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A QUICK GUIDE TO YOUR STUDENTS' ASSOCIATION ▶▶▶▶



**Booklet produced
by Edinburgh Napier
Students' Association**

ENSA's main office is located
at B34 Merchiston Campus,
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STAY UP-TO-DATE WITH ALL THE LATEST STUDENT NEWS AND ACTIVITIES

**FOLLOW US ON
SOCIAL
MEDIA!**

Instagram, Threads, Facebook, X and TikTok



@napierstudents



Introduction to ENSA

**FIND US
AT ROOM B34
MERCHISTON
CAMPUS**

ENSA stands for Edinburgh Napier Students' Association – and it's your students' union. We are a registered charity, which exists to represent and support you as students, and to help you to make the most of your student experience.

ENSA HQ is located in Room B34 at Merchiston Campus. This is where you can usually find your elected Student Co-Presidents and our advisers, along with the rest of our staff team, who support our Reps, sports clubs and student societies. You can also drop in and pick up some free condoms!

You can get further information about everything mentioned in this booklet at www.napierstudents.com.

OFFICE HOURS:

Our standard office hours are 9:30am-4pm, Monday to Friday.

APPOINTMENTS:

If you would like to book a slot with one of our advisers, see page 9.

If you want to chat with any of our elected officers or staff, drop in to reception, call 0131 229 8791 or e-mail ensa@napier.ac.uk



▲
Ryan, Opeyemi and Geou
(ENSA's Co-Presidents for 23/24)

Your Elected Student Co-Presidents

ENSA is led by 3 democratically elected Student Co-Presidents. It is their job to represent the collective interests of Edinburgh Napier students to key decision-makers at the University and within the wider community.

They are paid and work full-time for ENSA for a term of office lasting 1 year. The students who take on these roles either add a year on after graduation or take a year out of their studies. They are student leaders, working on your behalf to deliver a better university experience, as well as members of ENSA's Board, providing collective governance of the organisation.

STUDENT ELECTIONS



All Edinburgh Napier students who are active on a Programme of Study will get the opportunity to stand for election for any of the three Student Co-President posts.

Student Elections are held annually in the Spring, and all Edinburgh Napier students are entitled and encouraged to vote.

Geou

AKSHIL SK

**ENSA PRESIDENT FOR
SOCIETIES & COMMUNITY**



I am Geou Akshil SK, the President for Societies and Communities. Coming from India as an International student to study MSc in Renewable Energy, I've had a blast of a time in Edinburgh. I like parties, hikes and having a good time. I'm a believer in practicality and your voice is my power.

Though I am an engineer, my love for nature and people has kept me moving across a variety of jobs through my life and now I'm here as the person to listen to students and make the best possible effort in accomplishing the targets set for my tenure in the office as President.

My interests are bringing campuses back to life through fun events and campaigns, being with students to understand their concerns, communicating the power of student representatives, building a greater network to bring interdisciplinary works, showing sustainable growth through student engagement, climate change chapter and ultimately representing the student voice.

The student voice is the most powerful tool for change, and we can accomplish this together. Let's enjoy this journey of togetherness - you are our voice, and I am a believer in change!

CONTACT ME



@ensa_presidents



@EnsaPres



G.Akshil@napier.ac.uk

Opeyemi AKINDEHIN



**ENSA CO-PRESIDENT FOR
EDUCATION & EMPLOYABILITY**

I am Opeyemi Akindehin. You can call me Ope (Or-peh) for short. I am your elected Co- President for Education and Employability. I also just completed my Masters in Environmental Sustainability at Edinburgh Napier and I am ecstatic to be in this role.

I plan to help students achieve the best they can from their education by ensuring that their voices are heard and concerns tended to. I plan to have a good rapport with Programme Representatives, to have an insight into issues they might be facing and proffer solutions on how to best solve them.

I also plan to work closely with the University's Student Futures team (you can find out more about them on MyNapier) to provide awareness of current job opportunities and placements for students who are ready to go into the Job sector.

Lastly, I plan to work collaboratively with my fellow ENSA officers to ensure that students are aware of the benefits of the Students' Association and encourage students to make the most of their university experience.

CONTACT ME



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@EnsaEduEmp



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Ryan CAIRNS

ENSA CO-PRESIDENT FOR SPORT & WELLBEING



I'm Ryan Cairns, your new Co-President for Sport and Wellbeing! I've been a student at Edinburgh Napier for four years, studying Sport & Exercise Science. Being a lifelong resident of Edinburgh, I'm well-acquainted with the area and its sporting community.

