



University of
Southampton

The Awarding Gap Project



Black Fresher's Guide

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Welcome

Black Fresher's Guide 2026/27

Welcome to the Black Fresher's guide for the 2026-27 academic year, brought to you by the Awarding Gap Project. This handy guide has been designed by Black students at the University to help new and returning students from Black and minoritised ethnic backgrounds to navigate their adventure at Southampton.

Included in the guide:

- Information on student services and support
- Local businesses (hairdressers, barbers, food stores and more)
- Places of worship
- Tips for navigating university life

Visit the Awarding Gap Project website for a digital copy or email us to get your hands on a physical guide.

The Awarding Gap Project

The Awarding Gap Project is a course of action, created by the Widening Participation and Social Mobility Directorate (WPSM), aimed at tackling the awarding gap between Black and white students, where there is the largest disparity in degree outcomes across the sector; both sector-wide across higher education as well as internally, where data at Southampton has shown that the awarding gap exists. the awarding gap exists.

Find out more

Scan here to find out about the Awarding Gap Project
Email us at agp@soton.ac.uk
Find us on Instagram [@agpsoton](https://www.instagram.com/agpsoton)



Join the Awarding Gap Project

We offer our undergraduate students paid opportunities as part of our Awarding Gap Project.

The Awarding Gap Project works with students from Black ethnic backgrounds currently underrepresented at the University. In this paid role, student have oversight of community building events and activities that champion Black and minoritised students.

The aim of the project is to improve the student experience and promote more equitable outcomes for all students. With the support of staff, students will be able to contribute to existing projects, develop new interventions, and be a part of implementing campaigns aimed at promoting a more inclusive university.

We collaborate with a wide range of teams across the university, including but not limited to:

- Careers and employability
- Marketing
- Sport services
- Centre for Higher Education Practice

How to become a member

Becoming a member of this panel will allow you to be part of a project that has the potential to form a wider case study into the impact of entirely peer-led interventions on the lived experiences of Black students in higher education. Apply to join the core project team for the opportunity to deliver outcomes that meet the needs of our students.

For more information, please email us or visit the Awarding Gap Project webpage.

To apply, simply scan the QR code, and submit the application form for your preferred role.

Application Closing Date:

Friday 2nd October 2026

Find out more



I have definitely gained a lot of confidence during my time with AGP, particularly with public speaking. I've also felt a greater sense of belonging and purpose within the university.

Awarding Gap Project Board Member



Member Spotlight: Tise

My first year as a Biomedical Engineering student was an absolute whirlwind of intense learning, community building and unexpected growth. Coming in, I knew the academics would be tough, but throwing myself into the wider university culture completely redefined my experience.

I am most proud of my talk at the AGPx Event where I spoke about redefining success. It was such a rewarding experience that I will carry with me for life. I'm happy that I found a balance between my studies and stepping into creative leadership roles - such as hosting Bridging The Gap and Vision Plus Voices - which massively developed my time management skills and organisation.

If I could give three pieces of advice to anyone starting out, they would be:

Find your community early: Surround yourself with a solid circle of people who ground you, support your growth, and make the journey fun.

Check your emails!: Opportunities always come through your inbox, especially during freshers week. Apply to everything and say yes to programs,

workshops, and committees. These activities build your network, skills, and confidence faster than anything else.

Take time for yourself: Make sure to stay as healthy as possible. Eating sleeping and resting is just as important as engaging with life at Uni.



Local Businesses

Restaurants

- **Sunshine Shack** - 61 St Mary St, Southampton SO14 1NT
- **Spice World on the Go** - Unit 30 St Mary's Pl, Southampton, SO14 3HY @spiceworldotg
- **Deluxe One Oxford** - 1 Oxford St, Southampton SO14 3DJ
- **Afritopia** - 127 St Mary St, Southampton SO14 1PG
- **Caribbean Spice and Jerk** 16 Bedford Pl, Southampton SO15 2DB
- **Elmina Bar & Lounge** 104-108 Bevois Valley Rd, Southampton SO14 0JZ
- **Eti Food** 07440123046

