

QMSU President's report

Outcome requested:	Council is asked to consider the QMSU President's report.
Executive Summary:	The report is an update from May to the end of June on activity within the Students' Union. It includes the following sections: Key Updates Student Voice Student Opportunities We have also included our new Sports & Physical Activity Strategy and Deputy Returning Officer election report.
Appendices	1 – QMSU Sport & Physical Activity Strategy 2 – DRO Election Report
Author:	Tahmid Khan, Students' Union President
Date:	July 2025
Senior Management/External Sponsor	

Presidents University Council Report

Key Updates

Education Awards

At the beginning of May, the Education Awards were held in Drapers' Hall. These awards are an opportunity for students to honour the student representatives and staff members who have made an impact on the student experience this academic year. We received a record number of over 400 nominations this year, and the event was well-attended. The event was presented by all the Executive Officers, alongside speeches from Malcolm Hitching on behalf of the Drapers Company who kindly host the event and Jonathan Morgan on behalf of the university.

The shortlist and winners can be viewed at www.qmsu.org/awards/education/

School Merger

Following the recent proposal to merge the School of History, School of Geography and School of Politics and International Relations, Jovani Palnoni, Vice President Humanities & Social Sciences, has gathered student feedback through a survey. The aim was to understand how students have found the process of the merger so far, what communication they've received, as well as what they'd like to hear. Although conducted at short notice, it was important to gather feedback in the absence of a formal consultation.

This feedback was brought to Senate by Tahmid, Students' Union President and Jovani, where Tahmid, as a member of both Senate and Council, said he had not yet received the academic assurance needed to support the merger. While we recognise the financial pressures that have informed the proposal, we were not provided with enough detail to form a clear view about the academic impact or to receive adequate reassurance on that front. It has also remained unclear what the proposed changes would mean for students in practice.

We expressed disappointment at the lack of meaningful engagement with the Students' Union in the early stages of the process. This is particularly concerning given similar issues were raised during the School of the Arts merger last year.

Since then, we've welcomed more active engagement from the Interim Vice-Principal for Humanities and Social Sciences, and faculty colleagues. The University have committed to weekly and fortnightly meetings, where we're actively discussing how students can be better informed of the merger and what it means for them, as well as improving communications overall. Discussions with Jovani and Tahmid have been constructive, and we hope that ahead of the Council meeting, further detail and clarity will be provided to build confidence in the academic case and approach to implementation.

Ethical & Sustainable Investment Forum

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At the start of June, Tahmid and the University's Chief Operations Officer, co-chaired the second meeting of the Ethical & Sustainable Investment Forum. This was the first time the Forum was co-chaired by both the Students' Union and the University, following the new model agreed earlier this year.

Cazenove Capital, one of the University's investment managers, attended the meeting and gave a presentation on their role and how they manage funds on the University's behalf. Students found the presentation useful but said they would have liked more space for discussion and questions. In response, the University and Students' Union are looking at how the Forum can feel more comfortable for student members. This includes trying different meeting styles to make the space feel more open and less formal.

We are also working on two follow-up communications. One will go to Forum members to outline next steps and show how feedback is being taken forward. The other will respond to a letter from student societies, thanking them for their input and encouraging further engagement through the Forum. Forum members have asked for an additional meeting in July, which is currently being planned. They have also said clearly that they want to be involved in the ongoing review of the University's Investment Policy. A recent paper submitted to the Finance and Investment Committee reflects this, and the Students' Union supports greater student input into this process.

The Forum is still new, and the topic of investment remains a sensitive one. It's important that all those involved help keep the conversation respectful and constructive so that the Forum can continue to develop in a positive way.

International Student Support discussed in Parliament

Tahmid and Hassam, Vice President Liberation, International and Postgraduates, attended an event at the UK Parliament hosted by the All-Party Parliamentary Group for International Students. The purpose of this event was to launch the Russell Group Students' Union (RGSU) International Student Survey. We were one of the contributing Students' Union's to the RGSU survey and its insights have been used to inform our lobbying efforts.

This exciting event brought together sabbatical officers as well as key stakeholders like Afzal Khan MP and Abtisam Mohamed MP. Also present was Lord Bilimoria, Co-Chair of the All-Party Parliamentary Group for International Students and President of UK Council for International Student Affairs (UKCISA), who highly praised the survey for its emphasis on international students' rights. It also highlighted the wide-ranging contributions international students make to the UK.

