



QUEEN'S
STUDENTS'
UNION

YOUR TIME AT
QUEEN'S IS ABOUT
SO MUCH MORE
THAN GETTING
A DEGREE...

IT'S ABOUT MAKING LIFELONG
FRIENDS, DISCOVERING NEW PASSIONS,
DEVELOPING SKILLS, AND HAVING
INCREDIBLE EXPERIENCES THAT YOU'LL
REMEMBER FOREVER.

Your Students' Union is here to help you do this while supporting you along the way:

- Get help and support on any number of things with SU Advice
- Follow your passion or find a new one with our 240+ SU Clubs & Societies
- Launch or grow your own business with SU Enterprise
- Stand up for what you believe in with SU Voice
- Do your part in making the world a better place with SU Volunteer

You'll find us right opposite the Lanyon building. Come on in to visit all our support services as well as:

- Spaces to Relax, Study & Socialise
- Union Bar & Rooftop Terrace
- Mandela Hall
- Union Shop, and more!

We've tons in store for you over Freshers' to meet new people, sign up to Clubs & Societies, find out about your Student Officers and have the craic. Check out q-su.org for our full lineup.

STUDENTS ARE THE SOUL OF
THE UNION AND WE CANNOT
WAIT TO MEET YOU!

FOLLOW US ON INSTAGRAM AND TIKTOK
FOR ALL THE LATEST UPDATES!



Need Support? We're here to help you be well

Whatever you're going through, there are a wide range of support services available. Services provided by Student Wellbeing & Accessible Learning are all free and available to both U/G and PG students.

DROP-IN

Student Wellbeing & Accessible Learning
Monday-Friday, 11:00am-3:00pm

We offer guidance on personal and academic related issues that are impacting on your wellbeing.



DROP IN FORM



Online:
go.qub.ac.uk/drop-in-form



Visit us: Level 1, One Elmwood

CHECK OUT OUR BLOG

Many issues are discussed and questions answered in the Drop-in Dialogues blog series.

Scan the QR code to read articles on a variety of different wellbeing topics



<http://go.qub.ac.uk/DIblog>



COUSSELLING & OUT OF HOURS

Therapies are offered in partnership with Inspire Wellbeing.

INSPIRE 24/7 helpline | Freephone
0808 800 0016 (*Wellbeing Support*)

Students who require immediate Wellbeing support can also contact:

LIFELINE 24/7 helpline | Freephone
0808 808 8000 (*Crisis Support*)

Your GP or Emergency Department.
In an emergency, dial 999.

The GP out of hours number for the University area is: 028 9079 6220.



SAFE & HEALTHY RELATIONSHIPS

A specialist Safe & Healthy Relationships Adviser is on hand to support students affected by sexual misconduct, bullying, harassment, or hate crime.

Students can report issues anonymously or with their details at: reportandsupport.qub.ac.uk



SELF-HELP

All QUB students have free access to an online hub of Self-Help resources through Inspire Student Hub. Register an account to access these materials.

If you are prompted for a pin, please enter 'QUBHUB' (without quotation marks).



Drugs and Alcohol

General Alcohol Advice

Many people drink alcohol as it can act as a relaxant and lower people's inhibitions, making them feel more sociable. However, alcohol is also depressant which can impair people's judgement causing them to make unsafe choices. It can cause people to feel sick or vomit and can lead to hangovers the next day. Long-term excessive alcohol use can cause organ damage, memory loss, and depression.

Interested in learning more about your relationship with alcohol? There is a free online drinking checker available through the Student Wellbeing Service accessible by scanning the QR code on the next page.

