

STUDENTS FLAG CONCERNS

BY FREYA HUGHES P.2



IMAGE HAL MUXLOW FISHER

IS YOUR FLAT HAUNTED?

"...I watched paperbacks remove themselves off my shelf"
"...It was happy to throw things at me"

P.24-25



IMAGE FREYA HUGHES



HAVE YOU SEEN THIS STATUE?

P.5

WE WANT YOUR VISION!

JOIN US FOR OUR WELCOME TALK ON THURSDAY 25TH
5.00-6.00PM IN D/L/036

EVERYONE IS WELCOME
NO EXPERIENCE NEEDED, BRING A FRIEND TOO!

● CAMPUS EAST WAS A BIG MISTAKE

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● NHS PRESCRIBES FOOTBALL

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● OH BOI, HE'S BACK

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YORK
Vision

Thank you for picking up the latest copy of *York Vision*! The first print of the year can be challenging, with everyone in different places, but we're so pleased with what our team has put together.

Whether you're wanting to uncover the mysterious ghost stories that haunt campus, or needing a full guide to York thrifting, this edition has a little something for everyone.

This year, we really want to welcome Freshers, and Returners, to our growing team.

Joining *Vision* could mean writing one article for us every few months, or writing weekly and working on lay up for our print editions. *Vision* has space for everyone to get involved in the way they want to.

Come along to our Welcome Meeting on Thursday, where we'll talk about some of the dozens of ways you can get involved with *Vision* this year and beyond.



**Students
Flag
Concerns**

BY FREYA HUGHES

England flags have been hoisted all over York. Student areas in Tang Hall and Foss Islands are notable hotspots.

York Vision spoke to one student who said: “Nobody is taking issue with the British flag, the issue is when it has been used to intimidate minorities.”

Flag Force UK contacted the University of York, hoping to supply free flags for permanent use or national holidays. They claim they aim to “celebrate our shared history and identity.”

The York Flaggers and Litter

Pickers group, at the forefront of the local movement, state that they intend to strengthen the local community and celebrate shared identity. They have raised over £16,000 on a GoFundMe page raising funds for “flags, poles, and cable ties.”

As a direct response to the campaigns, York SU nominated Refugee Action York (RAY) as their Semester One charity partner. The charity works with local refugees and aims to destigmatise preconceptions of asylum seekers.

The Students’ Union has appealed to the University not to

allow external flag campaigns on campus and instead “support a student-focused campaign which displays flags from all around the world on campus, to recognise and protect the diverse community we have here at the University of York.”

York SU raised concerns in an open letter to the University of York, stating that “with anti-migrant and racist rhetoric at an all-time high... such expressions of nationalism may inflame tensions in our communities.”

This tension follows the vandalism of Dragon House Chi-

nese takeaway on Foxwood Road, which was defaced with racist graffiti. Spray-painted red crosses sat alongside phrases like “cat n dog” and “go home”.

The local community rallied to clean up the shopfront, including Isaac Davidson from Crystal Clean Windows. Speaking to *The York Press*, Dragon House expressed they were “deeply moved by the amount of support and kindness shown to us.”

The York Flaggers and Litter Pickers group has denounced the incident and were involved in the clean up effort.

GET INVOLVED



WHAT: Vision's Introduction Meeting

WHERE: D/L/036

WHEN: 25nd September, 5.00PM

YORK Vision

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Got a story, or a
passion for writing,
editing,
reading,
photography...?
GET INVOLVED!



Charlotte and Josh

IS YORK'S CAMPUS LOSING ITS APPEAL?

FLAT OUT NOT INTERESTED

Data Suggests Students are Skipping Campus Living

BY GEORGE HOWARTH

According to an FOI, revealing data collected by the University during enrolment, there has been a drop in the number of students wanting to live on campus since 2019.

Each year at enrolment, all students are asked whether they would prefer to live on campus in an attempt for the University to gather data on housing needs.

From 2010 up to 2018, 49% of students agreed that their “preference would be to apply for on-campus accommodation”, but from September 2019 onwards, the number declined suddenly to around 40%.

While part of the change can be explained by an uptick in students living at home, there is no obvious explanation for the remainder of the change - the first signs of it happened before the pandemic was on anyone’s horizon. While every student answers this question, it is hard to say whether it is an accurate reflection of students’ preferences. In the FOI response, the University team that managed the data expressed their concern over how it had been collected.

During the enrolment process, this is just one question in what might be described as a very long and tedious form to complete. It could be that students don’t understand the question - particularly final years who wouldn’t need further accommodation. They could also be thinking about the need to sign for private sector accommodation in advance of applications for on-campus accommodation opening.

Perhaps students could be genuinely rejecting living on campus, preferring to live in a house shared with their friends.

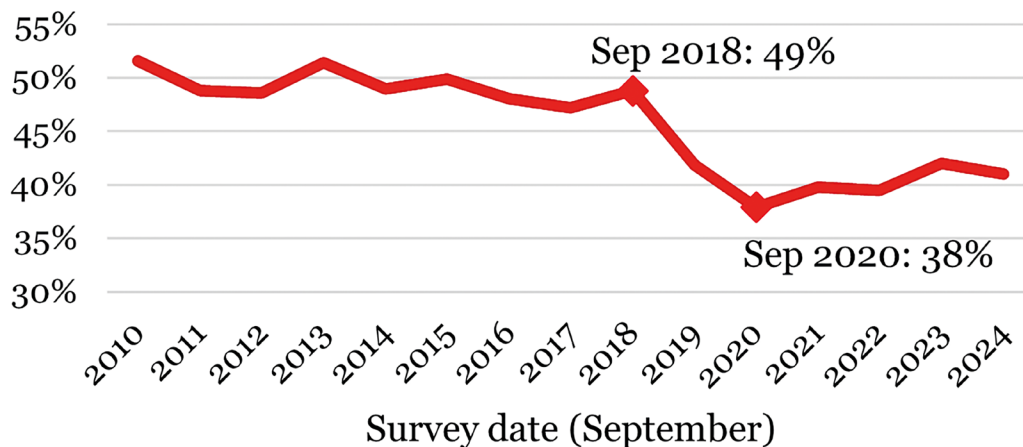
Or maybe the Long Boi crap is just getting old, and people simply can’t stand to be around anything duck-like anymore.



IMAGE: HAL MUXLOW FISHER

Students' Interest in Campus Living Drops

% of full-time students whose 'preference would be to apply for on-campus accommodation'



ImJustYork Instagram Account Handover

BY LAYLA ROBERTS

ImJustYork is a Instagram account which posts meme content about student life at the University of York. It has over 17k followers, describing itself as the “students’ most trusted media page”. Last year, the account found itself in controversy relating to its posts on nights out. However, the original owners of the account have now graduated. Over the summer, they handed over the reins to the next generation of students. After creating a Google Form for prospective applicants, the owners had a hefty decision to make with over 500 applicants wanting to continue their legacy. A couple of days later, they announced that they had made their decision about who would take over the anonymous account. With a recent influx of stories aimed towards the new freshers, offering advice and support about nights out, societies and accommodation, this page is one to watch this year.

GOODBYE AND THANK YOU FOR THE MEMORIES!!!

ImJustYork's farewell post on Instagram, 15th August.

OH BOI, HE'S BACK!

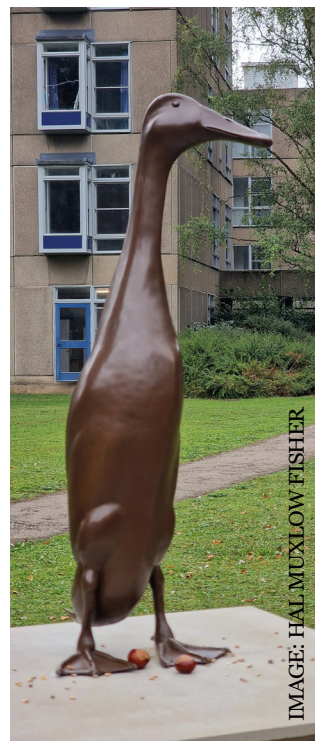


IMAGE: HAL MUXLOW FISHER

BY HAL MUXLOW FISHER

The once cordoned-off plinth at Derwent College is empty no more, after the statue of the much-loved Campus duck Long Boi returned to his lakeside home in July.

The 71 cm tall bronze statue was first unveiled by Greg James, in a ceremony broadcast live on his Radio 1 Breakfast show in September 2024. It was removed two months later and the plinth fenced off, following a night-time attack by vandals which left the statue’s left leg partially snapped. A Campus Safety report revealed that the perpetrators were thought to be a group of University of York students. But those involved were never caught, and the investigation closed in December.

After standing drearily barren for months, the plinth is once again home to the life-sized statue of the treasured waterfowl, which was reinstated in time for graduation week in July. A newly-installed plaque on the plinth describes Long Boi as “our friend and resident campus celebrity”, adding that he is “long, but not forgotten”.

It is not only the statue and plaque that are new additions to the Derwent lakeside. A litany of yellow banners appeared on lamp-posts in the vicinity, warning that “CCTV cameras operate on this Campus”.

It remains to be seen if the famous duck is set for another adventure, or if this will now keep him secure.

Freshers: is your stuff safe in Shambles?

IMAGES: IWAN STONE

BY GAVIN SOUTHWAY

York is among the most pickpocketed cities in the UK, according to a recent study, with the Shambles being one of the top hotspots in the country.

Research from insurance firm Ripe Valuables, conducted by reviewing thousands of TripAdvisor reviews mentioning "pick-pocket", suggests that while London outstrips the rest of the country, the Shambles is the fifth most-reported landmark outside of the capital.

According to North Yorkshire Police statistics, theft was the most reported

crime across the force area in 2024.

Nonetheless, ONS data suggests that there were 16 theft offences for every 1,000 people in North Yorkshire, well below the national average of 29 and almost half of the Yorkshire average of 31.

A spokesperson for North Yorkshire Police said: "You may have an idea of what a pickpocket looks like, but they're far less likely to stand out in a crowd than you might think, since blending in is part of how they avoid being caught."

Ripe Valuables' Chief

Executive Alan Thomas said: "We conducted this research to help travellers stay safe while enjoying the UK's attractions. Whether you're visiting a museum, shopping district or historic landmark, protecting your valuables should be top of mind.

"We want people to enjoy everything the UK has to offer without the fear of losing their treasured belongings."

"Pickpockets also operate in shops and department stores, where people are more likely to be standing still, distracted and so paying less attention to their

belongings, making them an easier target. Be more aware of your surroundings in busy shops and shopping centres because they're ideal places for pickpockets, as it's easier for them to brush past people, take items, and blend into the crowd.

"Pickpocket teams are adept at creating distractions. This could be anything from a game to a loud shout, all designed to avert your attention while an unseen accomplice steals your valuables. So do try not to be easily distracted."

CAP, GOWN AND WALLET



IMAGE: PIXABAY

BY GEORGE HOWARTH

This summer, students have once again been hit with the costs of graduation.

The University's partnership with formalwear supplier Ede & Ravenscroft means that hiring a gown with hat and hood costs graduates £46. An official photo will set you back at least £39, and the University also sells merchandise such as keyrings (£4) and hoodies (£30).

This isn't to mention other expenses, like formal clothing to go under the gown, hair and makeup, catering, travel, and accommodation. These are needed for guests as well, and prices are likely to be higher than usual due to increased demand at that time of year.

It's not hard to imagine a student and their family feeling the need to spend over a thousand pounds to mark the occasion.

Racist Attack on Campus

BY FREYA HUGHES

A recent graduate was the victim of an unprovoked racist attack on the University of York's campus.

