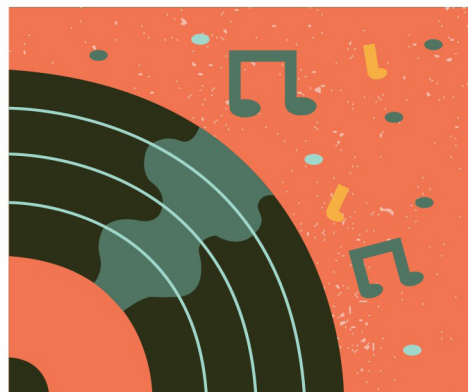
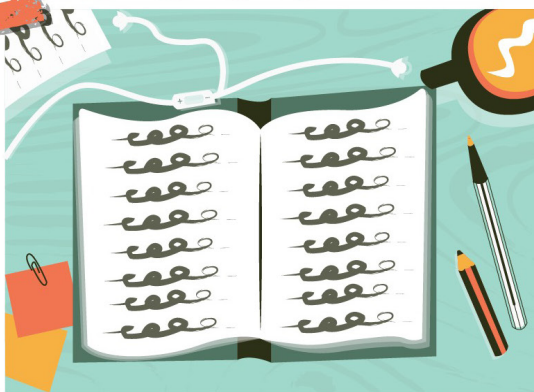




FRESHERS GUIDE



THE GRYPHON

Contents

News 4–6

The News team introduce you to the new student executives, discuss the university's Ofsted rating and talk about a Yorkshire family auctioning their home to raise money for their child's treatment.

Society 7

Society writer Sophie Connor tells us about her time at Leeds University Union Music Society. But with over 300 Clubs and Societies at LUU, the choice is all yours.

Features 8–10

Features talks about students and the rise in the cost of living, the challenges facing the UK's new Education minister, and how you can participate in volunteering projects during your time at university.

Music 12–15

Our Music editors discuss 'Live at Leeds 2022', the best music venues in Leeds, the most notable gigs coming to the city this year, and the musical history behind The Refectory.

Fashion 16–17

Leeds is renowned for its students' edgy fashion taste but our Fashion writers are here to tell you to just be yourself, with the help of Pinterest and vintage stores, of course. Expect advice on autumn fashion on campus too.

Lifestyle 18–19

The Lifestyle editors will walk you through what they wish they knew before university, how to survive Freshers' Flu, and how to stay safe during this busy week.

Arts & Culture 20–21

Our Arts & Culture editors will give you a cultural map of Leeds, with everything artsy coming to the city in the following months.

Views 22–24

Opinions on the war in Ukraine, the cost of living crisis, and King Charles III as the new leader of the British monarchy.

Business 25

Business editor Alicia Kaye gives you advice on how to financially survive Freshers' and beyond.

Sports 26–27

Sports discusses Women's Tour de France, 'The Hundred' and the most recent Leeds Rhinos win.

Editor's Letter



Dear students,

I want to give you a warm welcome to the University of Leeds and The Gryphon's Freshers' Guide. If you flip through these pages as you make your way to your very first lecture (or technically, your second lecture because you slept through your first one), you'll quickly become an expert on what societies to join this year, how to budget your loan, and how to defeat your most ruthless enemy: the

Freshers Flu.

Walking around campus as the quietness of the summer months is replaced by chatter, laughter and the sound of suitcases being dragged around hilly Leeds, I get reminded of how it felt to shyly say 'Hi' to your flat mates while you unpack eighteen years of your life in a couple of hours, to go to your nearest Sainsbury's and get some drinks for pre's, and especially, to see the city for the first time. If I could relive it all again, I would only wish for a shoulder angel (yes, like the one you see in films) to save me from making a few rookie mistakes. That's why every year, we assemble an issue dedicated to helping you navigate university life.

If there is one piece of advice someone who's been around for a while can give you, it's this. Don't hesitate to say 'Hi' to people, even if socialising isn't second nature to you. On the third day of Freshers' Week way back in 2019, I made small talk with a girl as we were waiting for The Gryphon's 'Give it a Go' to start. As with many Freshers' friendships, we didn't become BFFs and hang out together every day. But flashing forward to third year, we ended up reconnecting through a mutual friend and now we're two good mates living our young professional lives in Leeds. So don't be afraid to start talking to the person next to you whenever you're around campus; chances are they're in the same boat as you!

Speaking of Give it a Go's, if you're interested in writing, photography, design, marketing or just grabbing some snacks, I think you'd enjoy coming to The Gryphon's GIAG. It will take place in Room 6 at Leeds University Union (LUU) on Thursday, September 29th between 2-3 PM.

Looking back on first year, it almost feels like a fever dream. All my days consisted of kitchen talks with my flat mates, meeting course mates for a couple of pints down at Old Bar, and wild Wednesday socials which always started with a cheeky Mischief night and ended up with a massive hangover the following morning. If I could go back in time, the only thing I would do differently is show a bit more care for my mental and physical health. Make sure you get 7-8 hours of sleep (at least on most days), and remember to chug water like there's no tomorrow, especially if you've been drinking the night before. If you're in university accommodation, you'll most likely have free access to The Edge, the fitness centre on campus. Get yourself down there for a sweaty workout, and you'll quickly see positive changes in your body and mind. That way, you can also find yourself a gym crush. You're welcome.

Lastly, and I cannot emphasise this enough, join a society! You will never have as much free time and energy to try new things as you will in the next three years. And if you have traveled across the continent or the world to come to university here as I did, it's a fantastic way to make friends in a country where there are no familiar faces around. There's something at LUU for everybody, whether you want to play rugby competitively or you're just a die-hard Taylor Swift fan (can proudly say you wouldn't be the only one).

As for us, we're here to make your voice heard, and to hold the university and the union accountable when necessary. The demand for socially responsible and groundbreaking journalism is now greater than ever. If you think you have a big story brewing, but you don't know how to go about it, email us at editor@thegryphon.co.uk and we will investigate it.

Now you better hurry up, unless you want to be the person who enters the lecture hall while everyone else has their laptops out already.

Yours,

Alba Goskova

Editor-in-Chief Alba Goskova	Fashion Ella Nelson Hemma Daddral	Sport Joseph Brittain
FLAME Associate Celina Tran	Lifestyle Lottie Passmore Hannah Pickett	Cover Illustrator Imogen Joyce/ @imejoyce.art on Instagram
News Camila Ramos Ibarguen	Arts and Culture Sinead O'Riordan Bella Wigley Emma Rivers Owen Frost Isabel Nelson	FLAME Cover Illustrator Georgia Edwards/ @child_inspacee on Instagram
Society Marta Lindsay-Perez	Views Ruby Wait-Weguelin Ana Hill Lopez-Menchero Archie Herrod Robinson Jovana Djilas	
Features Jessica Tait Tala Leanne Al-Kamil Josh Wright Hannah Mather-Downham	Business Alicia Kaye	
Music Benjamin Forrest Esme McGowan Jay Fullarton Charles Lake		

**THE GRYPHON**

GIVE IT A GO

ARE YOU INTERESTED IN WRITING, PHOTOGRAPHY, DESIGN OR ILLUSTRATION?

JOIN US FROM 2-3 PM ON THURSDAY, SEPTEMBER 29TH AT ROOM 6, LEEDS UNIVERSITY UNION TO FIND OUT MORE!

 @THEGRYPHON

 @THEGRYPHONNEWSPAPER

 @THEGRYPHONLEEDS

What Exec-tly Did We Vote For?

The Union's Exec are elected to represent your views and improve your student experience.



Maria Papageorgiou
Union Affairs

What is your role?

I'm the Union Affairs and Communications Officer. This is quite long and may sound confusing, so I'll break it down. As a Union Affairs Officer, my role is to chair LUU's Board of Trustees, oversee finances and generally make sure that the union works for its students, holding staff into account and upholding sustainable values. As a Communications Officer, my role is to lead communications from the union and ensure that LUU and the University are accountable to members.

How will you ensure LUU does the most for its students?

One way is collaborating - there are different teams of amazing people in LUU working behind the scenes for the interest of students. We are working together, they help me turn some of the points of my manifesto to actions, we support each other's initiatives and work on suggestions students have made. Another way is making students' voice heard - given the opportunity to sit on committees and meet with senior people, I want to ensure that students' concerns and views are heard and lobby for the changes students would like to see.

What should new students explore in LUU?

Definitely join a club or society, there's at least one for everyone! Explore our venues (Old Bar has the best food on campus, change my mind), and find out how LUU can support students.



Vicky Zhuo
International
& Postgraduate

What is your role?

I'm the International and Postgraduate Officer. My role is to make sure our diverse community is properly represented, and lead the creation of opportunities to share culture and experiences.

How will you ensure international students feel at home in Leeds?

There will be all sorts of events arranged for international students! Examples include International Orientations during Freshers', WU fest in both November and March, as well as the Cultural Calendar which is to celebrate different cultural events throughout the year!

How will you ensure postgraduate students are supported throughout the year?

The PG cafe will take place every week where all the PG students are welcome, it is an amazing opportunity for the PGs to meet up, make friends, and give feedbacks! Additionally, PGR forum will take place twice a term for PGR reps to get update and feedback. There are also many events being planned for the PG students.



Emily Tabern
Wellbeing

What is your role?

As Wellbeing Officer my role is quite broad, as just about everything impacts our wellbeing in some way. Essentially though, it's my job to look out for students' safety and happiness and act as an advocate for them in all the big uni meetings, making sure nothing's stopping you from enjoying yourself as much as possible while you're at Leeds.

How do you plan to improve students' wellbeing?

A lot of the things I want to work on tie into breaking down stigmas around what we might consider taboo topics, be that drug use, sexuality, financial struggles or whatever else. Though it's hard to really visualise what I want to do this year until I've had the chance to speak to students - I think it's important that the work is based on what people really want and need.

What's your top wellbeing tip for new students?

Try not to worry too much about where you're at and what pace you're going at. You're going to experience a whole lot of stress, confusion, emotion and change in your time as a student but it's so important to remember that this is all completely normal and - often with a bit of help - you will land on your feet.



Bethan Corner
Education

What is your role?

So... Education Officer kind of does what it says on the tin! I look after the academic interests of all of our students here at the University of Leeds, whether it's issues with your course or trouble knowing where to access help and support. If you are a school rep make sure to say hi!

What are you going to do to improve students' educational experience?

The past few years have been hard for everyone both staff and students and I really want to focus on building that academic community back. I want everyone to know exactly who their personal tutor is, know all about the resources available and what exactly it is to be a great academic. It's going to be a busy year!

What's your best study tips for students in the new year?

I have to say studying doesn't come easy to me at all. Not even a little bit. I think what worked best for me was working in short bursts. I'd do 40 minutes of work and then give myself a break and completely walk away from where I am for 10 minutes or so.



Haryati Mohammed
Diversity

What is your role?

I am the Equality and Liberation officer. Basically, it means that I make sure that our students have the experience that they want at university, but my focus is on liberation groups (Black, Asian, Disabled, Women, LGBT+, Trans, Working Class) who face additional systematic and structural barriers.

How will you make sure all students are represented?

Communication is key. It's not only about asking what students want but how that question is asked. Lots of students are already involved in clubs and societies that we can tap into, but the hope is that we reach out to those who aren't already involved with the union. I feel we need to be reaching out to them instead of just telling them that we are here for them. That's why I see collaboration with schools, ie getting the union out of the building, as important in showing my commitment to represent all students.

What advice would you give to students from marginalised or underrepresented backgrounds?

The one thing I'd tell them is that impostor syndrome is hard to shake off and there'll be times when they'll be doubting themselves, find their presence here challenged, be that personally or structurally. While the former is expected, though it really shouldn't be, the latter is unacceptable. Maybe all it takes is to have a conversation with someone about it but for the times when this is not the case, I want them to know that, as a member of the student exec, I am here to work with them to make that positive change for themselves and others.



Ella Williams
Activities

What is your role?

I'm the Activities and Opportunities Officer. It's my job to support all of the clubs and societies here at LUU, as well as any other exciting opportunities for students to be involved in!

How do you plan to support societies in the new year?

This year, I'm hoping to get more students involved in LUU than ever. I'm hoping to support our clubs and societies through networking events, committee training and by helping to make their events and successes more visible to the wider student population. Feel free to come up to the first floor in LUU for a chat, I'll normally be there!

How can students make the most of their experience at Leeds?

I may be biased but... 100% by joining a club or society! We have so many different groups to join and there really is something for everybody. Joining a society introduces you to so many new people and opens up opportunities that you wouldn't come across otherwise. Don't worry if you don't immediately find your 'fit' and don't be scared to try something new!

Your Student Exec are here to help you love your time at Leeds.

Need a chat? You can find them at
Leeds University Union Floor 1.