Food

- **Black Sea Supermarket** 4-6 Shirley High St, Shirley, Southampton SO15 3NH
- **International Foods Ltd** Portswood Rd, Portswood, Southampton SO17 2NJ
- **Bangers and Biltong** 161 High St, Southampton SO14 2BT
- **Impala Family Butchery** 167 Shirley Rd, Southampton SO15 3FG

Hair

- **Affricardo Barbershop** 16 Bedford Pl, Southampton SO15 2DB 02380 225 731
- **Top Design II Southampton** 36 Old Northam Road, Southampton SO14 OPB 07448 408 842
- **Ktrendz Barber** @ktrendz_barber
- **Urban Trend Barbers** 190 Above Bar Street, Southampton SO14 7DW
- **The Saints Barbers** 82 High Rd, Swaythling, Southampton SO16 2HZ 07877 325723
- **M3 Barbers** 92 St Mary's Rd, Southampton SO14 0AH 07944 990615
- **Beauty by Aja Ndeye** 19C London Rd, Southampton SO15 2AE 02380 234 739
- **Elita Touched Hairdresser** @elitatouched
- **Laid By Angel** @laidby_angel
- **TSE** @thesleekessence_

Beauty

- **Jasmine nails** 160 High St, Southampton SO14 2BT 07848 821 284
- **Just Nails** @justsnailss
- **Hair N Beauty By Tia** @thebeautyholic_southampton

- **My Lash Dose** @mylashdose

Beauty Supply Stores

- **Afro City** 94-95 St Mary St, Southampton SO14 1PB 02380 233 005
- **Fabulous Hair Extensions** Unit 25a, the Marlands Shopping Centre, Western esplanade, Civic Centre Rd, Southampton SO14 7SJ 07888 731 078
- **Harmony Hair** 14 Shirley High St, Shirley, Southampton SO15 3NH 07814 781 117
- **Skin & Strands** 169 Shirley Rd, Southampton SO15 3FG

Entertainment

Activities

We offer free events and activities across our campuses and halls throughout the year. These can be viewed on the My Southampton App.

There is also a wide range of activities to do in and around the city of Southampton.

Whether you are a thrill seeker in search of adventure or simply looking to explore local treasures: there is something for everyone!

- **Hollywood Bowl Southampton**
West Quay, Harbour Parade, Southampton
SO15 1DE
0844 248 2041
- **SeaCity Museum**
Havelock Rd, Southampton
SO14 7FY
023 8083 4536
- **John Hansard Gallery**
142-144 Above Bar St, Southampton
SO14 7DU,
023 8059 2158
- **Elusion Escape Room**
68 Commercial Road, Southampton, England,
SO15 1GD
02380 572837
- **Locked in a Room**
West Quay Shopping Centre, Portland Terrace, Southampton SO15 1QD
01179291759
- **Ninja Warrior UK Adventure**
Antelope Park, Bursledon Rd, Thornhill, Southampton
SO19 8NE
023 8127 7870
- **1st Base Southampton**
16 East St, Southampton
SO14 3HG
0808 164 1010
- **GO APE Southampton**
Itchen Valley Country Park, Allington Ln, Southampton
SO30 3HQ
01603 895500
- **Mayflower Theatre**
22-26 Commercial Rd, Southampton
SO15 1GE
023 8071 1811
- **Paulton's Park**
Romsey SO51 6AL
023 8081 4442
- **New Forest National Park**
newforestnpa.gov.uk
01590 646600
- **TeamSport Go Karting**
Barton Park, Chicken Hall Ln, Eastleigh
SO50 6RR
01252 732300
- **Delta Force Paintball**
Lee Ln, Southampton
SO16 0AD
020 3869 9305
- **Solent Sky Museum**
Southampton
SO14 3FR
023 8063 5830
- **Boom Battle Bar Southampton**
Southampton
SO15 1DE
023 8033 4466



Nightlife and Clubs

- **The Stag**
Building 40
University Road
Highfield Southampton
SO17 1BJ
- **Island Ting**
Instagram: Island Ting
islandtinguk.com
- **Sobar**
98 Bevois Valley Rd,
Southampton
SO14 0JZ
023 8023 6343
- **BRAVE Night Lounge**
Salisbury St,
Southampton
SO15 2TZ
07552 344110
- **Buddha Lounge**
3a Winchester St,
Southampton
SO15 2EL
023 8023 6133

Find out more:





Sports & Fitness

Whether you're an athlete or looking to stay active, there is plenty to get involved with. Between sports clubs, gym memberships and performance sports, there is something for everyone.