The incident occurred at 2:30pm on Thursday, September 4, according to North Yorkshire Police, who are investigating.

The victim, a man in his 30s originally from Hong Kong, said he moved to York to study because it "is a safe city and we love it." He described the attack to the York Press as "really upsetting."

He said that he was on campus to apply for an alumni library visitor card when two men started making racist gestures and shouting at him.

He claims one man said, "Hello refugee," to which he replied, "I'm not a refugee, I'm a student; I contribute to this city."

The victim claims the situation then escalated when one man attacked him by repeatedly punching him in the face. His glasses were also thrown into the lake.

A PhD student came to his aid amidst the attack, phoning campus security, who contacted the police. The victim had been left badly bruised with a tender eye.

The graduate said he will still visit York, adding "I met a lot of friendly people". He told the York Press "I hope I'm the last person who experiences an attack. I will not forgive the person who hit me, but I do not hate him – I think hate is meaningless."

Anyone with information about the incident should report it to North Yorkshire Police by phoning 101 and quoting incident number 12250167483.

DING DING ...OH WAIT IT'S GONE

BY LAYLA ROBERTS

Have you just bought yourself a new fancy bike? Well, make sure to also invest in a hefty bike lock.

Bike theft is a massive problem in the UK with 66,960 stolen across the country in the last year alone, and with 838 of these thefts occurring in York, you want to make sure that your bike isn't the next victim.

It isn't a rare sight in York to see cut up bike locks and bike frames missing wheels in the city centre; it's a sight as common as seeing a football social on a Wednesday. But it's not just in the city centre where you need to be wary; last academic year, bikes were stolen on campus, leaving students without their wheels to get home. With York ranking in 9th as a bike theft hotspot in the country, it's crucial you buy a lock worth protecting your bike - not a flimsy one off of Temu that can be cut with scissors. Spend a little extra to protect your bikes!



CELEBRATING 10 YEARS OF THE WEIRD STATUE BY MUSIC

WHAT EVEN IS...
THIS?

BY FINN RUSSELL

During my years at the University of York so far, I have often been guilty of completely ignoring the large diversity of sculptures on our campus.

This is quite strange really, because they're all around us. Ones that especially stand out are the artistically arranged heap of scrap metal next to Central Hall, the weird (sorry, 'abstract') looking thing on the ramp leading up to the library, the cool Buddha statue next to the Berrick Saul Building, and, the subject of this article, the large monolith outside of the Sir Jack Lyons Concert Hall. The reason this one intrigues me is that, as a biology student, I'm in that area rather often and always feel like someone is flipping me off. Until recently, I had not realised that the cause of this feeling was probably the statue, which, to me, vaguely resembles the middle finger of God.

To avoid pissing off too many fanatic art fans (you know who you are), I should probably go on to say something more meaningful about the sculpture. The statue, named the 'Singing Stone', was made by Gordon

Young, and was commissioned with the dual purpose of celebrating 50 years of the University of York's music department and commemorating the chancellorship of Dame Janet Baker. The internationally-renowned opera singer became the University's Chancellor shortly after retiring as a performer. During her time as Chancellor, she was a great supporter of the music department, and, so it seems, like the University, saw the opportunity for a cheeky little 2-for-1 commemoration deal that allowed them to build only one statue. Quite efficient really.

The words carved into the statue are from W. B. Yeats's poem *The Cloths of Heaven*, which spiral around the sculpture, and so that one must walk around it several times to properly read them. As if students don't have enough to do as it is, now we've got to viciously circle this random statue to make sure we have something sophisticated to talk about when the folks come up to visit and the conversation lulls.

The boulder was brought to East Yorkshire and worked on from late 2014

to early 2015, and the statue was unveiled on 13th June 2015; the 150th birthday of W. B. Yeats. On top of these stats, I'm assigning the artwork 3641 rank XP, 999 HP, and an attack combo called 'Hammerfall', that does 400 HP damage. Just because I can. It's the dream of any Pokémon trainer.

So what now? The statue has existed for ten years and will likely exist at least until the University shuts the Sir Jack Lyons Concert Hall due to lack of funding (let's hope that never happens), so it probably has a good three to five more years to go. I hope that I'm not screaming into a void here and that my article makes an actual difference, so it would be great to see art students gathering about the Singing Stone and occasionally mumbling vaguely artsy things like "how very avant-garde", or pacing about it reading words from *The Cloths of Heaven*. Due to its location, however, the statue has never really got the attention it deserves, and so, realistically, it will probably once again fade from people's attention, silently flipping them off as it has always done before.

IMAGES: DAN GORDON-LOTTS



The statue in all its mighty splendor

Facing terrorism charges for Palestine donation

BY KAT KOLES

Author Sally Rooney risks facing terrorism charges for pledging to donate her royalties to Palestine Action.

Palestine Action is a British pro-Palestine direct action network

which protests the conflict in Gaza.

After protestors broke into a military base and vandalised two aircraft at RAF Brize Norton, the group was designated a "terrorist organisation" under the

Terrorism Act 2000.

Rooney wrote in *The Irish Times* on 16th August that she intends to use the "proceeds from her work and public platform generally" to fund the network.

This means Rooney

could be facing prosecution under the UK's Terrorism Act.


However, Rooney remains firm in her support and published an article in *The Irish Times*, saying: "If this makes me a 'supporter of

terror' under UK law, so be it."

The organisation insists that its methods are "non-violent yet disruptive."

WENS
ED CLOTHS
WITH GOLDEN
EVER LIGHT
ND THE DIM
THE DARK CLOTH
D LIGHT
HALF-LIGHT
EAD THE CLOTH
ER YOUR FEET:
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A DEFENCE SYSTEM IN DENIAL



All that considered, newspapers seem to make slightly more sense. There's still a place for them if you want the commentary, not just the headlines. I still read the Spanish and German papers on the tablet over breakfast, as Derwent diners may attest. Newspapers might be dying a slow death, but if you want some solace from endless news and appreciate a slower pace, they're a good option for a cosy morning in.

From outrage to virality: Why brands thrive on rage-bait marketing

IMAGE: UNSPLASH

OUTRAGE \$ELL\$

“

... it reduces sensitive cultural issues and important social conversations into marketing tools. These campaigns don't invite thoughtful discussion; they exploit outrage as free publicity.

”

IMAGE: UNSPLASH



As people rush to their screens, they run into the advertisers' trap

BY CHARLOTTE THIRKETTLE

In today's oversaturated digital marketplace, capturing attention is more difficult than ever.

Adverts are skipped, scrolled past, and muted, forcing brands to find new ways to cut through the noise. Increasingly, the tactic of choice is not creativity or authenticity, but instead outrage.

Sydney Sweeney's jeans advertisement for American Eagle quickly sparked backlash, not because of her image, but because many viewers interpreted its messaging as uncomfortably close to eugenics and racism.

Similarly, e.l.f. Cosmetics' collaboration with comedian Matt Rife drew criticism for aligning with a figure whose humour has often been described as offensive or dismissive of women. These campaigns weren't just "edgy", they seemed designed to ignite debate.

The clearest example of this strategy came earlier this year when American Eagle launched a campaign featuring Sydney Sweeney with the tagline "Sydney Sweeney Has Great Jeans."

What initially appeared to be a simple pun quickly spiralled into a reputational crisis. Many viewers interpreted the play on words, jeans versus genes, as a deliberate nod to genetic superiority, with some critics going so far as to accuse the brand of flirting with eugenics rhetoric. The lengthened version of the advert

featured Sweeney referencing her eye-colour as to why her "jeans" were great, not just her beauty that she is known for.

The controversy reached national attention, prompting Dr. Phil to weigh in on *Real Time with Bill Maher*, where he denounced the backlash as "ridiculous" and equating it to Holocaust denial as an "insult".

But evidence emerged that the outrage was not entirely organic. Analysis by Cyabra found that fake TikTok profiles amplified the narrative, fueling a 4,000% spike in negative sentiment within just a week.

This raises uncomfortable questions: Was the backlash simply a case of poor wordplay taken too far, or was it also manipulated, intentionally or not, into a viral storm that kept both the brand and its celebrity ambassador at the centre of public conversation?

At first glance, these controversies may look like blunders, tone-deaf creative teams, misjudged celebrity choices, or accidental insensitivity. But repeated patterns suggest otherwise. Rage-baiting is a strategy. Negative attention still drives engagement, and in an economy where visibility is everything, being argued about online is often more valuable than being praised.

Who is responsible when brands dance on the line of taboo subjects to stir conversation? Are celebrities accountable for lending their

faces to these campaigns, or should the blame rest solely on corporations?

For Sweeney, the incident highlighted how an actress carefully curating her public image can find herself at the centre of a cultural storm, one that reduces her to a vehicle for discourse.

The problem with rage-bait advertising isn't just its cynicism. It reduces sensitive cultural issues and important social conversations into marketing tools. These campaigns don't invite thoughtful discussion; they exploit outrage as free publicity.

The more people dissect, parody, or condemn them, the further the brand's reach grows. When every advert is engineered to offend or unsettle, genuine calls for accountability risk being drowned out. And when celebrities repeatedly attach themselves to campaigns that thrive on provocation, audiences are left questioning whether they are complicit, or simply unwitting accomplices.

Advertising will always rely on attention and views. However, the question we should be asking isn't just, "Did this get attention?", but, "At whose expense, and to what end?"

As consumers, perhaps the most radical act we can take in response to rage-bait is restraint. Refusing to amplify the outrage may be the only way to remind brands that attention is not the same thing as respect.

IMAGES: UNSPLASH



Elf cosmetics dons a controversial new look

YOR COLLEGE

YOR NIGHT OUT

Can Vision predict your perfect night out? Spoiler Alert: 100% accuracy

BY KAT KOLES

JAMES: The night begins with you necking a bottle of cheap acidic wine in a brightly lit seminar room assigned by your sports society. You decide on the trusty Spoons for more drinks before making the gruelling walk to Salvos, shivering in whatever flimsy themed costume you had to make for your social this week. The Jason Reilly tunes are blaring, and the VK buckets are flowing, so you decide to show your appreciation for it by creating a mosh pit on the bottom floor to Chase & Status' 'Baddadan'.

HALIFAX: When that weekly night out rolls around, you are READY to venture out into civilisation. Pres is usually a logistical nightmare - none of the people you invited know where Halifax College is - so you end up piling into someone else's kitchen. When it's time to head out, you choose Popworld, an unpopular choice, but who doesn't appreciate the £1 shots, sticky floors and painfully slow revolving dancefloor? In a way, it reminds you of your college: underrated, slandered, and so underwhelming that eventually it actually becomes enjoyable.

DAVID KATO: You can hardly keep the satisfied smile off your face when you tell everyone which college you're in, because you know it's the one EVERYONE wanted. Your nights out reflect your college: modern, quiet, affordable - but still fun. Starting off at The Lowther, which is underrated compared to The Stone Roses next door but still has good vibes, cheap drinks, and a loved playlist. Making your way to Revs where you enjoy the variety between the two dancefloors, the six for £6 flavoured shots, and the sweet air conditioning Sunday Revs is not just a club night, it's a lifestyle.

ANNE LISTER: You start your night out classy: 2 for 1 cocktails at Dusk or a bottle of rosé in someone's fairy light-covered kitchen, where you proclaim over and over again how much you "needed" this night out. It's a Thursday, so you are religiously at Flares, where you and your flatmates scream every word of Taylor Swift and Chappell Roan to your hearts' content. The whole thing feels a bit like a girls' holiday repackaged into student life. Whenever I remember that boys actually live in that college, it's a mild shock all over again because in everyone's minds, Anne Lister is for the grrrlies.