There is no completely safe limit of drinking alcohol but to avoid the most serious negative effects of alcohol, the UK's Chief Medical Officer recommends drinking **no more than 14 units per week**. 14 units of alcohol does not mean 14 drinks and you might be surprised at how many units your preferred drinks contain:



Ref: <https://www.alcoholtest.org.uk/alcohol-facts/alcohol-units/what-is-an-alcohol-unit>

Safe Drinking Tips

- Eat properly before you drink
- Stay hydrated with water or soft drinks throughout the night
- Don't go out drinking alone. Drinking alone increases the chances of being in unsafe circumstance and having negative experiences. Look out for each other.
- Make plans to get home safely. Try not to walk home alone – leave with friends or get a taxi home.
- Know your limits – everyone's tolerance and reactions to alcohol are different
- Be aware that drink spiking can happen to anyone. Anti-spiking resources are available for students through the Students' Union.

Alcohol and Drug mixing

When certain drugs are mixed together with alcohol or other drugs they can have serious negative impacts, with some combinations proving deadly. If you are thinking of taking multiple drugs in one session, consider how they interact together. This includes **considering the**

effects of any medication you take such as birth control, antidepressants, painkillers, ADHD medication etc.

There is plenty of information on this available online such as this drug interaction tool:

<https://www.drugsand.me/tools/interactions/>

Drug Harm Reduction

We do not condone the use of illegal drugs and it is against the University's conduct regulations to use or possess illegal substances. However, we recognise that some students may consider using them. While there is no completely safe way to use drugs, we want to make sure that students are as informed as possible so that they can make the safest choices for themselves and reduce the harm caused by drug use. If you or someone you know is planning on using drugs, please consider the following:

- Stay Low, Go Slow – Start with a small amount and give plenty of time for the full effects of the drug to kick in before deciding to increase your dosage. You can't judge the purity of a drug just by looking at it and it can vary even within the same batch
- Consider how you feel– Your mood and physical state effect how you will respond to drugs – even if you have taken the same drug before
- Consider your environment – Who you take drugs with and where you take them can effect how you respond to drugs – even if you have taken the same drug before. Avoid taking drugs on your own and only take them in a safe environment
- Be aware of drug spiking – Dealers sometimes sell drugs which contain cheaper substances that can have different, often more serious negative effects, without informing buyers. Test any drugs you consume to reduce the risk of this

This is general harm reduction advice but you should research harm reduction methods for any drugs you intend to take and pay particular attention to dosage and duration information. Below we have listed some trusted harm reduction resources.

Local Support Services

QUB Student Wellbeing Service can provide 1-2-1 support and guidance for students that are concerned about their alcohol use or drug intake. You can contact them via their website or attend their weekly drop-in service located on Level 1 in One Elmwood.



There are also charities that provide services across NI to reduce alcohol and drug related harm

- ASCERT – website
- Addiction NI – website

Harm Reduction Resources

- Drugs and Me – Accessible drug information and useful drug interaction tool
- Talk to Frank – Honest information about drugs including a detailed Drugs A-Z guide



**QUEEN'S
UNIVERSITY
BELFAST**

**CAMPUS
FOOD, DRINK
AND RETAIL**

FOOD AT QUEEN'S

YOUR GUIDE TO ALL THINGS
FOOD AROUND CAMPUS
AND BEYOND!

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OUR CATERING PARTNERS

CHECK OUT THE GREAT VARIETY OF PARTNERED CATERERS ALL ACROSS CAMPUS



JUNCTION

MAIN SITE TOWER

Tasty, healthy food from a calorie counted menu, using only the freshest ingredients. Offering great value meal deals, baked goods, breakfast, a build your own sandwich bar, healthy hot boxes and superfoods and fantastic coffee, Junction has something to suit everyone!

HOPE CAFE

MC CLAY LIBRARY

Providing a welcome respite from studying in the library, serving delicious breakfasts, lunch and all day snacks in a contemporary and comfortable surrounding, be sure to check out the range of freshly baked goods and some of the best coffee and beverages in Belfast!





CLEMENTS

PEC & MBC

'Religious about Coffee' Clements specialise in sourcing only the finest coffees and aim for full traceability to origin, farm and farmer when ever possible.

DEANES AT QUEENS

COLLEGE GARDENS

Recently refurbished to include a new bar area and outdoor terrace, Deanes at Queen's focus on high quality and locally sourced produce. Deanes holds a Michelin Bib Gourmand, recognising great quality at affordable prices.