Throughout my life, I've participated in various sports, with the Volleyball Club being a highlight of my time at Napier. I served on their committee for four years, starting as a secretary and eventually becoming the president in my final year.

As I embark on this new role, my main focus is to achieve growth and learning

opportunities. I aim to increase student engagement in sports and introduce more recreational training options for different activities.

I'm committed to promoting inclusivity, ensuring everyone feels welcome and has equal opportunities to participate. Lastly, I strongly advocate for the significance of mental and physical health, and I intend to support and raise awareness about both aspects.

I'm thrilled about the possibilities that lie ahead. Together, we can enhance the sporting experience and foster a culture of wellbeing at the University.

CONTACT ME



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@EnsaSportsWellbeing



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JOIN OUR STUDENT BUDDY COMMUNITY



The ENSA Buddy System helps new students settle into life at Edinburgh Napier University by pairing them with current students who will share their knowledge of life at the University.

If you're looking for a buddy or want to become a volunteer you can sign up online:

napierstudents.com/buddy



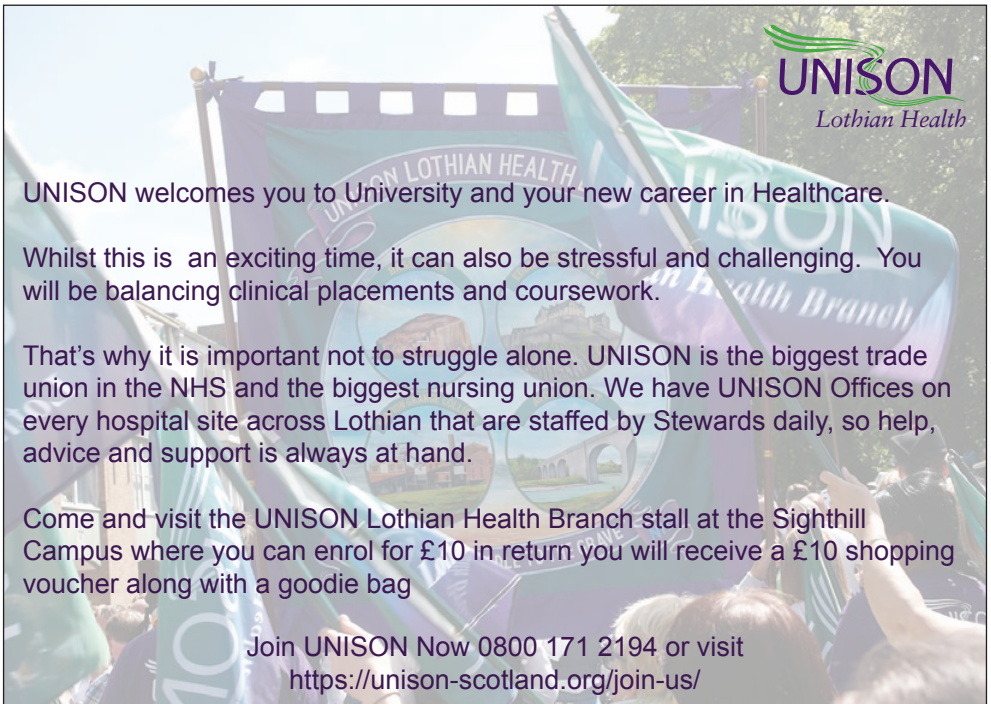
UNISON welcomes you to University and your new career in Healthcare.

Whilst this is an exciting time, it can also be stressful and challenging. You will be balancing clinical placements and coursework.

That's why it is important not to struggle alone. UNISON is the biggest trade union in the NHS and the biggest nursing union. We have UNISON Offices on every hospital site across Lothian that are staffed by Stewards daily, so help, advice and support is always at hand.

Come and visit the UNISON Lothian Health Branch stall at the Sighthill Campus where you can enrol for £10 in return you will receive a £10 shopping voucher along with a goodie bag

Join UNISON Now 0800 171 2194 or visit
<https://unison-scotland.org/join-us/>





Book yourself an appointment online at napierstudents.com/advice



Try and book an appointment as early as you can - we get really busy so don't leave it too late!



Face-to-Face, Phone or MS Teams appointments are available



ENSA offers Edinburgh Napier students advice on a range of education and welfare rights issues. With offices at all 3 campuses, our team of trained, professional advisers can provide you with up-to-date, practical advice, helping you to make informed choices.