GOODRICKE: "Wait, which college is that again?" you hear for the tenth time during an awkward attempt at small talk. Your nights out are lowkey, chilled, and underrated - just like your humble abode. Pres are literally at any other college (someone please donate sofas to Goodricke kitchens). Budgeting is an extreme sport to pay for that ridiculously expensive but shockingly average Campus East accommodation, so you decide upon a Wednesday Flares because of its free entry.

ALCUIN: You begin with some casual drinks at Courtyard, maybe walk to the Charles XII for some wholesome chill vibes and drinks. After that, you've probably had enough for the night, but you might be feeling particularly passionate about disproving the 'boring nerdy' Alcuin stereotype, so you begrudgingly brave a Friday Salvos that you probably leave early in favour of some cheesy chips at Salt and Pepper.

DERWENT: You start off the night with pres in your very crowded kitchen where you proceed to get way drunker than you anticipated. You then swiftly head down to the newest club in town, Circuit, equipped with a lush Pink Room, ball pit, and free photobooth. You spend the rest of the night jamming to the overrated but iconic pop music and have a mild drunken panic attack attempting to find the exit with all the staircases and identical rooms.

VANBRUGH: Vanbrugh: As the self-proclaimed 'artsy' college, you have a certain reputation to uphold. You wouldn't be caught dead sweating in Salvos or chugging pitchers in Spoons. That's why you start off the night in the iconic Stone Roses bar. You repeatedly claim you're not there because it's a tourist attraction, you're only there for the 'real music'. After you've soaked up all the cultural superiority of Stone Roses, it's time for a good old Indie Tuesday at Ziggy's.

LANGWITH: If Campus East has a party reputation, it is all thanks to you. Pres in your shiny kitchen, equipped with flatscreen TVs and cosy sofas should be considered the main event. By the time Saturday rolls around, there is no question - it's Salvos or nothing. You convince everyone that it is way more wild when there isn't a student night on and you board that U1 bus with an infectious case of Saturday Night Fever. You're the last to leave the club, and the first to agree to Sunday Revs the following night, even though you'll be deathly hungover.

CONSTANTINE: You start the night off with pres in your disgustingly gorgeous kitchen, where you break open the brand new bottle of prosecco a family member gave you as a farewell gift. Friday nights mean Underground Ziggys, the place to prove how down-to-earth and in tune with the commoners you are by rapping along to Drake. Out in the smoking area, you'll inevitably fall into a passionate debate about who 'found themselves' the most in Bali on their gap year, while reminiscing about your aspirations to become a DJ, even though you're studying a degree in Philosophy.

WENTWORTH: Nice try. Their idea of switching off is the ten-minute silent walk between the college and the library. Don't do a postgraduate degree guys, stay a Fresher forever.

Do you have a burning idea to write about? Do you dream of seeing your name in print? Have you got a MASSIVE gap in your CV you desperately need to fill?

Well....you should come to Vision's introduction meeting. Join us in D/L/036 on the 25th of September at 5pm where we'll go into the ins and outs of writing for our newspaper. It'll be really fun, pinky promise.

IMAGE: HAL MUXLOW FISHER

CAMPUS EAST WAS A BIG MISTAKE

CAMPUS RANTS: A section for all hot takes on York and Uni life.

Write in at vision@yorksu.org or come to our welcome talk



Was the Uni ready?



IMAGE: YORK VISION



Original masterplan for Campus East, which was not followed



Architect model of Campus East, on display at Ron Cooke Hub

BY FINN RUSSELL

“Have you ever been to Campus East?” is a question I often ask people I meet.

Unless they happen to live in Goodricke College, the prevalent answer is “no”, and honestly, I cannot blame them. When one first arrives in that distant land, promised by University admin to be a bit like Campus West, one is greeted by a vast, windswept wasteland, tumbleweeds blowing in the howling gale. There’s not a tree, or much else, really in sight, and the people stumble about with a glazed look in their eyes (this might just be caused by alcohol though).

Wide avenues lined by small, distant buildings on either side make up most of the desolation, and in this crushing emptiness, you truly become aware of your own insignificance in the universe. It’s quite humbling.

After fifteen minutes of walking about and feeling like the only person in the galaxy, I, thoroughly disillusioned, felt the need to step inside somewhere, and so my travels took me into the Ron Cooke Hub. People, I think, would describe

this as quite an elegant and artful building, built in a rather modern style and making good use of large, open spaces. At least, they would if there was ever anyone around to appreciate it, because again, it all feels empty. After doing some exploring of this wasteland-within-a-wasteland, you might happen to end up in a secluded corner of the main hall, next to a dusty glass case giving similar vibes to the abandoned altar of some long-forgotten god. Inside lies what might at first glance appear to be a scale model of a small, modern town.

Trees fill most open spaces, the buildings are close enough together that the actual thing would not feel like a desert, and it looks like it would altogether be quite a pleasant place to live. There’s even a nice lake! Wait, a lake? With a sudden burst of reality you realise that this is a model of Campus East, the way it was originally supposed to be. The actual result, sadly, just does not live up to the lovely vision conjured here.

There are barely any trees, and the buildings just do not seem sufficient for the amount

of space they occupy. I don’t know what the living person’s equivalent of turning in one’s grave is, but I sense that at least one architect might be doing it.

The most astounding thing, however, is that, despite the feeling of emptiness, Campus East is actually full of people. Most of the accommodation is filled up! It’s just that one would never guess from looking at the place, and not only that, but this drive to fill East slowly drains the population from West, like a gradual exodus from one location to another, thus reducing the crowded buzz of this University’s one and only good campus.

So there we have it: all the reasons why anyone on Campus East might feel like they’re experiencing a space walk whenever they set foot outside. The place is the definition of emptiness, a pit from which none return; our very own Yorkshire black hole, devouring everything that crosses its event horizon.

Make sure to stay clear of its gravitational field, my friend, or you may never be seen again.

WHAT: Vision's Introduction Meeting

ROOM: D/L/036

WHEN: 25th September, 5.00pm

WHY: It's less scary in person, we promise!

YORK Vision

YORK'S AWARD WINNING TABLOID NEWSPAPER

INTERESTED IN WRITING FOR US?

Don't just take our word for it

BY AOIFE WOOD

I joined The Tabloid by accident.

I didn't research student media, I didn't compare publications, I just liked the red jumpers. There they were, a cluster of people in crimson at what was once called the Freshers Fair, and that was enough for me. I walked straight over, signed up, and walked away blissfully unaware that I had just joined The Tabloid newspaper at York.

By November, I had my first article online and a seasonal TV picks column underway. Comfy

in York Vision's Screen section, I soon launched my infamous (heavy on the 'in') mission to watch a film every day for a year. I ended up reviewing over 180 films.

These reviews were all pretty much one-liners, and not in the witty Letterboxd way. Most of them read something like:

*Funny film, I loved it!
Quantity over quality? Maybe
(yes completely).*

Two years on, I've branched out.

I've got a few opinion articles across Vision's print editions and website. Okay - one in print, one online. I like to round up.

But I've also written three very serious features, on very serious topics like abortion law, general elections, and rat infestations. So yes, I do have journalistic rigour.

Here's the thing: I write for Vision. That's where I started, and that's where I've stayed. And I love it because Vision suits my voice and that feels like one of the most authentic ways to share

student voices.

There are definitely assumptions about what 'The Tabloid' paper is all about - that it is unserious, unresearched or clickbait-y. And yes, Vision has room for humour, hot takes and in the past, that one back page scandal we won't mention. But it is also full of rigorous reporting and writers who put real time and care into their work. And Vision gives them, and me, the space to cover things that we think matter.



Instagram & Website



SCENE!

@izzyr.art

BOOKS.

Top 5 Books of 2025...
So Far
by Grace Martin

ART.

Meet the Artists
of York
by Freya Hughes

FOOD.

Skip the Club, Hit
the Pub
by Freya Hughes

SCENE.



THE SCENE TEAM

OUR SECTIONS AND THEIR EDITORS

COVER: S.1

@lizzyR.Art (Instagram)

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Deputy: Aman Fazil (He/Him)

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Editor: Luke Plant (He/Him)

WRITERS:

Zareena Pundole (She/Her)

Sam Richardson (He/Him)

Jacob Bassford (He/Him)

Editor's Note:

I can't believe it's already Freshers' Week and I'm welcoming you to the newest edition of SCENE!

Joining *YorkVision* has been one of the highlights of my university experience. It's an amazing community as well as a paper, so whether you're a first, second, third or fourth year student, you'll be more than welcome.

Vision has given me a space where I can practice my writing and try a bit of everything. We've got reviews, news articles, recipes, games, interviews, and more. There's so much freedom and encouragement, no matter your experience level.

I'd urge everyone to come to our elections, there's plenty of Section Editor and Deputy roles available and your likely to find a position even if you're new!

I'm so proud to introduce the amazing articles our writers have

been working on over the summer. I'm always so impressed by the talent of SCENE's writers, and this print is a testament to that!

The passion and creativity of our journalists shines through in every article. Each one has been such a joy to read throughout the process of assembling this edition.

In SCREEN, Zareena and Sam review two new films, one good and one very very bad. For STAGE, Jacob was invited to watch 'Dear Evan Hansen' at the York Opera House, an unforgettable performance. Moving on to MUSIC, where Layla recounts her experience at Oasis's Manchester reunion concert. I'm secretly jealous that she managed to get tickets!

In SPOTLIGHT, we've made a walking route around York that's perfect for anyone new to the city. It highlights all the charity shops and second hand spots where you can search for your new uni wardrobe. I spoke to Lucy at St Leonard's Hospice, Fossgate, about

how students can support local charities.

You'll then turn the page to ART, where you can find an interview with two phenomenal York-based artists. For LITERATURE, Grace has ranked the best books of 2025, so if you're in need of some escapism now that semester one has started be sure to check it out! Finally, for FOOD you can find my review of Le Speciality - a must-stop spot if you're in town.

And we can't forget GAMES, Luke always creates such an amazing selection of puzzles, so be sure to check our Instagram for the answers!!!

Compiling this edition really has been a labour of love. The first print of the year is always a little chaotic, squeezed in between moving dates, holidays, and summer jobs, so a big thank you to everyone who contributed!

Freya Hughes: SCENE Editor

Autumn Events

Here are just a few of the upcoming events in York. Find more on our Instagram where we post regularly. Support your local music venues!

20th of September

- York Beer and Cider Festival
- York Food Festival is running until the 8th
- Aesthetica Art Prize running until January
- Future Tense Exhibition at York Art Gallery running until January

21st of September

- Gaia on Fire at The Fulford Arms
- The Family Ruin + With one last breath at The Crescent

22nd of September

- Folk Night at the Corner Pin
- Comedy Night at the Uni of York

23rd of September

- The Zac Schulze Gang at the Crescent
- Murals of Survival Open Lecture on West Bengal

24th of September

- Just another Jester at Social 8
- Jazz Night at Museum Street Tavern
- Level 42 + Roachford at York Barbican

25th of September

- The Crescent 10th Bday Gig
- Live music at The Golden Fleece
- Elliot Long at Katie O'Brien's

26th of September

- The Crescent 10th Bday Disco
- Live music at Polymath
- Live music at The Blue Boar
- Live music at The Habit
- Live music at The Cross Keys

27th of September

- The Crescent 10th Bday Bandeoke
- Wench + Blair Bitch Project + Static Lives + Innovation Way at The Fulford Arms

28th of September

- Suspicious Liquid + Absinthe Green + The Expression at The Fulford Arms
- Mercury at Grand Opera House

Our Instagram:



Our Website:



SCREEN.