BUSINESS AND BEANS

QUEEN'S BUSINESS SCHOOL

The café will be the first on-campus not to use single-use disposable cups, Encouraging customers to bring their own reusable cups or participate in a loan cup scheme where you can 'rent' a 2GoCup cup for a small deposit.





UNION SHOP

ONE ELMWOOD STUDENT CENTRE

The University has partnered with Hendersons to create a cutting-edge retail outlet in One Elmwood. Features include a deli /hot food-to-go bar, Barista coffee, and a wide range of locally produced goods. This new store has a little something for everyone!

SOCIAL (CAFE)

ONE ELMWOOD STUDENT CENTRE

Social is a continental style café bar with a wholesome food menu catering for the changing tastes and trends of the entire student population.



REBOOT

92-96 LISBURN ROAD

Reboot is our cutting-edge gaming hub that is a vibrant, alcohol-free and inclusive venue that combines gaming and socialising with the added bonus of a diverse food menu to ensure you will have a terrific community experience.





CAFE CARBERRY

INTO CENTRE, LENNOXVALE

Nestled in the leafy Lennoxvale, Cafe Carberry offers a selection of delicious meals, snacks and drinks, including toasties, soups and sandwiches. Well versed in dietary requirements, the menu covers, vegetarian, vegan, gluten free and halal options.