You can email your Union Exec at:
m.papageorgiou@leeds.ac.uk
y.zhuo@leeds.ac.uk
e.g.tabern@leeds.ac.uk
b.a.corner@leeds.ac.uk
h.b.mohammed@leeds.ac.uk
e.williams2@leeds.ac.uk

University of Leeds rated 'good' in Ofsted report



Image: Flickr

Camila Ramos
News Editor

This past June, the Office for Standards in Education, Ofsted, compiled an inspection in which the University received the "good" mark on overall effectiveness.

The university has been running levy-funded apprenticeships since 2017, through their Lifelong Learning Centre, which is the main reason Ofsted decided to run a report on their programmes for the first time. The report stated the institution gives its apprentices 'significant new knowledge, skills and behaviours required for their roles'. It also mentioned the effectiveness of the 'high-quality' training provided in these programmes by leaders and managers, which results in a high proportion of apprentices achieving the qualifications they need to progress towards their end-point assessments. Furthermore, they benefit from their teachers' professional and academic expertise in their specialised sectors. They carefully plan the curriculum, using a range of assessment strategies, to ensure that the apprentices get a full understanding of key concepts necessary to succeed in their workplaces. For instance, the report exemplifies it with a level 7 advanced clinical practitioner learning how to conduct a medical diagnosis prior to prescribing medication. The success of the apprenticeships also relies

on the commitment of the ones taking them which is why, according to Ofsted, most of them develop very positive attitudes towards their learning and develop professional workplace behaviours. Therefore, they are more plausibly to achieve the high standard their teachers and employers expect of them. The apprentices commented they are proud to be part of the university community since it creates an environment that makes them feel 'valued and safe'. For example, the apprentices in level 6 of digital and technology solutions benefit from guest speakers who cover topics such as sexual harassment in the workplace. This ensures they build positive relationships with the staff and their peers, and that they become aware that actions can contribute to sustain a culture that eradicates harassment. Another example is the mature students, who stated they feel 'well supported' and this enables them to develop the study skills, resilience and confidence needed to progress in their academic path. Although the government department mainly complimented the work being done within the programmes, specially the effectiveness of governance in monitoring the actions of leaders and managers who value the opportunity for improvement, and the

effectiveness of safeguarding, it finalised the report pointing out four main points that need improvement in the apprenticeships:

- Ensuring that employers understand the work-life balance that apprentices have so they can complete their studies effectively.
- Ensuring that all apprentices are provided with clear feedback on what they have done well and what need to improve for a positive outcome
- Ensuring that both employers and apprentices have a clear understanding of the commitment needed to complete the apprenticeship
- Ensuring that staff, employers and apprentices engage in discussions during reviews to make the apprentices' progress clear to themselves.

Professor Jeff Grabill, Deputy Vice-Chancellor: Student Education, said: "Working with businesses and helping upskill their workforces is a key part of our work in the region and beyond. We have a close relationships with many diverse employers, and work together to design workplace-based education and training that helps meet business priorities. This Ofsted report recognises the hard work that goes into preparing and running our apprenticeships programmes, which equip apprentices with the skills needed for high-level roles in their workplaces". Optimistically, with the recommendations taken into account the 'good' rating can turn into an 'outstanding' in a future Ofsted report.

Wakefield Family Auctioning Home To Fund Son's Medical Treatment Abroad



Image: Flickr

Camila Ramos
News Editor

Ben Binks, 36, and his family are giving away their four-bedroom house in Ossett, Wakefield, their seven-seater Range Rover Sport and Kawasaki Ninja Superbike, in order to fund their move to Spain where they hope to treat his four-year-old's brittle bones.

Brittle bones or Osteogenesis Imperfecta occurs when there is a mutation in the gene that produces collagen. Children could inherit the mutation from a parent or it could just happen early in the pregnancy when the baby is first forming. Since these children do not have enough collagen in their bones or the collagen they have does not function properly their bones are weaker and more brittle. Sometimes it leads to abnormally shaped bones.

The family stated Spain offers a better treatment and an exposure to natural sunlight that could help his son.

“[we] really want to be able to help someone else [...] maybe offer them a car to someone or some money.”

On the contrary, the cold weather in the UK does not help, since in his four years of life the child has already broken his bones eight times, “one leg three times, his other leg, his arm, his ankle” – stated Ben in an interview with the Yorkshire Evening Post a few days ago. The Great Ormond Street Hospital for Children (2020) corroborates that vitamin D, whose main source is sunlight, strengthens the children's bones.

He also commented another reason they decided to go for a giveaway as a funding method is because the house they are auctioning became theirs that way as well. Claire Reynolds and Ben Binks bought 100 raffle tickets at £1 each during the 2020 lockdown, which paid off when they won the Tate's family auction. The auction included the house they are now auctioning (it has been revamped since then), and a 2017 Volvo XC90 Hybrid car, the occasion being relocating Kathy and Dale's family to Australia in September of that year.

Binks explained that the aforementioned auction changed their lives and hopes he can do the same for someone else. Binks and Reynolds lived apart before winning the house in 2020 due to the lack of space in her previous home. They stated back in 2020 to the Wakefield Express that winning was a “dream come true” and that they would “really want to be able to help someone else [...] maybe offer a car to someone or some money”.

Two years later, while improving their son's quality of life they might also change someone else's lives with their auction, including other children who also suffer from the same disease. The 36-year-old father added that any additional money that they collect from the auction and will not be used for their move will go to the Brittle Bones Society, the national charity for the condition that his son suffers from.

Those wishing to participate in the raffle can find the link for the Raffall website on their instagram under the handle @winourhomecarandbike, where tickets can be bought for £2. The auction finalises on the 30th of September. Currently, there have been around 300,000 tickets sold.



Image: GG Photos for Shutterstock



Five Things I Gained From Being A Member of A Society

Sophie Connor

University of Leeds graduate Sophie Connor reflects on her time as a member of the Leeds University Union Music Society.

There are plenty of opportunities on offer for University of Leeds students, making the start of the year very exciting. The University community is diverse, vibrant, and friendly, as demonstrated by the wide range of clubs and societies on offer.

I recently graduated from the University of Leeds, and I will always look back on my experience with great fondness. Being part of the Leeds University Union Music Society (LUUMS) was a fundamental part of my four years at Leeds. Here are five things that I gained from being a member of this brilliant society:

1) A focus outside my studies

I thoroughly enjoyed my degree, but I needed a break from classes and writing essays in the library! I was a clarinetist in the LUUMS Concert Band and a Soprano singer in the LUUMS Symphonic Choir. The weekly rehearsals provided me with good structure and focus alongside my studies; we prepared for upcoming concerts and busking sessions, and they were varied and fun. It was also very enjoyable to learn new pieces and songs! I learnt how to maintain a work-life balance, which I think is so important for all students.

2) An opportunity to make new friends

Throughout my four years at LUUMS, I met a lot of people who have now become my friends. Most of them were neither on my course nor in my year group, yet I soon felt I could be myself around them; they were kind, friendly, and had a great sense of humour. Rehearsals were a great way to get to know people. Afterwards, we'd go to the Old Bar, where



people could eat, drink, and relax together. The pub's potato snacks are always a particular favourite amongst LUUMS members! Music is a fantastic way for people to bond and unite around a common interest.

3) Developing self-confidence

Although much more confident aged 18 than I had been during my high school years, I was still finding my feet at the start of university. Joining LUUMS was a great way to boost my self-confidence further, as I made new friends and gained extensive experience in performing in front of large audiences. Public performances can be nerve-wracking, but they are always incredibly rewarding, and it feels brilliant to show off what you've achieved as a group, particularly to family and friends. The audiences always really enjoy the music and appreciate the collective efforts of each ensemble. Most LUUMS concerts are live streamed via YouTube so people can watch from all over the country, and even from abroad!

4) Leadership skills

Being a member of LUUMS gives you the opportunity to apply for a position on the Executive Committee, or as manager or conductor of your ensemble. During my second year of university, I co-managed the Concert Band and helped to organise rehearsals, concerts, and socials. My role as manager was much more than just something extra to write on my CV. It helped me get to know the other band members better, and contributing to the management of the ensemble and the society felt very rewarding.

5) Fantastic socials and trips!

The fun of LUUMS doesn't just lie in its rehearsals. Throughout the year, the society organises a wide range of socials. The Intro Party, held at the Students' Union, is a great way to kick off the academic year: there is live music and the opportunity to dance the night away! There is also an Otley Run, a summer 'Week of Fun' involving sports activities in Hyde Park, and the annual LUUMS Ball that is held at a very fancy hotel! In June 2022, I was lucky enough to take part on the LUUMS Annual Tour. We travelled to Glasgow and Edinburgh (performing in both cities), and it was an incredible experience.

LUUMS is a wonderful society, and I will really miss being a part of it. If you are a musician or are considering taking music up as a new hobby, I would highly recommend joining the society. There is something for everyone, regardless of your musical ability. For me, LUUMS epitomises why being a student at Leeds is so enjoyable, and the positive impact joining a society can have on your university experience.

THERE ARE MORE
THAN 300 STUDENT-LED CLUBS
AND
SOCIETIES TO
JOIN!

NETBALL

BIG BAND

THE SCRIBE

KORFBALL

LEEDS STUDENT RADIO

BLACK FEMINIST SOCIETY

AMNESTY INTERNATIONAL

WOMEN'S BASKETBALL

STAR

ROUNDERS

DODGEBALL

FEMINIST

HIKING

BRITISH RED CROSS

WRITE FOR THE SOCIETY SECTION!

We are looking for people to join The Gryphon Society Writers team! This is a great opportunity for anyone who enjoys writing and reading or is keen to share news and information about their society. The work environment is relaxed and friendly, and there is no pressure to be an experienced writer with lots of free time. It is a great way to make friends and reflect on your time as a member of a society! For more information on how to get involved, please join the 'Gryphon Society Writers 2022/23' Facebook Page.





Josh Wright and Jessica Tait
Features Editors

Alongside learning more about your chosen subject, starting university means opening yourself up to a huge range of opportunities, life experiences, and new skills. It is precisely the ability to completely tailor your university experience that is one of the best, and initially most overwhelming, parts of making the leap to higher education. At the University of Leeds, these opportunities are immense; just take a look at the stalls at the freshers fair and you will find the chance to join a new university society, become part of a sporting team, or even get involved writing for The Gryphon (which we definitely recommend!).

Another great way to get involved during your time at university is through volunteering, and Leeds is the perfect place, with around 3,500 third sector organisations in Leeds. As our interviews with the Volunteering Hub and Volunteering Centre Leeds detail, volunteering is a fantastic way to gain new skills and work experience, develop interests, and support non-profit organisations in the community.

University of Leeds Volunteering Hub

We first spoke with Jo Hargreaves, Assistant Manager at the University of Leeds' Volunteering Hub, who shared some of the great benefits that volunteering can provide for students. "[We] aim to encourage and support students to volunteer whilst they're at the University of Leeds", says Jo, when asked about the Volunteer Hub's goal.

The volunteering team provides students with a huge selection of volunteering opportunities in the local Leeds community, and the Hub can be found on the University's MyCareer website. Jo describes the Hub as a "one-stop-shop for volunteer roles" in Leeds, adding that "the aim is that there is something there for everyone", including the larger, more widely known organisations, as well as smaller, locally-based ones "that you wouldn't know about necessarily, unless you were living in the area for a long time." All roles are quality assured by the volunteering team, who ensure that they are suitable for students to perform around their studies.

When asked about some of the benefits that students can gain from volunteering, Jo tells us that "volunteering is a great way to engage in the city and appreciate some

of the depth of opportunities that there are here", adding that it's a way to escape the "student bubble" that we often find ourselves caught up in. Jo also mentions the vast array of opportunities available to learn new skills through volunteering, and emphasises the catapult-effect that it can have on early careers.

"We know that volunteering is something that people do for loads of different reasons. It might be that you feel really passionate about a cause and you just want to carry on doing that while you're at university, it might be that you're really interested in a particular career and you want to explore it; and volunteering is a great way to do that."

This upcoming academic year is an exciting time for volunteering at Leeds. The Hub will be holding a volunteering fair on **Tuesday 18th of October at the Riley Smith Theatre in LUU from 11am to 3pm**. Speaking about the event, Jo comments: "we are trying to make sure that we can physically bring the third sector onto campus [...] to enable those conversations that make those [volunteering] opportunities happen." Jo also mentions the exciting range of volunteering opportunities available as part of LEEDS 2023, a series of events being held throughout the year to celebrate the city's culture. "There will be all sorts of opportunities, right across the city and throughout the year, so look out for this one!", she adds.