Revel in the Chaos

Colman and Cumberbatch are masters of mayhem in *The Roses*

SPOILER WARNING



IMAGE: HEUTE

BY ZAREENA PUNDOLÉ

Based on Warren Adler's 1981 novel *The War of the Roses*, the film follows married couple Ivy and Theo as their initially idyllic-seeming relationship unravels in increasingly absurd and manic ways.

When Theo's magnum opus architectural project for a Californian museum fails spectacularly, he takes the lead role of parenting their two children, while Ivy returns to her career as a chef, opening a seafood restaurant. But as real-world tensions arise, with the couple disagreeing on how their children should be brought up, and Theo growing envious of Ivy's success, Roach wholeheartedly relishes in the drama and slapstick of their relationship's breakdown.

The film's standout scene was undoubtedly when the couple, on their last legs, host a housewarming at their brand-new home. Their feigned happiness gives way to pure anger, culminating in Ivy chucking her freshly made cake all over

their guests, perfectly executing a classically slapstick trope. Colman and Cumberbatch's back-and-forth of quips and comebacks was delightfully nail-biting in the build-up, with their dry British sarcasm going over the heads of their American friends, including cringe-inducingly strange couple Barry and Amy, played by Andy Samberg and Kate McKinnon.

The lavish set design brilliantly juxtaposes the couple's dysfunctional relationship as well, with their picture perfect Californian surroundings and their ultra-modern home their very British farcical feud couldn't be more out of place.

"Sarcastic, Slapstick and Mildly Murderous..."

As I watched the complete insanity of the couple's actions towards each other, any problems of my own were completely eclipsed, safe in the knowledge that these two were living a much crazier reality. At times, I felt the rational side of

my brain fighting back, outraged at the couple's violence towards each other. Warring for ownership of their house mid-divorce, Theo almost kills Ivy by triggering her allergies and refusing to inject her with her EpiPen unless she signs away ownership, and then Ivy pulls out a gun in the house, trying (and failing) to shoot him. But the outrageousness is hilarious and thrillingly addictive, forcing viewers to surrender their real-world concerns to the realm of absurdist comedy. My logical frustration also tried to creep in when Ivy and Theo somehow got back together after trying to murder each other. But when both characters end up getting blown up in their own house, this sort of real-world logic is rendered completely pointless.

Although it isn't the most groundbreaking or pioneering film, what makes it so joyful is how it embraces the well-loved devices of farce and comedy unashamedly, harking back to British classics like *Fawlty Towers*. Almost like the child of *Knives Out* and *Miranda*. It won't be for everyone, given its long runtime, but for a cheerful, carefree watch, it's brilliant.



The Roses

Absurdly Awful

War of the Worlds 2025, a souless sellout

SPOILER WARNING

BY SAM RICHARDSON

There aren't many movies that can truly be considered 'so-bad-it's-good'. Tommy Wiseau's *The Room* is rife with unbridled authenticity as Wiseau wrote, directed, funded, and even stars in the film. The 2005 animated classic *Hoodwinked* is arguably elevated by its awful animation. And *Sharknado* is a testament to not only acknowledging, but leaning into the ridiculousness of its own concept.

There's a certain charm in all of these films, a sense of genuineness that enthralls the audience... despite the movies' many shortcomings. That being said, *War of the Worlds* commits bad cinema's biggest sin: soullessness. As a result, all the film delivers is a poorly made and executed project that leaves the viewer more dumbfounded than anything over how so many people signed off on this.

The general concept of the movie is not awful. There is definitely some potential in a reimagining of H. G. Wells' classic sci-fi novel set in the modern context of a world glued to their screens. However, it all comes down to execution, which the film fails miserably at.

Most of the film's action is supplemented by the reactions of Department of Homeland Security officer Will Radford,

played by Ice Cube, from his governmental surveillance office, which, if you took away the clips of clunky CGI alien robots, looks more like a grown man playing *Among Us* for the first time. Rich Lee, a director most known for music videos, presents some of the most flat and indifferent reactions to an alien invasion cinema has seen.

Amazon's influence over this movie is about as subtle as the invading alien robots. In a movie where titanic extraterrestrial trials descend on Earth to steal our data, there is a certain irony in the incessant promotion of corporate giant Amazon. It's no exaggeration that this constant advertisement smothers any potentially fun parts of this movie.

Even the brief joy any *Diary of a Wimpy Kid* fans will experience seeing Devon Bostick quickly fades as it becomes apparent he plays nothing more than a walking Amazon advertisement.

The climax of the movie is quite literally solved by the characters receiving an Amazon drone delivery, drawing a vaguely amusing comparison between the alien robots and Amazon's own technology. Sadly, whilst *War of the Worlds* delivers a few laughs, its complete willingness to sellout strips the movie of any authenticity, charm, and soul, leaving a shallow husk of a film that could have honestly been fun.

War of the Worlds 2025



IMAGE: WIKICOMMONS



STAGE.

“Gut-wrenching and brilliant”

Jacob reviews Dear Evan Hansen on the penultimate leg of its UK-wide tour.

CONTENT WARNING: MENTIONS OF SUICIDE AND MENTAL HEALTH

BY JACOB BASSFORD

On the 24th June, I had the pleasure of watching *Dear Evan Hansen* at Grand Opera House, York, after years of listening to the album for hours on end I finally had the opportunity to see the show in the flesh. On its first UK tour after a COVID-interrupted West End run since 2019, there was neither an empty seat nor a dry eye in the house upon the conclusion of this colossus of modern musical theatre.

“In every sense, the musical is a thesis on social media and its effects”

Despite nearly ten years since its Broadway debut, the messaging and themes behind the show perhaps resonate more powerfully now than in 2015. The premise centres around the titular character Evan Hansen (Ryan Kopel) an American high school teenager severely struggling with mental health and loneliness who faked a friendship with a boy who committed suicide. In every sense, the musical is a thesis on social media and its effect on society, and that was performed to the fore in the touring musical.

Editor's Note

Hey, it's Amelia again! This article would not have been possible without the wonderful people at the York Grand Opera House who provide us with the opportunities to watch shows as renowned as this one. The start of the academic year means my favourite thing: DramaSoc's weekly shows return! I've added a mix of shows both on and off campus in this edition's What's On so check it out!



IMAGE: GRAND OPERA HOUSE

As the titular character, Evan, Ryan Kopel was a tour de force. There's a temptation to merely do a Ben Platt (who of course originated the role) impression when playing Evan, and whilst there will no doubt be similarities to the source material, it was refreshing to see an original take on a highly complicated and difficult to play character in Evan. Despite playing a character who suffers from nervous tics and severe social anxiety, Kopel blended nuance, subtlety, and humour to make Evan deeply relatable to the audience, particularly younger viewers who have navigated the perilous world of social media in high school.



Dear Evan Hansen

Kopel was surrounded by a superb cast, including two fine understudy performances on the night in Lara Beth-Sas as Zoe Murphy and Will Forgrave as Connor Murphy. The plot underscores how humans are affected by the online world, and how decent people can cause devastating harm. Furthermore, it is a telling criticism of today's society, namely the classist differences between single mum Heidi Hansen (Alice Fearn) struggling to find time for her son between legal classes and

working as a nurse and upper-middle-class housewife Cynthia Murphy (Helen Anker).

The portrayal of this classist divide between the two mums is another nuanced and well-measured take on present society, you can see the influence of intersectionality in understanding that what unites these two characters is their humanity despite their flaws.

Another social commentary which I also thought was compelling were the character's reactions to Connor's death, ranging from faux-sympathy for popularity, commercialisation and trying to keep a blog alive to prevent his death from falling into the trap of imme-

diacy and becoming irrelevant, further bringing the ballad 'You Will Be Found' to the fore on all of the characters' loneliness, not just Evan's.

“The songs require not just technique but meaningful acting,”

The singing in the show was nothing short of perfection. *Dear Evan Hansen* is a thoroughly hard musical to sing, and after a long tour that has been running since October, the cast showed no signs of fatigue in delivering ballad after ballad. Ranging from all-chorus numbers, the hilarious 'Sincerely Me', love songs and devastating solos such as 'Words Fail' and 'So Big/So Small', the songs require not just impeccable technique but meaningful acting to genuinely transmit the show's messages to the audience, rather than appear as forcing emotion too much. It was very pleasing that, on the whole, the cast delivered each song so well.

The production was thoroughly deserving of the standing ovation at the bows, it was a pleasure to see such an incredible performance in York. An incredible achievement by cast and crew. Many Thanks to York Opera House!

What's on in York?

**Mercury:
The Ultimate
Queen Tribute**
Grand Opera House
Sep 28

Geoff & Taxes
by Ed Wells
Drama Barn
Sep 29

**Babatunde
Aléshé: High
Expectations**
Grand Opera House
Oct 12

NSFW
Directed by Anna
Hazell and Holly
Roberts
Drama Barn
Oct 10-12

MUSIC.

Calling all the Folk Bitches!

Messy, alive, and achingly relatable: Folk Bitch Trio's debut album captures the essence of young adulthood

BY FREYA HUGHES

There's a misconception that folk music is dainty, solemn, or fogeyish, but don't let the genre's gentle acoustic melodies fool you.

Folk has always been home to lyrical powerhouses like Joni Mitchell and Nick Drake, whose lyrics draw on dark themes but also rejoice in life, capturing the full breadth of the human experience. Folk's ability to lay bare raw emotion is what makes it so magnetic. It connects deeply with listeners allowing us to empathise with the singers and see ourselves reflected in their stories.

Folk Bitch Trio is a group of three best friends hailing from Melbourne/Naarm, Australia, who aren't afraid of breaking the genre's traditional 'rules'. Their music is instantly captivating, wedding classical folk melodies with a youthful humour and edge.

They vividly narrate the messy tragedies of young-adulthood - yearning, breakups, gender identity, and friendship, without taking themselves too seriously. By focusing on their everyday struggles, what they call "pathetic tragedies", they allow you to see echoes of your own life in their songs. Their debut album *Now Would Be A Good Time* is a soundtrack for all the Folk Bitches out there navigating modern life. It's infused with wit and sarcasm, yet remains deeply vulnerable. It's easy to be hypnotised by the dreamy harmonies and tender folk acoustics, but there's a darkly sweet undercurrent from the candid lyricism. 'Hotel TV' unpicks the experience of having a sex dream about someone else while laying next to your partner, 'Cathode Rea' expresses the feeling of wanting to break out of your body, and 'Moth Song' is about losing the plot. It's refreshing to hear music that reflects on the awkward, raw, and real.

There's an almost spellbinding quality to the songs and you'll find yourself endlessly looping the tracks.

The Trio is composed of Gracie Sinclair (she/her), Jeanie Pilkington (she/her), and Heide Peverelle (they/them), classmates turned confidants. Their music acts as a form of intimacy, Peverelle explained to NME that "Being able to sing such vulnerable songs and feel accepted, that's maybe where the magic was". The band thrives on the synergy between them - their voices blend naturally to create a rich layered sound and their close-knit bond translates into their intimate songwriting process. "We have three individual voices," they say, "but the story we tell is unified because our hearts are very melded."

Folk Bitch Trio offers a window to what lies ahead for Folk music: it's bold, imperfect, and radiates authenticity. From their bold tongue-in-cheek name to their lively confessional storytelling, it's impossible not to be captivated.

