

Kegworth Guide

Your essential **Students' Union** guide to everything Kegworth



Contents

Welcome from your Community Officer	3
Welcome from the Student Living team	3
Food and drink	4
One Kegworth	5
Sport in Kegworth	5
Your role as a housemate	6
Your role as a neighbour	7
Binformation and recycling	8
SU Advice: top tips	9
Get Involved: volunteer in your local community	10
Peer support services	11
University/ Students' Union support services	12
External support services	13
Off-campus student affairs	14
Neighbourhood Help	14
Getting around Nottingham	15
Safety and security	17



Welcome from your Community Officer

"Hello, I'm Jacob your Students' Union Community Officer.

I was elected by students like you to fight for better student housing, tackle hate crime and help connect you with your local area.

Moving out into the community can be an exciting and daunting experience, so we've put together this handy guide to help you. Inside you can find out more about your local area, how to get involved in worthwhile volunteering opportunities, and how your SU can help you if you ever face any problems.

I hope you enjoy your time living off-campus and that you can make a positive impact on your neighbourhood."



Jacob Collier

SU Community Officer

Welcome from the Student Living team

We're a Students' Union department that looks after all things student living. From hall committees and living in the community (like you!) to living at our satellite campuses and living out, we're here to help make sure you have an amazing experience at UoN.

Want to find out more?

Email: OS-StudentLiving@exmail.nottingham.ac.uk



Food and drink

There are so many great places you can go to tuck into tasty food and delicious drinks! Students living in Kegworth recommend:

Shops	Takeaways
Sutton Bonington	Sutton Bonington
Pasture Lane Stores – general corner shop just past the King's Head	King's Head (they do a takeaway collection service)
Kegworth	Kegworth
Co-op – for all your needs Garage - Off licence and general bits and bobs. (Closes 11pm/12 midnight) Post Office and general store - Derby Road Oaklands – meats and deli foods. It's also a café (which serves fantastic breakfast takeaways!) Oliver's Café	Chinese Diamond City (closed on Mondays) Zhen Garden (find them on Just Eat!) (Both are next to each other on Derby Road, and both deliver) Fish and chips Kegworth Fish Bar (next to the garage) Chippy Kegworth Chippy (Derby Road, near Co-op. Super cheap!) Indian Jee Ja Jees (sit in or takeaway) Pizza Domino's (delivery or collection in Loughborough)
Supermarkets	
ALDI (on the way to Loughborough) 15 minute drive LIDL (in Loughborough) Tesco delivery (super popular!) ASDA (in Shepshed) Morrisons (in Loughborough)	

One Kegworth

One Kegworth is a group of like-minded people who want to bring Kegworth together as one. The committee is made up of village residents, business owners, professionals and University students who all love where they live.

We aim to organise a variety of events throughout the year including the Christmas in the Market Place, Easter Charter Market, One Kegworth event in June and a Picnic in the Park in summer.

By working with each other, we can bring the community together to have fun and try new things. One of our main aims is to support local businesses, clubs and societies to showcase the wide range of activities we have available in Kegworth. Our events are accessible and fun for everyone and are not to be missed!

Visit onekegworth.co.uk to find out more, or email hello@onekegworth.co.uk

Sport in Kegworth

Feeling sporty? It's a short trip to the Sutton Bonington Sports Centre and there are plenty of sports clubs and societies to get involved with on campus.

Fancy trying a new sport or picking up something from home? Visit nottingham.ac.uk/sport/facilities/suttonbonington

And that's not all! Kegworth has a number of local clubs you can get involved in too, including tennis club, karate, taekwondo, tai chi, equestrian, football, cricket, and clay pigeon shooting.

There's also King George V Playing Field and grounds available to the cricket, football and tennis clubs, as well as a green bowls club. So there's loads to keep you active!

Your role as a housemate

Sharing a house with your friends is something you'll always remember from your time at University – and as a housemate, you'll play a role in making sure shared living is a fantastic experience.