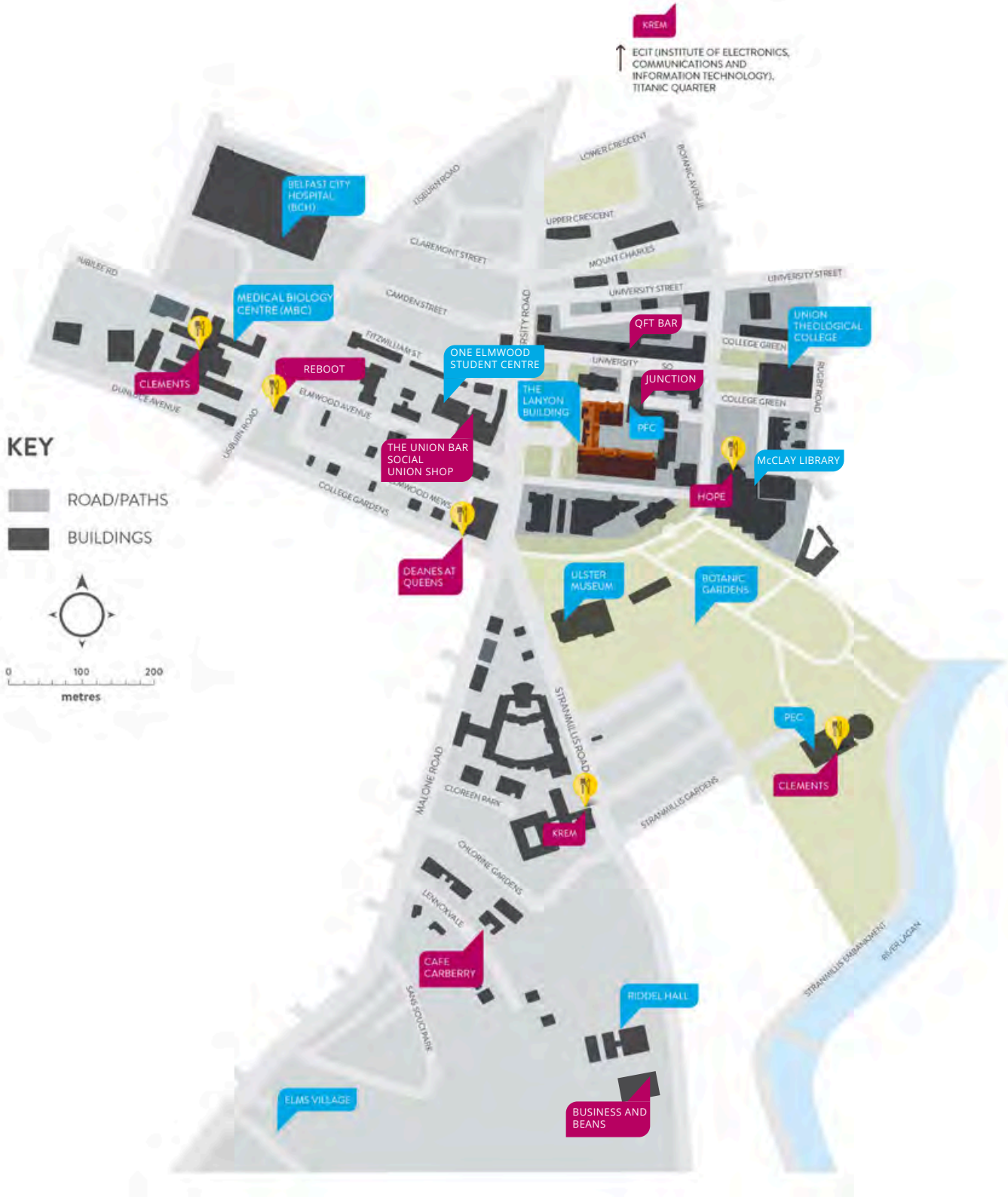
QFT BAR

20 UNIVERSITY SQUARE

The perfect space to relax before or after catching a movie, the QFT serves up fresh coffee, popcorn and confectionery and a selection of local beers, wines and spirits.

