

# Student Living Guide

SUPPORT FOR STUDENTS



Edge Hill  
University

EDGE HILL  
STUDENTS'  
UNION

olio

Created by Sophie Rowley

Faculty of Arts and Sciences President



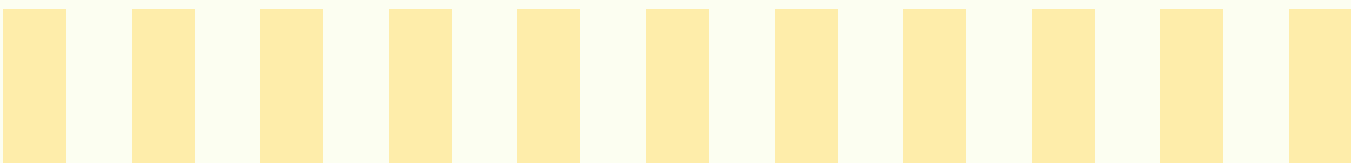
# What is the “Student Living Guide”?

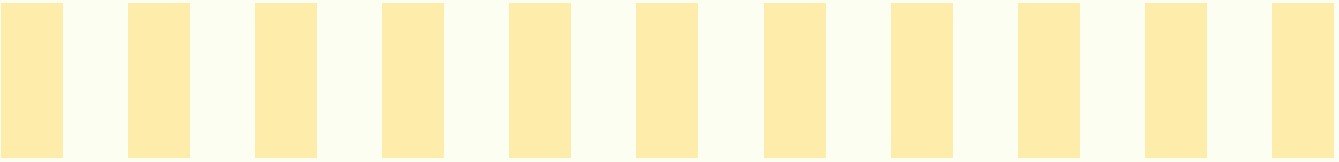
Welcome to the Student Living Guide! This guide has been created to bring together the support and services available internally and externally to help you make the most of student life.

This guide aims to make things easier by highlighting the practical help, initiatives and resources available to you as a student.

The guide has been developed with support from teams across the Students’ Union and the University, including Student Life, Inclusion, the Money Advice Team and other services within Student Services.

Together, these teams provide a range of support to help students both during their studies and beyond.





# What is the “Student Living Guide”?

Inside, you will find information about opportunities such as scholarships, financial support initiatives like the Thrive Fund, practical services including the Interview Clothing Collection, and free events such as commuter breakfasts hosted by the Student Life team.

I hope this guide helps you discover the support available and feel confident navigating student life!

**Sophie Rowley**

Faculty of Arts and Sciences President  
2025-2026





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The logo for the Edge Hill Students' Union is contained within a white speech bubble with a black outline. The text inside the bubble is stacked: "EDGE HILL" in a small, black, sans-serif font at the top; "STUDENTS'" in a larger, bold, black, sans-serif font in the middle; and "UNION" in the largest, bold, black, sans-serif font at the bottom. The speech bubble has a tail pointing downwards and to the right.

EDGE HILL  
**STUDENTS'**  
**UNION**

The Students' Union represents and supports students across the University, ensuring that student voices are heard and that the student experience continues to improve.

This includes elected student representatives such as Faculty Presidents, who work closely with the University to raise feedback, represent students within their faculties and help shape decisions that affect the academic experience.

Alongside this, the Students' Union also has Liberation Officers who represent specific student communities, including Disabled Students, Black Students, Women, Trans Students and LGBTQ Students.

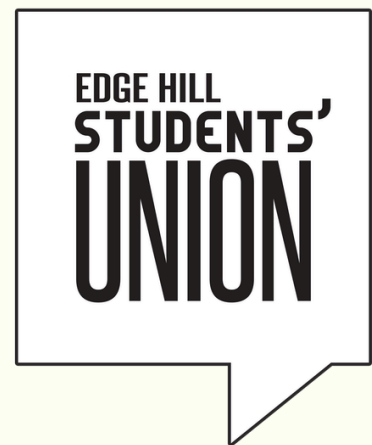
These officers work to raise awareness of issues affecting their communities, create supportive spaces for students and lead campaigns that promote equality and inclusion across campus.