Going forward, the Volunteering Hub is looking to ensure that volunteering is accessible to all students, as they are aware that everyone has other commitments and varying availability. Jo closes by mentioning that they aim to make sure that the roles on offer "reflect the full interests, passions, and experiences that our students are after."

The Hub will have a stand at the Freshers Fair, where you can go and ask about the range of opportunities available or, alternatively, the team can be contacted via:

E-mail: volunteer@leeds.ac.uk
Twitter: @LeedsVolunteer
Instagram: @UniLeedsCareers
Website: MyCareer website > Search Volunteering

Volunteer Centre Leeds

We also spoke with Helen Doherty, who works at Volunteer Centre Leeds – the office can be found at the top of the food hall in Kirkgate Market and is open 9:30am to 4:30pm Monday to Friday. Like the Volunteering Hub, the

Volunteering in Leeds: How to give back to your university city

Volunteering while at university is a great way to give back to the local community and build up your CV. Editors Josh and Jessica reflect on their interviews with local volunteering staff on how you can get involved and what the benefits are.

Volunteer Centre supports individuals and aims to match them with a volunteering opportunity bespoke to them. As Helen said to us, "the point of the Volunteer Centre, essentially, is to be the go between for individuals who want to volunteer, and charities in Leeds who are looking for volunteers." Or, as she also described it, "We're basically brokers for volunteering".

The Volunteer Centre office is open to anyone to find out more about volunteering, and there is no obligation to sign up. In fact, the Centre displays posters with different opportunities if you haven't got the time to stop and chat. They also facilitate Volunteer Centre Takeovers, whereby an organisation sets up a stand in front of the Centre to promote their volunteering opportunities.

Helen talked us through how the Centre matches people with opportunities: "We sit down with them, ask them what they're looking for, about their background, what they want to get out of volunteering, if there is a specific area they want to gain experience in." Indeed, there is no pressure: "lots of people come in and they just want something to do, somewhere to go, somewhere to be with people, something to fill their time. We'll find them something that's nearby to them if that's what they want."

Responding to our question of the benefits of volunteering for students, Helen spoke about the experiences volunteering provides. She explained how there are many skills that can be gained from volunteering that don't necessarily come from employment or other areas, and how volunteering experience comes across well to employers given that you've chosen to do it for no monetary benefit. To that end, however, Helen also reminded us that many not-for-profits now cover some expenses, such as travel, and that volunteering shouldn't cause you to be out of pocket.

On other advantages, Helen drew on her experience of volunteering while studying in Manchester; she told us how volunteering in her university city was the first time she really felt connected to the community, proudly claiming that she felt like a true 'Manc' after getting involved.

Helen also discussed the benefits to organisations, and how many just could not exist without volunteers. They also greatly benefit from students, who often provide a younger perspective and a different skill set.

The Volunteer Centre has paired up volunteers with many non-profits, and has supported those with niche interests and abilities. Helen even mentioned the Centre matching a refugee, who was a vet in their home country but did not have the qualifications to practice in England, with an animal welfare charity.

Going forward, the Volunteer Centre Leeds is looking to get in touch with previous volunteers to get their stories out in hopes of promoting volunteering – so keep an eye out for that. To get in touch, you can drop into their office or book an appointment by emailing volunteering@val.org.uk, or over the phone by calling on 01132446050 or by text on 07340323190.

Alternatively, check them out on:

Twitter: @VolunteerLeeds

Facebook: @VolunteerCentreLeeds

Website: doinggoodleeds.org.uk



Image: Matt Brown / Flickr

University Students Struggling to Cope Against Cost-of-Living Crisis

Jessica Tait

The cost-of-living crisis is a phrase that people across this country have become all too familiar with. We hear it on national news outlets, see it stripped across the frontpage of newspapers, and even find it incorporated into tone-deaf, dystopian daytime TV games (if you haven't already come across it, have a search for This Morning's 'Spin to Win' game which briefly included the chance to win four months of energy bill payments as a prize).

And it's not just a passive phrase or mindless statement; the cost-of-living crisis is impacting real people in significant ways. With inflation at its highest rate in 40 years, daily essentials from food to petrol and clothing are making a bigger hole in people's wallets than this time last year, and on top of this, energy prices have risen significantly. One quick flick of the TV channels or a search online will show endless reports of struggling families, pensioners, and business owners who are greatly concerned by the crisis and how much longer they can manage.

Unfortunately, students are no exception to those affected. Indeed, recent reports have stated that a significant

percentage of students are struggling with their finances, and that the energy price rise has most affected those in Higher Education who rely on Maintenance Loans to get by – with a survey of 3,5000 students and apprentices revealing that 96% of students are cutting back on spending, and almost a third are left with just £50 a month after rent and bills.

It's not just a passive phrase or mindless statement; the cost-of-living crisis is impacting real people in significant ways.

Immediately for many students this means cutting back on socialising with friends, taking part in sporting events, and joining university societies that require a membership fee. This greater isolation will undoubtedly lead to worsening mental health issues amongst students who, as a demographic, already reported greater mental health difficulties following the pandemic. Further, the pandemic saw 9 percent of students using food banks, and the current crisis seems to suggest that this number will not drop, but may even rise.

And it is no longer a case of students not budgeting properly or indulging in one too many pints or takeaways. In fact, Save the Student, known for its budgeting tips for students, wrote seriously about the current crisis and how, "the responsibility lies with the government to help us all through it."

So why are students being affected so greatly? In part, this stems from Maintenance Loans. For those less familiar with the yearly student finance application, Maintenance Loans are those loans which students at university usually take out to cover their living costs. However, whilst these are meant to help towards living costs, they are not meeting the rate of inflation. In fact, whilst maximum loans for students in England are increasing by 2.3% percent in the upcoming 2022/23 academic year, inflation stands at 9%. Thus, Maintenance Loans are not helping students beat inflation, nor the energy price rises, to any strong degree. On the latter, the concern has also been raised that for those students living in rented accommodation where bills are included in rent payments, they may not see the Government's £400 energy bills discount, despite being expected to pay this back in the future. And for those students in university accommodation, this is compounded by rent prices having increased by 61% in the last decade.

As mentioned, these are real issues affecting real students. A survey by Nationwide Building Society revealed that two-thirds of students are having difficulty paying their bills or have fallen into rent arrears. On top of this, 73% of students have had to borrow money from family members to purchase essentials in the past 12 months. Not only does this put a strain on families whose children are at university, and who are also likely to be feeling the financial strain, but it poses the question of what happens to those low-income students whose families cannot afford to support them. We already know that students from low-income backgrounds are more likely to financially struggle at university, but the crisis is pushing students to the brink. Whilst the government has announced a cap on the interest rate of student loans for graduates, they have otherwise fallen silent on support for current students.

These issues are not isolated, nor are they confined to students not being able to go to the pub or partake in activities with friends. Indeed, the impact on students and the strain on their finances is leading to growing numbers of students fearing homelessness. According to recent reports, one in five students reported knowing someone who had become homeless in the past year, and one in seven fear homelessness within the next six months. These statistics are deeply concerning and require immediate action.

In recognition of this, the National Union of Students is running a campaign calling on the UK government to develop a cost-of-living support package tailored to students, and for governments across the UK to raise the student maintenance package and apprentice minimum wage in line with the Living Wage. Unless something is done to support students, the number of those affected will continue to rise and those affected will be increasingly worse-off.

Alongside this, many young people are reconsidering starting university until the cost-of-living crisis ends, with 15% of students considering deferring their course, and over 90% of A-Level students describing how the crisis has affected how they feel about attending university.

Universities have also stayed quiet, albeit with many reminding students of the hardship funds available to those in desperate situations. Of the suggestions from university student unions, Birkbeck University student union has announced that they are looking at how to make food on campus more affordable, and are working to ensure that the content of reading lists is accessible, and the library offers online resources. However, the universities themselves have said very little, despite 73% of students believing their university could do more to support them financially.

The University of Leeds has followed in the stifled response of Higher Education institutions, despite being featured in a Guardian article in June over staff at the university being unable to afford to eat. A spokesperson for the University at the time responded to this, mentioning students when he said: "We recognise these are difficult times for many of our staff and students, as they are for much of society, and we are taking action."

In terms of staff, the University quickly moved more staff on to permanent contracts and made an extra payment to staff on lower pay. The University of Leeds also has a Financial Assistance Fund (FAF) that is available to students facing "genuine or unexpected financial difficulties and who do not have alternative sources of financial support". However, support is needed more than to help students before crisis point.

The fear is, moving forward, that many students will be experiencing financial difficulties and that, unless action is taken immediately to prevent the worst impacts of the crisis, students and the people of this country alike will continue to fearfully walk into financial hardship without an ability to stop.

What Challenges Face New Education Secretary Going Forward?

The education sector has not had it easy over the past few years, and government has struggled to establish any stable leadership over the department. Features editor Josh takes a look at some of the challenges facing the new education secretary under Liz Truss.

Josh Wright

On the 6th of September 2022, Liz Truss was appointed UK Prime Minister, the day after she was elected as leader of the Conservative Party over Rishi Sunak, her biggest opponent throughout the campaign. With Truss' appointment as PM, a Cabinet reshuffle was imminent, and new Ministers were announced in the days following her taking up office.

Kit Malthouse, MP for North West Hampshire since 2015, was chosen to be Secretary of State for Education under Liz Truss. There has been a high turnover of education secretaries recently, with Conservatives generally lasting an average of only 16 months in the position since the party took to power in 2010. Malthouse will be the fifth education secretary in this year alone, and concerns have already been sparked over his intentions for taking up the role of education secretary, with the Liberal Democrats' education spokesperson, Munira Wilson, stating: "this uncaring Conservative carousel of education secretaries cannot be trusted with our young people's future any longer. As the fifth secretary of state for education in a year, and one who hasn't displayed much of a passion for the subject, this post is clearly just a stepping stone for Kit Malthouse."

Tackling the prevalent instability within the Department for Education (DfE), then, will be Malthouse's priority if he is to take the role seriously. Lee Elliot Major, professor of social mobility at the University of Exeter, claims that Malthouse's main concern should be "steadying the ship" in order to provide a stable platform to deliver on the department's objectives, which will be crucial to rescue Britain's education system from the traumatic two years it has faced under the effects of COVID-19.



New Secretary of State for Education, the Rt Hon Kit Malthouse MP. Image: Wikimedia Commons

A-level grading and examination have particularly suffered from the pandemic. The percentage of top grades achieved has fallen since last year, with 36.4% of students being awarded an A or A* compared to 44.8% in 2021. This year's figures, however, are still higher than in 2019 when results were last based on public exams as opposed to teacher assessments. The most recent summer 2022 exams returned to a style more familiar to that of pre-COVID exams, with pupils being assessed in person and under controlled conditions. Exams didn't exactly return to 2019 standards though, as students were given extra information such as detailed formulae sheets, and were warned ahead of time on the topics being assessed, so a direct comparison of results is not entirely just.

The cost-of-living crisis also looks to have a devastating impact on the already struggling education sector, with many schools across the country facing bankruptcy in the not-so-distant future due to rising energy bills. Schools and businesses were not previously covered by the energy cap, but Truss has extended support in an initial six-month scheme. The government has stated: "A new six-month scheme for businesses and other non-domestic energy users (including charities and public sector organisations like schools) will offer equivalent support as is being provided for consumers. This will protect them from soaring energy costs and provide them with the certainty they need to plan their business"

During the pandemic we saw students living in more affluent areas, attending schools which were well-equipped to provide support, suffer less from the impact of lockdowns; and going forward we will see students from disadvantaged backgrounds going hungry as neither their parents, nor their schools, can afford to feed them. The issue at hand shows a large disparity in the education system between social classes. Malthouse and DfE must work to eliminate inequality in education and ensure that no student goes hungry, with calls already being made for the government to introduce universal free school meals. One of Malthouse's biggest challenges will therefore be securing a funding package for schools that matches inflation.

Many universities across the UK are also feeling the impact of rising costs, as well as the knock-on effect of inflated A-level results from previous years under COVID. Universities are struggling to accommodate all of their incoming students, with many freshers having to commute from neighbouring cities. Students at the University of Glasgow were told in August that they would not be guaranteed accommodation this year, and students living within commuting distance had their applications to halls automatically declined. The University of Manchester had confirmed at one point having more than 350 freshers waiting for a place in halls, and the university resorted to offering £2,500 to anyone living in halls to give up their place and switch to living at home.

The problem largely stems from a combination of increased student intake, due to more students meeting their grades than had been anticipated, as well as landlords forcing tenants out of their properties by raising rent to unaffordable rates – known as a "silent eviction" –, to convert their rental properties into more lucrative sources of income, such as AirBnBs. This will undoubtedly have an impact on student well-being, as commuter students are less able to get involved with their student community, and research shows that they are more likely to drop out. These students are also more likely to be from low-income backgrounds, who are unable to find alternative accommodation due to the high cost of renting privately.