As the Government's Immigration White Paper had been released a few days prior, Hassam and Tahmid used this opportunity to lobby against some of the proposed changes that could potentially negatively affect our international students. Proposed changes include a reduction of the Graduate Route visa from 24 months to 18 months, an application of these new rules to international students already in the UK, and an extension of the time required to obtain Indefinite Leave to Remain from 5 years to 10 years. We also lobbied for the protection of the Graduate Route via (Post-Study Work visa) and urged MPs to retain it in its current form.

In addition, the Exec also advocated for greater flexibility in the work rights of international students, allowing students to engage in self-employment and to run small businesses alongside their studies. This would give our international students more opportunities to support themselves while contributing to the UK economy at the same time.

Read more: www.qmsu.org/news/article/6965/Our-Executive-Officers-lobbied-for-international-studentsupport-at-Parliament/

National Healthcare Student Advocacy

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Rahma Hegy, Vice President Barts and The London authored and sent a joint letter to the Health Secretary, Wes Streeting, through the Russell Group Students' Union (RGSU), endorsed by all other Russell Group Students' Unions. The letter highlights the urgent financial and structural challenges faced by healthcare students and calls for meaningful government action. The key demands include increased NHS bursaries, paid clinical placements, fair and timely travel reimbursements, better access to accommodation during placements, and stronger measures to tackle racism and discrimination in clinical settings. This represents a unified national effort to advocate for the wellbeing and fair treatment of healthcare students

RAG (Raise & Give)

This academic year, over £70,000 was raised for charity across over 150 fundraising activities led by our student groups.

This also included 15 fundraisers for the RAG Nominated Charities for the year.

The End of Year Debrief Survey

In May we ran our End of Year Debrief survey which collected feedback from over 1200 students about their year here at Queen Mary. The responses from the survey help to inform our progress against our Strategic Plan KPIs and shape our plans for the year ahead. A full impact report for the year is currently being prepared and will be released later in the summer.

Year-End Financial Update

As we approach year-end we are pleased to report that we are currently on target to meet our £50k surplus target in line with our Reserves Policy. This follows a period of special measures where we have taken various actions to drive further efficiencies and diversify our income streams to maintain the organisation's stability and budget targets during an uncertain and challenging period both within the sector and more generally. The budget for 25-26 has been prepared, which includes a phased approach. An initial £20k group surplus has been targeted, with a mid-year budget review to take place later in the academic year.

Estates Masterplan

We have been working closely with the Estates & Facilities Directorate and Student Experience Directorate to shape the new Estates Masterplan, which will support the delivery of the student experience at Queen Mary. Following two collaborative Campus Experience Workshops, we have developed a new Estates Master Plan Student Experience Framework that reflects shared priorities and aligns with both the QMUL 2030 Strategy and the QMSU Strategy. This work has been informed by student insight and shaped through joint conversations between QMSU and Queen Mary and features 4 priority strategic clusters, with a total of 12 objectives. There will also be clear shared deliverables, reviewed and owned by the Campus Experience Steering Group. We hope the new approach will help to improve our campuses, support institutional reputation, enhance student recruitment and progression, boost satisfaction and support other wellbeing activities on our campuses. Throughout we will listen to students and consider a diverse range of student needs and concerns including inclusivity, cost of living pressures and long-term wellbeing needs, with a balanced approach between short-term quick win ideas and long-term strategic objectives.

The final proposal, including a supporting budget case, will be presented to the University's Infrastructure Steering Committee in mid-July.

Student Voice

Students Who Work

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Following the completion of our Students Who Work Survey we have analysed the feedback received from students and began planning our next steps with the project. One of the themes revealed was on the pressures and realities faced by self-funding students, and it became clear that their voices needed to be amplified. In response, Jovani wrote an article shared with students focusing on the journeys of students who self-fund their education. To inform this Jovani conducted interviews with several students to understand their lived experiences exploring both the challenges they've faced and the strategies they've developed to succeed.

The article also includes practical advice from these students and signposts to support services that others in similar situations might find helpful. In addition, Jovani completed another article reflecting on one of the events held this year in collaboration with a student volunteering group. This event exemplified a recurring theme in the survey responses: students are increasingly looking for opportunities to gain hands-on experience that will support their future careers. Jovani also interviewed a Queen Mary alumnus who shared



valuable reflections on their own career path and offered advice for current students navigating the transition from university to the workplace. These articles are part of a broader effort to ensure that student perspectives are not only heard but celebrated and integrated into how we design support and opportunities at Queen Mary.

