



TU Dublin Students' Union Monthly Newsletter (February 2025)

[What's happened and what's happening? Find out here!](#)

Welcome to the TU Dublin SU Newsletter!

What's the Students' Union?

TU Dublin Students Union (SU) is the independent, democratic, voice of TU Dublin students. The Union itself, and its Constitution are formally recognised by the Governing Body of TU Dublin.

The TU Dublin Students Union (SU) is one of the largest Students' Union in the country; and with almost 27,000 students, we are the largest representative body for all students in the University. When you are a registered student, you automatically become a member of the Students' Union.

What's the newsletter for?

This newsletter aims to keep you up-to-date on the latest TU Dublin SU news, what's going on on each of the campuses, updates from societies and clubs, and much more!

How do I get in touch?

For student queries or advice, please contact us at advice@tudublinsu.ie and we will reply as soon as possible.

How do I submit a piece for the 'Opinion & Showcase' section?

So you have an article you'd like to submit for the SU newsletter, great! Please fill out [this form](#) and send us your piece to newsletter@tudublinsu.ie. We will review it and get back to you.

Have a suggestion for how we could improve this newsletter?

Please add your suggestions [here!](#)

Our Socials & Links

[Instagram](#)

[Twitter/X](#)

[LinkedIn](#)

[TikTok](#)

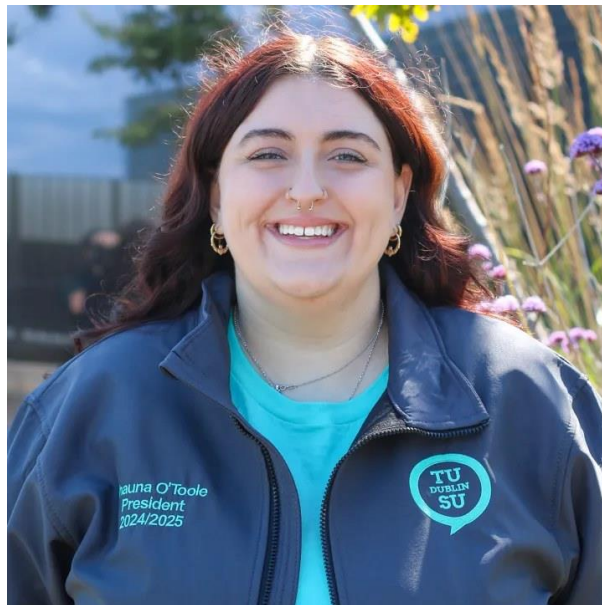
[Linktree](#)

[Website](#)

In this newsletter you can expect

- Welcome back!
- Breaking the Stigma: Eating Disorder Awareness
- Join Us for Our Next Raise & Give Campaign Events!
- Kennedys East Quad – Reducing Food Waste
- SHAG Week is Here – Feb 4th-7th!
- Mental Health Week – Feb 10th - 14th
- Do You Have What It Takes to RUN TUDSU?
- Final Tickets for the TU Dublin SU Formal Ball & Awards Ceremony!
- Postgraduate Students – Have Your Say in the U Survey!
- A Message From the TU Dublin Sustainability team
- A Message From the TU Dublin Student Life team

Welcome back!



Hello, and Happy New Year!

I hope your winter break was as relaxing as possible with studying and assessment deadlines. You are now on the home stretch of the 24/25 academic year. I hope your semester is an

enjoyable one. We in the students union have lots planned as a curtain call to this academic year!

I would like to take this as a chance to remind you that your Students' Union is here to support you every step of the way. From helping you settle back in, and organising events, to advocating for your needs, we're committed to ensuring your voice is heard and your academic journey is successful. Take semester two as a new start, join a club or society, and come to some of our events, this is your college experience so make the most of every minute! It goes by fast.

Lastly, I just want to remind you that our elections are upcoming and we will be taking nominations in February, so take January as a chance to consider if you're interested in being an officer in the Students' Union. All of the officers will be happy to answer any questions you have about the roles.

Wishing you all the best for Semester Two and what it will bring!