There is currently no help on offer from the government to students who are struggling under the cost-of-living crisis. Head of Universities UK and Vice-Chancellor of the University of West England, Steve West, has called for government intervention, stating that the government "needs to face up to the cost-of-living crisis now faced by students and staff. It is hitting them hard." Universities UK has said that it will be meeting with new cabinet ministers over the coming weeks, and will urge them to provide additional government support for hardship funding and to reinstate maintenance grants for disadvantaged undergraduates.

The new government is yet to reveal any plans to make changes to university tuition fees and maintenance loans, though some university vice-chancellors have said that fees need to be raised for domestic students in order to continue operating, as universities are increasingly inclined to offer places to international students – who pay tuition at a higher rate – to bolster their incomes. "We would be extremely concerned about any big rise in university tuition fees, particularly in terms of disadvantaged young people and the potential to deter them from applying for university courses", said Geoff Barton of the Association of School and College Leaders.

Natalie Perera, chief executive of the Education Policy Institute says that "UK universities must remain accessible to UK students and any change to the funding regime should seek to either maintain or increase accessibility for those from disadvantaged backgrounds". It is worth noting, also, that maintenance loans have consistently failed to keep up with inflation; in fact, the maximum loan available this year is £1,000 less than a job paying the national minimum wage – the biggest gap between the two since 2004 – putting higher education further out of reach for those from low-income households.

It will be interesting to see, then, if Malthouse is fit to stand up to what promises to be a challenging role going forward and if he can deliver effective policies to salvage the UK's struggling education sector.



FLAME

2022/2023

Live at Leeds: In the City 2022

Live at Leeds is one of the most notable metropolitan festivals in the UK. It was first held in 2007 and have since played host to a range of acts including Stormzy, Thurston Moore, Courtney Barnett, Ed Sheeran, Metronomy and many more. As well as being a fantastic festival, Live at Leeds also provides a brilliant opportunity to discover some of the best independent venues that the city has to offer!

This year's festival takes place on October 15th, with 150 acts playing across 16 different stages held in venues across the city. The line-up consists of headliners, Pale Waves, Sundara Karma and White Lies, as well as a host of smaller bands and local artists. Live at Leeds is essentially a crash course in the music scene of Leeds, so here is a list of some of the iconic venues to head to once you collect your wristband!

Belgrave Music Hall & Canteen

With Red Stripe on tap, pizza by the slice, vegan burgers on sale and large open seating areas spanning three-floors, Belgrave Music Hall and Canteen is a must-visit for any Leeds student. As well as having a great large space for gigs and club nights, this venue provides a fantastic and friendly atmosphere throughout the week.

Josef will headline the Belgrave stage at Live at Leeds this year with a 10pm set, following Trunky Juno and Cate among others.

Brudenell Social Club

Brudenell Social Club is perhaps the most archetypal Leeds music venue. Located in the heart of Hyde Park, this down-to-earth social club serves pints, pies and the top-pick of music acts. With two performance rooms, Live at Leeds will be taking over Brudenell for the day and providing a top-quality atmosphere.

The main stage at Brudenell will play host to the final performance of the day at this year's festival, which takes the form of the incredible Los Bitchos. The band previously headlined the very same venue earlier in the year, and if that gig is anything to go by then you are certainly in for a treat!



Hyde Park Book Club

One of the coziest and funkiest spots in Leeds, Hyde Park Book Club is a great location for any student. With a laidback atmosphere and great basement music space, HPBC is both low-key and brimming with alternative music and arts. Being located within easy reach of Devonshire Hall and James Bailie Accommodation, this is a great spot to head to for a drink, a vegan breakfast, or an intense and intimate live music event!

HPBC will feature Far Caspian, Swim Deep and Youth Sector as its main acts during Live at Leeds – though if you get there early enough to catch some smaller acts, you just might find your new favourite band, that certainly happened to many people during Live at Leeds in 2019 when Squid played an afternoon slot at HPBC.

The Wardrobe

First opening its doors in 1999, the Wardrobe has since become an institution within the Leeds music scene. The street-level café and bar gives way to the underground gig venue which has witnessed a vast array of iconic artists since its inception.

Not only will the Wardrobe host acts such as King No-one, The Skinner Brothers and Spector as a part of Live at Leeds, but it is also the location of the official afterparty, featuring a DJ set from Noisy which runs from 11pm until late.

Headrow House

In the centre of the city, you will find Headrow House – Belgrave Music Hall's sister venue. The bar provides a modern spot for music and clubbing.

As well as a bustling beer hall and brilliant gig room, Headrow's roof terrace offers great views of the city – a perfect backdrop for a relaxing drink after a day of rushing around to see a host of different bands. Great cocktails, food, and live music, what's not to love?

The Headrow House stage at Live at Leeds plays host to Jelani Blackman, Usna and Venbee alongside a variety of smaller acts throughout the day.

Tickets for Live at Leeds: In the City 2022 can be purchased directly through the website liveatleeds.com - general admission is £42.90 or you can purchase a VIP ticket for £60.50 which entitles you to priority access to venues, free entry to the official afterparty and a complimentary tote bag.

by Esme McGowan

The Refectory at Leeds Student Union

Housed within the Student Union at Leeds, The Refectory may, at first glance, appear to be like any other ordinary University canteen. On certain evenings, however, the vast space is converted into a 2,100-capacity live music venue which has recently played host to the likes of Mitski, Slowthai and The 1975.

The thing that sets The Refectory apart from other music venues of a similar size (such as the O2 Academy in Leeds) is its rich musical history, which surely grants the venue legendary status for music nerds across the country. Since the mid 1960s, the Refectory has witnessed performances by Bob Marley, Pink Floyd, Mötörhead, Elton John, Led Zeppelin, The Kinks, The Clash, Devo – the list of iconic artists that have been booked to play The Refectory is seemingly endless. After a Rolling Stones gig at the venue in 1971, Mick Jagger told The Yorkshire Post, “everybody wants to play here”, which shows the extent to which The Refectory was a key venue for live music, not just in Leeds, but in the country as a whole.

Perhaps the most notable gig to happen at The Refectory happened on Valentine’s Day in 1970 – the war in Vietnam was intensifying, the first Boeing 747 had completed its first commercial flight not long prior, the world was only a few weeks away from the release of the final Beatles album, *Let It Be*, and The Refectory was playing host to legendary rock band The Who. Fresh from the release of their fourth studio album, *Tommy*, the year prior, the group booked two gigs – one in Leeds, and the other in Hull – with the purpose of recording a live album to back up the claims of them being the greatest live act in rock music. In the end, 6 songs were taken from their set of 33 at The Refectory and pressed onto the *Live at Leeds* album. *Live at Leeds* was the band’s first live album, and the only live album to be released during a time when the original line-up was still actively touring. Tracks included on the original album consisted of classic Who hits such as ‘Substitute’, ‘Magic Bus’, and a 14-minute version of ‘My Generation’ alongside a 3 cover versions of classic rock and blues tracks ‘Summertime Blues’, ‘Young Man Blues’ and ‘Shakin’ All Over’. More recent reissues and digital versions of the album include the entire setlist from the gig. The album has been cited by the likes of the *BBC*, *Q Magazine*, *Rolling Stone*, *The Independent* and *The Daily Telegraph* as the best live rock recording of all time.

The Who returned to The Refectory in 2006 for a gig organised by Andy Kershaw, who described the show as, “among the most magnificent I have ever seen”. The *Live at Leeds* album is unarguably an iconic album which is vitally important in the history of rock music, and it remains influential to this day: local band Pulled Apart By Horses released their own *Live at Leeds* album for Record Store Day in 2010, with a cover parodying The Who’s album cover, featuring 8 live versions of songs from their debut album (although the PABH version was recorded at the Packhorse as opposed to the Refectory).

From British invasion to Britpop, progressive rock to punk and everything in between, The Refectory has been a constant within the musical history of the UK and there are sure to be many more legendary gigs taking place here in the future. So next time you head over to the canteen for a post-lecture lunch, look around a bit and think of the amazing moments in music history that have taken place within those walls.

Currently the only upcoming show announced for The Refectory is Father John Misty, who is set to play the iconic venue in March 2023, so keep your eyes peeled for more gig announcements!

by Benjamin Forrest



Images (clockwise):
John Rettie,
Polydor Records,
David Hickes, Chris
McCourt

“We Are Alt-J and we are from Leeds!”

Notable artists to come from Leeds University

The University of Leeds has seen many famous and successful alumni over the years, and we've put together a run-down of some of the biggest acts made up of students from Leeds. These artists span decades and genres but have all found stardom in the music industry and have arguably produced some of the biggest hits of the last half century. Here we go...

Starting off a little more old-school, we have the lead guitarist, singer and songwriter for **Dire Straits**, Mark Knopfler. Formed in 1977, this English rock group went on to see millions of albums sold, four Grammys, two Brits and an induction into the Rock and Roll Hall of Fame in 2018. Their most successful album, *Brother in Arms* (1985), remains the eighth best-selling album in UK history. With a sound heavily influenced by blues, folk and country. If you've never heard of them before, check out *Sultans of Swing*, to this day it remains one of the greatest, especially for an air guitar solo.

Bastille has had major success in the UK indie pop/rock scene over the last decade, but did you know that three band members, Dan Smith, Kyle Simmons and Chris Wood, studied at Leeds University? The band had one of the biggest singles of 2013, with their release of *Pompeii* which made it to number 2 in the UK charts, and have continued to have commercial success with four albums released, performances at countless festivals and a recent tour for the album *Give Me the Future*, released this year.

Gwil Sainsbury, Joe Newman, Gus Unger-Hamilton and Thom Green, more commonly known as the original lineup of **alt-J** met in 2007 whilst studying at the University of Leeds. Producing one of the freshest sounds of recent years, alt-J are defined by their post-modern lyrics and avant garde approach to indie rock and electro-folk. Their first album *An Awesome Wave* won the 2012 Mercury Prize and features iconic songs including *Breezeblocks* and *Tessellate*. This success was followed with *This is All Yours* in 2014 which went straight to number 1 in the UK Official Charts. The third album, *Relaxer*, was nominated for a Mercury Prize and their most recent effort, *The Dream* enjoyed both commercial and critical success. Alt-J recently returned to Leeds for an amazing show at the O2 Academy (a review of which can be found on The Gryphon's website) and remain incredibly popular today, 15 years after they first formed in the student halls of Leeds.

In the early 1980s, Boff Whalley moved to Leeds from Burnley to study at the University, before dropping out after a year and forming the anarchist collective that later became known as **Chumbawamba**. Starting off as a hardcore anarcho-punk band, releasing music through Crass Records, Chumbawamba became more and more active in political campaigning throughout the 1980s during the Miners' Strike and the discontent caused by the government of Margaret Thatcher. The group received commercial success in the late 1990s with the single *Tubthumping*, which reached number 2 in the UK charts and number 6 in the Billboard Top 100. Despite their mainstream success, Chumbawamba stuck to their anarcho-punk roots when, at the 1998 Brit Awards, they drenched deputy Prime Minister John Prescott in ice-cold water.

With a beautiful, soulful and delicate voice, our final alumna is **Corrine Bailey Rae** who studied English Language and Literature at Leeds. Her debut album, released in 2006, produced a stand-out single of the decade with *Put Your Records On* and continues to be a hit to this day. With this album, she became the fourth female British artist to have her first album debut at number one and was predicted as the number one breakthrough act for 2006. Bailey Rae has been nominated for Brits, Grammys and Mercury Prizes and her first two albums have sold over five million copies worldwide. If you've not heard it, *Corrine Bailey Rae* (her debut album) is a must-listen!



Feeling inspired? Leeds University Union offers a huge range of opportunities for students to get involved with music. Whether its Big Band, BPM Society or Leeds Student Radio, you can find a way to get your foot in the door and get involved in the world of music. Who knows, maybe in a few years' time it will be you on this list!

By Esme McGowan

Images (L-R, T-B): Mads Perch, Cine Text/Sportsphoto Ltd/ Allstar, Unknown, EMI, Sarah Louise Bennett

5 unmissable gigs in Leeds this semester

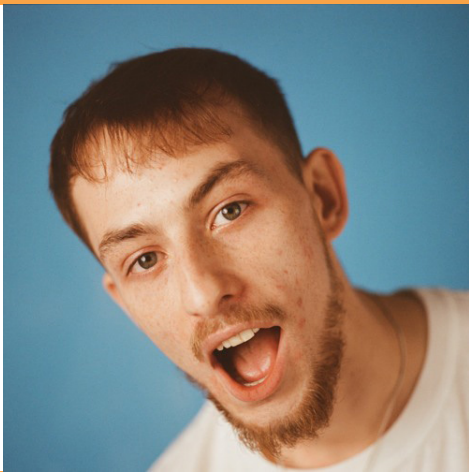
By Charlie Lake

Images (T-B): Patrick Doyle, Finn Foxell, Dave Free & Kendrick Lamar, P Squared, Sadaka Edmond

Whatever music you are into, gigs and live shows are a great way of meeting new people or creating unforgettable moments with your friends and your flatmates. Luckily for you, Leeds holds gigs in abundance. Below are just a handful of the wide variety of live shows that might be of interest to you this semester.