Self-Funded Students

Following a year of lobbying for the removal of late fees and issues that impact self-funded students, such as the need for extended deadlines, not increasing tuitions fees, and softening language used when chasing fees, Nabihah Ali, Vice President Welfare and Jovani have interviewed self-funding students and alumni on their student experience. Nabihah is writing a report summarising key findings and recommendations as well as supporting Jovani's work to produce resources, such as the articles previously mentioned. Tahmid has also requested at the University's Finance & Investment Committee that the increased late fees due to take effect in the 2026/27 academic year be reviewed a year early, ahead of the regular review of the full fees regulations policy, in order to assess their impact. The University's Director of Finance has agreed to this.

Internships

Al-Habib Mraish, Vice President Science & Engineering, has completed a draft plan for a new internship programme, alongside a project timeline leading up to the internship period next year. We have agreed that students who will be eligible to apply for the internship will be those in receipt of a QM bursary, with priority being to those receiving the higher amount. Al-Habib is also working closely with the Alumni Engagement team on a funding proposal to negotiate with external companies for funding for the internship. He is currently planning the handover of the project and discussing with several staff members across the University and Students' Union.

Tackling Islamophobia

Tahmid, Jovani, and Rahma have been working with the QMUL Vice-Principal (Policy and Strategic Partnerships) to develop governance pathways for workstreams looking at Islamophobia definitions. A Faith Equality Action Group, like action groups already set up for gender and race equality, is being considered upon as a potential way to ensure that high level work can take place on improving faith equality at the University. This we hope could provide a more appropriate route for work on an Islamophobia definition, suitable for Queen Mary, to take place.

As detailed in the previous Council report, work has also continued between Jovani, Rahma and the QMUL EDI team, to create more detailed examples of Islamophobia for inclusivity training courses at the University. In addition, Students' Union career staff and the Executive Officers recently participated in two Islamophobia training sessions and workshop.

Faith & Contemplation Space Survey

Tahmid has been continuing to review results from the all-student and staff Faith & Contemplation Space Survey which was conducted earlier this academic year. Early findings indicate that awareness of and signage to the multi-faith spaces needs to improve, with students reporting that they can struggle to find the spaces on campus. It was also noted that due to the multi-campus nature of Queen Mary, improved signage would be helpful for students, staff and visitors that occasionally need to access multi-faith spaces at a campus they are less familiar with. More generally with the number of spaces, over 30% of students and staff surveyed have reported that they feel there are not enough faith spaces on campus. The full report should be available by the end of July 2025 with recommendations for the University and Students' Union.

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London Student Partnership

This is a new collective of London Students' Unions working to collectively lobby on London specific student issues, Nabihah has been working on the transport stream and has designed a survey for Students' Unions to send out to collect data on commuting habits of students, this will be used for data-led lobbying in the next academic year.

Study Well

Nabihah has been leading on our biannual Study Well campaign designed to support student mental health during exam season. This year the Study Well season has been extended to capture all student exams including medicine and dentistry exams which tend to fall later in the exam season.

www.qmsu.org/studywell

Women's Spaces & Progression

Following the piloting of a women's space on campus over 3 weeks, Nabihah has presented usage data and feedback from the pilots at Gender Equality Action Group and Preventing Harassment and Sexual Misconduct Working Group. The data shows clear demand for such a space on campus with feedback outlining positive impacts on student mental health, feeling of safety and comfortability on campus. This data is now being summarised as a report for future officers to continue the work.

The APP has identified Bangladeshi Women as having the poorest progression outcomes among QMUL graduates, Nabihah has been interviewing alumni from this demographic to gather insight into their experience and highlight avenues of support.

Cost of Living Crisis & NHS Bursary Students

Alongside national advocacy, Rahma has been working with the QMUL Director of Student Experience, the Cost of Living Working Group, and Director of Finance to explore ways to strengthen financial support for MBBS and BDS students receiving the NHS bursary. These students are particularly vulnerable due to the rising cost of living and an approximate 60% decrease in government funding. Building on a comprehensive policy paper co-written by Rahma and the Cost of Living Working Group - which detailed the background of the issue, its disproportionate impact, and the potential costs of intervention. Discussions are underway to develop a proposal for extending the QMUL bursary or introducing an equivalent scheme targeted at these groups.