★★★★★
Now Would Be A Good Time



IMAGE: FLICKR, PAUL HUDSON



IMAGE: WIKICOMMONS

Oasis Rock Revival

Was 15 Years Worth the Wait?

BY LAYLA ROBERTS

After 15 years apart, Oasis have finally reunited, with the Gallagher brothers taking the stage together for a truly unforgettable tour.

I survived the Ticketmaster war and managed to secure tickets, so I'm here to tell you what you missed from the biggest reunion in history. I attended the gig on the 12th of July at Heaton Park, Manchester, in the scorching sun, so I had the perfect excuse to purchase an official Oasis bucket hat!

To be honest, I couldn't have dreamed of a better performance. With 23 back-to-back songs, the park was alive and buzzing with excitement.

Fans were dressed in their Oasis shirts, and emotions were high as they sang along to every track, from 'Cigarettes and Alcohol' to 'Acquiesce'. My absolute favourite song they performed was 'Rock'N'Roll Star', the sun had just begun to set, and the Jumbotron screen video was incredibly hypnotic. I'd recommend finding a clip online to just experience it.

The real showstopper was the encore, ending the show with absolute bangers 'The Masterplan', 'Don't Look Back In Anger', 'Wonderwall', and ending with 'Champagne Supernova' and a firework show.

Honestly, the reunion was worth the wait (and the price). I hope to see more from the band in the coming years and hopefully not news of another break up.



IMAGE: WIKICOMMONS

York Thrift Trail

Discover the city and hunt for second-hand gems

York is home to such a wide array of second-hand shops, on a short walk around the city you'll find jumbled bookshops, eclectic antique shops and an endless assortment of charity shops to visit.

In the age of fast fashion, micro-trends, and hyper-consumerism, choosing to shop second hand has never been more important. Not only is it the more sustainable option, but it's often more affordable – so perfect for a student budget!

Supporting local charities while you shop is another bonus. It's good to know your money is going to a worthwhile cause instead of into the pocket of mega-corporations. Each shop is staffed by selfless volunteers who are more than happy to help.

If you're new to York but unsure how to start exploring the city centre, this route is a perfect starting point.

It will guide you along some of the main shopping streets and point out all the hidden gems people usually miss. You can

find all the thrifty shops below but there's plenty more independent stores and cute cafes to stop at as well.

Shopping is so much more fun when you have an excuse for a day out, and although it's less convenient, it's far more rewarding when you

strike 'vintage gold' after having rifled through bargain bins and scoured the clothes rails. Not to mention the superior quality of vintage items.

So get out there and shop!

SPOTLIGHT

BY FREYA H



FOSSGATE

Your journey begins just inside the city walls, at Walmgate Bar - a gateway into one of York's most distinct areas. Straight away, on your right-hand side, you'll spot **The Recycle Project**, open every Friday and Saturday. This destination is more than just a shop—it's a mission. The team travels across Yorkshire, collecting items from house clearances and giving them a second life. You never quite know what you'll find here: one week it might be a stack of vintage books, the next a mid-century coffee table, quirky crockery, or a standout jacket. It's the perfect place to start the day with a bit of treasure hunting.

As you wander further up Walmgate, the smell of fresh bread and sweet treats may start to tempt you because just ahead are two fantastic independent bakeries: **Biga+** and **The Little Blondie Bakehouse**. Do yourself a favour and grab a snack to power you through the day.

Keep heading up the street, and just before you reach Foss Bridge, look out for **Expressions** on your right. This retro clothing shop is a sea of colours, patterns, and unique finds. It's always worth a browse – especially if you want to add something bold or nostalgic to your wardrobe.

Crossing over Foss Bridge, you'll arrive at one of my absolute favourite streets in York: Foss-gate. It's packed with charm, lined with cafés, indie shops, and all sorts of surprises. (If you're after a coffee stop, check out our pick in FOOD.)

On the left-hand side of Foss-gate, you'll find both **York Designer Dress Agency** and **Age UK**, but the real standout is **St Leonard's**. Don't let the small size of the shop fool you – inside, it's a bit of a treasure trove. Think vintage jewellery, vinyl records, books, stylish secondhand clothes, hand bags, and all sorts of bric-a-brac. You could easily spend ages in there and still feel like you've only scratched the surface.

Cross the Stonebow and pass through Colliergate, where you'll spot another branch of **St Leonard's** on the right. It's a little bigger than the Foss-gate location, so it's well worth a look even if you've already popped into the other.

When you reach King's Square, take the next right and head down Goodramgate for the next chapter of your York adventure.



ST LEONARD'S, FOSSGATE



AGE UK, FOSSGATE



ST LEONARD'S,
COLLIERGATE



CHINESE LAUNDRY,
GOODRAMGATE



SUE RYDER



GOODRAMGATE

Goodramgate is one of those streets that pulls you in with its charm – it's busy, winding, and full of character. It's always buzzing with life, but if you take your time, it reveals some real hidden gems.

First stop on the right is the **Mind** charity shop. I always pop in here when I'm passing, there's something satisfying about rummaging through the shelves and finding the perfect quirky trinket to liven up your uni room.

A little further along, you'll come across **Chinese Laundry**, a vintage shop that always catches your eye with its colourful window displays. It's a bit more on the pricey side, but the pieces are truly unique. And if you're on more of a student budget, don't miss the bargain bins at the back; you can often find real steals if you're willing to dig a bit.

Before you get too caught up in shopping, take a breather at College Green. It's got one of the best views of the Minster's stunning east window. It's the perfect place to sit, snack, and soak in a bit of quiet beauty.

Back on the main road, you'll soon reach **Sue Ryder**, an absolute favourite of mine. The ground floor is full of colour-coded rails (a small detail, but it makes browsing so much easier). But upstairs is where the magic happens. The top floor is a retro haven, packed with everything from fur coats and patterned jumpers to vintage dresses and proper '70s jackets. The vibe is great and the finds incredible.

As you approach the final stretch of Goodramgate, you'll find a solid trio: **British Heart Foundation**, **Oxfam**, and **RSPCA**. Each has its own character, and they're well worth checking out if you're still in the mood for a browse. Finally right next to Monk Bar is the Village Shop, a little antique shop full of the best trinkets in town. Where else can you buy a pink uranium glass chicken or tiny brass frogs?



VILLAGE SHOP,
GOODRAMGATE



OXFAM, GOODRAMGATE



BHF, GOODRAMGATE

DETOUR

If you have time for a detour, here's an additional route that will take you to the other side of the River Ouse. Start at Dog and Bone Vintage next to the Coppergate Shopping Street. Their men's selection is particularly good with plenty of leather jackets and sweaters. They specialise in Vintage fashion from the 60s to Y2K. Then cross the river at Ouse Bridge and continue straight. On your right there is a BHF and on the left is the Amnesty Bookshop which has a great selection and holds community events. Finally, continue onto Micklegate to find another Oxfam Bookshop!

INTERVIEW

I spoke to Lucy, who works at St Leonard's Fossgate shop, to learn how students can support their local charity shops...

Why did you decide to start working in a charity shop, particularly St Leonard's? I know it's a local one...

Yeah it is. I do have a friend whose mum was in St Leonard's Hospice so that was one of the reasons why I went for this charity shop specifically.

I just needed a career change because I worked at Savers for 17 years so I needed to step away and have a new career path. So that's another reason.

This is one of my favourite charity shops...

People do tell me that they like this shop! Especially because it's got a little bit of everything, we've

got clothes, books, jewellery, and even a crafts section there's a bit of something for everyone.

Recently, there have been statements from charity shops saying the quality of donations is going down. How can students ensure their clothes are of the right quality?

I would just look and think, would you buy it in a charity shop? Even if you don't go to charity shops, look at it and think, would I buy that? If the answer is no then we wouldn't be able to sell it.

But we do take rags and we do take anything that we can sell. So if you donate a rag bag we can send them off from here.

Why should students consider donating to charity instead of reselling items on apps like Vinted? Why is donation still a good option for them?

Vinted is obviously where a lot of the students do tend to go, but it takes time and effort. Obviously we are always encouraged to try and take as much as we can. So if you come in, you're doing the end of the year clear out and you need to get everything out, just give us a

ring. And then we'll always be able to say yes or no. We can also send you to another shop.

But don't ever think that we can't take it because I think sometimes people think "oh they won't take it" but just ring us and we can help.

As a final question, what's the most interesting or weird donation that you've ever seen come in here?

We do get some random stuff! It's normally fancy dress stuff, it can be really random.

I've seen weird things in other charity shops. I've seen wigs and even a ceramic shoe collections...

HUGHES



, GOODRAMGATE



ALL IMAGES: FREYA HUGHES

ART.

Meet the Artists of York

SCENE steps into the hidden world of creatives this Open Weekend

By FREYA HUGHES

On a sun-drenched day in summer, the artists of York welcomed visitors into their homes for the annual Open Studios Weekend. 160 creatives opened their doors citywide in what was Open Studios' biggest event in their 24 year history. The weekend offers the public a rare and intimate glimpse into artists' worlds by inviting them to see where the magic happens.

Venues came in all shapes and sizes; I visited sitting rooms elegantly converted into galleries, cosy eclectic home studios, and a market hosted inside a school hall. Here, visitors had the chance to speak to the artists, learn about their inspirations, witness the creative process up close - and perhaps even take home a piece of original work.

Daisy Age Art

Inspired by the playful Daisy-Age ethos, which embraces freedom and rejects expectations, Emma creates unique mini-worlds that celebrate joy. Each one-of-a-kind piece is defined by vibrant expressive colour and an eclectic mixed media approach that is unmistakably hers. I was captivated by the intricate details and texturing. At their core each artwork had an important storyline that was beautifully curated with care and heart.

I asked Emma what inspired her to use a variety of mediums?

"I did set prop and costume design at university. I could

never settle on one thing because I liked using lots of different things. I liked playing, I liked texture, I liked just mixing things up and being playful so I think that's why I tend to use lots of different things in my work."

That playfulness can be seen in the use of colour. How does colour influence your creative process?

"I tend to work by colour rather than by medium, so I'll just surround myself with stuff and then just pick out what feels like the right colour [...] they've each got their own little story."

Are there any questions you ask yourself before you begin, to find that story?

"What's the feeling I'm trying to get across and what colours make me feel that. They're quite psychology-based because in the rest of my time I'm a counsellor."

What connections do you try to create between the viewers and the art?

"My hope is that people get lost in the story and it either gives them a little break from what's going on for them but also something they can relate to and think about how it relates to them."

ARTWORK SPOTLIGHT: "Behind the Lens"

"It's about how people - especially through social media - are supposed to be happy and smiley at occasions like a birthday party. But it's not always that. Sometimes it's ok to be a bit grumpy and not enjoy things that we're supposed to."

The artwork explores how life is about authenticity rather than expectations. Despite being surrounded by decadent colours and celebratory memorabilia, the young girl frowns. There are nods to the princess and the pea with vines and pea pods festooning either side of the box.

"My hope is that people get lost in the story."

Rachel Holborow

Rachel is an artist who specialises in printmaking; her work captures the complexity of the natural world by representing the organic shapes of flora and fauna in bold colour. Rich folkloric iconography is drawn upon as a vehicle to connect us with our spirituality. Her investigation of wildness - and the human relationship to it - is joyful to explore, prompting you to question how we can reclaim what has traditionally been seen as a negative quality.

How did you find the medium of printmaking?

"It's often a twisty turny journey, especially as a female artist, I think because I had a family along the way. "When I was younger I was in bands and I ran a record label: I did a lot of the artwork for that. Then, when I had younger children, it moved into more craft-creativity."