October 19th – Bon Iver

Ever since the release of the quiet marvel that was the *For Emma, Forever Ago* album, Justin Vernon has played an integral part in the music industry. I mean, the single *Skinny Love* by itself would have been enough to propel the American indie folk band to stardom. In the follow-up to the release of their 2019 LP, *I, I* and after working heavily with Taylor Swift on 2020's *Evermore* and *Folklore*, the band are gearing up for their huge UK tour, gracing the First Direct Arena on 19th October. So, if you are a Swiftie who has since fallen in love with the art of Bon Iver, or just a long-time fan, you ought to get those tickets whilst you can.

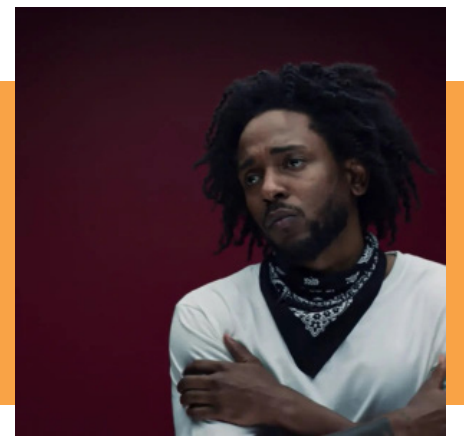


October 29th – Finn Foxell

Since cementing a solid underground status, bringing a signature style of baritone rap, the artist has slowly been creeping into weekly Spotify playlists – and he is not stopping at that. This West Londoner has released a slew of hit releases over the years, including *Buddah*, *Ericsson*, *Bounce* and *Cool Bless Safe*, garnering an impressive fanbase in the process. Now, he takes his art to the stage as he begins his UK/EU tour, starting in Glasgow before stopping off in Leeds on the 29th of October. Finn continues to climb the ladder of fame, one rung at a time...you do not want to miss this one.

November 3rd – Kendrick Lamar

He took a break, but he is straight back to it. Compton MC Kendrick Lamar performs his *The Big Steppers Tour* at the First Direct Arena on November 3rd. He brings with him PGLang protegeses Baby Keem and Tanna Leone for what will be a night to remember. Expect nothing less than high-energy performances of some of the rapper's best tracks from throughout his discography, as well as a run-through of his latest LP, *Mr Morale & The Big Steppers*. The show is bound to be a spectacle, with clever use of shadows to create optical illusions, outfits inspired by Michael Jackson and some incredible dancers to give each song an extra bounce.



November 8th & 9th – Fontaines D.C.

Beloved Irish post-punk band Fontaines D.C. have released a steady drip of albums and singles to fans since their conception in 2017 – most recently, their third studio album *Skinty Fia*, which saw them reach their highest heights yet. This year and next, they have opted for an absolutely behemoth tour, one which touches down in 6 counties. In November, the band comes to the O2 Academy in Leeds for not one, but two back-to-back nights of hits and, of course, their mighty third album.

December 6th – The Cure

The English rock band, borne out of Crawley, West Sussex are due to take the First Direct Arena by storm on December 6th. Whilst their long-awaited album *Songs of a Lost World* is still yet to be released, there are plenty of songs from the band's golden era that will be fantastic to see live; *Boys Don't Cry*, *Friday I'm In Love*, *Just Like Heaven* to name just a few smash hits. There really is no feeling quite like nostalgia, so make sure to get hold of those tickets whilst you still can, as they are selling out fast.



Back to basics:

A guide to autumn fashion on campus

It's finally that time of year again. As swimsuits and white linen become a faded memory, our return to campus is fast approaching. Whether you are embracing autumn in all its chunky knit/cold weather/back to school glory or burying the thought deep in your mind, there is one thing we can all get excited about – autumn fashion on campus.

Campus fashion comes in a glorious array of shapes, sizes, colours, and styles, but what underpins most of our outfit choices is comfort and ease. For all the hours we spend on campus, comfort is key. By creating a stylish yet practical autumn capsule wardrobe, not only will getting dressed be an effortless task, but you will always have a bank of clothes to rely on come the colder months.

One thing that is certain about British weather is that it is always changing, especially during autumn. Late September can bring warm sunny days, however by November, it is positively freezing. These autumn staples can be layered to assist with the changeable climate and allow the incorporation of personal style, all whilst providing the comfort and ease we want as students.

So, before you attend that opening lecture or sit down for your first seminar, get your notepads and pens ready for the first lesson of the year: fashion.

THE CLASSIC PAIR OF JEANS

A good pair of jeans will never let you down. For autumn, a decent-quality, blue-washed pair will be your go-to for casual campus wear, and if you stick to classic straight or wide leg shapes, they'll be a lasting investment. You can wear jeans with everything – boots or trainers, vibrant or subdued colours, sweaters, hoodies, short jackets, long coats – the list goes on. Do bear in mind that quality is important, and there is no point in bagging a super cheap pair that will fall apart and fade within a few months. Monki and Weekday are my top picks for decent quality, long-lasting jeans that don't upset my bank account too much.

THE SIMPLE BLACK MINI SKIRT

When you wish to elevate your outfit, a simple A-line mini skirt is the perfect solution. Staying true to autumn's neutral colour palette, this black skirt will be your best friend for autumns and winters to come. Simply wear with black tights – thin, thick or patterned – to keep you toasty, add a pair of black boots, a comfy knit, and finish with an oversized blazer. It's a timeless, chic look that is sure to keep you comfortable on campus.



Image credit: Instagram @notsixela



Image credit: Instagram @knivesout

THE STAPLE SWEATER

You cannot get more autumnal than a chunky-knit sweater – think season 1 Rory Gilmore or Chris Evans' unforgettable 'Knives Out' cable knit – it's as classic as you can get. For such staples, it is best to invest in quality materials, like wool and organic cotton (even though it may be slightly more costly) whilst also sticking to neutral colours to maintain versatility and thus timelessness. With autumn comes warm, understated tones, so light beiges, cream, deep blues, muted greens and dark browns are your best bet. The humble knit is also the ideal throw-on for everyday occasions, given its power to be both dressed up and worn casually, making it a triumph in my books.

THE TRUSTY BLACK BOOT

If there's one thing that marks the transition from summer to autumn, it's the much-anticipated reunion with my beloved pair of black boots. Colder days call for as much warmth and comfort as possible, and when talking footwear, a sturdy pair of black boots does just this. From combats to Chelsea to cowboy – the black boot will forever be in style as the ultimate, all-rounder shoe.

THE OVERSIZED BLAZER

Though it may seem a recent trend, the blazer has been fluctuating in popularity since the 80's, where it became a symbol of female empowerment in the workplace as well as an exciting fashion statement. Today, we pay homage to this timeless piece through clever layering, smart, clean aesthetics, and casual wear, making it one of the most versatile pieces of outerwear. You can immediately elevate any look with an oversized, neutral-toned blazer, turning the simplest of outfits into an interesting, chic alternative – it truly is a back-to-school winner.

THE TIMELESS TRENCH

Talking of outerwear, there's no denying the classic British trench coat's place in any autumn capsule wardrobe. Mix practicality with perennial style and you get this: a staple, perfect for every event, that has truly stood the test of time. Layer over chunky knits and thick roll necks for extra warmth or throw over a simple long sleeve on the sunnier days for a distinguished yet casual look, but remember, for optimal versatility, ensure you go for a neutral colour – a classic camel, darker brown, navy or even a hunter green.

THE CHUNKY SCARF

Embrace your inner-alumni with the addition of a scarf this autumn – be it a vibrant colour pop amongst an otherwise neutral outfit or a simple, subtle addition to keep the chills at bay. It's the ultimate layering item for a season that brings both warm sun and sub-zero temperatures and can often complete a simple look. You cannot go wrong with this cold-weather classic.

Finding YOUR style for the fall season

The time of year when we reluctantly say goodbye to sunshine and put away our bikinis and summer dresses is never easy. The colder weather, however, does have one redeeming quality: the fashion. With it being colder outside, we are forced to put more thought into our morning clothing choices. Autumn, as well as winter, brings refreshing takes on fashion: we are revisited by the idea of layering, jackets and coats often become the main element of an outfit, and we are invited to play with warmer textures such as knit, wool, and leather. Although exciting, this dramatic wardrobe shift can feel daunting. You may have only just mastered your summer style when all of a sudden none of it is wearable for a considerable period of time. I'm here to relieve that worry, giving you my top tips on how to find your style for the upcoming fall season.

Fashion and its trends are something that are ever evolving and developing. With everyone – brand to designer to consumer – being present on social media today, such platforms have quickly become the main way through which the fashion community stays up to date. Thus, when finding inspiration for your fall wardrobe, Instagram and TikTok are your best friends. Not only can you follow your favourite clothing brands, but you can follow individuals who are styling these clothes. It's not what you wear, it's how you wear it. The rise of influencers in the fashion world has been unprecedented, for instance, with people such as Matilda Djerf who has gained an army of over 2.5 million loyal Instagram followers and 250k subscribers to her YouTube channel. Through posting her outfits and styling tips, Matilda has reached a large enough audience to launch her own highly successful clothing brand 'Djerf Avenue'. She is just one of many whose unique signature style has influenced the way many people dress today. So, spending time finding a couple of influencers whose style you love can majorly help when outfit lacking inspiration. Don't underestimate the importance of the word inspiration. It is easy to get lost in the sea of trends, especially seeing the same ones repeatedly on and around our own university campus, but finding your own fall style is a whole different ball game. You may love an outfit you see someone wearing online or in real life, but rather than copying it exactly, try just taking inspiration from it. Take the time to ask yourself:

“

WHICH ELEMENTS OF THIS OUTFIT ARE MAKING IT ATTRACTIVE TO ME?

WHAT ELSE COULD I PAIR THESE ELEMENTS WITH?

COULD I TRY IT IN A DIFFERENT COLOUR, LENGTH, MATERIAL, ETC.?

”

Another online space always guaranteed to inspire is Pinterest. One of my biggest tips is to Pinterest board your life away! Unlike other social media, such as TikTok, which place an onus on being very up to date, Pinterest offers a more curated collection of images with a larger range of styles on display. The number of different outfits and items you gain exposure to is unlimited. With such a large assortment of images, this platform is invaluable to acquiring a personal sense of fashion as you are attracted and repelled by certain outfits and items that you may not otherwise see. Assembling pins onto a designated fall fashion board as you browse is so helpful as you can simply refer back to it and instantly get ideas and a general sense of what vibe you want the outfits you are wearing to have. For example, without registering it, you might look at your board and instantly be able to see that you've pinned many outfits with big, woolly, oversized jumpers. This therefore may become one of your first investments and new fall staples.

Similarly to Pinterest, which offers a space for you to visually rummage through different styles, I find that charity shops and vintage stores provide a means for you to do this in a physical sense. The obvious major advantage of sustainability aside, pre-loved pieces add another dimension to your wardrobe. Most of these clothes are good quality, having already stood the test of time. These kinds of shops aid you in finding your own style as they create the opportunity of coming across one of a kind, individualistic items. Said items can then become defining factors of your wardrobe and your style as they're clearly distinguishable from anything that anyone else owns. Because charity shops tend to be very affordable, they're a great way to start experimenting with your style. It's okay to try wearing something and later decide it's not for you. Charity shop prices allow for some wiggle room and allows you to buy sustainably season to season.

Finding your own style is, in general, a slow process and your sense of fashion will evolve and change over the years – be patient, take risks, and have fun with it!

SOPHIE AURANGZEB



matildadjurf



Image credit: Instagram @matildadjurf



What I wish I had known before Uni

By Lottie Passmore

As the leaves turn brown and the nights begin to draw in, **Leeds** once again fills with the buzz of returning students and the prospect of a new term. Navigating university can be daunting, and even going into fourth year I am still figuring it out! So, whether you're setting foot in Leeds for the first time or returning, here are some essential pointers I wish I had known

4

Use your Lecturer's office hours

Use your Lecturer's office hours
This one is particularly important if your contact hours are lower than those of your friends doing maths, for example.

This year I have four hours a week. Yes, I'm shocked too. Speaking one to one with your lecturers allows you to ask any additional questions you didn't think of in the seminar and means you can clear up any concerns about the subject and course at large.

