



Lincoln Bishop University



Student Advice
& Wellbeing



**CHEAP FOOD
& SUPERMARKETS**



**WELLBEING
& SUPPORT**



**STUDENT
DISCOUNT**

SPEND LESS, LIVE MORE

LINCOLN

ON A

BUDGET



**TRAVEL AND
TRANSPORT**



**LINCOLN
ESSENTIALS**



**APPS AND
USEFUL TOOLS**



CONTENTS



WELCOME TO LINCOLN



LINCOLN ESSENTIALS

50 FREE THINGS TO DO IN LINCOLN

SHOPPING ON A BUDGET

MAKING YOUR MONEY GO FURTHER

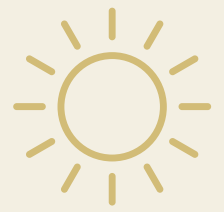
EAT WELL FOR LESS



LOOKING AFTER YOUR MENTAL HEALTH



WELCOME TO LINCOLN



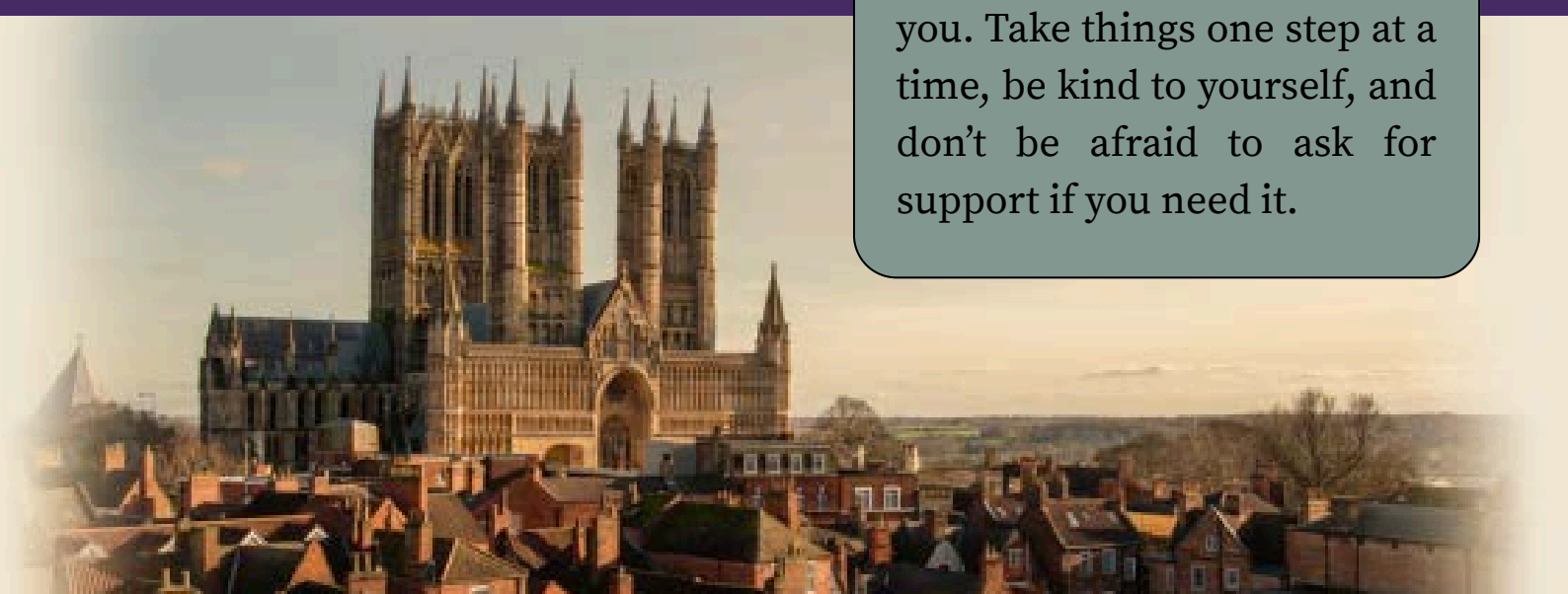
Starting university is an exciting new chapter, but it's completely normal to experience a mixture of emotions along the way. You might be feeling excited about meeting new people and beginning your course, while also feeling nervous about living independently, managing your finances or finding your place in a new city.

If that's how you're feeling, you're certainly not alone.



