



University of
Southampton

THE AWARDING GAP PROJECT

BLACK FRESHER'S GUIDE

CONTENTS

Introduction to the Black Fresher's Guide	5
The Awarding Gap Project Panel	6
Food and restaurants	8
Hair and beauty services in Southampton	9
Entertainment	10
Societies	12
Faith and worship	14
Support at the University: Accessible study spaces	16
Support at the University: Study support	17
Support at the University: Personal support	17
Support at the University: Financial support	20
Support at the University: Recipes	21
A day in recipes: Breakfast	22
A day in recipes: Lunch	23
A day in recipes: Dinner	24
A day in recipes: Dessert	25
Freshers' checklist	26
Notes	27





WELCOME

Black Fresher's Guide 2023/24

Welcome to the Black Fresher's guide for the 2023/24 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 minoritized ethnic backgrounds to navigate their adventure at Southampton.

Included in the guide:

- Information on student services and support
- Local Black owned businesses (hairdressers, barbers and 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.



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)



THE AWARDING GAP PROJECT PANEL

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

Our panel

The panel currently consists of students from Black ethnic backgrounds (currently underrepresented at the University of Southampton), who have oversight of activities and interventions targeted at Black students at the University with the aim of improving their university experience.

With the support of the project team, panel members evaluate the impact of existing projects, develop new interventions in response to feedback, and are a part of

implementing targeted campaigns. The panel is also responsible for planning and hosting at least one community building event each semester and are supported by the University with the financial resources to do so.

Members also undergo high-quality training prior to taking their posts, involving external speakers, which further equips them with the skills to complete their work.



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.

You could be part of the core project team, or the consulting student board who oversee the work happening throughout project and its alignment to the needs of our student body.

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:

Sunday 15th October 2023



Find out more

Scan the QR code



FOOD AND RESTAURANTS

Restaurants

- Nativ - 104-108 Bevois Valley Rd, Southampton SO14 0JZ
- Jerk Pan - 85 Commercial Rd, Southampton SO15 1GH
- Afritopia - 127 St Mary St, Southampton SO14 1PG
- RX Lounge - 38 Victoria Rd, Woolston, Southampton SO19 9DX

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
- 'Taste n Flavours - The Redbrick, Students Union Southampton, Highfield Campus



HAIR AND BEAUTY

Hair

- **Affricardo Barbershop**
16 Bedford Pl,
Southampton SO15 2DB
02380225731
- **Top Design II Southampton**
38 Old Northam Road,
Southampton SO14 OPB
07448408842
- **Ktrendz Barber**
24 High Street SO14 2DF
023 8033 4387
- **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
- **KornrowsbyKiki**
Instagram: KornrowsbyKiki
- **Beauty by Aja Ndeye**
19C London Rd,
Southampton SO15 2AE
02380234739

Beauty

- **Jasmine nails**
160 High St, Southampton SO14 2BT
07848821284
- **NailbyMay**
instagram: nailbymay
getnailbymay@gmail.com
- **DayotheMua**
instagram:dayothemua
- **Beautywithtaffy**
instagram: beautywithtaffy_
beautywithtaf@gmail.com

Beauty Supply Stores

- **Afro City**
94-95 St Mary St,
Southampton SO14 1PB
02380233005
- **Fabulous Hair Extensions**
Unit 25a, the Marlands Shopping Centre,
Western esplanade, Civic Centre Rd,
Southampton SO14 7SJ
07888731078
- **Harmony Hair**
14 Shirley High St, Shirley,
Southampton SO15 3NH
07814781117

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

→ **Alpine Snowsport Centre**
Thornhill Rd,
Southampton
SO16 7AY
023 8070 7815

→ **New Forest National Park**
newforestnpa.gov.uk
01590 646600





Nightlife and Clubs

- **Switch**
127 Above Bar St,
Southampton
SO14 7FN
023 8023 8418
- **Amps Events**
ampsevents.co.uk
- **Island Ting**
Instagram: Island Ting
islandtinguk.com
- **Fever and Vibe**
24 Carlton Pl,
Southampton
SO15 2DY
07926 384802
- **Sobar**
98 Bevois Valley Rd,
Southampton
SO14 0JZ
023 8023 6343
- **Hamptons Afro Vibes**
Instagram:
Hamptonsafrovibes



Find out more:



SOCIETIES

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 the celebration of African and Caribbean culture while encouraging them to excel in their academic and career pursuits.