You can also join free sessions all year round as part of the Be Active, the free, accessible and fun programme for everyone. You can try different sports without commitment. A great place to meet new people, stay active, and have fun. All of Be Active's sessions are advertised on the MySouthampton app, search Be Active to find what's on.

Southampton Sport Facilities

Jubilee Sport and Recreation Centre,
University Road Highfield, Southampton
SO17 1BJ

Wide Lane Sports Ground
University of Southampton, Wide Lane,
Eastleigh SO50 5PE

Mayflower Gym
West Park Road, Southampton SO15 1DQ



Find out more
www.southampton.ac.uk/sport

Student Memberships

Pay a £28.99 monthly payment and a £15 joining fee or a one off payment of £259 for full access to all our facilities, including but not limited to:

- swimming pool
- TechnoGym fitness suite with over 200 fitness stations
- in-person fitness classes
- access to Mayflower and Glen Eyre gyms

Faith & Worship

Navigating university can seem difficult at the start as the things around you change constantly. We understand that your university experience is more than just your degree. Getting involved in faith and worship both locally and on campus is a great way to meet new people from various backgrounds, who share the same belief system, in a welcoming environment.

Worship on Campus

Faith and Reflection Centre
Highfield Campus
chaplaincy@soton.ac.uk

Prayer Room
Entrance by the staircase around the back of Building 38

Islamic Society
Instagram: @southamptonisoc

Christian Society
Instagram: @southamptoncu

Worship in Southampton & Winchester

Bashir Ahmed Mosque
96-100 Portswood Rd, Portswood, Southampton
SO17 2FW

Portswood Church
Portswood Rd, Portswood, Southampton SO17 2FY

Southampton Buddhist Centre
73 Saint Mary Street, Southampton, SO14 1NW

Winchester Baptist Church
2-4 City Road, Winchester, SO23 8SD

Winchester Muslim Cultural Association
33 Jewry Street, Winchester, Hampshire SO23 8RY

Victory Gospel Church
154 Portswood Rd, Portswood, Southampton
SO17 2NH



Find out more
www.southampton.ac.uk/chaplaincy/index.page

Get Involved

Cultural and ethnicity based societies

Societies are student-run organisations focused on providing members with opportunities that will develop them into culturally proud and aware, well rounded individuals who feel valued during their time in higher education. They aim to unite students from various backgrounds through shared interests while encouraging them to excel in their academic and career pursuits. Here are just a few of the many cultural and ethnicity focused societies on offer here at Southampton:

ACS (including ACS Netball and ACS Football)

Instagram: @acssoton

Southampton Black Law Students Network

Instagram: @blsn.soton

Black Women's Project (BWP)

Instagram: @bwpsouthampton

African Caribbean Medical Association (ACMA)

Instagram: @acma_soton

Visit the SUSU website for more societies and sports clubs available at the university (there are over 300 to choose from)!

Find out more:



Give it a go

Give It A Go is an activity programme provided by SUSU where you can find diverse weekly craft workshops, day trips to near cities, taster sessions by our clubs and societies such as surfing, volunteering and lots of fun things to do! There is no long-term commitment, and all events are at student-friendly costs. If you have any questions you can get in touch via giveitago@soton.ac.uk.