This guide has been created to help you settle into life in Lincoln. Inside you'll find practical money-saving tips, free and low-cost things to do, ideas for looking after your wellbeing, and information about the support available if you need it. Whether you're new to Lincoln or already know the city well, we hope this guide helps you feel more confident, connected and at home.

Remember, university isn't about getting everything right from day one. It's about learning, growing, making new experiences and discovering what works for you. Take things one step at a time, be kind to yourself, and don't be afraid to ask for support if you need it.





DID YOU KNOW?



- Most students feel nervous, overwhelmed or uncertain during their first few weeks at university.



- Many of the friendships that last throughout university develop after Freshers' Week, so don't worry if you haven't found "your people" straight away.



- It's normal to miss home, question yourself or have days when things feel more difficult.



- Looking after your wellbeing is just as important as your studies.



- You don't need to be in crisis to access support – reaching out early can often make a real difference.

STUDENT TIP

You don't have to say yes to every invitation during Welcome Week. It's okay to take breaks, recharge, and settle in at your own pace



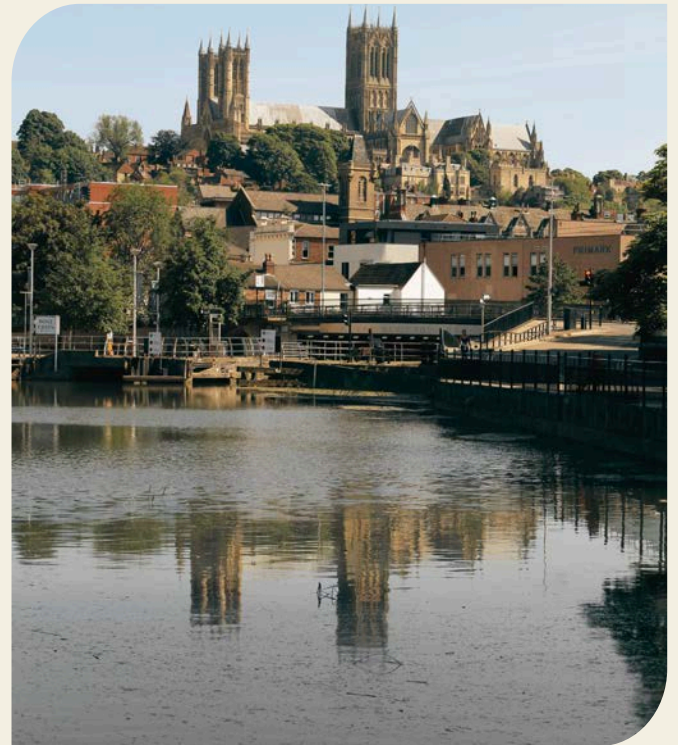
LINCOLN ESSENTIALS – YOUR FIRST WEEKS CHECKLIST.



EVERYTHING YOU NEED TO KNOW TO GET STARTED



Settling into a new city and starting university can feel overwhelming at first but knowing where to go and who to contact can make all the difference. Keep this page handy during your first few weeks, it contains some of the key information you'll want to know as you settle into life at Lincoln Bishop University.



REGISTER WITH A GP

If you'll be living in Lincoln, it's a good idea to register with a local GP as soon as possible rather than waiting until you're unwell.

Remember to:

- Register early.
- Order repeat prescriptions before you run out.
- Contact NHS 111 for urgent medical advice when your GP is closed.



PHARMACY SERVICES

Your local pharmacy can help with many common health concerns without the need for a GP appointment.

Pharmacists can provide advice and treatment for a range of minor illnesses, as well as guidance on over-the-counter medication, emergency contraception and self-care.





STUDENT SUPPORT



University life has its ups and downs, and it's okay to ask for help.

Lincoln Bishop University offers a range of support services to help you throughout your studies.

You can access support for:

- Mental health and emotional wellbeing
- Disability and inclusion
- Academic support
- Financial advice
- Accommodation concerns
- General wellbeing and welfare

Remember, you don't need to be in crisis to access support. Reaching out early can often make a real difference.