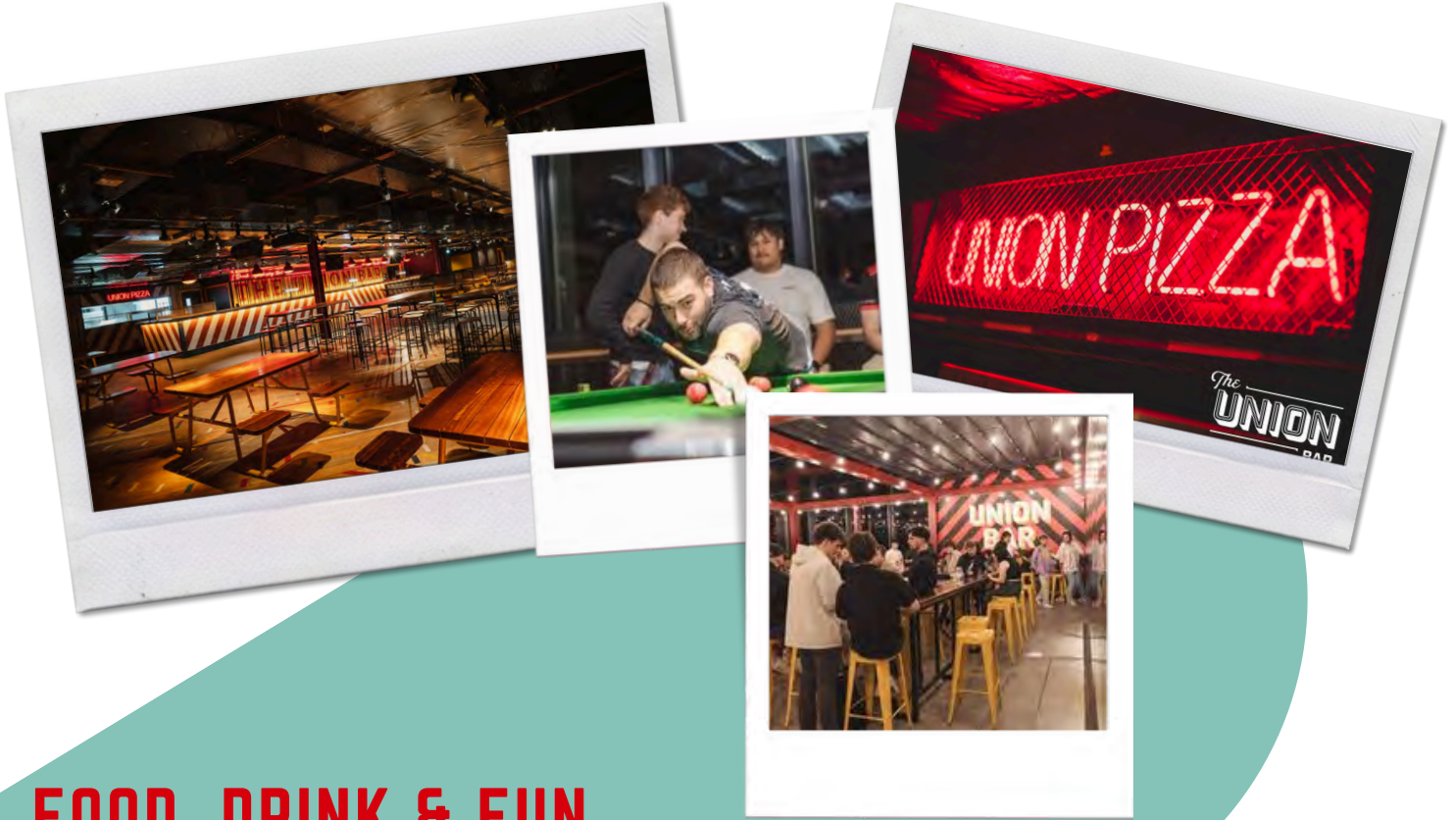


CAMPUS CATERING MAP



THE UNION BAR

ONE ELMWOOD STUDENT CENTRE



FOOD, DRINK & FUN

Your local, open 7 days a week serving up fantastic food, tasty drink offers and free entertainment every night from quizzes, bingo, club nights, live music and sport and much more!



GO TEAM!

With large screens, drink promotions, pizzas and other hot food to keep your energy up, The Union Bar is a perfect spot to catch all manner of matches throughout the week.

Don't be afraid to challenge your friends or other students to a game of pool either!

UNION PIZZA

Serving up a wide range of bar and home comfort food, the Speakeasy is a favourite amongst students.

With pizza, goujons, panini's and loaded fries or wedges, we make sure we cater to everyone with vegetarian and vegan options aplenty!



FANCY A DANCE?

Check out our purpose-built club space. Regular nights include Air Punch, our power ballad night and Meltdown, where you can rock out!

The ground floor bar hosts a range of entertainment all week long, from pub quizzes to bingo, live music to comedy, and we can't forget the ever-popular Good Friday!

CLUBS & SOCS

Fully equipped with all the AV equipment you could need, The Union Bar is the perfect spot to hold events, quizzes, fundraisers and even raves!

Drop us a message on Facebook to enquire about booking the space!



Be sure to check out the wide range of cocktail and mocktails on offer!



drinkaware

EAT AT QUEEN'S



REBOOT



92-96 LISBURN ROAD



ARCADE CLASSICS, BOARD GAMES, CONSOLE, AND PC GAMING AND MORE ALL UNDER ONE ROOF



Reboot is our cutting-edge gaming hub that is a vibrant, alcohol-free and inclusive venue that combines gaming and socialising with the added bonus of a diverse food menu to ensure you will have a terrific community experience.

WHAT TO EXPECT

Our ground floor offers retro arcade classics like Pac-Man and Street Fighter alongside 100 board and trading card games like Dungeon & Dragons and Magic the Gathering in our board gaming suite.

The mezzanine level boasts top-tier console gaming as well as VR setups and the exclusive Red Bull F1 Racing Simulator which is currently the only one in Ireland!

The first floor is for our state-of-the-art Esports Centre, with 30 high-performance PCs, perfect for individual, group or competitive event play, with spectator screens.