The Students' Union Advice Team offers free, confidential and independent advice to Edge Hill students. They are here to help if you need support or guidance during your time at university.

The team can provide advice on a range of issues including academic concerns, housing, finances and university processes. Their service is independent from the University, meaning they are there to support you and help you understand your options.

Students can contact the Advice Team directly to speak with an adviser and access the support they need.



# olio

## Score free food with this planet-friendly hack

### What's Olio?

Olio is a free app that helps you save money and fight waste. Unlock free food from your favourite supermarkets, get discounted groceries and find free household items being shared by your neighbours.

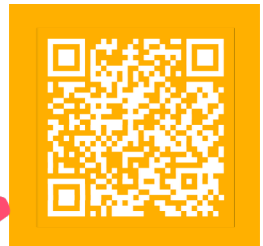
Keep more cash for the things that matter - all while helping the planet.



## How to get started on Olio:

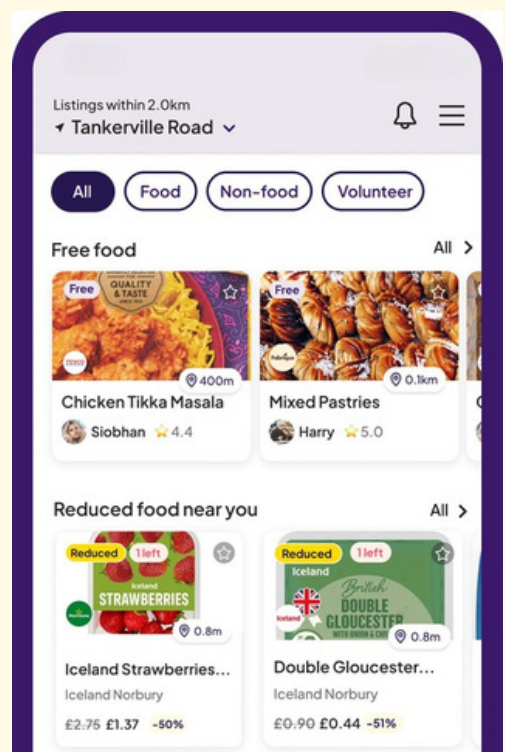
- 1 Download the Olio app
- 2 Browse free food and other useful items shared by people nearby
- 3 Request what you'd like to pick up
- 4 Collect your food at the agreed time and enjoy!

Download Olio for free



App Store  
4.9 ★★★★★

Google Play  
4.6 ★★★★★



# Get involved with Olio...

## Free food, the simple way

Request and pickup unsold food (that's been rescued from local businesses) every day and shared on the app.

From fruit, veg and other groceries to chef-prepared meals, Olio is the planet-friendly hack to get free food nearby.

## See discounts, shop smarter

No more stalking staff with the yellow sticker machine - see what's reduced at local supermarkets in real-time via Olio's Reduced Food section.

Get your favourite foods at bargain prices and plan your shop before you go!

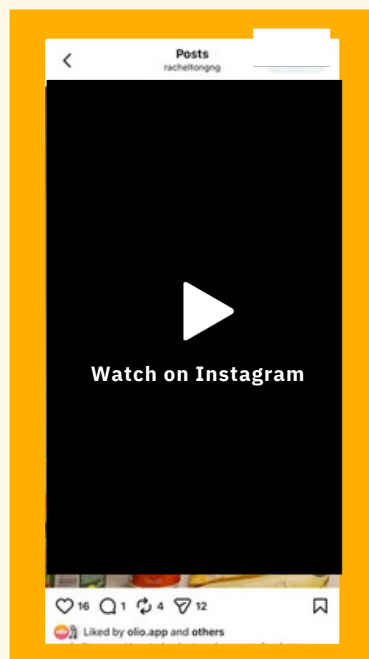
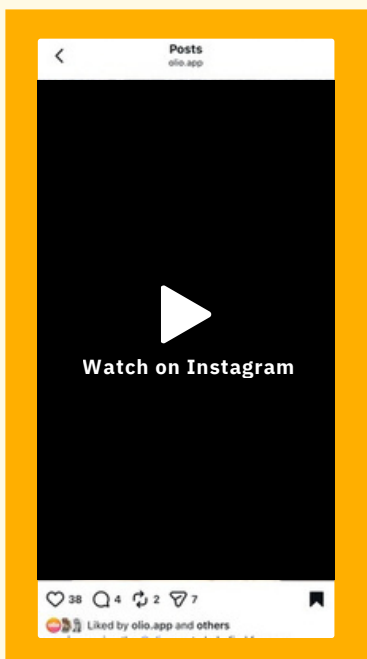
## Collect & keep surplus food