Community Driven Research with Genes & Health

Rahma is also working in partnership with the Genes & Health Study to recruit student volunteers and increase awareness and engagement within the local community. The Genes & Health Study is a groundbreaking medical school research initiative that investigates the genetic basis of health and disease within British South Asian populations, who are often underrepresented in medical research. These communities experience disproportionately high rates of conditions such as diabetes and cardiovascular disease. Through her involvement, Rahma is helping to ensure that the research remains grounded in the needs of the communities it serves and that students are actively engaged in this impactful work.

Malta and Charterhouse Square

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Rahma has supported the Students' Union CEO to advance two important new partnership agreements between the University and the Students' Union. One focuses on formalising operational and support arrangements with the Malta campus to improve support for students based abroad. The other centres on the refurbishment and management of The Shield social cafe space and Fitness Room, key student spaces at the Charterhouse Square campus, from the Students' Union to the University, including provision for a new dance



studio space that was lost following the closure of the BLSA Building at Whitechapel. These agreements aim to enhance collaboration, improve infrastructure, and ensure that student-facing spaces and policies reflect shared priorities between the Students' Union and the institution.

Student Opportunities

Volunteering

Our students have been making a difference in our local community and beyond. Over 5000 volunteering hours were logged on student volunteer profiles via our website this academic year. We listed over 180 different volunteering opportunities from 67 volunteering providers.

We also had 40 Give Volunteering a Go opportunities, with 493 students applying for these.

In addition, our Mile End Volunteering Officer recently organised a series of events to make and deliver care packages and activity booklets for St Joseph's Hospice. These consisted of poems, crosswords and word searches made by volunteers, as well as crochet gifts and origami creations. 22 volunteers attended the sessions, and 7 volunteers dropped off 30 care packages at the hospice after which they were offered a tour by our contact there. It was very well received by students and the organisation.

Societies

It was a busy semester for societies. 181 groups have successfully completed their elections through our online system, and while engagement is now dropping in general due to the end of the semester, our Student Group Feedback survey for committee members has still received over 80 responses so far and remains open at the time of writing. This academic year nearly 400 events have been registered on our website and over 6,000 ticket set-ups requested. Groups managed to secure £51,000 in external sponsorships and 13,533 memberships have been sold.

Employability

The team concluded the Skills Award evaluation for 24-25, and sought ways to act on feedback and improve, as well as celebrating achievements, e.g. 75 people achieved the gold skills award, which represents an increase on the 61 Gold Awards in 23/24, and 442 attendees took part in total across all the workshops (some students attended more than one session).

83 students across activity areas from the skills award and volunteering to course rep recognition were verified and sent to QMUL to appear on their HEAR.

QM Women's Football nominated for Community Outreach Project

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Our Queen Mary Women's Football Team (QMWFC) has been nominated for Community Outreach Project at the BUCS Football & Futsal Workforce Development Awards 2025. Their project sees members of QMWFC deliver free after-school football sessions to female students at Globe Primary School over an 8-week period between April and June. QMWFC is being recognised for their engagement with members of the local community, professional development, and increasing accessible sports & physical activity provisions for local Tower Hamlets-based children.

In return for their work on this project, QMWFC members involved will receive a free FA accredited qualification of anything from Coaching to Refereeing – their choice! This means that the work being done here aligns with both our strategy of professionally upskilling our students, as well as the BUCS/FA strategy of developing the female workforce within football.



The club has demonstrated a fantastic attitude to volunteering and using sports as a vehicle to promote community cohesion and increase their presence within the local community. In addition to this nomination, the club's Treasurer, Rohannie Ignacio, has also been nominated for the Community Engagement Award for her work leading the project from the Club's side. We applaud the club's dedication to supporting our local community and increasing the presence of women in football.

Men's Talk Club

We have recently partnered with Talk Club, a UK male mental health charity helping men to improve their mental health. We delivered several peer-led sessions each week in May that combine exercise with open conversations about mental fitness. Run by trained volunteers known as Captains, each session begins with a check-in ("How are you? Out of 10?"), followed by a relaxed activity like football, badminton or table tennis, and ends with a check-out. These groups offer a safe, supportive space for men to connect, get moving and look after their mental health, together.