"During the pandemic, my daughter got a lino kit and she just didn't get on with it, so I started and I just



couldn't stop. The carving itself is really compelling and the printing is a whole different skill - but you can do it at home - it does feel manageable. I can work gradually on it; some of them occur as I'm going along, some I haven't planned at all."

What is York's local artistic community like?

"The Open Studios is a brilliant thing in that it's independent and means you can bypass galleries and meet other artists who are doing such a large range of things. I also do Riso Club at Thin Ice Press - it's great! You can just drop in and do printing, so that's quite empowering and very affordable."

ARTWORK SPOTLIGHT: Seven for a secret

"This references a little rhyme about magpies and there's seven different magpies. But it mainly considers the secrecy of patriarchy and how we can't speak about various things. This character is an Eve-ish character; she is asleep. I was also thinking about waking up and the knowledge of good and evil, which the fruit in the Genesis stories symbolises. It's a good thing if you can reclaim that relationship and not have something like the Church between you and spirituality. I think it's quite a tangled relationship and we need to reclaim trust in our own integrity, and the natural world can bring that back to us."



IMAGE: FREYA HUGHES

IMAGE: FREYA HUGHES

LITERATURE.

Top 5 Books of 2025... so far

BY GRACE MARTIN

So far 2025 has been a huge year of reading for me. With only three months left, I wanted to share my top five reads that you should definitely make time for before 2026 hits!

Penance by Eliza Clark

A fictional murder case told from the perspective of a journalist's new book, *Penance* delves into the cases of morality, misinformation, and the impact of social media. The narrator explores the death of teenager Joan Wilson, interviewing family members, witnesses, and Joan's murderers to explore the ins and outs of this famous case. Clark navigates the topic with nuance and intrigue, positioning the narrator as unreliable and casting a fantastic light on the complexities and moral ambiguities of true crime culture.

The Nightingale by Kristin Hannah

Prior to reading this book, I had the opinion that World War II novels were overdone at this point. However, *The Nightingale* proved me wrong. Following two sisters involved in the French resistance in 1940s occupied France, Hannah tells a story of found family, tragedy and betrayal with heart-wrenching twists at every corner.

When in Rome by Sarah Adams

This is one for the romance lovers. *When in Rome* was the ultimate summer read, it follows burnt out pop-star Amelia 'Rae' Rose in her escape from stardom to a small town named Rome. Here she meets Noah, a moody local, who allows her to stay in his guest room. Whilst showing her around the sites and quirks of the town he slowly falls in love with her. This 'grumpy x sunshine' small-town romance concocts

the perfect blend of love, emotion, and laughter, making it such an easy, fun read to relax with.

Fear the Flames by Olivia Rose Darling

Fear the Flames follows Elowen, an exiled queen, in her journey to reclaim the dragons torn away from her as a child. Filled with politics, magic, and romance, *Fear the Flames* is an excellent read for any 'romantasy' lovers who enjoy fantastical quests, found family, and immersive world-building.

When We Were Silent by Fiona McPhillips

On a slightly darker note, *When We Were Silent* is a hard-hitting, emotional read deserving of its five-star rating. Told between two different time-frames, this novel follows Louise's experience at an elite private school and the secrets that are being threatened to come out thirty years later. This book tackles

some very difficult topics, including child abuse and grooming, so definitely check the trigger warnings before you pick this one up. In my opinion, its intensity was covered with respect, nuance, and complexity, and has contributed to this book being one I'll never forget.

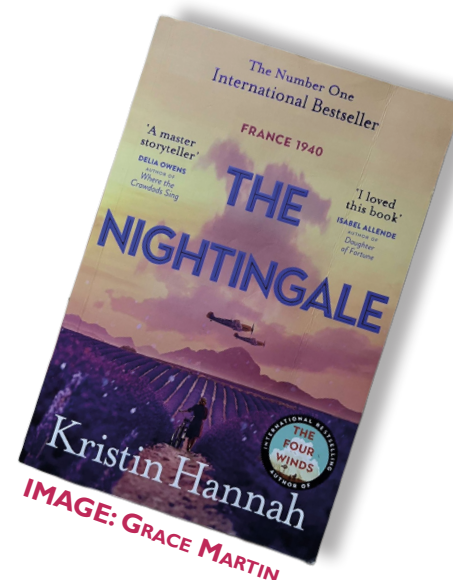


IMAGE: GRACE MARTIN

Get Lit...Get Firsts

How Reading for Pleasure Can Enhance Your Degree

BY GRACE MARTIN

The first few weeks of university can be hectic and overwhelming. Although reading can be used as a tool to exercise your brain, it can also be a much-needed escape from the chaos of university life.

As a humanities student, I am no stranger to the seemingly endless string of PDF pages I must read on a daily basis. Due to this, for much of my first year I put my reading habits on the backburner under the guise of burnout and opted to consume digital media instead. Although there is nothing inherently wrong with this, my second year taught me how reading for pleasure could prevent this academic burnout and provide more mental relaxation than mindless social media scrolling.

“Research shows reading can help wellbeing”

Books transport you to a new world - whether these are fantastical realms or relatable modern-day scenarios, fiction has the immense power to immerse the reader into a

different reality. Research shows that reading can positively improve an individual's mental wellbeing and reduce the stresses of daily life, acting as a powerful tool to unwind and disconnect from the toxicities of social media.

Pick a book that is easy-to-read if you haven't read in a while. Don't try to prove something to yourself by picking up an 800 page literary fiction novel if you'd prefer to read a short romance story - you don't need to impress anyone with the 'quality' of your books. Following on from this, don't be afraid to stop reading a book halfway through if you don't enjoy it. Reading should be fun, so if a novel begins to feel like a chore, try not to feel guilty about putting it to one side and picking out something new.

“Reading should be fun - don't try to prove something to yourself!”

Not only can reading for pleasure provide you with much-needed relaxation, it can simultaneously improve your cognitive thinking and thus contribute to your academic skills. Regularly consuming literature has been shown to improve vocab-

ulary, empathy, and imagination, along with increasing reading retention, allowing you to get through those pesky academic papers quicker.

Non-fiction books are also an excellent way to expand your knowledge in topics you're interested in, giving you background knowledge that can help supplement your studies. These are often written in a more digestible way than course materials, so can help increase engagement and intrigue towards your subject, along with expanding your worldview beyond your degree programme.

So, when you feel you need some time for yourself in Welcome Week and busy Semester One, consider picking up a book - it'll do you good. And of course, keep your eyes peeled for *York Vision's* Literature section for any recommendations!

Find the perfect Uni read at one of these amazing York bookshops...

1. Minster Gate Bookshop
2. The Little Apple Bookshop
3. The Portal LGBT+ Bookshop
4. Criminally Good Books
5. The Amnesty Bookshop
6. Oxfam Books



IMAGE: GRACE MARTIN

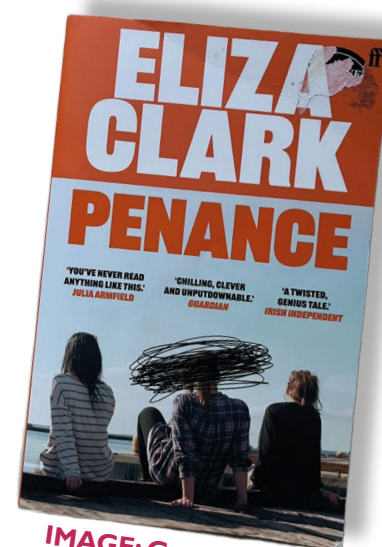


IMAGE: GRACE MARTIN

FOOD.

Cosy Vibes & Bold Brews

Swing by Le Speciality, Fossgates standout cafe!

BY FREYA HUGHES

Fossgate is York's unofficial 'Brunch Street'. The road is lined with charming cafes and brunch spots, making it a popular destination for both locals and tourists. But students deserve nice things too, right? For those of you new to the city, Fossgate is the perfect place for a quick pit stop with friends before heading off to explore the streets of York.

Of all the cafes, Le Speciality is my personal favourite. The owners have really bottled that warm-fuzzy feeling that you want from a cafe, especially as the weather starts to get colder! The decor includes lots of mellow peachy tones and plenty of plants, helping you to instantly relax.

The cafe's main attraction is its specialty coffee, which is owner Leon Tan's passion; he has been roasting coffee since 2012. Le Speciality sports a wide variety of beans. On my last visit, I saw a Brazilian dark roast

with chocolate, walnut, and toffee notes... sounds good, right?

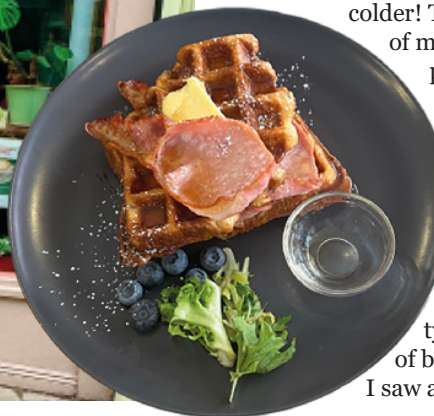
But I have to confess that I'm not actually a coffee drinker! Regardless, Le Speciality remains my favourite cafe because they also stock an excellent tea selection. From high-quality matcha and hojicha to loose-leaf infusions, there's always something new to try. I ordered the Lavender Matcha Latte the first time I visited, and now I'm slightly addicted. It perfectly balanced the flavour of the sweet floral syrup without overpowering the grassy notes of the tea.

The cherry on top is Le Speciality's mouth-watering food menu. There are brunch staples like the bagel but also a range of Malaysian-inspired dishes such as wonton soup, gyoza, and vermicelli noodles.

You can also try a Croffle (the love child of the croissant and waffle). It has all the buttery, flaky goodness of croissants and an added crispness from the waffle iron. It's delicious! The cafe pairs them with sweet and savoury toppings like maple syrup or pistachio cream. You'll never be able to eat waffles again! I would definitely recommend you pay them a visit this semester in between the chaos of lectures and essay deadlines.



IMAGES: FREYA HUGHES



Skip the Club, Hit the Pub!

BY FREYA HUGHES

It's inevitable that most students will spend Freshers' Week in the club, absolutely battered. But after a few nights of acid-blue VKs and Jason Riley's famously 'varied' DJ sets, you'll probably be craving a bit of a break.

A night out with friends at one of the local pubs is always a great way to spend an evening. York is famous for its pubs - there's an urban legend that the city has 365, one for each day of the year - so there's plenty to choose from.

Speaking as a wise-old third-year, I honestly prefer a trip to the pub over the club... even if that makes me sound really old. You can actually chat with your friends without losing your voice screaming over the music, and there are usually no sweaty sports socials - what's not to love! As a first-year stuck on campus, I think I only ever made it to the Charles, Dusk, and Spoons, but there are so many hidden gems to explore. I'd highly recommend a good old pub crawl to fit them all in.

Some honourable mentions: The Eagle and Child, The Three Legged Mare, The Black Horse, The House of Trembling Madness

THE GOLDEN BALL

Down a winding lane off Micklegate you can find York's first community co-operative pub. The building has a cosy Victorian interior and a small urban beer garden. They specialise in hand-pulled cask ales if that's your thing, and there's always a great range of drinks on offer.

Vibes 8/10 - Garden 7/10
Affordable 6/10 - Drinks 8/10



IMAGE: WIKIMEDIA COMMONS

THE WAGGON AND HORSES

If I told you to picture a classic pub in your head, you'd probably be imagining the Waggon. Friendly staff, an excellent range of pints, and great music - it's everything you want from a pub. It's just outside the city walls on Lawrence Street, making it a short walk from most student neighbourhoods.

