

National Student Money Week 2014



National Student Money Week Goes Large at Birmingham!

Monday 10 February 2014 marked the launch of **National Student Money Week** (<http://www.nasma.org.uk/Student-Money-Week/>), which was extended to a month-long event for 2014. In recognition of this UK-wide event, the Student Funding Office at the University of Birmingham hosted a number of events aimed at dispelling the common misconceptions about student money and encouraging students to think about their spending habits.



Now is also the perfect time to refresh your financial knowledge and make sure you are accessing all of the financial support available to you from the University - start by visiting our **ALF-a-tron** (<https://intranet.birmingham.ac.uk/as/student-services/funding/funding-available/alf.aspx>) to check your eligibility for the Access to Learning Fund.

Follow [@UBsavvysquirrel](https://twitter.com/UBsavvysquirrel) (<https://twitter.com/UBsavvysquirrel>) on Twitter or like the **Student Funding Office on Facebook** (https://www.facebook.com/StudentFundingOffice?ref=tn_tnmn) to keep updated about our activities in the future.

Love cooking for less

On Wednesday 12 February, members of the Student Funding Office joined Shackleton's resident chef at the Vale Village to demonstrate how to cook a cheap and healthy meal for your loved one on Valentine's Day.

Samples of the meal - a delicious and low-fat butternut and chick pea curry - were prepared during the evening, with recipe cards for the meal handed out so students could try the meal out for themselves.

- [Download a recipe card for the butternut and chick pea curry \(PDF - 282KB\)](#) (/Documents/students/love-cooking-4-less-recipe-card.pdf)

Pin the teeth on the loan shark



On 17 and 21 February, the Student Funding Office pitched up at University Centre to help raise awareness of the risks of taking out payday loans by inviting students to take part in a game of 'pin the tooth on the shark'. The game proved to be a big hit, with Savvy the Squirrel making an appearance to help the students with their aim. The top five players who pinned the shark's tooth most accurately were the lucky recipients of an Easter egg!

Pancakes for pennies

On Shrove Tuesday (4 March) the Student Funding Office could be found in the iLounge hosting their annual pancake flipping competition. The event was as popular as ever, with the top pancake flipper managing a whopping 79 flips in just 60 seconds! Recipe cards for cheap and healthy pancakes were also given out on the day.

- [Download a recipe card for our cheap and healthy pancakes \(PDF - 242KB\)](#) (/Documents/students/pancakes-recipe-card.pdf)

Other events that took place...

To promote Uni Mental Health Day, the University offered various activities across campus between 19 and 26 February, with events including Zumba sessions, laughter yoga, a Depressed Cake Shop sale and even an adult-sized bouncy castle!

As part of the healthy living element of National Student Money week, our Wellbeing team have produced a booklet highlighting how the food we eat can influence our mood.

- [Download the 'Food and Mood' booklet \(PDF - 342KB\)](#) (/Documents/students/foodandmood.pdf)

About NASMA

National Student Money Week is supported by the National Association of Student Money Advisors (NASMA) which has a membership of over 600 people from Further and Higher Education institutions across the UK.

You can find out more about what NASMA do by visiting the [NASMA website \(http://www.nasma.org.uk\)](http://www.nasma.org.uk) or by following their Twitter/Facebook activity.