London Student Events Collective

We have recently participated in a new London Student Events Collective to improve partnership working with other Students' Union's across London to improve the events experience we can offer to our students alongside their studies. By working together, we aim to improve the scale and nature of events we can deliver including shared trips, visits, club nights and cultural experiences. We are hosting the next two sessions for the Collective in July at the Old Library in Whitechapel.

Centre for Volunteering & Outreach

Work has continued on the creation of our new Centre for Volunteering & Outreach due to launch next academic year. This has included redesigning our website to improve the discoverability of opportunities and volunteer journey, improving online functionality to support students tracking their engagement through volunteering and working on a review of our existing volunteering brokerage partners to streamline the number of organisations we work with to ensure better quality opportunities for students and improved support for our community partners.

Tahmid Khan QMSU President 3rd July 2025



| Queen Mary | **Students' Union**

Students' Union Elections 2025 Returning Officer's Report

The Students' Union ran its main election which elected the Executive Officers and Student Trustees, from 20 January - 27 February 2025.

Returning Officer and Deputy Returning Officer

The following were appointed by the Board of Trustees to be the Returning and Deputy Returning Officer:

Returning Officer:	Service provided by National Union of Students
Deputy Returning Officer:	Brad Coales, Queen Mary, University of London Students' Union

Election Statistics

	Members of the Union: *Figure from QMUL Power BI as at 10 April 2025	*26,518
	2024-25	
	Number of candidates (in total) standing for positions this year: Total number of students who voted this year: Election turnout as percentage of membership:	58 5,462 20.6%
	2023-24	
	Number of candidates (in total) standing for positions this year: Total number of students who voted this year: Election turnout as percentage of membership:	120 4,442 16.3%
(Complaints	
	Number of formal complaints submitted to the (Deputy) Returning Officer: Number of complaints upheld: Number of complaints partially upheld:	

General Comments

Number of official warnings/sanctions issued:

Number of candidates disgualified or removed from the election:

The 2025 Queen Mary, University of London Students' Union elections were conducted by the QMSU elections team and Deputy Returning Officer, in accordance with the Articles of Association and Bye-Laws. They were overseen by an impartial third-party Returning Officer from NUS.

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As part of the Students' Union's review of its representative structure, under its Democracy Review, this year's Spring Elections were confined to Executive Officer and Student Trustee positions. A limited number of Part-Time Officer positions will be elected in the Autumn Elections later in the year.

Although the overall number of candidates was obviously lower, given the reduced number of positions, the number of candidates for the available positions was significantly higher than the previous year. Voter participation was also significantly increased.

58 candidates nominated themselves for the 10 positions which were available. Of the 58 confirmed nominations (compared with 120 in 2024) 42 were for the six Executive positions (compared with 28 in 2024). There were 16 nominations for the four vacant Student Trustee positions.

All of the positions were hotly contested which, whilst positive, created a more febrile atmosphere with a significant increase in the number of complaints. Overall, the Students' Union received 68 complaints, of which 27 were formal complaints (including six which were submitted either incorrectly or late). A more



detailed analysis of the complaints will be produced for the Students' Union's Board of Trustees, and the Deputy Returning Officer will brief the University Secretary and Chief Governance Officer informally.

Of the complaints received, one formal and two informal were upheld. Many of the complaints lacked sufficient evidence to action, and there was a distinct sense of 'campaigning by complaint' where there were minor or technical breaches of the Election Bye-Law, but these were judged to not be material to the outcome of the election. There were also complaints and counter complaints amongst candidates, and some complaints which appeared to be completely unfounded.

One candidate complained directly to the National Union of Students and to Queen Mary University. However, NUS referred the matter back to the Deputy Returning Officer and the Deputy Returning Officer informed Queen Mary University that there was no case to answer, the complaints being either disingenuous or unfounded. The complaints were dismissed and there was no further contact from the complainant.

The sheer volume of complaints meant that it was not possible to investigate them all within the voting period, and The Students' Union was unable to run the count for three positions on the scheduled date (27 February) due to ongoing investigations. The necessary investigations were time-consuming and drawn-out because of the availability of candidates and witnesses for interviews.

The counts for the Vice President Liberation, International and Postgraduates, and the Vice President Welfare were held on 10 March, and the count for the President's position finally took place on 27 March. In the end, no candidates were excluded, and the Deputy Returning Officer deemed the elections free and fair for voters. There will be a full review of the Students' Union's election rules before the Autumn Elections.