OPENING HOURS

MONDAY - FRIDAY 12PM - 10PM

SATURDAY & SUNDAY 9AM - 11PM



CLUBS AND SOCIETIES HOSPITALITY

CATERING TO SUIT EVERY OCCASION



CAMPUS FOOD AND DRINK CAN CATER FOR ALL YOUR CLUB AND SOCIETIES NEEDS

Are you holding a meeting and require tea and coffee? Hosting a guest lecture and would like a wine and beer reception? Heading off on a field trip and require a packed lunch? Getting together for an informal night over pizza? Looking for an iconic venue to hold your annual formal?

Campus Food, Drink and Retail can help with all these and more! Based in the Lanyon building, we can deliver all around campus!

Send the team a quick email at hospitality@qub.ac.uk or check out the website [here](#), and we can get started planning!

CAMPUS FOOD MARKETS

A TASTE FROM AROUND THE WORLD

The QUB Campus Food and Drink Market brings together a fantastic selection of hot food stalls showcasing Northern Irish produce and foods from around the world.

Nominated in the 'Best NI Local Market' category at the 2017 Northern Ireland Food & Drink Awards, the markets are designed to raise the profile of local producers and their products, and are aimed at University students and staff, as well as the local community.

Everyone is welcome, so make sure you pop down to say hello and grab something tasty to eat!

Restrictions allowing, we hope that markets will run from September through the year. Keep up to date with upcoming markets on our [Facebook](#) page.



SUSTAINABILITY

ONE PLANET, LET'S WORK TOGETHER

Campus Food and Drink recognise our responsibility to provide healthy, seasonal, local and responsibly sourced food to our students, staff and visitors, which will promote positive experiences of learning, working and visiting the University.

REUSABLE CUPS

All cafes on campus accept reusable cups

Clements and Junction sell reusable cups from their outlets

Clements are proud to say that zero waste is sent to landfill

Junction's used coffee grounds are turned into garden fertilizer

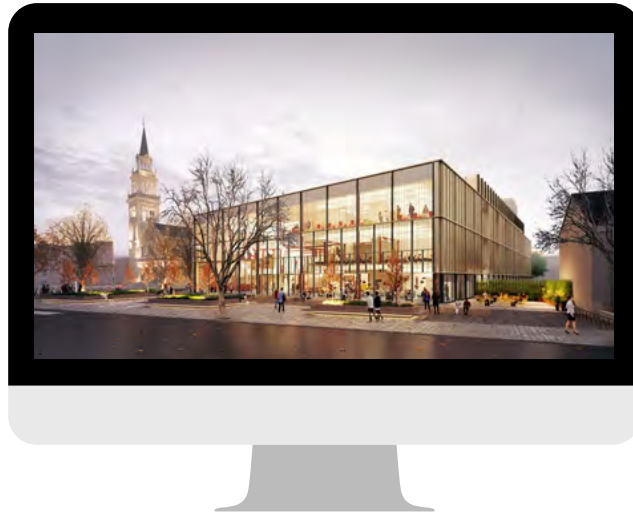
All catering partners on campus have an environmental policy



FAIRTRADE

We are a Fairtrade University and try to source and use as many Fairtrade products as possible, including tea, coffee, sugar, fruit, juice and wine.

YOUR NEW STUDENT CENTRE



This exciting new facility only opened in September 2022 and has become the social home to over 24,000 students.

Our vision is to be a leading University and Students' Union, and this project is a giant step towards achieving our ambition. We have created a social, open and flexible space that caters to the changing needs of students and creates a new heartbeat for life on campus.

The new Student Centre has transformed the provision of student services and support offered by the University and the Students' Union, pulling these together into one central, state-of-the-art facility.

One Elmwood will support enhanced student welfare, learning, development, entrepreneurship and employment opportunities. The new Students' Union building will include vibrant social and commercial spaces such as the Union Shop, the Union Bar, a fresh Mandela Hall entertainment venue, and state-of-the-art facilities for our clubs and societies.

Supporting and developing our students is a key priority and the new facility will provide further opportunities for students to engage with and benefit from our representation, advice, student volunteering and entrepreneurship services, as well as being a social hub for the University to improve accessibility and student interaction in the heart of the campus.