Shauna

SU Updates & Events

Breaking the Stigma: Eating Disorder Awareness



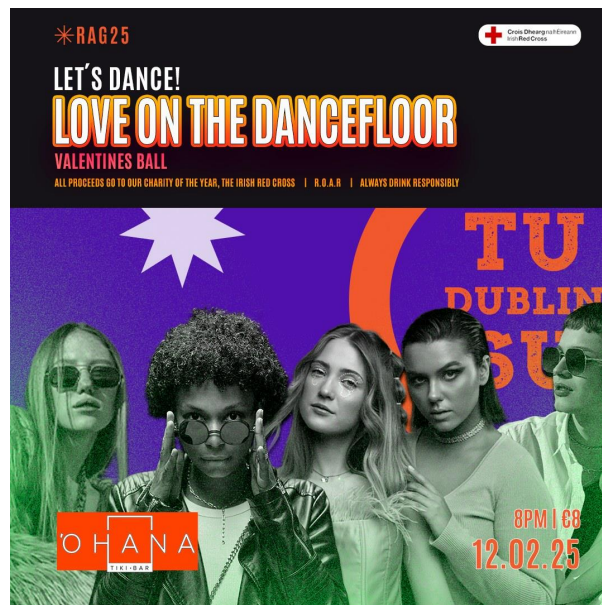
Last week, we highlighted the silent struggles of those facing **eating disorders** and the importance of breaking the stigma. These conditions can affect anyone, but with the right support, **recovery is possible**.

TU Dublin Students' Union is here for you—whether you need someone to talk to, guidance on resources, or reassurance that you're not alone. **Reach out anytime**.

🌐 Find support services here: [TU Dublin SU Eating Disorder Awareness](#)

Let's support each other—**no one should face this journey alone**.

Join Us for Our Next Raise & Give Campaign Events!



Get ready for the next exciting series of events in our **Raise and Give (RAG) Campaign**, with all proceeds going to our **RAG Charity of the Year, the Irish Red Cross!** We've got an incredible line-up, including **BYOD Bowling (Bring Your Own Date Bowling)** for a fun night out, our **Love on the Dancefloor Club Night** to keep the party going, and the ultimate **Battle of the Bands**, where talented groups from **TU Dublin and NCAD** will compete for the title of **Best Band!** Don't miss out.

Click the link - [Eventbrite Tickets](#) for a full breakdown of events and get involved for a great cause!

Kennedys East Quad – Reducing Food Waste



When it's Gone, It's Gone!

Kennedy's East Quad is making strides to reduce food waste AND save you money! When you see this post, it means they have leftover food available at the end of the day—now at **75% OFF!** 🍷🍷

⌚ **First come, first served**—but remember, **when it's gone, it's gone!** Don't miss your chance to grab delicious bites and help their mission to cut food waste.

SHAG Week is Here – Feb 4th-7th!

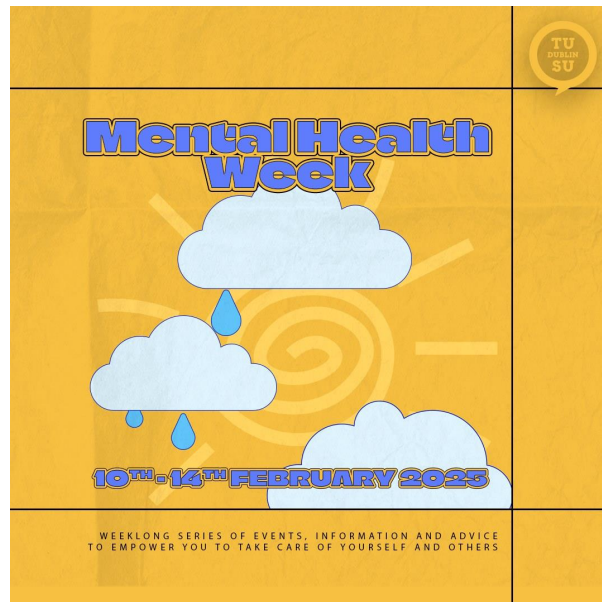


Get ready for an exciting **SHAG Week** as we bring you a jam-packed line-up from **February 4th to 7th!** Test your knowledge at our **Big Sexy Quiz**, learn from **Robbie Lawlor** at our **Lunch and Learn**, and don't miss the return of our **Free STI Check Roadshow**, visiting all TU Dublin campuses due to popular demand. Stay informed, get involved, and prioritize your sexual

health! For the full schedule of events and to sign up for events, [Click the link - Eventbrite Tickets](#)

Make sure to keep an eye on our **social media and website** - [@TUDublinSU](#)

Mental Health Week – Feb 10th - 14th



Get ready for Mental Health Week with TU Dublin Students' Union! From **February 10th to 14th**, we have an exciting line-up of events focused on well-being and self-care. Don't miss our **Mental Health Raffle with multiple chances to win vouchers for Outcast Sauna**, plus we'll have **the Cronin Youth Project on campus** to offer support and advice. We're also thrilled to announce the **relaunch of the Rewire Series in collaboration with the TU Dublin Chaplaincy team**. And that's just the start! Stay updated on all the events by following us on social media [@TUDublinSU](#) and our website. Let's make mental health a priority together!

