiz. At this event, people were able to meet fellow students and get to know the Committee. We were very pleased with the turnout considering this was our first online event of the year. Once again, we would like to congratulate our winners – Courtney Pottinger, Georgia Lane and Noah Ball.

Our Instagram Q&A on the 22nd of September gave current and incoming University of Plymouth students the chance to ask us any questions they may have. Thank you to those who submitted a question. These are now a highlight on our Instagram page, so if you did miss out, go take a look!

On the 30th of September, Gabriel and Abigail hosted the annual Welcome Party. During this event, people were placed into Zoom breakout rooms and given the opportunity to meet people from different years. Congratulations to Joel Morgan, Olivia Moran and Morgan Edgell who were also lucky enough to win one of the raffle prizes!

Our Competition Sign Up Day on the 7th of October was also a massive success. Thank you to everyone who signed up and we hope that you look forward to competing!

OUR SPONSORS



For any queries regarding Sponsorships, please get in touch with the Treasurer, Shasenem Chakanova.



== COMMITTEE CONTACTS ==

President – uplspresident@outlook.com
Vice President – uplsvp@outlook.com
Secretary and Careers – uplssecretary@outlook.com
Treasurer – uplstreasurer@outlook.com
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