



Student Newsletter

UWTSD LONDON – TRANSFORMING EDUCATION, TRANSFORMING LIVES

Welcome to Student Newsletter – Issue 50

Welcome to Issue 50 of the UWTSD London Student Newsletter.

This edition is packed with opportunities, achievements, and activities to help you make the most of the summer period. Inside, you'll find details of the Student Success confidence-building workshops for CertHE students, highlights from our recent Wellbeing Day 2026, and a celebration of the student volunteers and staff who helped make the event such a success.

We're also sharing a selection of free local events and activities taking place across Canary Wharf and London, including the Summer Daze Festival and other cultural attractions that you can enjoy with friends and classmates during the break.

Happy reading, and we wish you a productive and enjoyable summer.

Pool Competition – Register Your Interest!

We're hosting a Pool Competition for UWTSD London students!

- Open to all levels (beginners welcome)
- Weeks 7 & 8
- Free to enter

We're currently collecting registrations. The final format and match schedule will be confirmed once sign-ups close.

Register your interest: 👉 <https://forms.office.com/e/ZWF2LadeNr>
(A quick form to secure your spot, don't miss out!)

Deadline to sign up:

 Sunday 19th July 2026



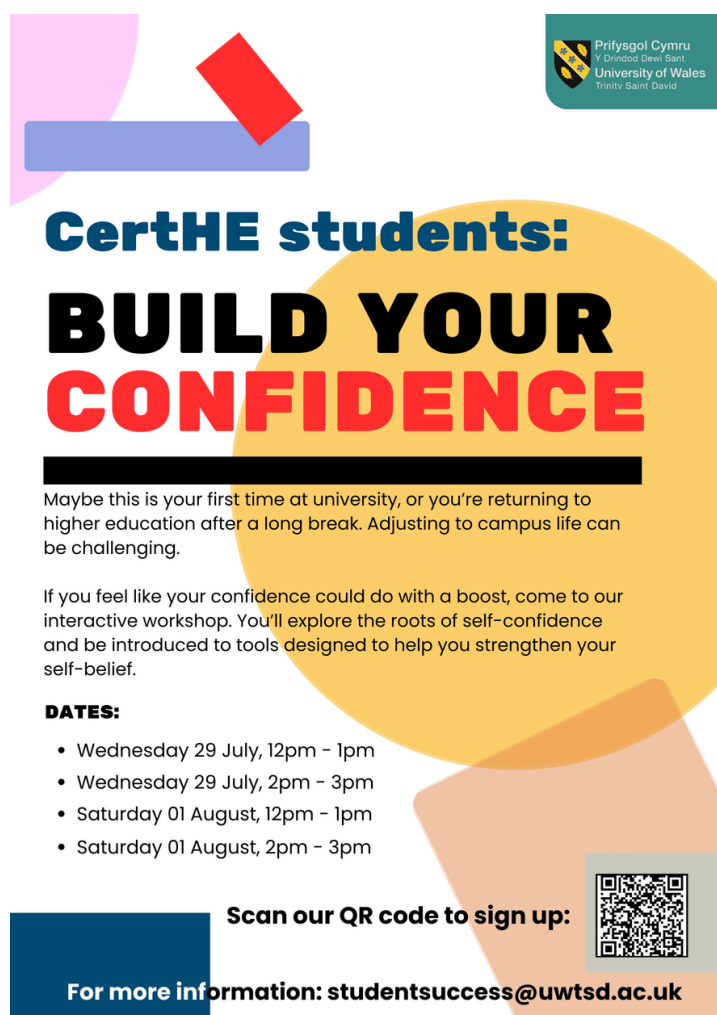
CertHE Students - Boost your Confidence in one of our Workshops!

The Student Success team will be running a series of free in-person workshops for CertHE students at the end of July, aimed at helping you strengthen your self-confidence.

Our workshops offer a fun, safe space in which to explore ways in which our confidence can be affected, the impact that can have on your studies and your professional life, and some opportunities to practice your public speaking and interpersonal communications skills.