1

Your flat don't need to be your best friends

It may be that you walk into your halls kitchen and fall head over heels with every one of them (in which case, skip to no. 2). However, just because they are the most convenient to hang out with, it's more important that you get on enough to share living spaces. You're more likely to meet people with similar interests on your course, at societies, or at your favourite pub/club.

2

Budget!

I am determined to stick to it this year, fourth time lucky?

(I've heard) that even writing down everything you spend is a great way to become more aware and supposedly shocks you into cutting down on expenditures. Watch this space...

3

Invest in a proper water bottle

In first year, my second week of lectures was rudely interrupted by a cheap water bottle leaking in by bag; writing off my laptop. Not only was this tremendously expensive but also seriously inconvenient, just as I was settling in. It also saves you buying single use plastic so often. Economical and environmentally friendly, what's not to like?

5

There is more to Leeds than Hyde Park

Whether your halls are on campus or as far out as Clarence Dock, it can be very easy, especially in first year, to limit your sphere to a rotation of halls: Uni, pub, halls, uni, pub...

Leeds, as a city, has an extensive and exciting cultural scene, from music to museums. A mere stone throw from the city centre, one can find a number neighbouring towns and villages, perfect for a wholesome day out. Look up Skipton, Harrogate and Knaresborough, to name just a few!

6

First Year probably won't be the best of your Uni years

There is far too much hype surrounding First Year, let alone Freshers Week. First Year is particularly overwhelming, and many people don't meet their best friends until later on in their university experience. Remember that everyone is in the same boat so don't worry if it seems like you're the only one struggling to stay afloat!

A guide to surviving Freshers Flu

The annual flu season is almost upon us with it the start of the new term. Having survived a global pandemic, the threat of the freshers' flu is stopping nobody from enjoying their nights out this year.

There's no doubt that the mass convening of students, from across the globe, to live in student accommodation with questionable hygiene standards can make you ill. Moving into student accommodation is a big step in your social and academic life, but also for your body, which is introduced to a cocktail of germs, viruses and bacteria from a new environment, new diet, and new people. Often, freshers' flu is similar to a bad cold. It is a sort of fever with sore throat and headaches that can be exacerbated by late nights, alcohol consumption and poor diet, all common amongst students. The lifestyle choices you make can weaken your immune system and make you more susceptible to the fresher's flu. So, what can you do?

The flu-like symptoms listed above are very similar to that of COVID-19 so make sure you do a test to check if you're positive. Also make sure to consult the NHS meningitis page if you notice a rash, sensitivity to light or a stiff neck. Fresher's flu symptoms, like the common cold, can last around a week and shouldn't be too difficult to get through – if you're struggling, consider consulting your GP for further advice or treatment.

There are many ways to prepare for fresher's flu to make your recovery as quick as possible. The following prevention tactics may even help you to avoid the flu altogether

Prevention

Sign up to the GP as soon as you get here. Get all the admin work out of the way as soon as you can. In case you catch something more serious than fresher's flu, it'll be good to have all the forms already filled out so that you can contact your local GP should you need to.

Ensure your vaccines are up to date

Checking that you've had all your vaccines and that they're all up to date will keep you

safe from a lot of the more serious viruses that could be travelling around uni. Cases of mumps were rising in my first-year accommodation, despite many of us having had the MMR vaccine, so make sure you keep an eye out for any bodily changes.

Maintain a healthy diet

Maintaining a healthy diet can be difficult at university, especially during Freshers. Eating a lot of vitamin C-rich foods, like oranges, tomatoes, and broccoli can help support your immune system.

Drink lots of water (and maybe less alcohol)

Staying hydrated can help prevent illness by helping your body flush out toxins. It can speed up the recovery process if you do fall ill, but more importantly, it can help ease those hangers!

Sleep

Sleep not only recharges your body, giving it a much-needed period of rest during a busy perio, but also enhances your immune system. When you sleep, certain types of protective proteins and antibodies help fight off infection

Avoid smoking and vaping

It is a well-known fact that smoking can make you more likely to catch the flu, but recent studies have shown that this may also be true for vaping. Sharing cigarettes and vapes can make catching colds (and a host of other diseases) a lot easier too.

Hygiene

Student accommodations, clubs and bars can be extremely dirty places, so making sure you maintain good hygiene, using hand sanitiser can go a long way in protecting you against illness.

Fresher's flu is the unofficial initiation for all those starting university, so don't be worried if, or when, you start feeling a bit ill, it's all part of the Uni experience. Stay aware of any significant changes to your health and let your GP know if you encounter further issues.

Safety first: a guide to staying safe during freshers week

As universities make their big return to campus, there are keen students all around the country preparing themselves for a freshers' week to remember. Here are five top tips for **staying safe** during the week:

1. Buddy up

The phrase "strength in numbers" couldn't be more fitting for this first tip. You are most vulnerable when you are alone, so it is important to stay in groups when you are out and try not to let people wander off or go home alone. In a new city and unfamiliar surroundings, it can be really overwhelming for many people, so make sure you're checking in with your friends or flatmates regularly to see how they're doing.

2. Keep your phone charged

This second tip may seem obvious, but having a fully charged phone when you're out and about in a new city is a must. Not only will it be able to capture those unforgettable memories, but it can be used to pay for things, communicate with friends, and order Ubers or taxis to help you get home safe. And keep a powerbank on you!

3. Be vigilant

One of the most important pieces of advice is to be vigilant when you are out. The majority of people that you will meet are usually there to simply have a good time, but unfortunately, there are some more sinister people out there who have a different take on having a "good time". **Spiking** continues to be a huge issue at parties and in clubs, so it is important to keep alert to minimise the risk of it happening to you or your friends. You can do this by not accepting drinks from strangers and not leaving any drinks unattended.

If you do end up in a position where you think yourself or a friend may have been spiked, tell a bar manager or security guard, get to a safe place, and if the condition deteriorates, call an ambulance.

More information and advice on spiking can be found: <https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/drink-spiking-and-date-rape-drugs>

4. Don't overshare

During the week, you will come across a whole host of new people and fresh faces who are all looking to make lots of new friends. When making conversations, it can be easy to overshare personal information very quickly such as where you're staying, where you come from and your social media platforms, leaving you more vulnerable. With social media being a huge part of people's lives, it is common to instantly want to add every single person you meet on these platforms, but this isn't always the wisest thing to do as your social platforms can give off more information than you think. So, hold fire with those friend requests and wait to see who really turn out to be your close friends.

5. Look after yourself

A final piece of advice for staying safe during freshers' week is to look after yourself. It can be easy to see the week as the time to go wild, and many people do! But, it is really important to know your limits. The freedom of being a fresher means that it can be easy to feel pressured to do everything and go out every night, but don't be afraid of saying 'no' if you don't want to. At the end of the day, looking after yourself should be your top priority and you shouldn't have to give in to the pressure of doing it all in the first week. Ultimately, freshers' week is a time to really let loose and enjoy the freedom of being away from home. Take the advice as you wish, but by keeping these safety considerations in mind, you are guaranteed to have a great time and to make some unforgettable memories.

by Hannah Pickett

Freshers: A guide to budgeting

Last year I adopted, what I hope had endearing and affectionate motivations, the nickname '**Budget**' from my friends. This is perhaps a slightly generous and hyperbolic label and is my only qualification to give my advice on this topic, but this is just some opinions on how to budget, from a student who enjoys the stereotypical student experience!

It is important to note that I can only speak from my own experiences, and, naturally, this is not representative of every student experience or inclusive to every student's financial situation.

Firstly, try not to get too carried away when you see the first loan instalment reach your bank account! Depending of course on how much you receive, it can look like a lot, especially to a student, but remember this has to last you until Christmas! My advice would be, try to roughly estimate how much your loan permits you to spend on a weekly basis on top of rent and open a second bank account to transfer this money into. Monzo is really useful for this; it is easy to see how much you are spending and on what. You can set the app to tell you how long your money needs to last, updating weekly or monthly. Having tried both, I find using a monthly allowance much more attainable, as, naturally, your spending on a weekly basis will vary more.

Aside from Monzo, banking apps in general are great because you can easily request and send money to your friends, making cashing in on night-out Ubers and drinks easy and stress-free!

Moving away from turning this into free advertising for the aforementioned banking platform... Here are some other things to think about during freshers to protect your bank balance:

Do things for free!

The Fresher's Fair is a perfect place to collect as much free stuff as possible and is also free to attend. It can feel slightly intimidating approaching all the different society stands on your own, so going with a new friend gives you a cost-free opportunity to learn more about that person and learn more about how you would like to shape your life at Leeds.

Other free activities could be: visiting Woodhouse Moor, if we're lucky enough to get a nice enough day, or taking a walk along Woodhouse Ridge.

Join societies

Although I whole-heartedly encourage joining one, if not multiple, society's, don't feel pressured to pay the membership fees right away! Assess all your options first. Unfortunately, you can't fit everything so use the 'Give-It-A-Go's to test the water first to work out your priorities before committing to paying the fees.

Attend Fresher's events

If it's not too late already, I would urge you not to buy wristbands or tickets for Fresher's events before coming to Leeds. Blocking off too much of your week before you arrive can sometimes restrict you and skipping pre-paid events is sometimes inevitable but still a waste of that precious budget!

Most importantly though, have fun!

Fresher's week is always going to be more expensive than your general week-to-week, so try to not feel guilty for spending more. Say yes to things, and, within reason if that means spending a bit more than your bargained for then that's okay! Fresher's flu will be a lot more manageable with a stocked fridge and some fruit and veg, so find time to do that weekly shop rather than visiting the corner shop every time you wake up with a headache and you'll be on budget in no time!

by Livia Garrod



QUEUE-LESS ENTERTAINMENT

Arts & Culture This Semester....

After a late summer period of precipitously enforced mourning, ranging from prolific tears to #mournhub, is it not time that we had some ceremonious fun? Looking ahead beyond the backs of heads in the queue forming already at Eddy B; with fracking bans lifted, caps on bankers' bonuses being lifted, is it not high time that we, the people, could do with a bit of lifting? So, instead of waiting around ponderously for another heaving, stately event, indulge me - let's look at my anointed quartet of Leeds' top artistic spots. While I cannot provide a generous Southwark Park-Westminster length culture crawl, I can promise spaces within a 5.1-mile radius of Hyde Park, if that will suffice, your majesty.



One of the many events on at Hyde Park Book Club

Fancy a romantic spot that isn't a queue? The love you might have thought you found in a 5.1-mile London line isn't real, but Hyde Park Book Club encourages all kinds of seemingly literarily-inclined relationship types, fact or fiction. Not too pomp given its stacked shelves of pre-loved paperbacks, Book Club is a great spot for a quiet read during the day and remains a devoted mainstay for students near and far. It offers regular exhibitions, live music, student-run theatre performances as well as some tasty bites. So, you never know what you might love at Hyde Park Book Club. Keep an eye out.

Now, while you might not see Becks walking round Leeds Arts Gallery, at least you won't need to camp out for it either. Their current gallery temporary exhibit named *Shifting Perspectives*, one I reviewed for The Gryphon earlier this year, is extremely diligent in its curation, striving to rewrite local and national top-down prevailing narratives. A key selling point of *Shifting Perspectives* is its distinctive lack of passersby compared to the relatively high footfall inside the Arnold and Majorie Ziff Gallery, the gallery's main space, formerly known as 'the Queen's Room'. The Ziff being home to numerous works noted for their imperialist overtones, therefore perhaps comes as less of a surprise.

The Tiled Hall Café within Leeds Arts Gallery provides ample ornamented room for respite from any stretch of standing you might have endured. Both LAG and Tiled Hall Café are 'a friendly, accessible environment for all our visitors and the widest possible access to our building, exhibitions and collections', so, none of that Holly and Phil-style hijacking allowed.

While one might be tempted to endure thirteen hours of homogenous activity standing, you simply don't have to. Instead, Hyde Park Picture

House, Leeds' student local indie film favourite is soon to be re-crowned the beacon of independent film in the Leeds area again, and you can log those numbers sitting.

Bestowing a cinematic Counsellor of the State capacity upon venues such as Wharf Chambers (Camilla), Leeds University Union (William), and Heart Centre (Princess Beatrice - (we can forget about that last one)) and with their inherited proxy status, Picture House will be picking up the On the Road mantle from previous years. If you survived the previous three monarchically-steeped puns, you are in perfect headspace to watch some serious international cinema or some kids' classics at Heart Centre. Q&As abound also.