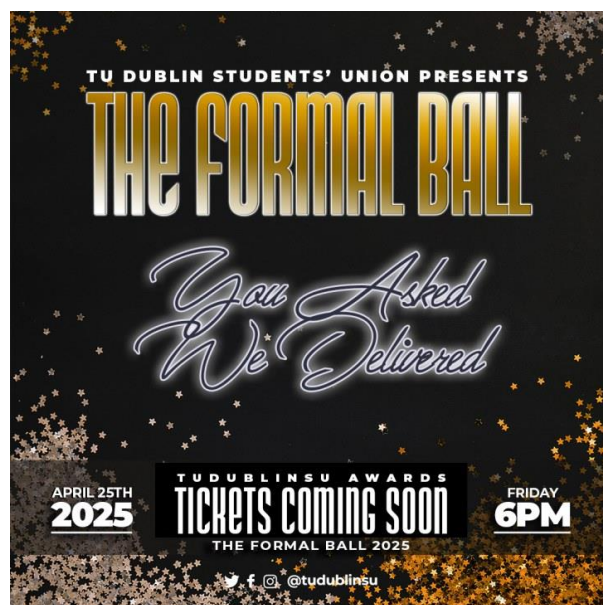
Do You Have What It Takes to RUN TUDSU?



The **TU Dublin Students' Union Elections** are happening this March the 11th, 12th and 13th, and we're looking for our next **Full-Time and Part-Time Student Executive Team for 2025-26!** This is your chance to **be the voice of TU Dublin students**, advocate for important issues, and **gain invaluable leadership skills**—all while getting paid! If you're passionate about making a difference, now's the time to step up. **Nominations open on Friday, February 10th, and close at 12 PM on February 21st.** For all the details, visit our website -[TU Dublin SU Website](https://www.tudublinsu.ie) and stay tuned to our social media channels.

Your Union. Your Voice. Your Future.

Final Tickets for the TU Dublin SU Formal Ball & Awards Ceremony!



Our **TU Dublin SU Formal Ball & Awards Ceremony** is set for **Friday, April 25th**, at the **Crowne Plaza Blanchardstown**, and the response has been incredible—so much so that the event **sold out in just a few days!**

But great news! We've worked with the venue and secured a **limited number of extra tickets**, which will go on sale **Tuesday, February 4th, at 12 PM**. This is **your last chance** to grab a ticket, so don't miss out!

✍️ **Get yours here:** [Eventbrite Tickets](#)

Set a reminder and be ready—these won't last long!

Postgraduate Students – Have Your Say in the U Survey!



Attention **Masters by Research & PhD students**—it's time to share your experience! The **U Survey** is open from **February 4th to 25th**, giving you the opportunity to shape the future of postgraduate research at TU Dublin and beyond.

This survey, run every **two years**, is designed specifically for **research students**, ensuring your voice is heard on the issues that matter most. Since its launch in **2018**, over **13,350 students** have taken part—now it's your turn!

📣 **Take the survey & learn more here:** [studentsurvey.ie](#)

Sustainability

Shuttle Bus From Wicklow Town to Tallaght Campus

TU Dublin students at the Tallaght campus have called for a review of the demand for a shuttle bus serving Wicklow Town to the Tallaght campus.

TU Dublin is now exploring the potential for a subsidised return shuttle bus service that could run from Wicklow Town, with a pick-ups in:

- Wicklow Town,
- Rathnew,
- Ashford,
- Newtown,
- Kilpedder,
- Greystones,
- Kilmacanogue,
- Loughlinstown / Cherrywood Luas,
- terminating at TU Dublin, Tallaght campus.

Students and staff are invited to complete [this expression of interest \(EOI\) form](#) to indicate their interest in availing of the prospective shuttle bus.



Healthy Food Made Easy Programme

Take your cooking to the next level by taking part in the Healthy Food Made Easy Programme. TU Dublin Healthy Campus is delighted to offer students and staff the opportunity to register for the Healthy Food Made Easy Programme, a free 6-week online cook-a-long programme delivered by the HSE. Commencing on 19 February for students, you can learn how to prepare healthy and delicious meals from the comfort of your own kitchen by following step-by-step-instructions from a qualified cook. This online class runs on Tuesdays for staff and Wednesdays for students from 19:00-20:00pm. Places are limited and registration to the programme closes on 14 February.