Join over 100,000 volunteers rescuing unsold food from local businesses. Sign up to be a Food Waste Hero with Olio and keep between 10% - 100% of the food you collect from businesses and share the rest with your community.

You'll earn some good karma, too - it's a win-win!

### Free food top tip

Most food is shared after 9pm - check Olio in the evening



Thousands of students already use Olio to save money and reduce food waste  

*"I started using Olio at Uni. Every week I'd get free Pret food, and now I rescue food from Tesco. I love saving money and food at the same time!"*



Rebekah,  
Birmingham University

# 10 money-saving tips from Olio



## Create a weekly budget

Divide your remaining money (after bills) by the weeks until your next payment.



## Learn some staple recipes

Meals like lentil dhal, fried rice and chilli are filling, cheap and easy.

[Check our fave recipes here.](#)



## Batch cook when you can

Cook in bulk and freeze portions. This helps prevent overspending on takeaways and eating out.

[See our top recipes.](#)



## Use your freezer

Freeze ingredients you won't use in time to avoid waste and use them later instead of buying more.

[Here's a guide on freezing.](#)



## Cook seasonally

Seasonal fruit and veg are often cheaper, fresher and last longer.

[See what's in season.](#)



## Plan your shop

Write a shopping list and stick to it to avoid impulse buys and unnecessary spending.



## Check what you have

Check your pantry before shopping and plan meals around what needs using first.



## Store food properly

Use storage tricks to keep food fresher - some can last longer than you think!

[Read our tips here.](#)



## Find yellow-sticker deals in supermarkets

Shop the reduced section for discounted food and stretch your grocery budget.



## Understand food dates

"Use by" dates are about safety, while "best before" is about quality. Many foods are still fine after their best before date - check by looking, smelling and tasting.

## Olio is fighting food waste, one share at a time



**140 million**  
free meals shared



**1 billion** car  
miles equivalent  
taken off the road



**5 million**  
Olio-ers in the UK  
... and counting

# STUDENT LIFE



## EVENTS & CAMPUS CONNECTORS

The Student Life Portal is your go-to place for free events, activities and opportunities across campus, Manchester St James, and online. You can browse what's on, book events, and find ways to meet new people, build skills and get involved in university life.

Many events are completely free, helping students enjoy university life without extra cost. This includes activities such as Commuter Breakfast, Global Café, Therapy Dogs, weekend socials, and more throughout the year.

# STUDENT LIFE

The Thrive Fund provides financial support for eligible students to help them make the most of university life and take part in career-enhancing opportunities.

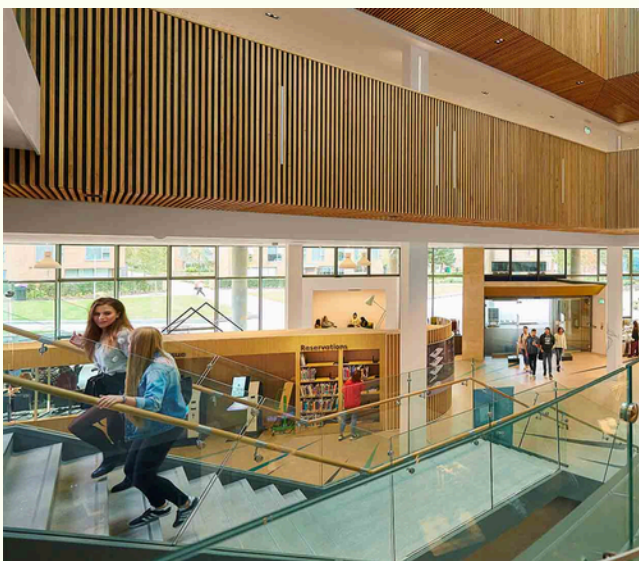
Scholarships are also available for current students and can be applied for to support academic progress and wider university experiences.