The results for the Executive Officer positions are:

President - Diya Mary Selastin

Vice President Barts and The London - **Maria Rubbani** Vice President Liberation, International and Postgraduates- **Hassam Naeem** - *re-elected for a second term* Vice President Humanities and Social Sciences - **Samarth Lakhanpal** Vice President Science and Engineering - **Tushar Goyal** Vice President Welfare - **Eshwinder Singh** - *Previously Student Trustee 2024-25*

Four new Student Trustees were elected to replace Trustees coming to the end of their terms of office.

The new Student Trustees are:

Saarim Ahmed Abul Hassan Mohammed Ibrahim Husnain Gill Issac Lamy

If you wish to find out more about the candidates and those who have been elected, please go to <u>www.qmsu.org/elections/winners</u> and follow the links.

Confirmation of Fair Election

I hereby declare that this election was run in a fair and democratic manner which satisfies the stipulations as laid out within the 1994 Education Act.

Deputy Returning Officer

22 April 2025

Position:	Deputy Returning Officer
Name:	Brad Coales
Date:	16 April 2024



OUR 2030 Sport & **physica** activity





QM | Queen Mary **SU** | **Students' Union**

Welcome



Deputy Managing

Director and

Head of Sport

a truly global community, with over 32,000 students from a diverse range of backgrounds, cultures and all corners of the world. As a Students' Union, we exist to make sure that every student thrives and gets the most out of their university experience.

Queen Mary is home to

Our Sport & physical activity strategy outlines our direction working towards our 2030 goals and was built through collaboration, with student input at its heart.

Through sport and physical activity at Queen Mary we aim to:

- Support students' physical and mental wellbeing by encouraging movement and inspiring change.
- Invest in health and have a welcoming, inclusive and sustainable sporting offer.
- Empower students to grow, find their place, and reach their potential, while building strong communities and a sense of belonging.
- Boost employability and enrich the student experience, shaping the professionals of tomorrow through sport.



Our elected officers 2024/25

We are incredibly excited to introduce our new 2030 Sport & physical activity strategy. This plan reflects the collective efforts and invaluable contributions of our sports team, past officers, staff and students throughout its development. Together, we've created a strategy that reflects our values as an organisation, represents new focus areas and prioritises the needs of our students. We'll continue to listen to our students and use evidence to ensure that we fully understand our community, provide the right support and make meaningful changes to improve students' lives.



Sport at Queen Mary

Queen Mary Students' Union offers welcoming, accessible ways to get active, have fun, and feel part of the university community. Many opportunities are student-led, making campus sport truly reflective of the community it serves. Whether the goal is improving fitness, meeting people, trying something new, or playing competitively, there's something for everyone.

Sport at Queen Mary isn't just about activity; it helps students feel good, build skills, and find their place in the university. Our programmes enable students to take part in ways that suit a wide range of interests and needs.



Move & Connect

We strive to make sport welcoming, flexible, and open to everyone. We want every student to feel comfortable taking part, no matter their previous experience.We work to remove barriers to participation and provide a wide range of opportunities to enhance physical and mental wellbeing through movement and connection.

Qmotion Sport and Fitness Centre

Qmotion is the Students' Union's on-campus fitness facility supporting mental and physical wellbeing. Spanning three floors, it features a gym, sports hall, squash court, and dedicated dance and fitness studios.

Facilities include; Olympic lifting platforms, women-only spaces, and group classes. Staffed by trained students, Qmotion offers programmes and support, helping members stay active, motivated, and connected.



Get Active

Get Active helps students move more, feel better, and connect in a relaxed and lowpressure environment. It includes drop-in sessions, beginner courses, pop-up events, and festivals. No experience or equipment is needed.

Designed to be fun and welcoming, it creates accessible routes into sport and targets inactive or under-represented students through inclusive, year-round initiatives.



Play & Compete

We offer structured and informal opportunities for students to take part in sport at any level, from recreational games to competitive fixtures. These experiences are designed to support confidence-building, personal development, and meaningful friendships through team activity.

Club Sport

Student-led Sports Clubs offer inclusive experiences for all skill levels, whether learning, playing for fun, or competing. Supported by the Sports Development team, clubs represent Queen Mary in competitions and foster communities. Committees gain leadership experience through organising events and shaping club culture.