Email sbayley@empower.ie to apply.

[Sustainability News and Events | Healthy Food Made Easy Programme 2025 | TU Dublin](#)



TU Dublin Green Week

TU Dublin Green Week is happening from Monday 10 to Friday 14 March and the sustainability team are calling on students, staff and the wider community to get involved in the co-creation of a week of environmental action on campus and beyond.

Green Week is an annual celebration of innovation and partnerships for environmental action and sustainability education. The celebration aims to mobilise TU Dublin's ecosystem of advocates who are advancing the sustainability agenda and accelerating TU Dublin's performance on climate action across programmes, schools, societies, projects, professional services and operations.

You can register your event or activity now to feature on the schedule and be included in the promotions. Contact TU Dublin's Sustainability Events and Senior Media Coordinator Rebecca Flanagan (Rebecca.Flanagan@TUDublin.ie) with any queries.

Find out more [here](#).



Are you ready to take action for climate change in a fun and impactful way?

Get ready to sign up for the TU Dublin Green Campus Challenge 2025

As part of TU Dublin's Green-Campus Open Call, TU Dublin, together with Global Action Plan (GAP), invites you to be part of a powerful movement for change with the Green-Campus Climate Challenge 2025. The gamified challenge tracks your personal carbon-saving actions and shows the real-time impact of your efforts. By joining the challenge, you can demonstrate in the ripple effect of individual actions, and experience how your choices inspire others, creating a culture of awareness and collective impact.

Teams can be formed from class groups, societies, programmes, schools or professional services teams, who can then track their progress and celebrate their achievements. New app coming soon! Watch the preview here: <https://www.tudublin.ie/explore/about-the-university/sustainability/about/news-and-events/step-up-for-the-planet---join-the-green-campus-climate-challenge.php>



A message from Student Life

Welcome back to TU Dublin! Student life are kicking off the semester with loads of exciting opportunities and activities to make your student life even better.

Sports Clubs & Societies

Make the most of your college experience by joining one of our amazing sports clubs or societies. Whether you're into football, gaming, debating, or drama, there's a group for you. Sign up via the MyStudentLife Portal today! [TU Dublin Sports Clubs and Societies Activities Portal](#)

TU Dublin Refreshers Week

Discover all that student life has to offer across our campuses! This is your chance to:

- Chat with staff and students about Sports Clubs, Societies, and Volunteering opportunities.
- Explore ways to get involved, stay active, and make the most of your time at TU Dublin.

Don't miss out—come along and see what's available. Keep an eye on our social channels for updates!

Tuesday 28th January (11am - 3pm)

Grangegorman - Central Quad Foyer

Aungier Street - Foyer

Blanchardstown - Craoi Building Foyer

Wednesday 29th January (11am - 3pm)

Grangegorman – Central Quad Foyer

Aungier Street - Foyer

Bolton Street - Student Common Room

Blanchardstown - Craoi Building Foyer

Tallaght - Main Building Foyer

Thursday 30th January (11am - 3pm)

Bolton Street - Student Common Room

Tallaght - Main Building Foyer

Sports Activators Needed!
Join Our Team!

Do you have a passion for sports and love bringing people together?

We're looking for enthusiastic and energetic Sports Activators to help promote and deliver sports programmes/events on campus. This is your chance to make a difference, gain valuable experience, and have fun!

Each Activator will receive:

- Exclusive Sports Activator Merchandise
- Discounted Gyn Membership
- Certificates of Recognition
- Discounted Campus Catering
- Basic First Aid Qualification
- Free ticket to Annual Sports Awards Dinner

Apply here:

For more information email dairdre.mullen-mcguinness@tudublin.ie

Be Active Be Social

Spórt Sport **TU DUBLIN**

Volunteering Opportunities

TU Dublin's SVP Food Pantry in Blanch & Re-Turn at Grangegorman

We are calling for volunteers on our Blanchardstown campus.

Do you have two hours each week to help the cause and distribute free food to students?

We hope to open a food pantry one afternoon per week in the Croi Building.

If you are based in Grangegorman and would like to support recycling while raising funds for charities of your choice you should volunteer to join our Re-Turn team.

For more information email - claire.flannery@tudublin.ie



New Societies

We have a number of new societies including our 'Ability and Friends Society' and 'Access Society' as well as established societies open to all TU Dublin students to join this semester.