Student Advice & Wellbeing contact details –

- Email – studentadvice@lincolnbishop.ac.uk
- Telephone – 01522 583600



STAYING SAFE

Save these important numbers in your phone when you arrive:

- Campus Security - 0785 001 5713
- Student Advice & Wellbeing - 01522 583600
- NHS 111
- Emergency Services (999)

If something doesn't feel right, trust your instincts and speak to someone. If you ever feel unsafe or unsure, support is available





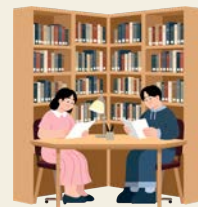
GETTING TO KNOW YOUR CAMPUS



During your first few weeks, take some time to find:



Student Advice and wellbeing



The library



The Students' Union



Quiet study
spaces



Prayer or reflection space



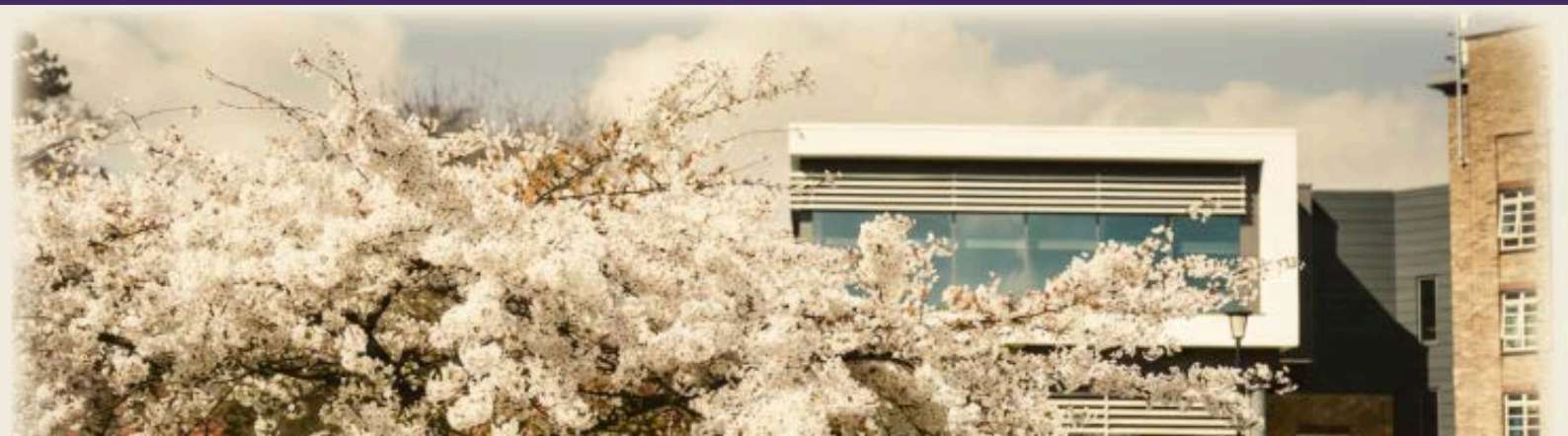
Water refill points



The nearest bus stops



Food and drink outlets-
Refectory, Curiositea and the
Students' Union Bar.





50 FREE THINGS TO DO IN LINCOLN

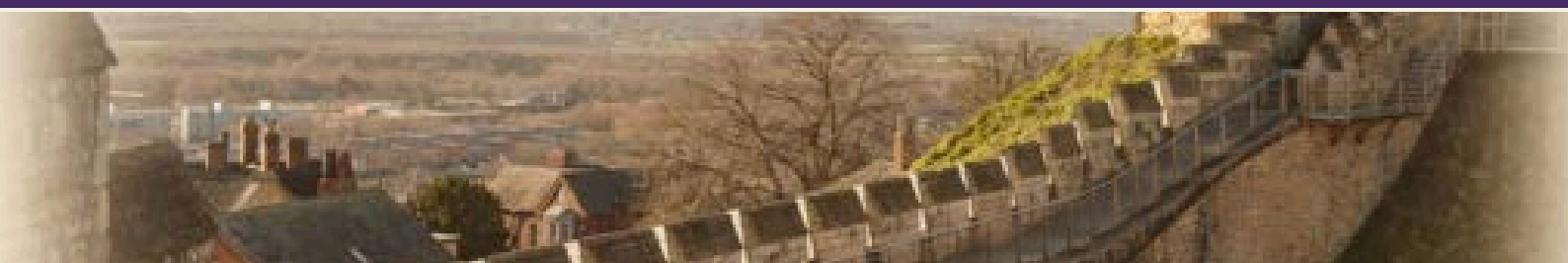
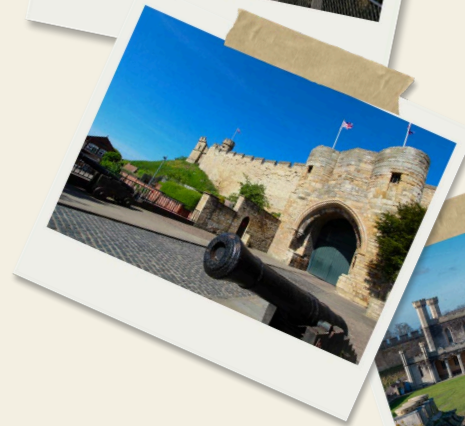
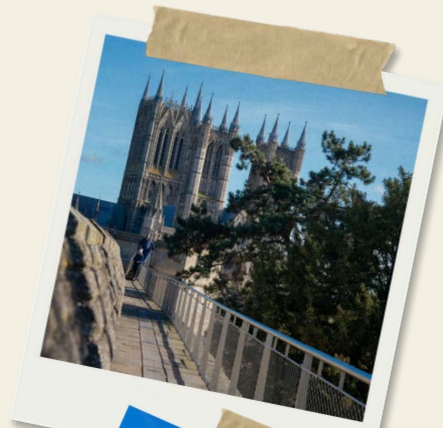