ACS (including ACS Netball and ACS Football)

Instagram: @acsoton

Southampton Black Law Students Network

Instagram: @blsn.soton

Black Women's Project (BWP)

Instagram: @bwpsouthampton

East African Society (EaSoc)

Instagram: @easocsoton

Ghanaian Society

Instagram: @ghsociety_soton

Nigerian Society

Instagram: @nigeriansocietysoton

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:





“

Being a member of [the Awarding Gap Project] panel has been one of the most exciting things I've done in university so far. I have gained an insight into learning how to put together events but more importantly learning how to improve the experiences of black students in universities. It has been really exciting to be able to interact with different departments, students and meet people who has made a significant impact such as Jason Arday.

Awarding Gap Project Panel Member

FAITH AND 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



We're aware there is an awarding disparity but that does not stop us taking our education into our own hands and the hope [...] to widen [people's] eyes to the strong black community in Southampton; showing that it is much larger [and powerful] than you may think. So if you want to take up that space, do so, and know that you have a support system ready to go with you.

Awarding Gap Project Panel Member



KEY



Church



Sikh place
of worship



Faith based
prayer/
meditation



Mosque



Synagogue



Hindu



Find out more:

www.southampton.ac.uk/chaplaincy/worship/worship-in-southampton.page




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

Accessible Study Spaces

Clarkson Room

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



Hartley library

Assistive technology suite in Hartley Library, Level 2.



Global Lounge (Building 54, Room 2001)

A relaxed environment for international students to use to study and socialise.



Study Support

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.



Student Societies

Most courses have a student society that will represent the subject. These societies may hold events for revision or may even have an area where they upload notes or tips etc.



Peer Learning

Our PAL scheme provides you with peer study support in Psychology, Politics and International Relations, Education and Engineering Foundation Year. It offers a space for new first year students to talk to one another and more experienced students about adjusting to university life both in terms of academic skills and non-academic life.

Instagram: @uospal



Personal Support

The Student Hub

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.



Careers, Employability and Student Enterprise

You can get advice around careers and internships through this service. There are services such as CV reviewing, mock interviews or setting up work experience. You can get individual support from an advisor or utilise the resources to build your career goals and pathway.



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.



Health Services

The University Health Service on Highfield campus is a general doctor's surgery that offers medical advice, assistance and treatments as well as medical evidence request forms and work closely with the university for special considerations, reasonable adjustments and DSA applications.



Find out more at: www.unidocs.co.uk

Here you can find details on other local health providers.

Faith and Reflection Centre

Our faith and reflection centre is a space to relax and unwind. It's open Monday - Friday, (10:00 - 17:00) offering free tea, coffee, and volunteers who are available for a chat.



They serve pancakes and cheese toasties on select days, and host games and activities.



“

We're aware there is an awarding disparity but that does not stop us taking our education into our own hands and the hope [...] to widen [people's] eyes to the strong black community in Southampton; showing that it is much larger [and powerful] than you may think. So if you want to take up that space, do so, and know that you have a support system ready to go with you.

Awarding Gap Project Panel Member

Financial Support

Cost of Living

Our Cost of Living SharePoint hub brings together all the support that the University and Students' Union are offering in one place. This includes various funding and support to help you if your financial situation is affecting your ability to study. They do not need to be paid back and can help with the cost of things such as study equipment, technology, health and wellbeing, rent, utilities, food, and unexpected outgoings.



Student Support Fund

The Student Support Fund is a limited pot of money designated to help you if you find yourself in unexpected financial hardship, such as paying for rent, utilities and food.



Recipes

Whether you're a pro in the kitchen or a complete novice, you create delicious meals in your university kitchen on a budget. Here are some of our favourite filling but nutritious meals, that won't break the bank.