ENSA Advice is independent of the University. This means that we can give you the best impartial advice possible when it comes to issues with your course, your tutors or the university administration. The service is also completely confidential, and the team will not share any information without your consent.

WE CAN HELP WITH:

- Academic appeals
- Extenuating circumstances / "Fit to Sit"
- Academic and non-academic misconduct
- Fitness to practice
- Complaints
- Issues with your course
- Housing
- Other welfare matters
- Money advice (student funding, fees, benefits and budgeting)



Student Council



GET INVOLVED AND MAKE CHANGE HAPPEN!

Do you want to be an influencer? A voice for the students at Edinburgh Napier? Do you want to improve the student experience for all? If your answer is yes, then your Student Council needs you!

The Student Council is a group of around 50 students or more coming together to debate issues, propose solutions and create positive change for the 19,000 students of Edinburgh Napier University. Council members who attend at least four meetings will receive a certificate of participation from ENSA.

We are looking for volunteers to join the Student Council early in the term. If you would like to make your voice heard and make change happen, contact our Co-President, Ope, at O.Akindehin@napier.ac.uk to find out more.





Want to
be a Rep?
Tell your
Programme
Leader!



HAVE A SAY ON YOUR EDUCATION!

Programme Reps

ENSA provides student representation at programme level through its training and support for Programme Reps. Every year of every programme of study needs at least one and, depending on the size of your class, usually two or three students to be Reps.

Reps can gather feedback from their classmates and raise issues and suggest improvements with the teaching staff on their programme.

Being a Rep only takes a couple of hours each month. If you have the ability to listen to your fellow students and voice their concerns and aspirations, put your name forward to your Programme Leader! It's a great chance to develop your skills and boost your CV while winning improvements for your class.

ISSUES REPS CAN RAISE:

- ✔ Module content
- ✔ Form/frequency of assessments and feedback
- ✔ Access to learning materials
- ✔ Access to tech support, equipment and software
- ✔ Timetabling
- ✘ Personal disputes
- ✘ Welfare problems



ENSA hosts a wide range of events for Edinburgh Napier students throughout the year, starting with Freshers Week in September.

We also host on-campus activities, awards ceremonies, workshops and training events.

Our various sports clubs and student societies host amazing fundraisers, showcase events and socials throughout the year too!

We'll keep you up-to-date with everything that is happening on our website and social media channels, and you can buy tickets online at napierstudents.com/tickets.



TOP: The Freshers Pub Crawl
MIDDLE: Societies & Sports Awards Ball
BOTTOM: Dress For Diversity Day



ENSA leads student campaigns within the university, and in the local community, on issues affecting student wellbeing. We also join national campaigns as part of the National Union of Students (NUS) on issues affecting students across the UK.



It's only by caring enough to take a stand on issues that we can, together, create change, win improvements and make a difference.

We hope you will get involved with ENSA campaigns this year, even if it is just by filling in a survey or liking and sharing our posts on social media to help raise awareness. Get in touch with any of our Presidents to share your own ideas for campaigns!



Past campaigns have included launching a Community Pantry, promoting Blood Donation and joining national demonstrations on improving funding for students.



Getting involved with ENSA Sports can be one of the best things you do as a student. Whether you continue to participate in a sport you've always loved, or want to try something completely new, joining one of our numerous sports clubs is a great way to get exercise, have fun and meet new people.

Every year our sports clubs get bigger and better, with many clubs representing the University in national leagues and competitions. It's not all competitive though, and many clubs welcome complete beginners who just want to join for fun.

Our clubs cover a range of field, indoor, adventure and performance sports. If we don't provide your sport yet, you could start up a club of your own! Contact sports@napierstudents.com.



Check out all the sports clubs at www.napierstudents.com/sports



ENSA Societies are your chance to connect with like-minded people, develop new hobbies, interests and skills, and make really good friends!

ENSA supports students to create and run their own societies, led by an elected student committee. Every society is open to all Edinburgh Napier students.

Our societies offer a wide range of opportunities for students to take a break from the pressures of coursework and studying. With musical, cultural, performing arts, academic and hobby-based societies, there are lots of interests already covered.

However, if you can't find a society that takes your fancy, you could always start your own! Contact societies@napierstudents.com for details.

Check out all the societies at www.napierstudents.com/socs



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WEEKLY QUIZZES & KARAOKE NIGHTS

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(139 Cowgate, EH1 1JS)**

 @yourunionbar

 @yourunionbar

* Student ID Required