You don't need to spend lots of money to enjoy student life. Lincoln has beautiful green spaces, fascinating history, free museums and plenty of places to explore. Use this page as your Lincoln bucket list and see how many you can tick off during your time at Lincoln Bishop University.



HISTORY & HERITAGE

- Explore Steep Hill.
- Wander through the historic Bailgate area.
- Visit the grounds of Lincoln Cathedral.
- Walk through the grounds of Lincoln Castle.
- Discover Newport Arch, one of the best-preserved Roman gateways in Britain.
- Walk through the Stonebow.
- Find High Bridge, one of the oldest bridges in England with buildings on it.
- Explore the historic streets around Jews' Court and Jews' House.
- Visit the Museum of Lincolnshire Life.
- Explore the Usher Gallery.





PARKS AND NATURE



- Walk around Brayford Pool to watch the boats and swans.
- Explore Lincoln Arboretum.
- Walk across West Common and look out for the grazing horses.
- Have a picnic on South Common.
- Visit Hartsholme Country Park.
- Explore Whisby Nature Park.
- Visit Boultham Park.
- Walk alongside the Fossdyke Canal.
- Walk part of the Water Railway.
- Visit Temple Gardens.



STUDENT LIFE

- Explore the Lincoln Bishop University campus.
- Find your favourite place to study.
- Attend a free university event.
- Try a Students' Union event.
- Join a society taster session.
- Borrow a book from the library you've never considered reading before.
- Attend a free wellbeing event.
- Attend a Chaplaincy event
- Volunteer at a university or community event.





HIDDEN GEMS



- Explore Liqueurice Park.
- Browse the independent shops along Bailgate.
- Visit Lincoln Central Library.
- Discover Lincoln's street art and public sculptures.
- Visit the Lawn and the adjoining John Dawber memorial garden.
- Visit Lincoln's outdoor and indoor markets.
- Find five different views of Lincoln Cathedral.
- Create your own Lincoln photography challenge.



WELLBEING

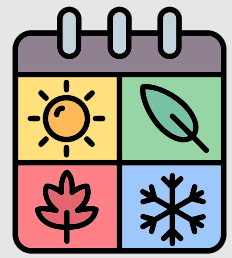


- Meet a friend for a walk instead of going to a café.
- Organise a picnic with friends.
- Find a quiet bench and spend time reading outdoors.
- Take photographs of your favourite places around Lincoln.
- Watch the sunrise or sunset.
- Take a mindful walk and notice five things you've never seen before.
- Spend an afternoon without using your phone.
- Explore Lincoln using a free self-guided walking route.
- Visit a different park during each season.
- Find your own favourite place to relax and recharge.





