



## 1 GUSA Gym Buddy's

The GUSA gym buddy system aims to aid those who wish to start exercising but don't want to do it alone. We pair each student up with a volunteer buddy with similar availability and interests for a four week period. We hope that during this four week period the student will become more comfortable partaking in exercise.

If you are interested in the GUSA buddy system please contact the GUSA Welfare Convenor at [gusa-welfare@glasgow.ac.uk](mailto:gusa-welfare@glasgow.ac.uk)

Find out more click on the signup on the link below: <https://forms.gle/nFoZt4jQgzBaDX7b9>

## 2 Big Fat GUSA Quiz- \*SAVE THE DATE\* Friday 15th November in the GUU @ 7pm

It's that time again, the BIG FAT GUSA QUIZ OF THE YEAR is back and it is BIGGER and BETTER than before!! With brand new location this year the Quiz will take place on Friday the 15th in GUU Dining Room!

Come battle out to see which GUSA sports club is the brainiest on campus. Make sure your club has a big representation.

There will also be a charity raffle on the night with some big prizes, with all proceeds going toward GUSA's Charity of the Year, Scottish Disability Sport!

Doors will be @ 7pm and the quiz will start @ 7:30pm

Price: £5 per person / £30 for team of 6 (to be left with a council member in the GUSA office by 13/11/2019)

Raffle: £1 a strip / £2 for 3 strips

<https://www.facebook.com/events/1457604841045315/>

## Contact Council:

[gusa-president@glasgow.ac.uk](mailto:gusa-president@glasgow.ac.uk), [gusa-vicepresident@glasgow.ac.uk](mailto:gusa-vicepresident@glasgow.ac.uk), [gusasec@admin.gla.ac.uk](mailto:gusasec@admin.gla.ac.uk),  
[gusa-alumni@glasgow.ac.uk](mailto:gusa-alumni@glasgow.ac.uk), [gusa-clubsport@glasgow.ac.uk](mailto:gusa-clubsport@glasgow.ac.uk), [gusa-events@glasgow.ac.uk](mailto:gusa-events@glasgow.ac.uk),  
[gusafincon@admin.gla.ac.uk](mailto:gusafincon@admin.gla.ac.uk), [gusa-fundraising@glasgow.ac.uk](mailto:gusa-fundraising@glasgow.ac.uk), [gusahealth@glasgow.ac.uk](mailto:gusahealth@glasgow.ac.uk),  
[gusapubcon@admin.gla.ac.uk](mailto:gusapubcon@admin.gla.ac.uk), [gusatravel@glasgow.ac.uk](mailto:gusatravel@glasgow.ac.uk), [gusa-welfare@glasgow.ac.uk](mailto:gusa-welfare@glasgow.ac.uk)



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## Safe Space Studio One

Starting October, Studio 1 (Level 4, Stevenson Gym) will be open to everyone every Tuesday 12-2 pm. This will give GUSA members the opportunity to get introduced to gym equipment and S&C in a less intimidating way. Safe Space is also a setting that is not as busy as PowerPlay.

Please share this information with your club. If any members of your club want to start going to the gym but are intimidated by it; Safe Space will be a perfect start for them!

If you have any questions or suggestions about Health and Fitness, please do not hesitate to contact me at [gusa-health@glasgow.ac.uk](mailto:gusa-health@glasgow.ac.uk)

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## Reach out to your Club Alumni

At Christmas time I will be sending out the first of what will become semesterly GUSA newsletters to our alumni. I would love it if each club could send me a small paragraph or two of what they have been up to and anything exciting that has happened! This can be anything from big wins or general developments within the clubs. **The deadline for this is the 20th November**, and it would be fantastic to see every club feature in the first newsletter. Please send them to me at [gusa-alumni@glasgow.ac.uk](mailto:gusa-alumni@glasgow.ac.uk), and if you have any questions please do not hesitate to ask. Thank you!

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## Council Visit To Your Club

If you feel like council coming along to training or a match would benefit your club, please email Charlie (Club Sport Convenor) to set this up. It would be a great and informal way to discuss Club developments and we would love to come!

## Contact Council:

[gusa-president@glasgow.ac.uk](mailto:gusa-president@glasgow.ac.uk), [gusa-vicepresident@glasgow.ac.uk](mailto:gusa-vicepresident@glasgow.ac.uk), [gusasec@admin.gla.ac.uk](mailto:gusasec@admin.gla.ac.uk),  
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