STUDENT INSIGHT

HEAR FROM RECENT NURSING STUDENT ODHRAN



I had the pleasure of both attending Queen's University to study but also working for Campus Food and Drink.

During that time I got to experience a range of fantastic food outlets in & around campus. For three years I was based within the Medical Biology Centre & needed my daily coffee from Clements. I was also a huge fan of their panini selection & soup!

While on the main campus, there is the option of Junction cafe with their constant up to date & ever changing menu. There is also a lot of vegetarian dishes which is fantastic & it's very reasonable cost wise!

During my time in university, I spent many days & nights within McClay Library. At times the only thing that got me through those long hours was a break in Hope cafe. Their opening hours are very accommodating & they have loads to choose from in their menu.

Queen's University has a lot to offer on the food scene & I couldn't recommend it enough!

**ODHRAN
COPELAND**

BSc Children's Nursing

HEALTHY EATING AND YOU

Planning and preparing meals for yourself for the first time can be daunting, but very rewarding! Don't be afraid to branch out and try new ingredients and dishes!

Healthy eating can have a big impact on many areas of your life:

- Positive impact on your mental health
- Improved sleep
- Increased energy and stamina
- Better concentration



Why not hold a 'Come dine with me' competition over the course of the week with your housemates? It can be a great way to build connections and experience new and exciting dishes

Over the next few pages we have included some handy recipes to get the ball rolling! Or check out some additional recipes [here](#) and some nutritional advice [here](#).



CELERY SOUP

LIGHT AND DELICIOUS, LOW IN COST AND CALORIES

INGREDIENTS

- 2 Bunches celery
- 1 Carrot
- 2 Large potatoes
- 4 Cloves garlic
- 1 Onion
- 1 Vegetable stock pot



METHOD

1. Wash the celery, being sure to get deep down into the central blub. Cut each stem into inch sized chunks.
2. Wash and peel the carrots, potatoes and onion into large chunks.
3. Peel and crush the garlic cloves.
4. Place all ingredients in a large saucepan and add the stock pot.
5. Pour over 1.5 litre water and bring to the boil. Once boiling turn down the heat and simmer for appox. 25 minutes or until the vegetables are cooked and tender.
6. Allow to cool slightly, then carefully use a blender to blitz the soup.
7. Serve into bowls and enjoy with some bread!

For some heat add some chopped chillies to the soup while cooking and top with some dried chillie flakes

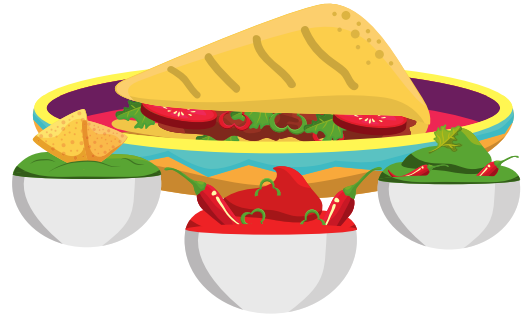


QUESADILLAS

PACKED FULL OF FLAVOUR, THESE ARE SURE TO BE A HIT

INGREDIENTS

1 x 400g can black beans, drained, rinsed	80g cheddar, grated
½ tsp ground cumin	4 x flour tortillas
½ tsp dried oregano	1 garlic clove, peeled, cut in half
1 tsp dried chilli flakes	1 tbsp vegetable oil
2 spring onions, sliced	
1 red pepper, chopped	



METHOD

1. In a bowl, mix together the black beans, cumin, oregano, dried chilli flakes, sliced spring onions, chopped pepper and grated cheese until well combined, using your hands to squash the beans. Season, to taste, with salt and freshly ground black pepper.
2. Lay the tortillas out on a clean work surface. Rub the cut sides of the garlic clove vigorously all over the tortillas.
3. Divide the bean mixture between two of the tortillas, spreading the mixture out using a spoon to completely cover the tortillas.
4. Place the remaining two tortillas on top of the mixture, making sure the sides you rubbed with garlic are facing inwards. Gently press down to form two sandwiches.
5. Heat a little oil in a large frying pan over a medium heat. Add one of the quesadillas to the pan and fry for 3-4 minutes on each side, pressing the quesadillas down from time to time using a spatula, until the tortillas are crisp and golden-brown on both sides and the filling has melted. Remove from the pan carefully and set aside to drain on kitchen paper. Keep warm.