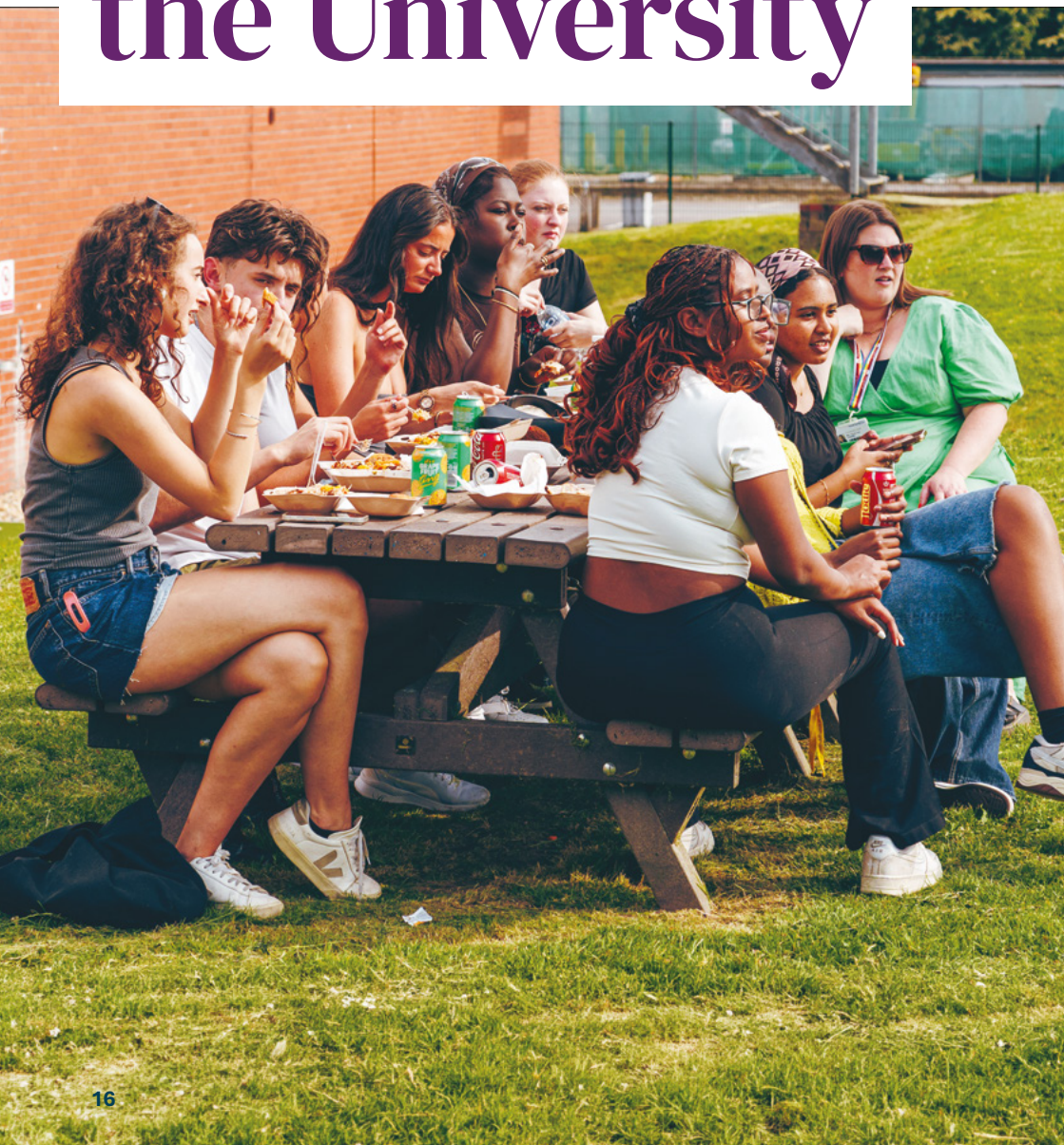
Bridging the Gap Podcast

Our student-led podcast is created by members of the Awarding Gap Project. This University of Southampton affiliated podcast delves into the top issues that affect university students today, with particular emphasis on the impact they have on Black and minoritised students. The podcast critically explore a range of topics with special student guests. If you are interested in being a guest on the podcast or would like to suggest topics the podcast should cover, get in touch agp@soton.ac.uk.