COMMUNITY & SEASONAL ACTIVITIES

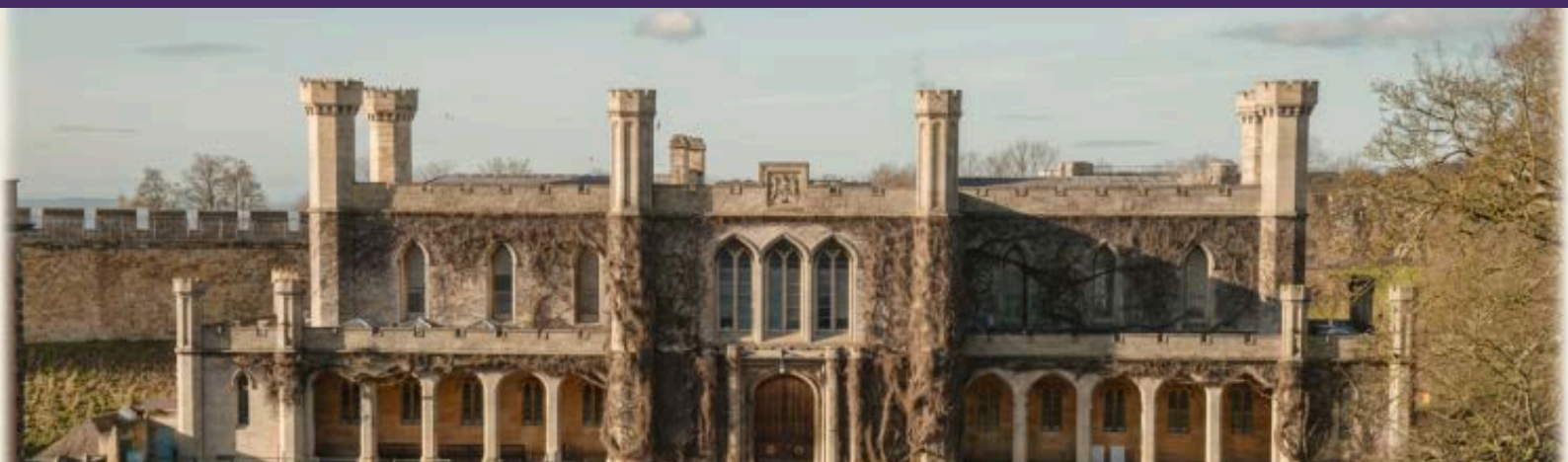


- Check the university events calendar each month and try something new.
- Check the Students' Union events calendar.
- Attend a free community event or festival.
- Visit a local exhibition when it's free to enter.
- Support a university sports team at a free fixture.
- Attend an open lecture or public talk.
- Visit the International Bomber Command Centre memorial gardens.
- Challenge yourself to try one new free activity every month.



STUDENT TIP

Lincoln has something to offer in every season. Challenge yourself to try one new place or activity each week, you might discover a favourite spot you never knew existed. Exploring your local area can also help improve your wellbeing, reduce stress and make Lincoln feel more like home.





SHOPPING ON A BUDGET



Learning to manage your money is an important part of university life. The good news is that eating well and living on a budget doesn't have to mean missing out. With a little planning and a few money-saving habits, you can make your budget stretch much further.



WHERE TO SHOP

Different supermarkets are good for different things, so it can be worth shopping around.



- **Aldi** – Great value for a weekly food shop.



- **Lidl** – Excellent value with a popular bakery and regular special offers.



- **Tesco** – Clubcard prices can make a big difference.



- **Asda** – Good for larger food shops and household essentials.



- **Sainsbury's** – Nectar offers and regular promotions.



DID YOU KNOW?

Small purchases soon add up.

- Buying a £3 coffee every weekday could cost you £60 a month.
- Taking a homemade lunch instead of buying a £5 meal deal three days a week could save over £700 during the academic year.



MONEY-SAVING APPS



- **Too Good to Go** – Buy surplus food from cafés, restaurants and supermarkets at a reduced price.
- **Olio** – Share or collect free food and household items within your local community.
- **UNiDAYS** – Student discounts on shopping, technology, food and entertainment.
- **Student Beans** – Student discounts from hundreds of retailers.
- **Tesco Clubcard**
- **Lidl Plus**
- **Asda Rewards**
- **Nectar**
- **Google Maps** – Find supermarkets, compare walking routes and discover nearby places.



SMART SHOPPING HACKS



- Always write a shopping list before you leave home.
- Check your cupboards before shopping.
- Plan your meals for the week.
- Batch cook and freeze leftovers.
- Choose supermarket own-brand products.
- Compare the price per 100g or per litre rather than just the overall price.
- Don't shop when you're hungry.
- Buy fruit and vegetables that are in season.
- Frozen fruit and vegetables are often cheaper and last much longer.
- Take a reusable shopping bag to avoid paying for carrier bags.
- If you live with others, consider sharing the cost of cupboard staples such as rice, pasta, herbs and cooking oil.



