



University of
Reading



Reading
Students'
Union

Get the most out of your money at University

[Click on the buttons below to find out more]



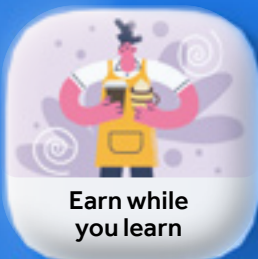
**Student
life**



**Study &
social space**



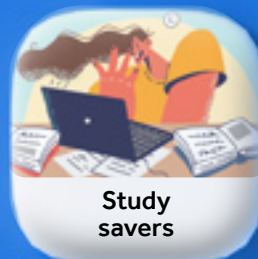
**Food &
eating out**



**Earn while
you learn**



**Getting out
& about**



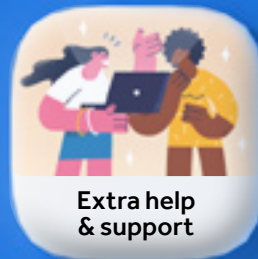
**Study
savers**



**Health &
wellbeing**



**Financial
support**



**Extra help
& support**

Balancing a budget at university can be challenging, particularly when living costs are rising. The University of Reading and Reading Students' Union (Reading SU) are working together to provide support and help you get the most out of your student budget.

Student life



✓ Get discounts on meals out, travel, clothes, entertainment and more. Take advantage of student discounts with a **TOTUM card** – the only student discount card recommended by the National Union of Students.

✓ **UNiDAYS** offers discounts for students on a wide range of services and products.

✓ Nights in with friends can be social and fun too. Sharing a meal is cheaper than cooking for yourself

✓ **Student Life Events** are free events for all students. Find out about coffee mornings, boardgames, murder mystery activities [here](#).

✓ **Reading SU** organise a huge range of events for students each term, many of which are free or low-cost and all the money you spend in Reading SU goes back into the services they provide.

✓ Reading SU **Help your shelf**. Take whatever you want from our Help Your Shelf. This shelf is regularly stocked with freebies, pantry goods, sanitary products and student advice pamphlets. Located next to the welcome desk in the Reading Students' Union building.

✓ **Freebie Rail**: A place to donate and gain preloved clothing. Located opposite the welcome desk in the Reading Students' Union building.

Study & social space



✓ There are loads of **spaces** across our campuses where you can socialise or study without having to make a purchase. And this could save money on your bills at home. Take some time out at the Library Café, the new sofas in L14 at London Road or the relaxation room in Reading SU's upper 3sixty.

✓ The **Chaplaincy** is a warm and friendly environment where students can access support, whatever their religious beliefs. Open 9am to 5pm, they have a kitchen area, with a microwave for anyone to use and you can get a hot drink for just 25p.

✓ Reading SU - Lounge: With free tea and coffee and microwaves to heat up your food, this building is the perfect warm space to relax and unwind. In the evening, it becomes a hotspot for student groups and activities. The Lounge is located behind the Reading SU building.

✓ Reading SU offers several warm spaces with seating for students to socialise, relax and work, including Mojós Bar & Kitchen. You can also play free games such as table tennis and darts in the SU's games room, Glitch.

Food & eating out



✓ **Plan your meals:** Planning ahead can help you make your food, and therefore your money, go further. Understand the basics of how to meal plan and get inspiration for budget meals online.

✓ Keep an eye out for reduced food across University catering outlets – at the end of the day you could come across a bargain if a café has excess food it doesn't want to simply throw away.

✓ If you're struggling to afford your food shop, the University Essentials Cupboard is available for immediate support and can provide three to four days' worth of essential items including food, household items and personal care. Contact **studentfunding@reading.ac.uk** to ask about this.

✓ Local organisation **Whitley Community Development Association** runs the Surplus Food Project, which offers surplus food from supermarkets free to those in need.

✓ Every Wednesday the Reading SU Freebie Fridge is stocked with food that would have been thrown away from the Co-op. Pop by and see what free food you can get; you can eat it right away or store in your freezer for another day. Located next to the welcome desk in the Reading SU building.

Earn while you learn



☒ **Campus Jobs** provides part-time work opportunities exclusively to students across our campuses. Choose your own shifts, flexible around your studies or other commitments. You could be a Student Ambassador, IT Service Desk Assistant or Bars & Dining Assistant. Just four hours as an Inclusion Consultant would earn you £55.44 plus holiday pay.

☒ The **Careers team** provide one-to-one appointments and workshops on all aspects of career planning, work experience and paid work. In addition to Campus Jobs, they can help you find part-time work off-campus, and all **vacancies available right now** are listed.

☒ **Reading SU** regularly has flexible job opportunities available for students. Meet new people and make friends and be part of helping students have the best time whilst also earning money. Opportunities include working in the commercial, welcome, student voice and nursery team.