With over 100 Societies to get involved with, you've got tonnes of choice!

Visit the TU Dublin Activities portal to find out more: <https://societies.tudublin.ie/>

Gym Memberships

Stay active this semester!

Check out our affordable gym memberships for access to top-class facilities across campuses. [Memberships | TU Dublin](#)

Spórt
Sport

TU DUBLIN
TECHNOLOGICAL
UNIVERSITY DUBLIN

Tallaght Gym Opening Hours



Contact Information:
Tallaght: 01-2208598
Sportfacilities@tudublin.ie

Monday	8:00am - 19:45pm
Tuesday	8:00am - 19:45pm
Wednesday	8:00am - 19:45pm
Thursday	8:00am - 19:45pm
Friday	8:00am - 16:45pm
Saturday	Closed
Sunday	Closed

Spórt
Sport

TU DUBLIN
TECHNOLOGICAL
UNIVERSITY DUBLIN

Blanchardstown Gym Opening Hours



Contact Information:
Blanchardstown: 01-2207808
Sportfacilities@tudublin.ie

Monday	8:00am - 19:45pm
Tuesday	8:00am - 19:45pm
Wednesday	8:00am - 19:45pm
Thursday	8:00am - 19:45pm
Friday	8:00am - 17:45pm
Saturday	Closed
Sunday	Closed



The poster features a dark blue background with white text and a white geometric line pattern on the left. At the top left, it says 'Spórt Sport'. At the top right is the TU Dublin logo with the text 'TU DUBLIN TECHNICAL UNIVERSITY DUBLIN'. The main title is 'Grangegorman Gym Opening Hours'. Below this is a table of opening hours for each day of the week. At the bottom left, contact information is provided.

Day	Opening Hours
Monday	7:30am - 19:45pm
Tuesday	7:30am - 19:45pm
Wednesday	7:30am - 19:45pm
Thursday	7:30am - 19:45pm
Friday	7:30am - 18:45pm
Saturday	Closed
Sunday	Closed

Contact information:
Grangegorman: 01-2208128
Sportfacilities@tudublin.ie

Be Active Be Social

The Be Active, Be Social programme at TU Dublin is designed to promote physical activity, social interaction, and inclusivity among students. Whether you're looking to try something new, stay active, or meet like-minded peers, this programme offers a wide range of activities suitable for all levels of experience, from beginners to seasoned participants.

Here are just a few of the activities on offer:

- Women's only Kickboxing – Blanchardstown Thursdays 1.30pm-2.30pm
- Social 5 a side – Grangegorman, Blanchardstown and Tallaght
- Couch to 5k & Marchathon – Starting in March
- Campus Fun Run
- Pickleball
- Learn to Play GAA/Camogie
- Beginner & Improver Swim Lessons – Mondays

For more details or to get involved, you can:

Email Deirdre Mullen-McGuinness at deirdre.mullen-mcguinness@tudublin.ie

Visit the official [Be Active, Be Social webpage](#)



Student Sports Activators Needed

As a TU Dublin Sports Activator, you'll lead fun and inclusive activities that encourage fellow students to stay active and connected. It's a fantastic opportunity to develop leadership skills, promote wellbeing, and make a positive impact on campus life. [Apply Here](#)

Sports Activators Needed!
Join Our Team!

Do you have a passion for sports and love bringing people together?

We're looking for enthusiastic and energetic Sports Activators to help promote and deliver sports programmes/events on campus. This is your chance to make a difference, gain valuable experience, and have fun!

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- Exclusive Sports Activator Merchandise
- Discounted Gym Membership
- Certificates of Recognition
- Discounted Campus Catering
- Basic First Aid Qualification
- Free ticket to Annual Sports Awards Dinner

Apply here:

For more information email deirdre.mullen-mcguinness@tudublin.ie

Be Active Be Social

Spórt Sport DUBLIN

Student Life Bursary

The TU Dublin Student Life Bursary is an opportunity for students who are going 'above and beyond' in their participation and contribution to student Sport Club, Be Active Be social (BABS), Society committee and/ or Student Volunteering activities to realise an idea for a project that will benefit the TU Dublin community. You must already be active in one of these Student Life activity streams to be eligible to apply.

Learn how to apply today! [Student Life Bursary | TU Dublin](#)



For more information, visit **MyStudentLife** or drop by your campus Student Life office. We're here to help make your semester the best one yet!

See you around,

The Student Life Team

See you next month!