The Interview Clothing Collection offers free smart clothing for students who need appropriate outfits for interviews, placements, or other formal occasions. To access it, students can **email** [Scholarships@edgehill.ac.uk](mailto:Scholarships@edgehill.ac.uk) with the type of clothing and size required, and they will be invited to choose from available items.



# STUDENT SERVICES

Student Services at Edge Hill University offers support to help students manage university life and access help when needed. This includes wellbeing, money advice, disability and inclusion support, and general guidance.



Whether you need practical help, advice, or signposting, the team is there to support you throughout your studies.

# INCLUSION

The Inclusion Team is here to help ensure that all students can access and fully participate in university life. If you have a disability, long-term health condition, mental health condition or specific learning difficulty, the team can work with you to put the right support in place so you can study with confidence.



They can help with Student Support Plans, exam adjustments, and accessing Disabled Students' Allowance (DSA), which may fund specialist equipment, assistive technology, or mentoring. This support can remove barriers to learning and ease some financial pressures during your studies.



# INCLUSION

If you're unsure what support is available or whether you're eligible, you can still contact the team for advice, even if you're waiting on assessments or diagnosis. Support can also change over time, and your Student Support Plan (SSP) can be reviewed if your needs change during your studies.

Staying in touch with your Personal Tutor and engaging with support sessions helps ensure your adjustments work well. For specific learning difficulties like dyslexia or ADHD, **contact [SpLD@edgehill.ac.uk](mailto:SpLD@edgehill.ac.uk)**. To access support, you can book an appointment or attend a drop-in via Target Connect, or **email [inclusionteam@edgehill.ac.uk](mailto:inclusionteam@edgehill.ac.uk)**.

**Email: [inclusionteam@edgehill.ac.uk](mailto:inclusionteam@edgehill.ac.uk)**



# MONEY ADVICE



**E-mail:**  
**moneyadvice@edgehill**  
**.ac.uk**

The Money Advice Team provides guidance on Student Finance, budgeting, and support with applying to the Student Support Fund. Appointments can be booked face-to-face, by phone, or via MS Teams, and last 30 minutes. The team can help with managing money, understanding entitlements, budgeting, banking advice, and keeping your finances safe. They also administer the Student Support Fund.

# STUDENT SUPPORT FUND

**E-mail: [moneyadvice@edgehill.ac.uk](mailto:moneyadvice@edgehill.ac.uk)**

The Student Support Fund offers non-repayable support for students facing financial difficulty that could affect their ability to continue studying. It is means-tested and may be available to full-time, eligible part-time, and apprenticeship students.



**To apply, you must complete an application and provide financial information. If awarded, the support does not need to be repaid.**

# CAREERS

The Careers team can help you manage the cost of living by supporting you to find part-time work, placements and paid opportunities alongside your studies. Free support is available with CV writing, job applications, interview preparation and developing skills to improve your employability and income while at university.



[careers@edgehill.ac.uk](mailto:careers@edgehill.ac.uk)

# CAREERS



Alongside helping students manage the cost of living through employment opportunities, the Careers team also offers support with gaining valuable experience, building confidence and preparing for future careers after university. Students can access careers fairs, employer networking events, workshops and one-to-one guidance to help them explore career options and develop professional skills.



# CONTACTS

[SUadvice@edgehill.ac.uk](mailto:SUadvice@edgehill.ac.uk)

[SUengagement@edgehill.ac.uk](mailto:SUengagement@edgehill.ac.uk)

[Studentlife@edgehill.ac.uk](mailto:Studentlife@edgehill.ac.uk)

[Inclusionteam@edgehill.ac.uk](mailto:Inclusionteam@edgehill.ac.uk)

[Moneyadvice@edgehill.ac.uk](mailto:Moneyadvice@edgehill.ac.uk)

[Careers@edgehill.ac.uk](mailto:Careers@edgehill.ac.uk)