Listen to Season Three:



Support at the University



The Student Hub is your first point of contact for questions and concerns relating to fees, financial support, accommodation, wellbeing, disability, careers and course administration – contactable 24/7 via the online chat, by email, or phone on 02380 599 599. You can also visit the team in person across our campuses.

The Student Hub
southampton.ac.uk/studenthub

Your Personal Academic Tutor (PAT) can support your academic needs by offering one-to-one support and study advice throughout your time at the University.

Find out more
www.southampton.ac.uk/studentadmin/academic-support-guidance/personal-tutor.page

Academic Support

Clarkson Room

A designated quiet space for students with disabilities or long-term health conditions. Building 6, Room 1085.



Our campus libraries

Our library services offer many different support options. You can ask questions directly, request books or papers, get access to software and so much more. To find out everything you can get from our campus libraries, visit the link below or just pop in and ask.



Academic Skills Service

As part of the library services, you can academic skills support in a great range of areas. Access a range of academic skills support and resources to help you with the transition to higher education and throughout your time at university.



Personal Support

Student Wellbeing

The Student Wellbeing Team offers support to students throughout their studies, enabling them to make the most of their time at the University and develop healthy habits to last a lifetime. The team are available 24/7 to provide all students with wellbeing support via the student hub. Wellbeing advisors are based in the The Student Hub on Highfield Campus but can travel to meet students on other campuses or in halls when requested. There is a wide range of further support available to you, which we will help you explore and access where appropriate.

If you are concerned about the wellbeing of another student, you may also tell the student wellbeing team who will be able to reach out to them to offer appropriate support.



Report and Support Tool

The Report and Support tool is available for you to use to report any incidents surrounding harassment and/or discrimination you may encounter at university. These can be anonymous or you can leave your details and this ensures the university will be aware of the problem and you can access support following the incident.



SUSU Advice Centre

You can get free and confidential advice through the advice centre. You can get advice regarding practical elements of university life such as finance or housing.



**I've gained experience
in many different things
that I wouldn't have got if
I wasn't on the project.**

Awarding Gap Project Board Member



Financial and Professional Support

Going to university can be a big change and a challenge. It may be the first time you have had to manage your finances, or you may be juggling outside commitments, like family, with your studies.

The University of Southampton can offer support for your financial wellbeing, whether it is learning how to budget or accessing financial support. Such support includes cost of living advice, the student support fund and information about our Student Money Champions.



Careers, Employability and Student Enterprise

Paid Opportunities

Many students take up paid internships and flexible part time roles, alongside their study to gain valuable work experience and supplement their income. You can find more information on casual work, UoS internships and other opportunities the University has to offer on MyCareer.





Student Recipes

A balanced diet is important to maintaining part of a healthy lifestyle and promoting optimal brain function. Whether you're a pro in the kitchen or a complete novice, you can create delicious meals on a budget.

Here are some of our favourite filling and nutritious meals, that won't break the bank.

Budget Meals

→ Mob Kitchen Easy & Cheap Student Recipes



→ Tesco Student Meals and Recipes



→ Original Flava Caribbean inspired Vegan Recipes



→ Rachel Ama's Vegan Recipes



→ African Dinner Recipes



→ Original Flava Caribbean and African inspired meals



Freshers Checklist

You ready to begin your new adventure? Go through this checklist for your first month at University

- ☐ **Explore this guide**
Read through all the information in the guide and utilise it to explore what the university offers and get familiar with the city.
- ☐ **Register for the GP**
And find out about the support services via The Student Hub.
- ☐ **Prioritise Your Wellbeing**
Register for the GP, and find out about the services provided by the wellbeing team, or speak to financial support about how to get on top of your finances (you can also explore paid opportunities).
- ☐ **Try out one of our recipes**
Use the websites recommended in the guide (you can visit one of the recommended ethnic food stores to buy ingredients).
- ☐ **Try out Societies**
You can find other students on your course or begin a new hobby through the wide range of societies at SUSU.
- ☐ **Sign up to join our mailing list or follow us**
Find us on instagram @agpsoton to keep up to date with all things AGP.

Find out more



Find out more

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Email us at agp@soton.ac.uk or

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