I may have queued regrettably for poutine for quite some time here during Covid times, but that doesn't mean it's the norm now! Visit Grade II listed Left Bank Leeds for sporadically lively and cozy spaces that harbor life drawing sessions, sketching workshops, craft and flea, exhibitions, and much more. Left Bank also doubles as a convenient alternative study space during the harsher winter months, when you find yourself retreating indoors from the oppressive West Yorkshire winds. You might be thinking to yourself, no, this is not July 26, 1949, when the queen visited Yorkshire 'bathed in sunshine'. However, to our credit, no doubt Lizzie did not get to experience the visionary I See You Naked Mondays. And hey, at least now the summer queues for the potential poutine truck will be gone.



For some, (myself certainly included), first to final year accession might feel like one long dutiful slog to reach the intended final goal. With dissertations looming, the royal tenure is never easy. Even more reason to treat yourself to some largely queue-less entertainment to keep yourself occupied throughout the sometimes colder, sometimes heavier parts of the inevitable wait. And Cheer up Charlie, (should I say Charles?) perhaps you might meet your David Beckham along the way.

Owen Frost

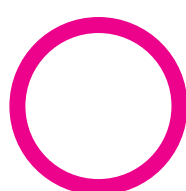
A Cultural Map of Leeds

(Or, where to spread your freshers' flu)



Getting to know a new city is like rummaging through a student fridge: you want to know where the excitement lies and areas you should definitely avoid at all costs. With this handy map of the cultural hotspots, you'll realise that Leeds is a city with something to offer everyone, no matter how little of your student loan you have left.

For humanities students, maybe try convincing yourself visiting these places is the same as having more contact hours. You could probably push it to seven hours a week!



HEADINGLEY

Although not bang in the centre of Leeds, Headingley has a lot to offer (and I'm not just talking about the Arndale Centre). Whether you're going to be a long-term resident in Lupton or fancy a break from tripping over fallen wheelie bins, come on down to Headingley.

Headingley Heart

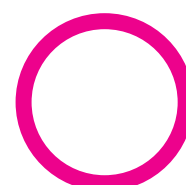
A community space that sells coffee and plants, there's not much more a student needs. With regular events such as live music, poetry readings and yoga workshops- the wholesome atmosphere of Heart will offset any guilt or hangxiety from last night's antics and provide a perfect morning after the night before.

Kirkstall Abbey

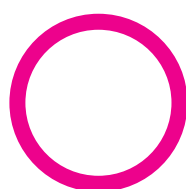
Although not strictly in Headingley, it's close enough on Google Maps to make the walk seem worth it. So, why not walk around the beautiful grounds of Kirkstall Abbey with your new flatmates and fill the awkward silences with gasps of amazement. You could even pop into Abbey House Museum and find out what life was like in Victorian Leeds by walking through fake Victorian streets!

HYDE PARK

Left Bank



Left Bank is a creative and progressive space where you can escape your cramped accommodation and relax in a beautiful former church. With frequent events all year such as clay-modelling, drag tea and art markets- Left Bank puts even more of a shift in during freshers week to make sure there's always something to drag your hungover friends to.



CITY CENTRE

LUU

Old Bar, Common Ground, Pyramid, Stylus and Terrace- they may sound like fake names for places but they're very real! Take a trip to these places for some cheap food and drink in-between or instead of lectures! The Union also offers a wide range of try-out events for societies alongside fairs and regularly-scheduled events. Give Old Bar's Pub Quiz a go and be satisfied that its £9,250 well spent.

Leeds Art Gallery

Free and quiet, two things fresher might crave from time to time. In the centre of Leeds, only a short distance from the ornate Victorian arcades and a few Greggs' lies the Leeds Art Gallery. Its exhibitions are engaging and modern and, alongside Leeds City Museum, has a lot of volunteer opportunities for students with some time to kill!



Ukraine's Counteroffensive: What Does This Mean for Europe's Energy War?



Views contributor Alexander Stephens discusses how Ukraine has launched a successful counteroffensive and recaptured land in the Kharkiv Oblast region.

Ukraine this week has launched a successful counteroffensive in the northern Kharkiv Oblast region. According to President Zelensky, this has resulted in the recapture of 1000 sq-km of territory and the liberation of 20 villages and towns. The resulting advance had taken the Russian army by surprise with a not so orderly retreat having been conducted with large quantities of military equipment seemingly abandoned for the advancing Ukrainian Army to take into their own service.

The large-scale offensive has been a massive success with the largest gain in territory seen by either side since March. Importantly for Ukraine, the advance has shown that the country is capable of taking back territory as opposed to acting only defensively and slowing down Russian conquest. What is clear is that the weapons supplied to Ukraine since the opening of the war have been used effectively by the Ukrainian Armed Forces with images from the frontline highlighting the integration of vehicles donated from a range of multinational partners.

Significantly, the effective use of these weapon systems is a sign to Ukraine's partners that the large amount of high value donations has not gone to waste as was feared in some European powers. This is certain to pave the way for more supplies of military equipment. For Ukraine itself, the advance has reduced the ability of Russia to pressure concessions and provided a much-needed moral boost to Ukrainian troops. This is in stark contrast to reports of demoralised and under-

equipped Russian conscripts.

The success of the advance will perhaps reduce some of the apprehension in Brussels over whether to implement a price cap on Russian gas. Putin's recent threat to halt the sale of Russian gas to Europe if a price cap was imposed has thrown the plan into more turmoil as EU member states debate whether the economic hit would be worth it. However, Ukraine's recent success may signal to leaders in Brussels that success is possible and that the economic damage that Russia would suffer should a cap on gas be agreed would be worth a harsh winter in Europe and perhaps bring an end to the conflict sooner.

Zelensky has repeatedly called for the EU to end its reliance on Russian gas, criticising the Union for the estimated £340bn spent just this year as a funding stream for Russia's invasion. Importantly however, this coming winter will be a deciding factor both on the frontlines in Ukraine and within Europe itself.

Despite the success of Ukraine against the Russian invasion, which many believed would be over in a matter of weeks, the upcoming winter may be the most crucial period yet. The energy crisis in Europe may become too much for some countries to weather as they fight the inflationary pressures of high gas prices and become forced to scale back their support of Ukraine. While on the frontline, the ability of both sides' troops to fight the cold will be critical in determining whether either army is able to advance.

Ultimately, the damage already done to Ukraine is

immense with estimates reaching \$108bn in damage to infrastructure in addition to the countless lives lost. Images of the almost complete destruction of Mariupol



The city of Kharkiv is the second-largest in Ukraine.

Disadvantaged Students £1200 Poorer, The Office for National Statistics Reveals



Ruby Wait-Weguelin
Views Editor

The Office for National Statistics calculates inflation to be the highest in 40 years. Without a sufficient rise in maintenance loans, students from low-income households could be some of the country's worst affected.

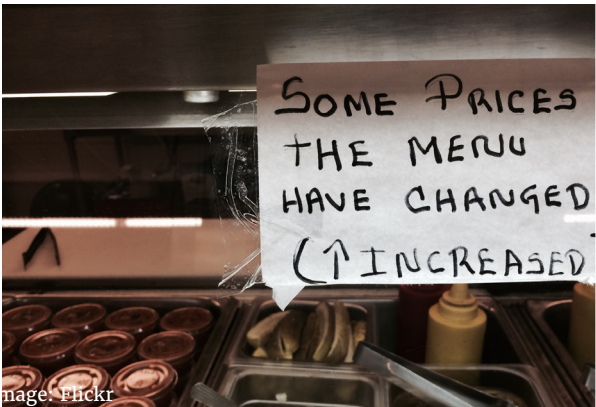
The Russian invasion of Ukraine and fallout from the COVID pandemic have been the two main factors contributing to this unprecedented rise in inflation. Companies have been forced to hike their prices in response to increased energy costs and shortages of goods and materials. Although this has pushed up the cost of living, this rise has not been paralleled with an adequate increase in wages.

However, it's not only workers who have been affected. University maintenance loans have only increased by a meagre 2.3%, well below the predictions of a 12% interest rate calculated by the Office for National Statistics last week. This cut in loans will see the poorest students £1200 less well off in the upcoming academic year. Combined with food prices at a 14 - year high, rent increases and extortionate fuel bills, this will leave some poorer students to face extreme economic pressures. Many less privileged students do not receive financial support from family members and are left with no choice but to rely on demanding additional employment.

Not only will this have a disproportionate effect on current university students from poorer backgrounds, but there is also no doubt that this inadequate government support will also discourage prospective

students. For many, this real terms cut to maintenance loans will make university completely inaccessible. Alternatively, many young people will judge that it is most advantageous to go straight into employment, at great detriment to social mobility.

Last week, the Government announced it will reduce student loan interest rates of recent graduates by 1%. This plan falls short in adequately supporting both



graduates and current students, the latter of which will not be affected by this reform at all. Government support will be essential during the upcoming recession, and students should not be excluded. An initial demand should be to increase student maintenance loans to be in line with inflation.

It is especially frustrating to know that while most of the population is struggling, buy-to-let investors, private equity investors and fuel companies are making extortionate profits. In its last quarter, BP's profits were an eye-watering \$8.45 billion. Fundamental changes have to be made. But in the meantime, students should not be punished.

According to the Institute for Fiscal Studies, the real-terms value of Government student support is now the lowest in seven years. This has come alongside a hike in living costs, as the price of rent, food, travel, and energy bills have all increased. For students from low-income backgrounds, this will be extremely worrying, many of which already juggle stressful working hours with their studies.

Do you have an opinion on a public issue? Do you want to make it heard?

Email views.gryphon@gmail.com for more info!

The monarchy could be in for a bumpy ride as Charles III takes the wheel



Image: Flickr

Archie Herrod Robinson considers what the future of the monarchy holds after Queen Elizabeth II's death.

Archie Herrod Robinson
Views Editor

The death of Queen Elizabeth II has abruptly ended the decades of stability enjoyed by the British monarchy. Now an uncertain future lies ahead for an establishment that seemed previously untouchable.

For most of the British population's lifetime, the Queen's seventy-year reign meant her presence was constant: an institutional certainty. Throughout her time on the throne, the public has had little appetite for significant reform of the monarchy. Her death has shown the degree to which she was essential in holding together the fabric of the institution she led. The sheer number of people willing to queue for hours overnight to pay their respects in itself suggests that the Queen was central to public support for the monarchy.

The new King has already faced scrutiny that his mother was seemingly exempt from. Heckled on his visit to Wales and in a row over Prince Harry wearing military uniform; it appears Charles III will not receive the same guaranteed acceptance from the British people as his mother. If he wishes to ensure the monarchy has the same respect as it had under the Queen, his own personal popularity will be essential.

Crucial to the Queen's success in ensuring the monarchy's survival was her political neutrality, ensuring the public saw her as a sacrosanct but powerless figure. In order to sustain the monarchy and successfully rule the country, King Charles will need to bite his tongue on many issues deemed political.

In his previous role as Prince of Wales, Charles was outspoken on climate change, a matter on which he has publicly shared passionate views. Speaking at COP26 in

2021, he urged world leaders to "find practical ways of overcoming differences" to tackle the climate crisis.

Yet, he will struggle to make statements on such issues as King without coming under criticism. This may prove increasingly difficult considering the record of Liz Truss, his first Prime Minister, appointed only two days before his ascension to the throne. She has shown a lack of concern for environmentalism, pledging to lift a ban on fracking and sacking the previous Environment Minister, Zac Goldsmith, an advocate for green policies. Moreover, one of her new advisers, Matthew Sinclair, has disputed the need for government investment in climate change policies.

While there may be divergence between the environmental views of the King and the Prime Minister, Charles III will need to appear neutral on these issues that will no doubt be the focus of public debate. However, he is already hindered by the public awareness of his stance on such matters. The new King may have already failed to cast the veil of neutrality by making his views so clear before he ascended to the throne.

Potential challenges to the monarchy are not constrained to the United Kingdom as the commonwealth looms as an issue for King Charles III. The day before the Queen's funeral, New Zealand prime minister Jacinda Ardern told the BBC's Laura Kuenssberg she believed her country would likely become a republic in her lifetime. Similarly, the Queen's death has led to the prime minister of Antigua and Barbuda announcing his intention to hold a referendum on the country becoming a republic. This follows the move last year by Barbados

to become a republic, removing the Queen as its head of state and replacing her with a president. If Charles cannot muster the same popularity seen by his mother, the monarchy's global influence could easily crumble under pressure for democratic reform throughout the commonwealth.

Currently, these issues bubble softly under the surface, yet as time heals the country from the loss of its Queen, questions will be asked of the monarchy and its new King. Without the same personal adoration lauded upon his mother, Charles III could struggle to preserve the institution he is tasked with leading.