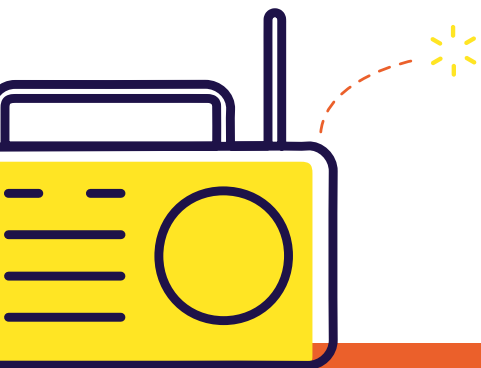
Here are some day-to-day practicalities to help you have the best time:

As soon as everyone has moved in, **create a rota** of all the chores and tasks the whole household will have responsibility for. Whether that's washing up, cleaning the bathroom or putting the bins and recycling out, decide as a group who does what and when.

And when something isn't quite right, avoid passive aggressive notes and revenge tactics; **it's super important to talk to each other!**

Spend time together. Organise something social that involves everyone in the house – maybe a movie night or making homemade pizzas together.

SU Advice says: Have a chat with your housemates about visitors and acceptable noise levels. It's good to talk this through early on to make sure you all agree on house rules.



Your role as a neighbour

Kegworth has a population of around 3,700 residents, and about 640 of these are students. So you'll be part of an established and diverse village community, which might include living next to a young family or older people. Your role as a neighbour is really important as you can look out for each other, get to know new people and feel more at home where you live.

Things you could do:

Say hello! If you're friendly and approachable, you're much more likely to have a positive relationship with your neighbours.

Let your neighbours know if you are planning a party. It's best to try and keep it to a Friday or Saturday night, and make sure you agree an acceptable time for it to end.

When you order a taxi, remember to ask the driver not to sound their horn when they arrive as it can disturb your neighbours. And always keep the noise down when you come back from a night out.



Want to have your say in how your local authority is run? **Remember to register to vote:**

[gov.uk/register-to-vote](https://www.gov.uk/register-to-vote)

Binformation and recycling



Check your bin collection day.

nwleics.gov.uk/pages/collection_information

Don't forget to take your bins in as soon as you can after they've been emptied

**Hello
neighbour**

If I get a good night's sleep, my teacher,
family and friends all benefit

Find out about off-campus living



nottingham.ac.uk/yourcommunity



@UoN_Off_Campus

SU Advice: top tips

Follow SU Advice's top tips to keep your home clean, tidy and comfortable.



- 1** Always keep the house clean. Think about drawing up a cleaning rota – it's a good way to prevent squabbles with your housemates!



- 2** Make sure you heat and air the house properly.



- 3** Check smoke alarm batteries every week and change lightbulbs when you need to.



- 4** Be careful what you put down your sink and toilet!



- 5** Check if you have responsibility for maintaining the garden, as some contracts specify that you do.

Want to take a look at the full Moving In Guide?

su.nottingham.ac.uk/advice/housing-advice/moving-in

Get Involved: volunteer in your local community

There's always loads going on in your local community, so why not use your free time to volunteer for causes that matter to you?



Check out the different types of opportunities and find something to suit you:

- Ongoing projects
- Student-led projects
- One-off volunteering
- Micro volunteering



Want to volunteer but don't know where to start?

Our Volunteering team are happy to help! Email volunteering@nottingham.ac.uk or visit su.nottingham.ac.uk/volunteering for information about local opportunities in your area.

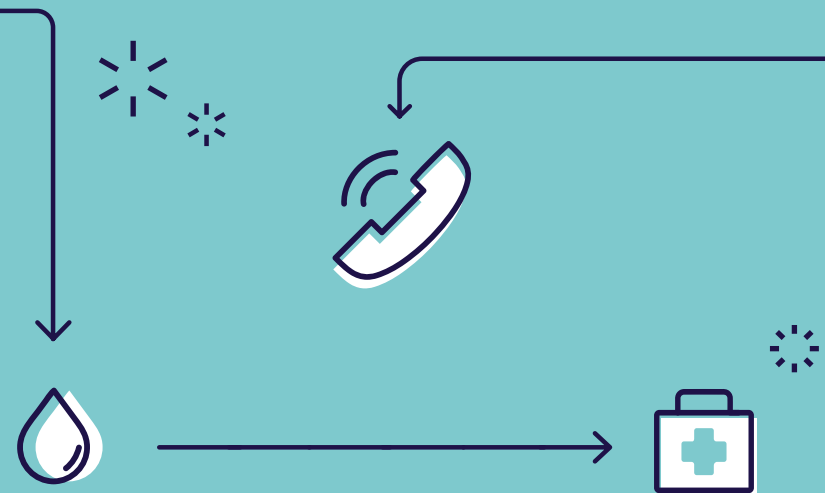
Peer support services

Take a look at some of the peer support services available to you:

Nightline is a non-judgemental, non-advisory, confidential and anonymous listening and information service, provided by students for students here at the University of Nottingham.