Repeat the process with the remaining oil and tortillas.



RASPBERRY ETON MESS

NOTHING BEATS AN INDULGENT DESSERT TO FINISH OFF AN EVENING

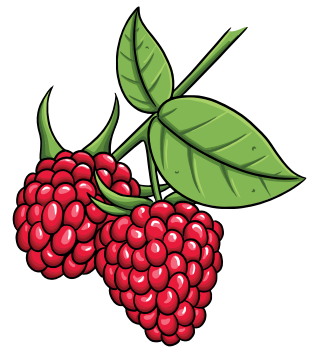
INGREDIENTS

For the Eton mess:

500g raspberries
400ml double cream
3 7.5cm ready made
meringue nests, crushed
1 tbsp ginger cordial

For the shortbread:

125g caster sugar
230g butter
125g cornflour
250g plain flour



METHOD

1. Preheat the oven to 145oC and crush the pre made meringue nests
2. Mix the sugar and butter in a stand mixer until combined. Sift in the flour and cornflour until just incorporated.
3. Roll out the dough and cut into shapes using a cutter or knife. Place on a lined baking tray and into the fridge for 15 minutes to chill.
4. Bake in the oven for 15-20 minutes or until golden brown. Cool on a wire rack and dust with sugar if desired.
5. Whip the cream until thick, stir in the raspberries, crushed meringue and ginger cordial.



For a change
swap the
raspberries out
with strawberries



LOCAL SHOPS/SERVICES

JUST CLICK THE NAME FOR A MAP WITH DIRECTIONS

FOODS FROM AROUND THE WORLD

Asia Supermarket, 40 Ormeau Embankment, BT6 8FZ

Lee Foods Oriental Supermarket, 98 Donegall Pass, BT7 1BX

Karolina Shop, 325 Ormeau Road, BT7 3GL

Delikatesy, 235 Lisburn Road, BT9 7EN



FRESH FRUIT AND VEG

CJ Foods, 201 Lisburn Road, BT9 7EJ

Ward & Co., 7 Lockview Road, BT9 5FH

Michel's, 435 Ormeau Road, BT7 3GQ

Jackson Greens, 15 Bridge Street, Belfast BT1 1LT

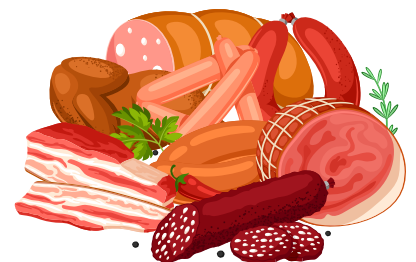
BUTCHERS

Abbotts Meats, 211 Lisburn Road, BT9 7EL

C Mallon, 82 Castle Street, BT1 1HE

Premier Meats, 50 Castle Street, BT1 1HB

Bangla Bazar, 175-177 Ormeau Road, BT7 1SQ (sells halal meat)





POST OFFICE

MACE, 95 University Road, BT7 1NG
Post Office, 12-16 Bridge St, Belfast BT1 1LT
Post Office, 16 Howard St, Belfast BT1 6PA

MARKET (FRI-SUN)

St George's Market, 12-20 East Bridge Street, BT1 3NQ



SUPERMARKET

Tesco Express: 36 University Rd, BT7 1NH
Centra, 42-46 Malone Rd, BT9 5BQ
Tesco Superstore, 369 Lisburn Rd, BT9 7EP
SPAR, 70-74 Malone Road, BT9 5BU
Tesco Express 20 Great Victoria St, BT2 7BA
Centra, 2-4 Great Victoria St, BT2 7HR
Centra Quick Shop 28-30 Wellington Pl, BT1 6GF