Image: Wikimedia Commons



Image: CafeCredit.com

A guide to budgeting and making your time at university smooth sailing

Alicia Kaye
Business Editor

Starting university can be a stressful time, with money being at the root of most students' worries, but this article aims to offer guidance to freshers beginning their journey in Leeds. Being at university, for most students, can be as much about the social life as it can be about getting the degree, but this can rack up costs quicker than some may expect, which is why budgeting is a super helpful way of controlling your spending! Start with necessities; food, travel, learning supplies (textbooks are necessary for some courses which can quickly rack up costs).

FOOD:

If you're living close to the centre of Leeds, the takeaways and fast food chains can be tempting, take it from me, but it's best to resist where possible and focus on buying ingredients that will allow you to explore your cooking abilities. Buying meat in bulk is often cheaper, and freezers are great as it means that you can make it last a longer period of time, and don't be afraid to buy frozen veg, as it is more cost effective and you don't have to worry about it going off. Stocking up on rice, pasta and spices is also a great way to reduce costs as they have longer dates; that means you can have a variation of flavours rather than sticking to the same boring meals. Also, try to aim to do a weekly or monthly shop, rather than buying things as you go, as it allows you to stick to your targeted cost for food. Convenience stores, such as Sainsburys Local and Tesco Express, are great if you're in a hurry or need something at a less sociable hour, but they also tend to have higher prices and less offers than the larger supermarkets, so only use these if absolutely necessary.

TRAVEL:

The best way to save money on travel is by walking, and would also mean you're doing your bit for the environment! Most accommodations are no further than a 20 minute walk from university, however, when it's cold or rainy (as it so often is in England), there are multiple frequent buses in Leeds from the city to the university, along with buses to and from Headingley and Hyde Park. These include

the 56, 19 and 19A, the 56 also goes right outside the University of Leeds. Buses are way more cost effective than Uber's or taxi's, as a single trip on the bus only costs £1.20 with your student card, and weekly or monthly passes may also save you more money if you'll be using them frequently.

LEARNING SUPPLIES:

If you're lucky enough to already have a laptop before attending university, this can be helpful, but it is not necessary, so don't stress yourself out trying to save up to spend lots of money on one. The University has numerous libraries that are supplied with computers that you can use to write up notes you have handwritten in the lecture or write essays. If you'd prefer to take notes via laptop, it doesn't have to be super expensive or brand new, look for second hand ones or cheaper brands to save yourself a big chunk of money! Some modules require textbooks, but look at buying these secondhand too, or alternatively you can check the LU library website to see if it is available to rent or available online.

SOCIAL:

Once you have budgeted for the necessities, money that is left over can be used leisurely, but not irresponsibly! Meals and nights out can be as big a part of the university experience as the learning, and it is always nice to treat yourself, within reason. Look at what restaurants provide discount on UniDays and other apps that offer student discount, and base your choices on that. In terms of nights out, the best advice I can give is to book tickets in advance – the earlier you buy them, the cheaper they are, and often much cheaper than paying at the door. Most clubs host student nights during the week, so plan which to go to on the right night to get the best discounts.

Last but not least, just enjoy it! The experience can be made much more pleasant without having money worries or wondering if you're going to have enough money by the end of the month, which is why budgeting is so helpful.



It's Looking Uphill for Women's Cycling: Tour de France Femmes avec Zwift 2022



Image: Flickr

Holly Senior

The first ever edition of Tour de France Femmes 2022 made history in women's cycling this summer, taking place between 24-31 July. Over the 8 days, 144 riders, split into 24 teams, competed for the yellow, green, polka dot, and white jerseys, taking on the unrelenting French Alps.

The women's tour goes back to 1984, comprising of 6 national teams each made up of 6 riders, taking place in the lead up to the men's race. However, after 5 further editions of the tour, won twice by Maria Canins and thrice by Jeannie Longo, the women's race was terminated due to lack of funding and media coverage. Despite this long hiatus, women's cycling continued to grow with new races taking place around the world. In 2016 the official UCI women's world tour was created, comprising of the most prestigious races.

Starting at the Eiffel Tower, the women commenced the 8-stage tour with stage 1 comprising of two intermediate sprints as well as opportunities for 'queen of the mountain' points. Marianne Vos made the first attack, leading the first sprint, and continued her aggressive position throughout the day. Despite attempts from Van Dijk in the final sprint, hoping to set up a win for teammate Ellis Balsamo, the battle for victory came down to Vos and pre-race favourite, Lorena Wiebes, with the latter taking the win.

Vos continued her dominating presence, winning stage 2 and taking second place on day 3 behind Danish rider, Cecilie Uttrup Ludwig. Stage 4 involved challenging terrain – 12.9km

of gravel track – across Champagne vineyards, resulting in many punctures and tactical bike swapping amongst teammates. Mavi Garcia was unlucky losing significant ranking, and dropping out of the top ten, after several punctures as well as being clipped by her own team car. Halfway through the tour Vos was leading by 16 seconds overall; however, a lot can change in 4 days.

Stage 5 was an eventful one and well suited for the sprinters, being the longest of the entire tour at 175.6km, with two category 4 climbs, one intermediate sprint and one bonus sprint. An unfortunate early retirement came for Norsgard after a huge crash in the peloton, also affecting second place rider – Persico. Wiebes managed to avoid the disruptions, taking the win in the green jersey, having won the sprints in the previous day. The Wiebes-Vos rivalry persisted into stage 6, but a crash by Wiebes allowed Vos to extend her lead to over 30 seconds, regaining the yellow jersey.

The hilliest and, some would say, toughest stages were yet to come. Day 7 involved a 13.5km climb averaging a gradient of 6.7% as well as brutal climbs in day 8 finished with a long 24% gradient gravel track to the summit. This was no deterrent for Van Vleuten despite having been ill for the early stages and not appearing in the top 10 at all in the first half of the tour. The Dane made the attack in the first climb of day 7 and never looked back. Attempts were made by Vollering to keep on her tail, but the gap grew to over 3 minutes, with Van Vleuten smiling throughout the climbs. Vos and

Wiebes made no appearance in the top 10 and Vollering was leading the chase for 'queen of the mountains'.

Despite three bike changes, Van Vleuten successfully broke away on the final day of the tour, passing leader, Garcia, in the final 6km of the race with the crowd driving her to the end. Van Vleuten sealed her reputation as one of the world's best climbers, passing the summit first and securing the yellow jersey.

"I can't believe, with how sick I was, now I am here in the yellow jersey", said the 39-year-old Movistar rider, having been pushed through the early stages of the tour by teammates and even considered the possibility of retiring from the race.

Tour de France Femmes avec Zwift is set to go ahead for 2023 with a few changes. Race director, Marion Rousse, mentioned the possibility of seven riders per team instead of six in addition to adding extra days and a time trial.

"This year there was no time trial because we were concerned with the public interest, a time trial attracts less crowd and this year we wanted a course that was attractive to the crowd, but that doesn't prevent us from doing that in the coming years" she suggested.

The future of women's cycling is looking optimistic with more women gaining minimum salaries, allowing them to go full time and in turn raising the standard of the sport.

Looking Back on 'The Hundred'

With the conclusion of The Hundred, the ECB's new 100 ball cricket tournament, Holly Senior reflects on the successes of the competition's second year.

Holly Senior

Saturday 3rd September saw the women's Oval Invincibles defend their 2021 victory, beating the Southern Brave by 5 wickets, thanks to outstanding captaincy by Suzie Bates; and notable performances from Marizanne Kapp, Alice Capsey, and Shabnim Ismail. The men's game followed in the evening with captain, Lewis Gregory, scoring the winning runs for the Trent Rockets against the Manchester Originals.

The Hundred, designed by the ECB with simplified rules, a higher pace, and bright colours, successfully attracted a wider, more diverse audience in its second year. Sky Sports reported a total TV audience of 14.1 million, 5.9 million (42 percent) of which were new to watching ECB cricket, with a particular increase in women, children, and families watching the game.

All matches were successfully broadcast via a dedicated Sky Sports The Hundred channel and a selected 18 were shown on the BBC (10 men's and 8 women's), including the finals. Social media channels were used for regular updates and highlights, and for the first time games were streamed via TikTok and YouTube. The series was kept easy and clear to follow with The Hundred App, which was used to buy tickets, display match statistics, and provide feature articles, as well as interactive games and polls.

Crowd attendance also surpassed 2021 figures with over 500,000 spectators across the whole tournament. Overall, there were still smaller crowds for the women's games in the afternoon compared to the men's in the evenings; however, having the matches in succession has raised the profile of women's cricket. The final saw a record attendance for any women's domestic cricket match, with a crowd of 20,840. This is very promising for the future of women's cricket and women's sport in general, with the potential for increased participation rates and funding in the sport. Hopefully, this will inspire more girls and ladies to set up teams in clubs across the country in the coming years. The ECB have announced revenues will be invested into funding free spaces on All Stars and Dynamos

courses, and the tournament is set to go ahead for another year in 2023.

Last year a study by The Women's Sport Trust (WST) found that The Hundred was a key driver in boosting the British TV audience for women's sport in 2021, with cricket accounting for 41 percent of viewing hours. It's not only The Hundred that will raise the profile of women's sport this year after the huge footballing victory for the England's Lionesses at Wembley, winning the UEFA Women's Euros against Germany earlier this summer.



Image: Flickr

Leeds Rhinos Beat Wigan Warriors to Reach Super League Grand Final

Will Heaver

The Leeds Rhinos ended Wigan Warriors' unbeaten home record with a 20-8 victory on Friday night. The Rhinos were able to contain Wigan's star Australian duo of Bevan French and Jai Field which was vital to the win. Wigan started on top and were first to score through Liam Marshall acrobatically finishing in the corner, after top work from half back Harry Smith. The Leeds line was under pressure for most of the half but were able to resist and responded through a Zak Hardaker penalty making the score 4-2, which was the score at half time.

The Rhinos regrouped and scored five minutes into the second half through man of the match Jarrod O' Connor. The youngster, who was only playing due to an injury crisis, snuck low from dummy half to burrow over for his first ever try for Leeds. The Rhinos scored again quickly through Jake Bentley who jumped on an Aidan Sezer grubber kick to build the lead further.

Wigan were then put in further trouble when star lock John Bateman was sent off for a late and high tackle on Sezer. The Leeds half will now be in doubt for the Final as he will have to go through concussion protocols. Leeds drove home their advantage shortly after when Cam Smith put Bentley through a big hole in the Wigan defence to bring up his second try of the game. Despite being a man down, Wigan did not give up and went close through the electrifying Field but his jinking run was stopped just before the Rhinos defence. Sam Powell would eventually score a consolation try for the home side making it 20-8, but it was too little too late. Leeds coach Rohan Smith, who had only been given the job midway through the season, was understandably emotional after the game having taken this Rhinos side from mid table mediocrity to the Grand Final.

This will be the Rhinos first Super League Grand Final since 2017 and they will face rivals St Helens who overcame Salford Red Devils 19-12 in a tight clash. Saints will be missing key man Morgan Knowles after he was given a

two-game ban for 'dangerous contact' for an incident that saw him sin-binned in the semi-final. The final promises to be an absolute blockbuster affair, and the whole city will be watching with baited breath as both of the sides go to battle at Old Trafford.

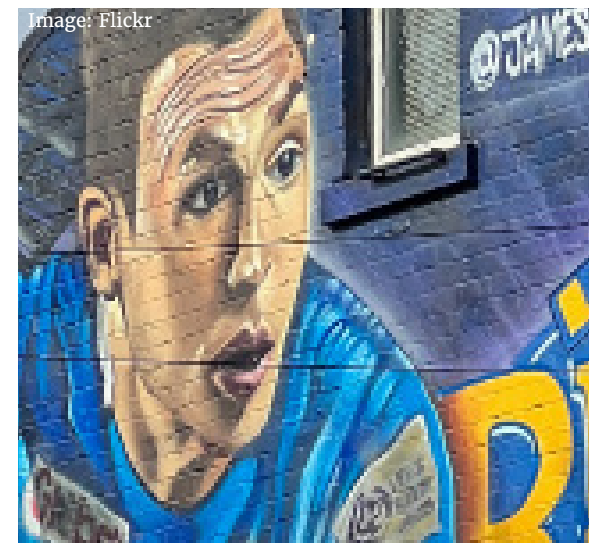


Image: Flickr

BUS IT

BUS IT



Get unlimited student bus travel for just £1.02* a day.



TICKETS TO SUIT ALL JOURNEYS

Download the First Bus App to buy your student tickets!



TICKET TYPES	VALIDITY	PRICE
Student single	Valid for above map	£1.20
Flat fare single	Valid for a single journey	£2
Month	Valid for 1 calendar month	£53
Term 1	Valid 1st Sept – 31st Dec	£170
All Term	Valid 1st Sept – 23rd July	£350
Annual	Valid 1st Sept – 31st Aug	£375

*Based on £375 Student Annual ticket.