Vibes 7/10 - Garden 6/10
Affordable 6/10 - Drinks 8/10



IMAGE: WIKIMEDIA COMMONS

THE ACKHORNE

A short walk from the Golden Ball, this is another spot tucked away from the bustle of the town. The pub has a very warm traditional interior which I love, with a fully stocked bar and stained glass details on the windows. Reasonable prices and a great range of beers and ciders.

Vibes 8/10 - Garden 4/10
Affordable 6/10 - Drinks 8/10

LENDAL CELLARS

One of York's most unique pubs, Lendal Cellars is located in the wine cellars of a 13th century abbey. The pub has a great ambience - inside it is dimly lit with fairy lights festooned across the brick walls. You can find all the keystones of a British pub in the historical setting. As a Greene King pub you can find the popular pints like Level Head, as well as Lilley's Cider (a personal favourite). In the toilets you can find the phrase "This pub smells bad!" scratched into the door, and although it still has the smell of a dusky cellar, that's part of its charm!

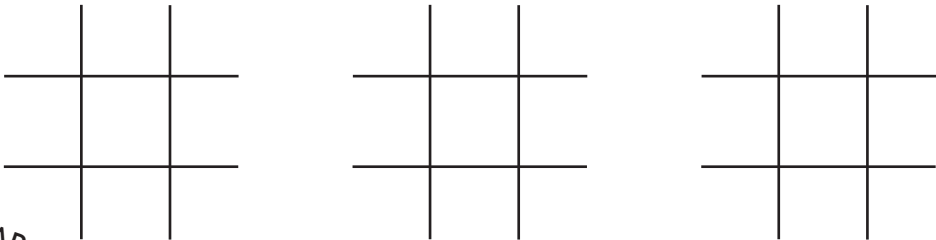
Vibes 9/10 - Garden 5/10
Affordable 7/10 - Drinks 7/10

VALHALLA

Of course York has its very own Viking Pub! Its unique decor, metal soundtrack, and extensive selection of craft beverages make it a must-stop! You need to try mead while you're living in York, it's a sweet fermented honey drink similar to wine, often it contains added fruit and spices for flavour. I have loved every single one that I've tried and where better to enjoy them than in a Viking drinking hall! It's a great place to take your friends and family next time they visit you at uni!

Vibes 10/10 - Garden 1/10
Affordable 4/10 - Drinks 10/10

GAMES.



GRABA FRIEND!

CONNECTING WALL

THE 16 WORDS BELOW CAN BE SORTED INTO 4 GROUPS OF 4 WORDS, CAN YOU SORT THEM CORRECTLY?

KATO

LANGWITH

GOODRICKE

YORK

BRADFORD

SEVERN

HALIFAX

LEEDS

ROMANS

JOHN

LISTER

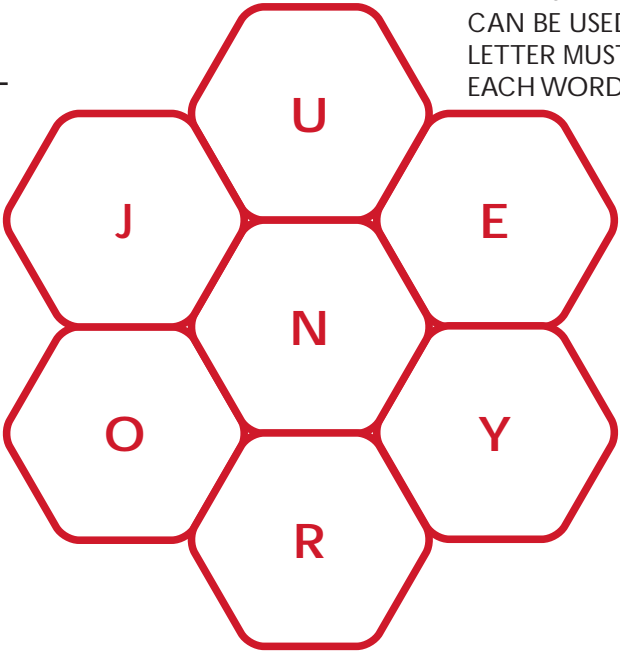
JAMES

ACTS

OUSE

THAMES

DERWENT



WORD FLOWER

FIND AS MANY WORDS AS POSSIBLE, LETTERS CAN BE USED MULTIPLE TIMES. THE CENTRE LETTER MUST BE USED AT LEAST ONCE IN EACH WORD

TURN OVER THE PAGE FOR SOME CROSSWORDS!

IF YOU ARE LOOKING FOR ANSWERS OR MORE GAMES, EMAIL: GAMES@YORKVISION.CO.UK

GAMES PAGE BY: LUKE PLANT

SET SQUARE

ADD THE NUMBERS 1-9 INTO THE BLOCK BELOW. ALL EQUATIONS ARE READ LEFT TO RIGHT OR TOP TO BOTTOM (IGNORE BIDMAS).

	x		-		=19
-		+		÷	
	+	5	÷		= 3
÷		x		+	
	x		-		= 17
= 2		= 48		= 11	

SUDOKU

EASY

		7			2	4	9	
					5	2		
2	8	4		1	6	7		
	4	9			3	8	2	
			5					9
	7	2		9	4		3	1
		5	7	3	8	9		2
	6					1		
	2		6		1	3		4

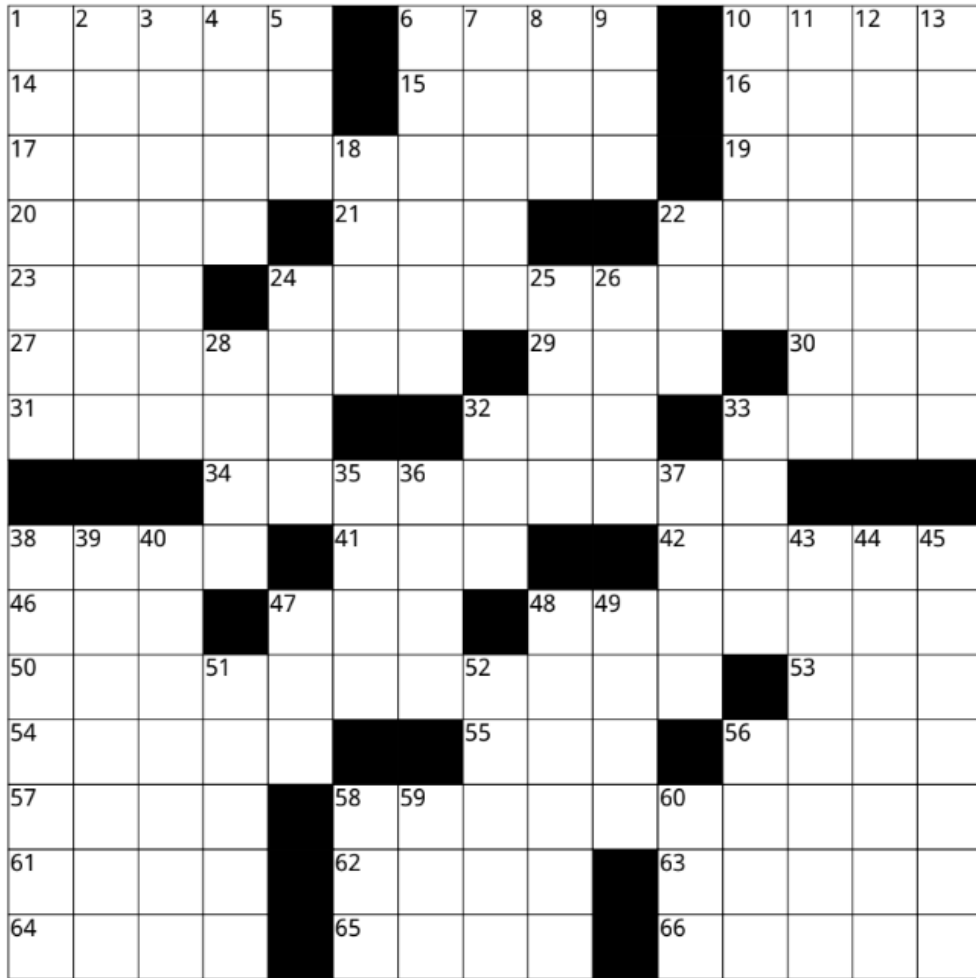
MEDIUM

3	7		1	5				2
4	2		6				8	
		1	2				7	
		4		2				1
2		7	3		8	6		9
		3						
	3			7		4		
			9				1	
	9		8					3

HARD

			2	4	8			
			9					6
			5				1	9
							4	
	8				5	2		
	2	4						9
5				8				
		9			7			
1								3

THE BIG ONE.



ACROSS

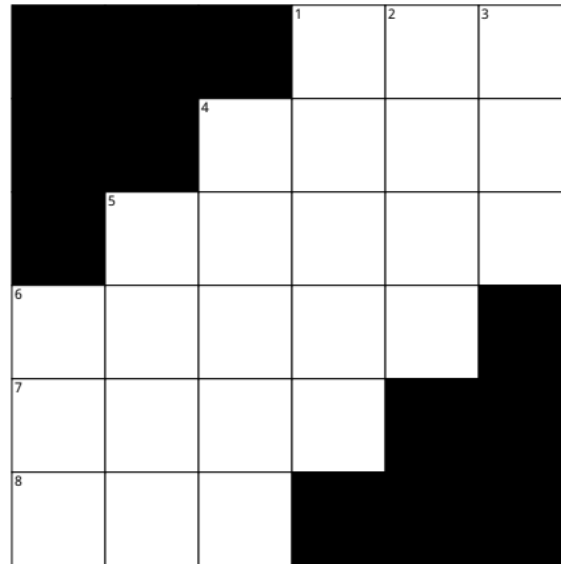
- 1) VIEW FROM EVEREST (5)
- 6) FLOWS BACK (4)
- 10) POP (4)
- 14) NOONE (ANAG), A WARNING (3,2)
- 15) SCRABBLE PIECE (4)
- 16) SHOELACE PROBLEM (4)
- 17) MOVED TO THE TOP OF A
WEBPAGE (8,2)
- 19) "___ SAID" (NEIL DIAMOND SONG)
(1,2,1)
- 20) FRENCH WATERS (4)
- 21) WRATH (3)
- 22) LIVEN (ANAG) (5)
- 23) SWITCH POSITIONS (3)
- 24) HAVING POWER OVER (1 1)
- 27) WOMB-RELATED (7)
- 29) TATS (3)
- 30) THE S OF RSVP (3)
- 31) WHERE SHIPS GO (2,3)
- 32) ___-MAN (3)
- 33) CONFRONT (4)
- 34) ESCALATE TO THE EXTREME (2,7)
- 38) SOUND OF A LEAK (4)
- 41) HESITATION SOUNDS (3)
- 42) GIRL IN BYRON'S "DON JUAN" (5)
- 46) BATTERY SIZE (3)
- 47) ACTRESS THURMAN (3)
- 48) LURES (5,2)
- 50) BIG SPENDERS IN VEGAS (4,7)
- 53) HIT THE SLOPES (3)
- 54) LIKE SOME POND LIFE (5)
- 55) MATHEMATICIAN LOVELACE (3)
- 56) POOL STICKS (4)
- 57) AGITATE (4)
- 58) UNIVERSITY STATISTIC (10)
- 61) BUBBLY CHOCOLATE (4)
- 62) USE BSL (4)
- 63) ___-GROUND MISSILE (3,2)
- 64) UKR.AND LITH., FORMERLY (4)
- 65) DUEL TOOL (4)
- 66) BOVINE ON THE OREGON TRAIL (5)