Social Leagues

Intramural Social Leagues give students and staff the chance to enjoy friendly team sports without the pressure of club commitments. There are no trials, equipment requirements, or long-term obligations. Teams form through halls, societies, or course groups, offering welcoming environments for students to enjoy sport, meet others, and build confidence.



Lead & Develop

Sport is a powerful way for students to grow both personally and professionally. We provide pathways to support leadership, skill development, and preparation for life beyond university, while giving back to the local community. We also offer targeted support for our talented athletes and leading Sports Clubs.

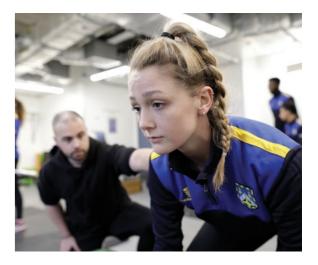
Employability & Volunteering

Students can gain valuable experience through sport volunteering, including coaching, officiating, or working in areas like events, marketing, or finance. It boosts confidence and career readiness. The Sports Employability Academy offers additional support with funding, training, and resources. Volunteering also builds communities and supports peers.



Performance Sport

The Talented Athlete Programme helps elite student-athletes excel in sport and academics. Benefits include dual-career guidance, strength and conditioning, therapy discounts, and more. The Focus Team Programme supports selected Sports Clubs with extra coaching, tailored resources, and gym access to boost team performance.



A data-driven plan

The Balancing Life Report is an annual survey conducted by the Students' Union to understand student engagement in physical activity, identify key barriers, and assess overall wellbeing. The 2024 report, based on 1,114 student responses, played a central role in shaping our Sport & physical activity strategy. The findings provided valuable insights into student behaviours, concerns, and needs, informing strategic priorities and programme development across the strategy. The report highlighted the need to reduce barriers to participation, offer flexible opportunities, and integrate sport within broader wellbeing frameworks.

These priorities are addressed in the strategy through inclusion initiatives, professional development focus, and sustainable engagement models, ensuring outreach, skill-building, and long-term accessibility.

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Physical activity levels 47% Active 35% Moderately active 18%

Strategic link

These figures highlight the need to boost engagement, especially among the moderately active and inactive groups. This aligns with the "Develop and engage" aim and Pillar 1 which is focused on increasing activity levels and fostering lifelong wellbeing habits.

Barriers to physical activity

52% Lack of time

47% Academic workload

41% Lack of motivation

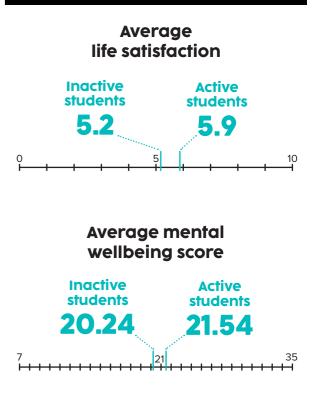
34% Financial constraints

Strategic link

These barriers shaped the following strategy components:

- Flexible programming: Initiatives like Get Active and Social Leagues provide low-barrier, casual participation options.
- Time management support: Addressed through wellbeing sessions and academic-life balance initiatives under Pillar 1.
- **Financial accessibility:** Reflected in Pillar 4, which supports affordable and responsible programme delivery.

Mental health & well-being



Strategic link

These findings reinforce the close link between physical activity and mental wellbeing. Pillar 1 prioritises wellbeing and integrates mental health support within sport programmes. Programmes such as the Talented Athlete Programme and Sports Employability Academy include mentoring and support aimed at building resilience and holistic development.

Our mission

To engage, develop and unite through sport and physical activity.

Our vision

To create an inspiring and inclusive environment where every student is empowered to grow and thrive through their sport and physical activity journey.

Queen Mary Students' Union

SU



To actively encourage engagement and the development of partnerships and communities both internally and externally.



To develop an inspirational and inclusive student sporting community which will be built on pride, partnership, integrity and trust.



To provide a productive, affordable, sustainable sporting offer.

Our values







We will aim to be diverse, accessible and inclusive, by ensuring that we attract engagement from all parts of our university community, and increase participation levels.



We will aim to inspire and develop our students to realise their full potential, promoting high levels of ethical and professional behaviour, and helping to shape the professionals of the future.