Nottingham Night Owls is a service for students' safety and wellbeing on nights out. The Owls will assist in getting you home safely and provide you with information and helpful supplies like water, first aid, food and warmth.

Student Minds Nottingham is a peer support group that runs campaigns and promotes positive wellbeing and mental health for students who are studying at UoN. They also run a Positive Minds course that has been designed to give students like you the skills to keep low mood at bay.



University/Students' Union support services

Need some support? There's plenty available, whether you're looking for something at University or elsewhere.

This isn't a full list, but these are some of the key contacts to remember. If you're not sure where to start, your personal tutor or **Student Services** will be able to help you.

The University's **Student Services Centre** offers support, signposting, and guidance and information to help you make the most of your time at the University of Nottingham.

SU Advice provide free, impartial information and advice on a wide range of issues affecting you, such as housing, education and money.

University welfare support

The **student welfare team** are on hand to help support you, alongside your personal tutor. They can provide guidance, support and advice if you're experiencing difficulties.

The **Chaplaincy** is here to support students and staff of any faith or none. You can find them on A Floor, Portland Building at University Park.

HealthyU is here to help you make the most of your time at University and to provide information and advice on a range of health issues important to you as a student.

External/ other support services

Notts SVS offer their services to survivors of sexual violence and abuse, no matter what their gender. They have many services in addition to face-to-face counselling (with male and female counsellors), and Counselling Line services.

Visit: nottinghamshirehealthcare.nhs.uk/letstalkwellbeing

The NHS website provides a comprehensive health information service with thousands of articles, videos and tools, helping you make the best choices about your health and lifestyle.

Visit: trentpts.co.uk

Samaritans offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you.

Visit: samaritans.org

Health Services

Orchard Surgery

The Dragwell, Kegworth,
Derbyshire DE74 2EL

T: +44 (0) 1509 672 419

W: [kegworth.net](https://www.kegworth.net)

Cripps Health Centre

University Park
Nottingham NG7 2QW

T: +44 (0) 115 846 8888



Off-campus student affairs

Many of you choose to move off-campus to areas like Kegworth during your time at University. We have lots of info, advice and guidance available to support you when you become a member of your local off-campus community.

This includes guidance on what it takes to manage your private home, advice on being a good neighbour and ambassador for the University, as well as important information on crime prevention and safety. Our team are here to help you make the most of living in your local community.

Visit nottingham.ac.uk/yourcommunity to find out more.

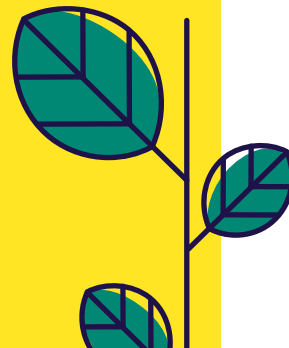
Neighbourhood help

The University expects students to act in accordance with the **University Code of Conduct** and to be ambassadors for the University. If you find an occasion where this isn't being observed please contact us via our helpline. This 24-hour helpline offers you and local residents the opportunity to let the University know about any issues of concern you may have. Please leave a message about anything from noisy neighbours to uncollected rubbish.

Messages are quickly dealt with, but this isn't an emergency helpline.

0115 846 8666

Alternatively, please email OffCampus@Nottingham.ac.uk



Parking in Kegworth

Parking spaces are in really short supply in Kegworth, so please think of others if you have a car with you – particularly if you have more than one car in your household. Try not to park on the pavement as it can cause problems for people who use wheelchairs and pushchairs.

Kegworth Parish Council

If you want advice on local matters, to find out about events or to pick up a Neighbourhood Watch pack, pop into the office on 1 London Road or call **+44 (0) 1509 670204**.