Budget Meals

→ Mob Kitchen 'Back To Uni' Recipes



→ Miguel Barclay's 'One Pound Meals'



→ Original Flava Caribbean inspired Vegan Recipes



→ Rachel Ama's Vegan Recipe



→ Nando's Meal Prep Recipes



→ Original Flava Caribbean and African inspired meals





A day in recipes: Breakfast

Yam and Egg:

Ingredients

Tuber of yam enough to make 8 slices
1 tsp salt add more if needed
tsp sugar optional

Egg sauce ingredients

4-6 large eggs	1/3 cup vegetable oil
2 medium-sized tomatoes chopped	1/2 tsp salt
1-2 scotch bonnet chopped	1 Seasoning cube
1 small onion chopped	1/2 tsp curry
1 red bell pepper chopped	1/2 tsp thyme

METHOD

How to cook yam

1. Slice yam into about 1-inch size and peel the skin off.
2. Rinse in clean water till water runs clear and no residue in water.
3. Put yam in a pan, add enough water to cover it, add salt and place on medium heat and cook till soft. Test with a fork, if it goes through, then the yam should be soft enough.
4. Drain water from yam and move on to making the egg sauce.

How to make egg sauce

1. Break eggs into a shallow bowl, whisk till egg white and egg yolk are well combined, add salt and whisk to combine then set it aside.
2. Place a frying pan on a medium/low heat, add of vegetable oil, heat for about 2-3 minutes.
3. Add chopped peppers, tomatoes and onions (this should sizzle) and cook for about 4-5 minutes or till oil floats on the sauce, add salt, seasoning, curry and thyme. Stir to combine ingredient with sauce and also avoid sauce sticking to the pan.
4. Add whisked eggs to sauce and leave for about a minute before stirring (this will allow the egg to set a bit). Stir to scramble egg. Serve egg sauce with boiled yam immediately.



Watch the tutorial:



A day in recipes: Lunch

Chickpea curry and roti (V/VE)

Buss Up Shut (Paratha Roti):

3 cups all-purpose flour, plus
more for rolling out roti

1 tsp. baking powder

1 tsp. kosher salt

¼ tsp. rapid rise or
instant yeast

1 tsp. sugar

Olive oil

1 cup (2 sticks) unsalted
butter, melted

Sunflower or vegetable
oil, for cooking roti

Curried Chickpeas:

2 scallions, sliced, plus
more for serving

3 garlic cloves, finely chopped

1 2" piece ginger, peeled

½ Vidalia or yellow onion,
chopped

1 medium sweet potato
(or regular white potato),
peeled and cubed

¼ cup olive oil

1 Tbsp mild Jamaican
curry powder

2 15.5-oz. cans
chickpeas, rinsed

1½ tsp. kosher salt

2 tsp. dark brown sugar

Freshly ground black pepper

1 sprig thyme

1 Scotch bonnet chilli

1 tsp. white vinegar

500ml vegetable broth

1 can unsweetened
coconut milk

½ tsp salt

1 Seasoning cube

½ tsp curry

½ tsp thyme

Video recipe breakdown

00:13 Introduction

00:45 Make the dough: combine flour,
yeast, baking powder, sugar, and salt

01:33 Add water, a little bit at a time,
working the dough until it is supple and
no longer sticky

02:35 Cover and rest the dough for
15-20 minutes

02:50 Make the curry

02:59 Prep the vegetables

03:37 Add ingredients to a large saucepan
and cook over medium heat

06:11 Make the roti: cut into pieces, roll
out dough, brush with butter, cut and
form cones

08:55 Add coconut milk to curry;
remove pepper, thyme, and ginger

09:40 Roll the roti again

10:13 Cook the roti

11:14 Clap the roti

11:57 Assemble

12:15 Taste!



Watch the tutorial:



A day in recipes: Dinner

Sweet Chilli Jerk chicken wings and rice and peas.