Our aims

Develop and engage

To create a vibrant, supportive and inclusive sporting community to allow all to have ownership of their experience, engage in our programmes and achieve, whilst contributing significantly to our students' and staff's wellbeing.

Retain and sustain

To be embedded in our community and to create a lifelong affinity to QMSU Sport, whilst investing in the sporting future at Queen Mary to develop a sustainable model for sport and our activities.

Desired outcomes

- Increase participation in sport and activities across our campus community, inspiring lifelong sporting and wellbeing habits.
- Develop our work with partners to increase sport and activity based opportunities for our students, developing them as individuals, and the wider university community.
- Enable students, and staff, to create an empowering environment for sport and activities, wellbeing, and improving satisfaction levels across all areas.



Inspire and empower

To increase the levels of participation within sport and activities across the whole of the university community, adapting and creating life-long sporting and wellbeing habits, and an empowering environment.

- Educate our students around the importance of sport and activity to improve our physical and mental health, as well as helping to build resilience and gaining skills for life after university.
- Develop a sustainable model of sport and activities at Queen Mary, by investing in our sporting future, creating a productive, affordable and responsible sporting offer which is inclusive and accessible for all.

Our strategic pillars

We have developed four strategic pillars and objectives which will enable us to achieve our overall aims. These pillars will help to support the University and Students' Union 2030 strategies and will play a vital role in helping to address some of the challenges faced in society today.







Enhance the student experience by promoting physical activity, wellbeing, and employability.

We are committed to ensuring all our students understand, value, and have access to activities that promote a healthy lifestyle. We will champion the importance of sport and physical activity at every opportunity when engaging with our student community and aim to support and develop our students' core competencies, aiming to increase their employment and

Our plan for success

Increase the percentage of students meeting recommended physical activity levels to improve their physical and mental health.

Enhance student wellbeing through increased sports participation and expanded support services.

career opportunities post university life. We will also provide opportunities for students to gain additional gualifications and will seek to grow both internal and external partnerships to create pathways for our students to gain practical experiences, helping to ease the transition into graduate employment.

> Develop employability skills among students by integrating professional development opportunities within sports programmes.



Promote diversity and inclusion within our sports programmes.

We will make sport and physical activity more inclusive and welcoming for all so that everyone can have confidence that there is a place for them in sport, by promoting women's and disability sport, championing diversity and looking to find investment for all groups. We want to help everyone get active, whilst also supporting our most

Our plan for success

Increase participation of under-represented groups in sports programmes to foster a more inclusive sporting community.

Enhance overall satisfaction with sports facilities, programmes, and services among all student groups.

talented athletes allowing them to realise their full potential, regardless of background or location. We will also look to apply our knowledge and understanding of the positive links between exercise, nutrition, physical and mental health to improve wellbeing across our diverse student body.

> **Expand targeted** outreach initiatives to engage minority and under-represented student populations in sports programmes.



Strengthen community engagement and collaboration through sport.

We will work with our internal and external stakeholders and partners to utilise sport as a vehicle for social development and change where possible, and will educate and share knowledge on the impact sport can have both locally and internationally.

Our plan for success

Expand the number and quality of internal and external partnerships related to sports programmes.

Increase participation and engagement across all sports programmes, with a particular focus on community involvement and inclusivity.

We will create opportunities for our students to work as coaches, volunteers and mentors in the local community which will in hand develop educational opportunities for the young people in our local community using sport as the outreach vehicle.

> Enhance the volunteer experience by increasing the number of opportunities for our students and volunteer hours contributed by sports programme participants.



Ensure the financial sustainability and operational efficiency of our sports programmes.

We will look to embrace sustainable strategies across sporting operations, sponsorship, partnerships and student engagement. This will allow us to maximise financial performance while also making a positive impact for our students and within our local community.

Our plan for success

Increase revenue generation from sports programmes, facilities, and grants.

Optimise resource allocation to reduce operational costs while maintaining programme quality.

We will focus on financial sustainability and operational efficiency by increasing revenue, improving scheduling and allocating resources more effectively. This will reduce costs while maintaining quality, creating a solid foundation for long-term growth and positive impact.

> Improve facility utilisation through effective scheduling and programming.



See our full strategy and our progress so far: **qmsu.org/strategy/sport**

GM | Queen Mary **SU** | Students' Union

We Listen. We Act. We Improve Students' Lives.

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