Find out more and check opening hours kegworthparishcouncil.co.uk

North West Leicestershire District Council

For advice on district council services, including recycling and waste management and finding out when your bin days are, visit nwleics.gov.uk. Alternatively, contact the customer service centre on **+44 (0) 1530 454545** or customer.services@nwleicestershire.gov.uk

If you're concerned about your current accommodation, NWLC monitor housing conditions in the privately owned sector, including privately rented accommodation. This also include houses in multiple occupation (HMO) and shared housing.

Public Transport

- You can catch the **Sutton Bonington 901 Hopper bus** from University Park campus
- The most useful public transport is the **Skylink**, which goes from Leicester to Derby, usually every half an hour to hour. Check out their website for up-to-date timings
- **Train**: East Midlands Parkway station is a few miles away. From here, you can catch the train to London and Nottingham

Taxi

Sometimes a taxi is the best option.

We've joined forces with **UNICAB** to bring you the Safer Taxi Scheme so that you'll always be able to get home safely.

**Text UNICAB to 80818
or call +44 (0) 115 950 0500**

to use a **fixed price list** or the **emergency taxi** scheme.
For more information visit <https://unicab.app>



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A night out with friends?

You go together.
Come back together.

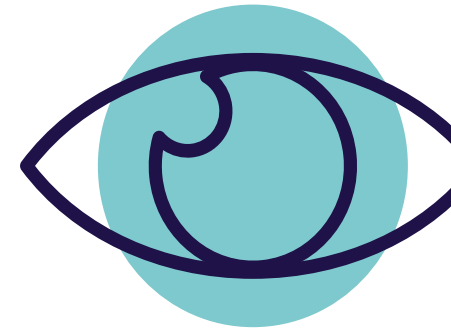


@UoN_Off_Campus #StaySafe
nottingham.ac.uk/yourcommunity



Safety and security

- Register your valuables for free with **Immobilise.com**
- SU Advice top tips: **Keep the property secure** – use the window locks and burglar alarm (if you have one) and keep your front door locked as much as possible
- If everyone is hanging out in the top floor bedrooms, make sure you lock the front door
- Don't leave laptops, phones, keys or other valuables in reach or view of an open window