Sweet Chilli Jerk Wings Ingredients

1kg chicken wings	1/2 tsp gravy browning (optional for colour)
1 tsp olive oil	2 tbsp sweet chilli sauce
1 tsp thyme	For sauce
1 tsp salt & black pepper	3 tbsp sweet chilli sauce
1 tsp Aromat or all purpose seasoning	1 tbsp brown sugar
2-3 tbsp Mild or Hot jerk seasoning (use the one you prefer)	1 tsp chilli flakes (optional)

Rice and peas (ve) ingredients:

800g canned kidney beans	3 sprigs of thyme
100ml water	1 spring onion
200g creamed coconut	1 scotch bonnet
1 onion, chopped	1 tsp salt
6 cloves garlic, minced	1 tsp black pepper
	500g long grain rice, washed and drained

Method

Sweet Chilli Jerk Wings

1. Baking temp is 200°C for a total cook time of 40 minutes.
2. Cooking spray or oil can be used to line the baking grill to prevent from sticking. Baste the wings at 20 minutes and turn them over.
3. In the meantime create your sauce. Once your wings are ready, coat them in the sauce and serve.

Rice and peas (ve)

1. Wash your beans and leave them to soak for at least 5 hours. Cook your beans by covering with 2 cups of water and leave to cook until tender on a medium to high heat for around an hour. If using canned beans, go to the next step.
2. Add creamed coconut or coconut milk alongside more water to your saucepan. Your water level should be about 5cm above the contents of your pot, adjust as necessary. Add onions, garlic, spring onions, thyme, pimento, scotch bonnet, salt and black pepper. Turn to a medium heat and allow to simmer for 10 minutes.
3. Wash your rice and add to mixture and stir to combine. Your water should be a couple centimetres or so above the contents of your saucepan. Increase heat until liquid begins to boil, then reduce to a low heat and cover. Cook until rice grains are tender, around 15-20 minutes.



Wings tutorial:



Rice and peas tutorial:



A day in recipes: Dessert

African Donuts (also known as bofrot / puff puff / amagwinya / toogbei / vetkoeks)

Dry Ingredients

4 cups All Purpose Flour

1 cup Sugar

1 tsp Nutmeg

1 1/4 tsp Salt

Wet Ingredients

3/4 cup Water

To Activate Yeast

1 tbsp Sugar

2 tsp Yeast

1 cup Warm Water

Method

1. In warm water add a table spoon of sugar, 2tsp of yeast mix it well cover it up and set it aside for 5 minutes to activate and don't use a lot of yeast because it has a very sour kind of bitter after taste, so just enough.
2. In a separate bowl add flour, sugar, nutmeg, and some salt. Mix it well and set it aside.
3. Once your yeast has activated nicely go ahead and add this to your dry ingredients. Foam means that your yeast is good. Now when it comes to making puff puff the amount of water you add really depends on you, so if you like your puff puff very dense so don't add a lot of water but if you like it soft then you have to add just a little more of water to make it light and fluffy. Mix it well to activate the gluten at the same time. Once you have consistency you are going for, cover it up and set it in a warm place for about 2 hours to let it rise.
4. Next pour oil into a deep pot, (I like to use smaller pots, that way I don't waste a lot of oil) and put on a high heat. Remove your dough mixture from the warm place, uncover and take out some of the air by beating it to the side of the bowl. Once it's smooth you can scoop it up in your hand and squeeze it out in small drops into the oil. You can also use an ice cream scoop to scoop out balls of the dough into the oil. This ensures that you get a very perfect round puff puff.
5. You will want to drop enough dough into the pot without overcrowding the pot, then lower your heat from high to medium so that your doughnut does not cook on the outside and then the inside is still raw or bad. Use a spoon to gently keep turning the dough balls in the pot in order for them to cook evenly. Once golden brown remove from the pot and set aside on paper towel (to absorb excess oil). You may want to roll the donuts in a cinnamon sugar mixture while they are still hot for some added sweetness.



Watch the tutorial:



FRESHERS CHECKLIST

Five things to do in your first month at University

- ☐ **Explore Southampton**
With the help of this guide, and get familiar with the city.
- ☐ **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).
- ☐ **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.
- ☐ **Try out Societies**
- ☐ **Sign up to join our mailing list or follow us**
Find us on instagram @agpsoton to keep up to date with all things AGP.
- ☐ **Register for the GP**
And find out about the support services via The Student Hub.



MY NOTES



Find out more

Scan here to find out about the Awarding Gap Project

Email us at agp@soton.ac.uk or

find us on Instagram [@agpsoton](https://www.instagram.com/agpsoton)