The workshops will take place on Wednesday 29th July and Saturday 1st August, with two workshops running on each day. If you're interested, either scan the barcode on the poster or contact us at: studentsuccess@uwtsd.ac.uk.

Places are limited, so don't delay!



CertHE students:
**BUILD YOUR
CONFIDENCE**

Maybe this is your first time at university, or you're returning to higher education after a long break. Adjusting to campus life can be challenging.

If you feel like your confidence could do with a boost, come to our interactive workshop. You'll explore the roots of self-confidence and be introduced to tools designed to help you strengthen your self-belief.

DATES:

- Wednesday 29 July, 12pm - 1pm
- Wednesday 29 July, 2pm - 3pm
- Saturday 01 August, 12pm - 1pm
- Saturday 01 August, 2pm - 3pm

Scan our QR code to sign up:

For more information: studentsuccess@uwtsd.ac.uk

Prifysgol Cymru
Y Ddraig Goch
University of Wales
Trinity Saint David



Summer Festival at Canary Wharf

Looking for something fun (and budget-friendly) to do this July? Head to Wood Wharf, Canary Wharf for the Summer Daze Festival (23rd – 26th July), packed with free live music, theatre, and pop-up experiences.

🎵 What's on (FREE events)

Enjoy a variety of drop-in, no-ticket events, including:

- 🎺 Docklands Sinfonia: Brass Quintet on Thursday 23rd July | 12:00 – 2:00pm 📍 Union Square
- 📖 The Poetry Takeaway on Thursday 23rd – Sunday 26th July | 12:00 – 5:00pm 📍 Water Street
- 🎭 Pews at Ten (Outdoor Theatre) on Thursday 23rd July | 7:00 – 8:15pm 📍 Union Square
- 🎷 Docklands Sinfonia: Fliss Gorst Jazz Trio on Friday 24th July | 12:00 – 2:00pm 📍 Union Square
- 🎭 Alice in Wonderland (Ballet Performance) on Saturday 25th July | 11:00 – 11:40am 📍 Union Square



Drop by with friends or classmates and make the most of these free summer events.

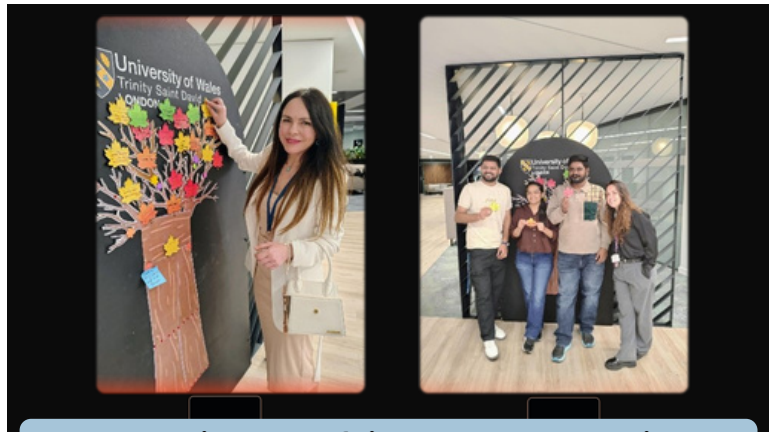
👉 View full programme [HERE](#)

Wellbeing Day 2026: A Celebration of Connection and Kindness

The Health and Social Care (HSC) Student Taskforce played an important role in supporting the planning and delivery of Wellbeing Day 2026 at UWTSD London. Their enthusiasm, teamwork, and commitment contributed to a successful event that promoted wellbeing, encouraged meaningful connections, and strengthened the sense of community across the campus.

Held on 30th June 2026, Wellbeing Day brought students and staff together for an afternoon dedicated to wellbeing, support, and engagement. The event provided an opportunity to take a break from daily routines, learn more about the wellbeing services available at the University, and participate in activities designed to support positive mental wellbeing.