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Love your stuff



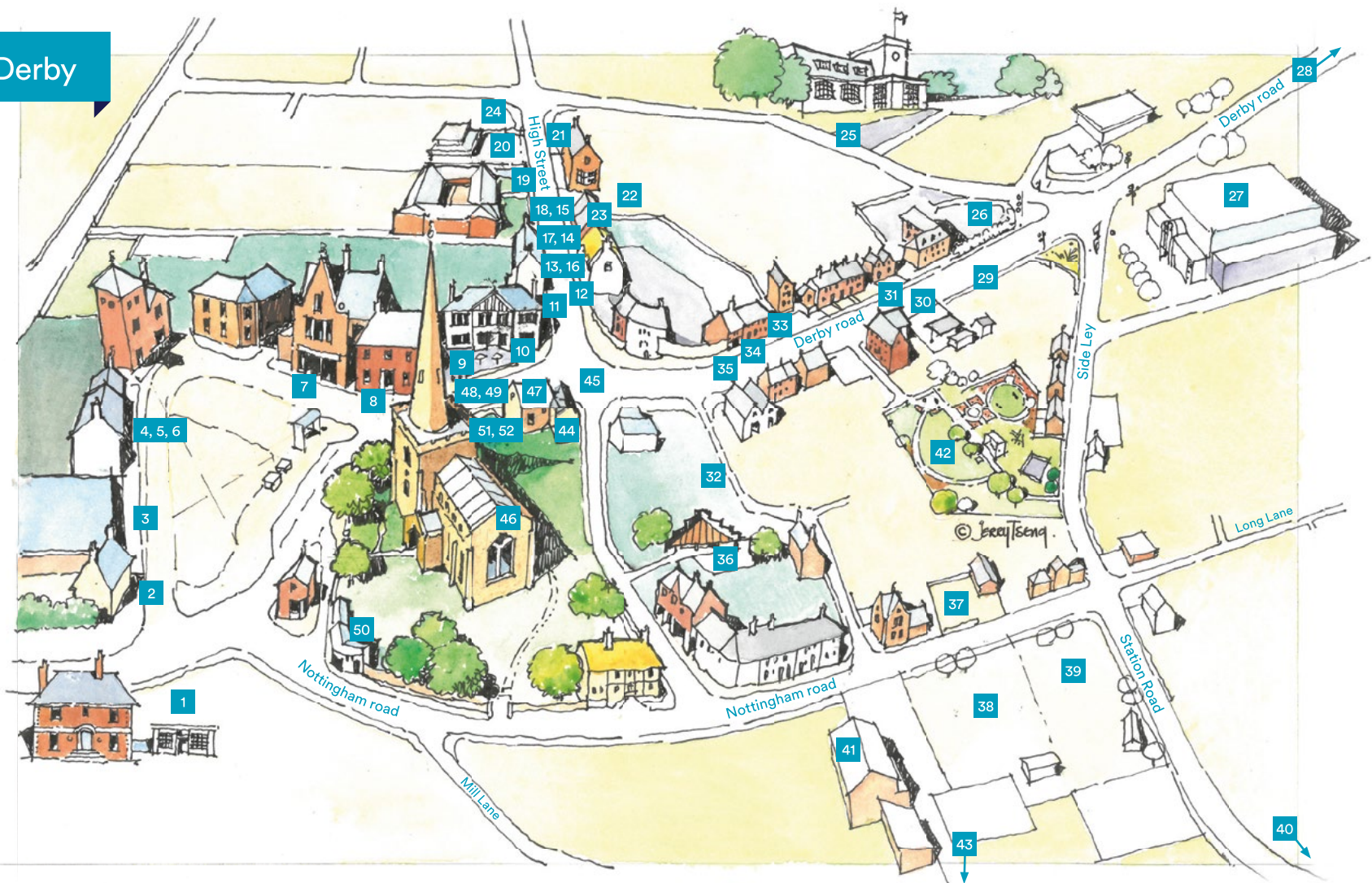
“51% of all burglaries in areas where students choose to live are through unlocked doors or open and insecure windows”
Nottinghamshire Police 2019

Don't become a statistic

Check your doors and windows are locked when you go out or go to bed.

Register your valuables for free at the national property register:
immobilise.com

Kegworth, Derby



1. Kegworth Parish Council Offices
2. Tonic Hairdressers
3. Co-Op and Cash Point
4. Soar Trading – Local produce and Equine provisions
5. Barbers
6. Physio
7. Crane and Wells Micro Pub
8. Je Jaa Jees – Indian Eat in and Takeaway
9. Thomas James Estate Agents and Tassi Lettings
10. Oaklands deli, butchers and cafe
11. Cafe
12. The Cottage Restaurant

13. Geda construction
14. Red Lion Pub
15. The Baptist Church
16. The Methodist Church
17. Coach House Pub
18. Hairdressers
19. Kegworth Primary School
20. Kegworth Library
21. Kegworth Heritage Centre
22. Kegworth Nursery
23. No 42 Restaurant and Kegworth House Hotel
24. Redstart serviced accommodation
25. Best Western Yew Lodge Hotel and Marco Pierre White

26. Kegworth Hotel and Conference centre
27. Refresco
28. Paintballing
29. Kegworth Post Office and Chip Shop; fuel
30. Chinese take away Diamond City
31. Chinese Takeaway Zhen Garden
32. Cap and Stocking Pub and Food
33. Kegworth Chippy and Pizza
34. Tattoo Shop
35. Flowers by Frederika
36. Doctors Surgery
37. Kegworth Bowls Club
38. Kegworth IMps Football
39. Kegworth Cricket Club

40. Anchor Pub
41. Kegworth Village Hall
42. Sideley Park
43. Long Lane Equestrian
44. Boots
45. Gastill Dog Grooming
46. St Andrews Church
47. Arka Sight Care
48. Lovage Estate Agents and lettings
49. Cutting Cottage Hair
50. RiRi Beauty
51. MRvapes
52. Homelet

Follow us:

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Instagram: uonsu

Created in Partnership with: **The University of Nottingham,
The Guild and One Kegworth**