HOUSEHOLD PRODUCTS

Remember to budget for everyday essentials, including:

- Washing-up liquid
- Washing powder/liquid
- Toilet roll
- Cleaning products
- Toothpaste
- Shampoo
- Bin bags
- Kitchen roll

These small purchases can quickly add up, so include them in your weekly budget.



EASY WAYS TO SAVE MONEY EVERY WEEK

- Carry a reusable water bottle and refill it on campus.
- Make your lunch instead of buying it every day.
- Borrow books from the library before buying them.
- Buy second-hand textbooks where possible.
- Walk or cycle if your journey is short enough.
- Use student discounts whenever they're available.
- Check if your bank offers student cashback or rewards.
- Set yourself a weekly spending limit.
- Have one or two "no-spend" days each week.
- Review your subscriptions every few months and cancel any you no longer use.



REDUCE FOOD WASTE

Before throwing food away, ask yourself:

- Can it be frozen?
- Can it be used in another meal?
- Can I make soup, pasta or a stir-fry with what's left?
- Reducing food waste saves money and is better for the environment.





MAKING YOUR MONEY GO FURTHER

Everyone's financial situation is different, and many students look for ways to make their money stretch a little further. The good news is that there are lots of ways to reduce your everyday spending and access support if you need it.



LOOK OUT FOR REDUCED FOOD

Many supermarkets reduce the price of fresh food towards the end of the day. If you're flexible about what you buy, you can often find bread, fruit, vegetables, meat and ready meals at a fraction of the original price.



UNIVERSITY FOOD SUPPORT

If you're struggling financially, remember that support is available.

Lincoln Bishop University offers support for students with a food bank in the Student Union building. You just take 12 points of groceries when you visit.



CLOTHES SWAP

Lincoln Bishop University also has a Clothes Swap in the Students' Union building. Students are welcome to take clothing items and, if possible, donate any unwanted clothing in return.



LINCOLN COMMUNITY GROCERY AND FOOD PROJECTS

Community grocery shop and food projects offer affordable food and household essentials while helping to reduce food waste. They can be a great way to save money and discover new ingredients.

The Lincoln Community Grocery is based at Beaumont Manor, Beaumont Fee, Lincoln LN1 1UL, open Monday to Friday 9.30am-4.30pm. Telephone number 01522 265511.

MONEY SAVING TIP

Saving money isn't about going without, it's about making the most of the support, discounts and opportunities available to you.

STUDENT TIP

Most students use student discounts, reduced food, second-hand items or money-saving apps at some point during university. You're not alone, and these are smart ways to make your budget go further.



DON'T BE AFRAID TO ASK

Many students experience financial pressures during university. If money worries are affecting your wellbeing or studies, speak to Student Advice & Wellbeing for support with applying to the **Learning Fund**.



EAT WELL FOR LESS



TASTY MEALS FOR UNDER £5

Eating well doesn't have to cost a fortune. With a little planning and a few store cupboard essentials, you can make healthy, filling meals without stretching your budget. Many of these recipes also make extra portions, so you can save leftovers for lunch or freeze them for another day.



VEGETABLE PASTA BAKE

Approximate cost: £1.50–£2.50 per portion

Mix cooked pasta with a jar of tomato pasta sauce, frozen mixed vegetables and grated cheese. Bake until golden.



VEGETABLE STIR FRY

Approximate cost: £2.00–£3.00 per portion

Cook mixed vegetables with noodles or rice and add soy sauce or sweet chilli sauce. Add chicken, tofu or prawns if your budget allows.



HOMEMADE CHILLI

Approximate cost: £2.00–£3.50 per portion

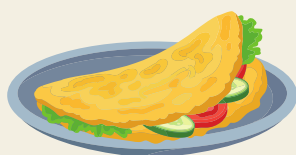
Cook lean mince or meat-free mince with chopped tomatoes, kidney beans and chilli seasoning. Serve with rice or a jacket potato.



MILD CHICKEN OR VEGETABLE CURRY

Approximate cost: £2.50–£4.00 per portion

Cook onions with curry powder or paste, add chicken or vegetables, chopped tomatoes or coconut milk and serve with rice.