Getting out & about



✓ **Cycle** to save on transport costs. Get helpful information on **cycling** to campus, including how to hire a bike for the academic year and where to access our free cycle skills courses.

✓ A University partnership with Reading Buses and the NHS means you can use the free H3 Park and Ride service from MereOak (Junction 11 of the M4, RG7 1WJ). Simply show your University of Reading Campus Card to the bus driver. Free parking at MereOak is included, no permit needed. The Christchurch Green stop is for Whiteknights campus, and the Royal Berkshire Hospital stop is for the London Road campus.

✓ **Reading Buses** offer savings on travel around town, with their Boost fares a smart way to save on getting to and from campus, day and night.

✓ Check to see if you could make **railcard savings**. If you commute to campus or want to make train journeys in your leisure time, it's worth checking the variety of railcards available, all of which offer up to 1/3 off ticket prices. As well as the 16-25 Railcard – which is also open for mature students – and 26-30 Railcard, there are Railcards for disabled people and veterans, and a specific Network Railcard for people travelling in London and the South East.

Study savers



✓ **The Santander Brighter Futures Grant presents 10 opportunities to win £1,000.**

✓ Our friendly Library staff can help you find the resources you need for free. You can **place a hold on resources** you need, too.

Plus, we have reduced the likelihood of you paying library fines by extending loan periods to 6 weeks and only charging for recalled items that are not returned.

✓ We are working with your tutors to find ways of limiting non-essential course costs and always being clear on unavoidable expenses at the beginning of the year to help you budget well in advance.

✓ The **Digital Support Fund** could help you to finance internet connectivity, specialist software or IT related study equipment.

Find out more and check whether you are eligible on our The Santander prize draw offers 10 chances to win £1,000 to fund study resources.

✓ If you're in need of a laptop, the **laptop loan service** is available for short term loans.

You can borrow a laptop for up to 8 hours a day from the lockers on the first, second, and third floor of the Library.

Health & wellbeing



✓ Members of our **SportsPark** can get access to on-campus facilities such as group exercise classes, Knights Active social sport sessions, premium gym equipment and in-built apps like TRAKK and Archon. There are a range of competitively priced memberships available, whether you're dropping in infrequently, or are a regular fitness fanatic.

✓ Our award-winning campus offers loads of opportunities to enjoy nature as part of maintaining your wellbeing. Take a **self-guided tour** through the Wilderness, Whiteknights Lake and the Pollinator Lawns using our guide.

✓ **Free water stations** at the Co-Op, Park Eat, The Square, St Pats, Wantage and in the Reading Students' Union building where you can refill your bottle. Check out the map.

✓ Free sanitary items, condoms and information leaflets about your wellbeing are added to our Help Your Shelf at the Reading SU Reception. You can also pick up free sanitary items from the reception area in Carrington.

✓ Worrying about money can have a knock-on effect on your health. Try our free **Life Tools talks** to help manage any stress and build your resilience - check the brochure.

✓ All students now have access to the free 24/7 **Support line** service which includes money advice and wellbeing support. Call 0800 023 2466.

✓ **Free Sport Sessions** The UK mental health charity **Sport In Mind** offers free activities in Reading and the local area. Stay active and join others on free mindfulness walks, yoga, tai chi, football and other sessions. Check out the **upcoming activities**. Our very own Sports Park also offer free taster sessions throughout the year.

Financial support



✓ Grow your financial skills and take control of your future with free services from Blackbullion : **download the app**

✓ Speak to our **Student Financial Support Team** to receive personal money advice.

✓ Any student in **financial hardship** is eligible to apply for support with unexpected costs of uni life.

✓ **Reading SU** offer free and independent money advice and support with welfare benefit applications. Reading SU money advisors are also qualified to offer debt advice.

✓ **The Access to Activity fund** , from Reading SU, is designed to help if you're struggling to afford society/club memberships and associated costs, such as trips, equipment and kit. Contact **nathan.norris@reading.ac.uk** for more info.

Extra help & support



✓ Feeling like you need a little bit of support when times are hard is totally normal and here at Reading there are lots of places you can go to find a listening ear and guidance on all kinds of issues.

✓ Come to a drop-in with **Reading SU's Advice Service**, either online or in-person in the Reading SU building on Wednesday afternoons between 1 pm and 4 pm. Or online drop-in sessions Friday 10am–12.30pm. And head to the Essentials site for access to the **University's dedicated support teams**, who can advise on finance, health, disability, and lots more.

✓ Regularly check the student app for the latest news on bursaries and funding opportunities and the Essentials website for the most up-to-date information on ways to manage.

✓ The Chaplaincy can help if you need someone to talk to and has a wide **range of activities** each week, many of which are free and include food. They can also help with emergency supplies of basic pantry supplies and access to the food bank.