



## Welcome to the spring edition of your volunteering newsletter

Welcome to the first volunteer newsletter of 2024!

Spring has sprung around the OU's campus in Milton Keynes, as you can see from the photos below. I spent a very enjoyable lunchtime on Friday walking around campus looking out for all the spring flowers, with the daffodils giving a wonderful display.

We're building up to an exciting time as this is a conference and an election year at the Association, and nominations have now opened for our Student Leaders and Trustees! Find out more and a link to full details below.

Our first Graduation Stall Volunteers of this season are in London at the end of this week for graduation ceremonies at the Barbican, so we're very much looking forward to them. We'll be opening recruitment for graduations in autumn in a couple of months, so keep an eye on our [Volunteering Opportunities](#) page :-)

Also in this brief newsletter, you'll find Association news, some wellbeing tips from Mindapples, and an exciting opportunity from our friends over at the Careers and Employability Service.

And please send us any pictures, stories, news and memories of your volunteer journey with us, as we'd love to share it with our volunteering community.

With very best wishes from



## Spring arrives at The Open University in Milton Keynes.

The artwork in picture 2 is aptly named 'Spring'.

**OU STUDENTS ELECTIONS**

12 March - 10 May

**Student Leadership and  
Trustee Elections**

President • Deputy President • Vice Presidents  
Faculty Reps • Area Reps • Student Trustees



Nominations are now open for our Student Leadership Team and Trustees! The association is run by students, for students, and we couldn't do all the amazing work our volunteers do without you. We are committed to creating a student leadership team and board of trustees that represents the student community, so if you are currently studying with the OU, now is the time to put yourself forward.

To find out more, use the button below to take a look at our website.

## OU Students Association elections

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# WHAT'S NEW?



### **There's a new article in our online magazine [The Hoot!](#)**

Ciara, our Projects Officer, Strategy and Insight, writes about VP Engagement Lou Robinson and Faculty Representative for WELS Nichola Connolly's engaging event for the recent Student Voice Festival.

You can read a summary of the discussion - and ideas that flowed from the session - in [The Hoot](#).

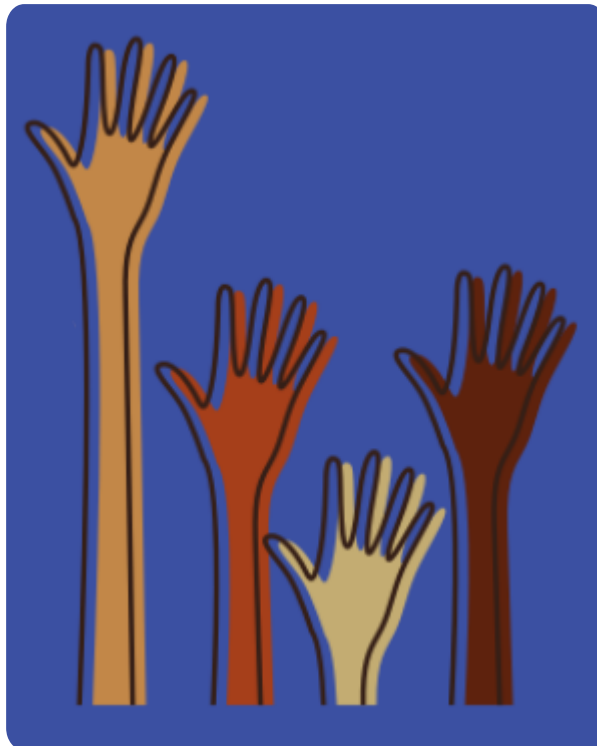
### **Environmental Sustainability Society - get involved!**

Following on from this, the article also suggests one way to get involved; join the [OU Environmental Sustainability Society!](#)

The OU Environmental Sustainability Society invites all current and prospective members to an Extraordinary General Meeting (EGM) on Tuesday, 16 April at 6pm.

The Society is seeking to elect a new committee to revitalise their activities.

If you're concerned with environmental issues this is your chance to get involved with likeminded students.



**We are very excited to announce the date of  
Conference 2024!**

It will take place online on **Saturday, 15 June** and all students who would like to attend are very welcome.

As well as the host of inspiring speakers and student events during the Conference, it is an opportunity to participate in debates and discussions around Association business.

**So the key dates for business are:**

Debates and discussion: 10 – 23 May

Voting: 24 May – 7 June

Conference day: 15 June

You can find out more and read the formal notice of the OU Students Association Conference 2024 on our website ([link below](#)).

**OU Students Association Conference 2024**

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an exciting new volunteering opportunity for 2024.

They are looking for two new volunteers to serve as CES Student Representatives - one for Scotland and one for Wales.

You can visit their [CES Student Reps information page](#) for more details. This exciting volunteer opportunity starts in April 2024 and lasts 12 months initially but may be extended to 16 months.

The deadline for applications is **Monday, 15 April**.



**Wellbeing at the Association**

who are Mindapples Champions.

As we enter a very busy period for all students and the Association, I have been using their bite-size tip sheet on [handling pressure](#).

It's helped me to understand what stress is and how I react to it. It does feel these days like we're in permanent 'fight or flight'!

It's also helped me spot signs of stress in those around me :-)

I hope you find it useful too, and if you have any tips for handling pressure, do send them to us at [oustudents-volunteer@open.ac.uk](mailto:oustudents-volunteer@open.ac.uk)

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### Wellbeing support and advice from the Students Association

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Well, that's about it for this newsletter, so we'll just remind you of the events and meet-ups happening this spring.

So why not drop in and catch up with like-minded students?

[See all Association events](#)

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