OMELETTE AND SALAD

Approximate cost: £1.50–£2.50 per portion

A quick meal using eggs, cheese and any vegetables you have in the fridge.





JACKET POTATO WITH BEANS AND CHEESE

Approximate cost: £1.50–£2.00 per portion
Simply bake a potato, top with baked beans and a sprinkle of grated cheese. Add a side salad if you have one.



HOMEMADE SOUP

Approximate cost: £1.00–£2.00 per portion
Use leftover vegetables with stock to make a warming soup. Freeze extra portions for another day.



TUNA PASTA

Approximate cost: £2.00–£3.00 per portion
Mix cooked pasta with tuna, sweetcorn and a little mayonnaise or light cream cheese for a quick and filling meal.



FRIED RICE

Approximate cost: £1.50–£2.50 per portion
Use leftover rice with frozen vegetables, egg and soy sauce for an easy meal that helps reduce food waste.



OVERNIGHT OATS

Approximate cost: less than £1.00 per portion
Mix oats with milk or yoghurt and leave overnight. Add fruit, cinnamon or honey the next morning.



STORE CUPBOARD ESSENTIALS

Keeping a few basics in your cupboards can help you create lots of different meals.

- Pasta
- Rice
- Noodles
- Tinned tomatoes
- Baked beans
- Kidney beans
- Chickpeas
- Lentils
- Stock cubes
- Peanut butter
- Pasta sauce
- Tinned Tuna
- Herbs and spices
- Cooking oil
- Flour
- Oats



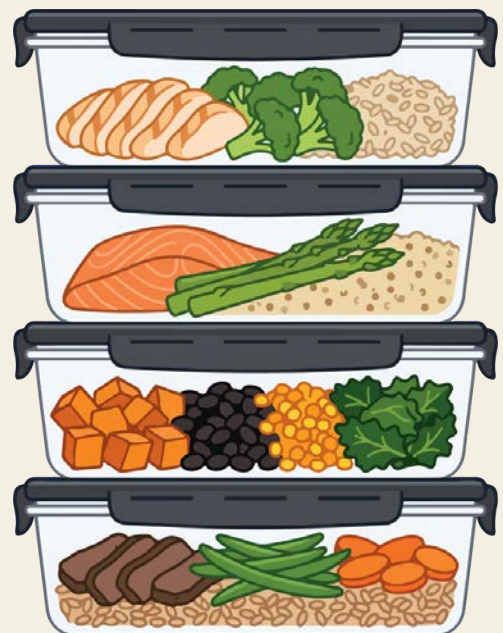
FREEZER FAVOURITES

These are often cheaper than fresh and last much longer:

- Frozen vegetables
- Frozen fruit
- Frozen chicken
- Garlic
- Bread
- Herbs

MEAL PLANNING TIPS

- Cook once and eat twice.
- Freeze leftovers in individual portions.
- Plan your meals before shopping.
- Take lunch to university instead of buying it.
- Try one meat-free meal each week to save money.
- Check what you already have before going shopping.



STUDENT TIP

- *You don't need to cook complicated meals to eat well. Learning just five or six simple recipes can save you money, build your confidence and make healthy eating much easier*
- *Cooking with friends or housemates can reduce costs, minimise food waste and is a great way to get to know each other. Why not each cook one meal a week and share the cost?*





MAKING FRIENDS

Starting university is a big change, and it's completely normal to feel nervous about meeting new people. Some friendships happen during Welcome Week, while others take weeks or even months to develop. Everyone settles in at their own pace, so try not to compare your journey with someone else's.

Remember, many of the people around you are feeling exactly the same, even if they don't show it.



START SMALL

You don't need to meet lots of people all at once. Sometimes the best friendships begin with a simple conversation.

You could try:

Saying hello to someone before a lecture starts.

Asking a someone on your course how they're finding their studies.

Sitting next to someone different in class.

Inviting someone for a coffee or a walk between lectures.

Staying for a few minutes after a lecture instead of leaving straight away.



GET INVOLVED

Taking part in activities is one of the easiest ways to meet people with similar interests.

Consider:

- Joining a society or sports club.
- Attending university or Students' Union events.
- Volunteering.
- Becoming a course representative.
- Taking part in wellbeing activities or workshops.