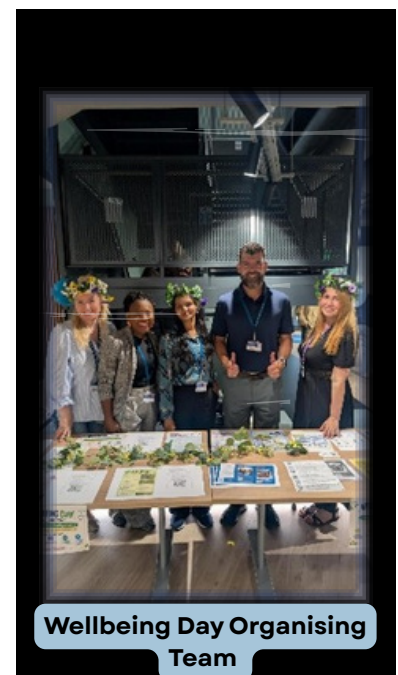
Members of HSC student taskforce welcomed students at the information stand, signposted them to the various activity stations, and shared self-help resources and information about the support services available at UWTSD. Students seeking additional support were also able to speak with professional wellbeing staff throughout the event.



Students leaving notes of kindness on the Wellbeing Tree

One of the most popular activities of the day was the flower tiara-making workshop, which encouraged creativity, conversation, and a relaxed atmosphere. Students enjoyed taking part, meeting new people, and creating lasting memories through a fun and engaging activity.

The event also featured a Wellbeing Tree, where students shared messages of kindness and encouragement, as well as an interactive Padlet board that allowed participants to contribute reflections, photos, and feedback from the day.



Wellbeing Day Organising Team

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Another highlight was the wellbeing walk along the River Thames, where students and staff enjoyed the riverside scenery, London's architecture, and the opportunity to spend time together outside the classroom environment. The walk created space for meaningful conversations about wellbeing, personal experiences, and the importance of self-care, demonstrating how simple moments of connection and reflection can have a positive impact on our wellbeing.

Feedback from participants was overwhelmingly positive. One student described the experience as “enjoyable and refreshing,” while another commented on the “thoughtful conversations shared along the way.” These reflections demonstrate the value of creating opportunities that bring people together and support a positive campus experience.

Wellbeing Day 2026 was a wonderful reminder of the importance of taking time to focus on our wellbeing, supporting one another, and building connections within the university community.

Written by: Simran Vedkumar Yadav

MSc Public Health and Social Care in Practice Student



Students posing during their walk at the Canary Wharf Pier



MBA and HSC students posing for a fun picture





Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

2026

CAMPUS & LOCAL LIFE



LONDON



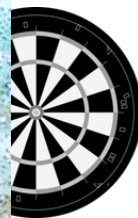
4TH JULY

FREE

**PRIDE
IN LONDON**



STARTS AT HYDE PARK



8TH JULY

**HYDE PARK
DARTS**



HYDE PARK



FROM 9TH JULY - 27TH SEPTEMBER

**BUCKINGHAM
PALACE SUMMER
OPENING**



VISIT VARIOUS ROOMS
WITHIN THE ROYAL HOUSEHOLD



BUCKINGHAM PALACE
BUCKINGHAM GATE, SW1A 1AA

FREE



FILM CLUB

OUTDOOR CINEMA
BRING A PICNIC BLANKET
& SNACKS



CANADA SQUARE PARK



FROM 21ST JULY - 16TH AUGUST

**THE HUNDRED
2026
CRICKET COMPETITION**



VARIOUS LOCATIONS - KIA OVAL
& LORD'S CRICKET GROUND



23RD - 26TH JULY

**SUMMER DAZE
FESTIVAL**

A MIX OF ENTERTAINMENT FROM
STAND-UP COMEDY, MUSICAL
BINGO TO OUTDOOR THEATRE



WOOD WHARF



Stay connected with us!

We've always been active on social media, sharing the latest events, news, student stories, academic support, job opportunities, and much more!

It's the perfect place to get the most up-to-date information and stay connected with our community. Don't miss out on any updates!

Follow us on social media by clicking on your preferred platform below:



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CHECK OUT OUR SOCIAL MEDIA



LinkedIn



formerly Twitter

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