Don't worry if the first group you try isn't the right fit. It's okay to explore different opportunities until you find what feels right for you.



QUALITY OVER QUANTITY

Friendship isn't about knowing lots of people. Having one or two supportive friendships can make a real difference to your university experience.

Be yourself, take your time and remember that meaningful friendships often develop naturally



IF YOU'RE FINDING IT DIFFICULT

If you're feeling lonely or finding it difficult to connect with others, you're not alone. Many students experience loneliness at some point during university.

Talking to someone can help. Student Advice & Wellbeing, your Personal Tutor, the Students' Union and the Chaplaincy team are all there to support you



STUDENT TIP

- *Don't wait to be invited. Sometimes asking someone, "Do you fancy grabbing lunch after this?" or "Would you like to study together?" is all it takes to start a friendship.*
- *Building friendships takes time. Be patient with yourself and remember that it's okay if your university experience doesn't look like the highlight reels you see on social media. Everyone's journey is different, and finding your people is rarely a race.*

FRIENDSHIP MYTHS

Myth: Everyone makes friends during Freshers' Week.

Reality: Many students build their closest friendships weeks or even months after starting university.

Myth: Everyone else is more confident than me.

Reality: Most students feel nervous when meeting new people, even if they appear confident.

Myth: If I spend time on my own, something must be wrong.

Reality: Spending time alone is healthy, and many students enjoy having a balance between social time and time to themselves.





LOOKING AFTER YOUR MENTAL HEALTH



Looking after your mental health is just as important as looking after your physical health. University life can bring exciting opportunities, but it can also bring challenges, changes and moments when things feel overwhelming.

There will be good days and difficult days, and that's completely normal. Being kind to yourself, asking for support when you need it and taking small steps to look after your wellbeing can make a real difference.



THE FIVE FOUNDATIONS OF WELLBEING



SLEEP

Getting enough sleep helps your body and mind recover. Try to keep a regular sleep routine where possible and make time to rest.



EAT WELL

Food is fuel for both your body and your brain. Eating regular, balanced meals can improve your energy, concentration and mood.



KEEP MOVING

You don't need to spend hours in the gym. A short walk, stretching, dancing to your favourite music or taking the stairs can all have a positive impact on your wellbeing.



STAY CONNECTED

Spending time with people you trust can help you feel supported and less alone. Whether it's a friend, family member, course mate or someone at university, talking can make a difference.



TAKE TIME FOR YOURSELF

Make space for the things that help you recharge, whether that's reading, listening to music, being creative, spending time outdoors or simply taking a break.

REMEMBER...

- It's okay not to have everything figured out.
- It's okay to have days when things feel difficult.
- It's okay to ask for help.
- You don't have to wait until you're in crisis before reaching out.
- Looking after yourself is not a sign of weakness, it's an important part of succeeding at university.



MENTAL HEALTH SUPPORT



The mental health team are here to support you throughout your time at Lincoln Bishop University.

Whether you're struggling with your mental health, feeling overwhelmed, finding it difficult to settle in, worried about your studies or simply need someone to talk things through with, you don't have to face things on your own.

Sometimes a conversation is all it takes to help you feel more confident about your next step.

Please remember that asking for help is a positive step, and we're always happy to listen.



CONTACTING THE MENTAL HEALTH TEAM



Student Advice & Wellbeing in the Cornerstone Building

Opening Times:

Monday: 8.30am - 5pm

Tuesday: 8.30am - 5pm

Wednesday: 8.30am - 5pm

Thursday: 8.30am - 5pm

Friday: 8.30pm - 4.30pm



Twilight support in the Hardy Building

Official hours:

Monday: 6.00 pm - Midnight

Tuesday: 6.00 pm - Midnight

Wednesday: 6.00 pm - Midnight

Thursday: 6.00 pm - Midnight

Friday: 5.30 pm - Midnight





REMEMBER

- Take care of yourself.
- Take one step at a time.
- Be proud of how far you've come.
- You've got this. And if things don't go to plan, remember that you don't have to face them alone. We're here whenever you need us.



STUDENT TIP

You don't have to remember everything in this guide. Keep it somewhere safe and come back to it whenever you need it. Whether it's finding a cheap meal, discovering somewhere new in Lincoln or knowing where to get support, we're here to help you make the most of your university experience.



USEFUL LINKS



**Student Adviser/ Mental Health
Appointment**



**Student Union Events
and Societies**