DOWN

- 1) EDGE (4,3)
- 2) "WE DON'T TALK ABOUT BRUNO"
FILM (7)
- 3) SCANS (7)
- 4) STRONG AS ___ (2,2)
- 5) "HAHA" (3)
- 6) TIMELESS, INVERSE (6)
- 7) FANCY BATHROOM FIXTURE (5)
- 8) ___-RAY DISC (3)
- 9) BACK-TO-UNI MO. (3)
- 10) ABILITY (5)
- 11) WAY TO TRAVEL, FOR MANY
TOURISTS (2,1,4)
- 12) PATRON SAINT OF ASTRONOMERS (7)
- 13) PINS AND NEEDLES (1,6)
- 18) PRIDE MEMBER (4)
- 22) BIG DEER (3)
- 24) "LATER!" (4)
- 25) IRANIAN CURRENCY (4)
- 26) A SINGLE TIME (4)
- 28) RULES, FOR SHORT (3)
- 32) MAC ALTERNATIVES (3)
- 33) AT NO CHARGE (4)
- 35) DISNEY FISH (4)
- 36) RUSSIA'S ___ MOUNTAINS (4)
- 37) SWISS MOUNTAINS (4)
- 38) VAST ARID WASTES (7)
- 39) SEAFARERS (7)
- 40) DROOPING MORE (7)
- 43) PUBLISHERS (7)
- 44) COMPARE WITH (5,2)
- 45) JENNIFER OF FRIENDS (7)
- 47) WEB ADDRESS (3)
- 48) GIVEN A FRESH LOOK (6)
- 49) SPOKEN (4)
- 51) ANGELIC RINGS (5)
- 52) GINORMOUS (5)
- 56) CDLI DOUBLED (4)
- 58) OPPOSITE OF WNW (3)
- 59) SMALL BITE (3)
- 60) RESEARCH FACILITY (3)

THE BACK PAGE OF SCENE.

THE LITTLE ONE.



ACROSS

- 1) SOCIETY NEWCOMER
- 4) NOT FEM.
- 5) KNOX AND OTHERS
- 6) SCHEMES
- 7) WITHOUT
- 8) SOLUTION (ABBR)

DOWN

- 1) MENDS A SOCK
- 2) ROUGH GUESSES (ABBR)
- 3) ANCIENT YEARS
- 4) HAUNTED HOUSE SOUNDS
- 5) CUSTARDY DESSERT
- 6) EDUCATIONAL AD

NO CAMPUS ANIMALS WERE BRIBED FOR THESE REVIEWS!



Image: Wikimedia commons



IMAGE: BOXWAVE/YOUTUBE

BY CHARLOTTE THIRKETTLE

Social media often fuels unrealistic beauty standards and harmful health advice, yet two brothers have emerged as a refreshing force for good.

Known collectively as Boxwave, these siblings have made it their mission to help children struggling with obesity regain confidence, joy, and a sense of possibility.

The brothers, Joe and Harry, have a personal motivation behind their movement and ambition. While they both grew up in the boxing world, one of them struggled with their weight and image, so their passion for this cause is as real as it gets.

When Boxwave launched their socials media, no one could have predicted the ripple effect it would create. Instead of resorting to harsh diets or unrealistic fitness goals, the brothers took a completely different approach: fun, positivity, and genuine care for these kids. Their content quickly went viral, not because it was high quality or polished, but because it was heartfelt. Each video highlights encouragement and the saddening impact obesity can have on children, turning fitness from something intimidating into something they will actually look forward to.

Their signature challenges, filled with laughter, music, and creative movement, have not only motivated kids but also brought families together. Parents from around the world have praised Boxwave for making exercise less about "weight loss" and more about building confidence and healthy habits that last a lifetime, including tackling the gaming and technology epidemic, a growing issue affecting younger and younger children each year.

If there's one story that truly embodies the spirit of Boxwave, it's Jacob's. When Jacob first appeared on the channel, he was a shy, young boy who struggled with low confidence and the physical limitations caused by obesity. He clearly struggled in the early clips, and his parents admitted he often dreaded any kind of exercise and would rather hide away inside, gaming.

Fast forward to today, and Jacob has completely evolved. Through Boxwave's fun workouts, personalised support, and

constant encouragement, Jacob has transformed both physically and emotionally. Viewers have watched his journey unfold in real time, from his first session to him confidently leading challenges, cheering on other kids, and even speaking to major news sites as the face of Boxwave in just seven months.

Jacob's progress is not just about numbers on a scale. His story is about rediscovering joy, building resilience, and proving that health and happiness can go hand in hand. He's become an inspiration for thousands of kids who see themselves in him, and for parents who realise that change is possible when approached with kindness, patience, and creativity.

One of the most remarkable things about Boxwave is their inclusivity. They work with kids from all walks of life, making sure everyone feels seen and supported, by travelling across the country despite it still just being the two brothers. For many children, this is the first time they've experienced a fitness space that feels safe and judgment-free. The brothers' warmth and relatability make them more than just trainers; they're role models. What sets them even further apart is their ability to balance fun with meaningful education. Their videos often include tips about nutrition, mental health, and self-love, teaching kids that health is about so much more than a few digits. For example, one of their most recent videos is about Reggie's story, a 6-year-old boy being bullied and shockingly telling them that he wishes to "go to heaven". This sensitive yet transparent approach has earned Boxwave not only a loyal fanbase but also the respect of parents and health professionals alike.

Joe and Harry are change makers, rewriting the narrative around childhood obesity and proving that compassion and creativity can transform lives. In a digital world often criticised for doing harm, Boxwave is a rare example of what happens when social media is used for something truly good.

And if the past couple of years are any indication, this is only the beginning of their story of hope for many struggling children.

NO DIETS NO SHAME JUST HEART

Boxwave: The Brothers Changing Lives and Childhood Wellness



IMAGE: BOXWAVE/YOUTUBE

The fitness pair produce regular workout and inspirational 'Before and After' style videos for their 30K subscribers

IMAGE: BOXWAVE/YOUTUBE



Their dog, Bully, has been known to make an appearance in their workout videos

IS YOUR FLAT HAUNTED?

TERRIFYING CAMPUS GHOST SIGHTINGS

1 HESLINGTON HALL

BY HAL MUXLOW FISHER

Perhaps the most obvious contender for a good ghost story, the 16th century administrative headquarters of the University is regarded to be by far the most haunted building on Campus.

One morning, a member of staff who was unlocking the Hall noticed all the window shutters were wide open, despite him having shut them the previous evening when locking up. Several cleaners have reported

an unnerving atmosphere, claiming to have felt “sudden cold spots” whilst working, with one also reporting witnessing a “figure” on the galleried landing, when no one else was present in that part of the building.

A “disembodied foot” was also seen by cleaning staff in the 2000s. During the Second World War, the building was requisitioned for use as the headquarters for No. 4 Group of RAF Bomber

Command.

Many decades later, long after the Hall had become University property, an elderly gentleman turned up and recounted to reception staff about how he never used to be a believer in the paranormal, but after staying one night in the Hall during his service in Bomber Command, he became a firm believer and refused to stay another night.

2 ERIC MILNER B BLOCK

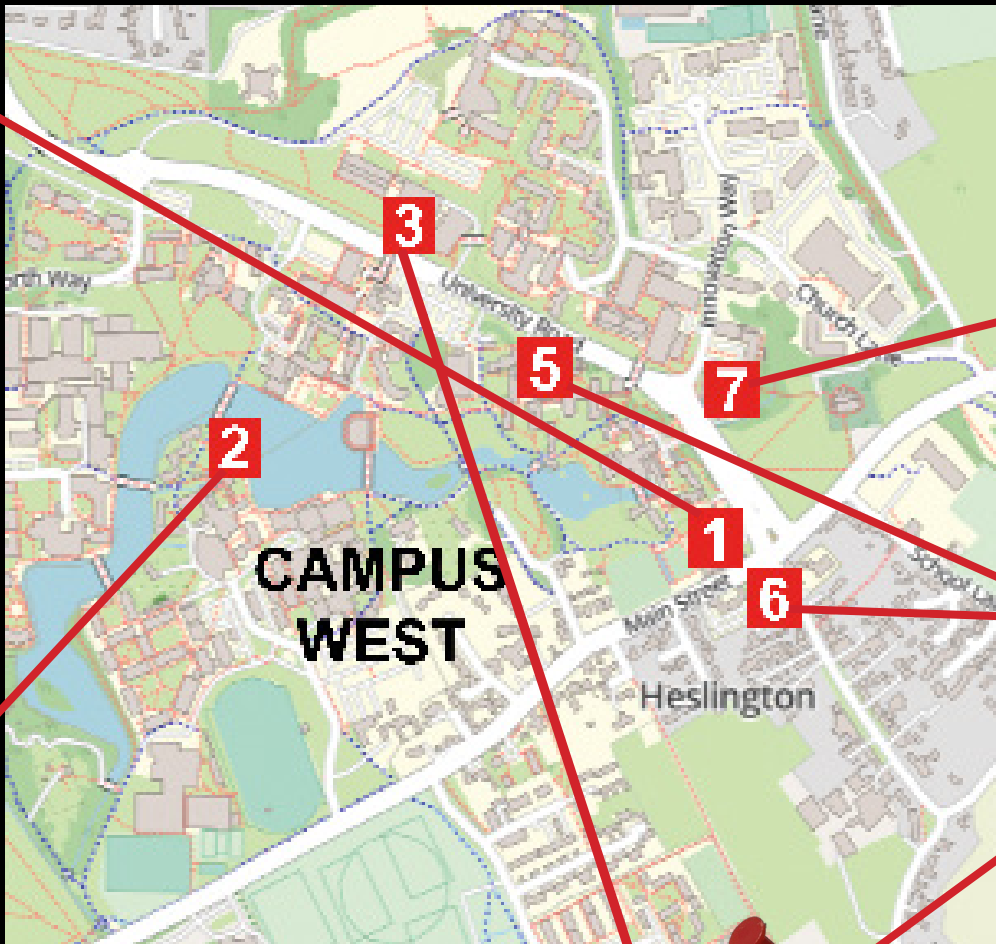
Opened as Goodricke College B Block in 1968, this now-mothballed accommodation building was transferred to Vanbrugh College in 2009, following Goodricke’s relocation to Campus East. On the second floor of the building is G/B/214, a small bedroom which is sandwiched between room 211 and the flat’s shared kitchen. After the occupant of G/B/214 dropped out of the University during the 2021 Christmas break, his first-year flatmates were left concerned by the sounds of footsteps and

the opening and closing of drawers emanating from the locked and empty room. Room 211’s resident also recorded what appeared to be the sound of the taps of room 214’s basin turning on and off one evening, which she could hear on the other side of her wall.

Following these incidents, three people living on the second floor separately saw a “long shadow” in an alcove on the corridor, nicknaming him ‘Mr Shadow’.

A kettle in the shared kitchen, on the opposite side of the wall to room

214, was also regularly reported to “randomly turn on to boil, even though no one was using it”, according to one resident, who described the events in the flat as “a bit spooky”, but “never threatening”. Interestingly, an article from Issue 168 of *Vision* mentions a student being forced to move rooms due to experiencing reputed paranormal activity in an unnamed building of the then-Goodricke College, suggesting that these blocks are no strangers to stories of the unexplained.



3 MORRELL LIBRARY

For several years, reception staff working late evening shifts in Morrell Library have reported a regular series of unusual events occurring in full view of their desk. The staff have become so accustomed to the entrance turnstiles beeping of their

own accord, as if a student were scanning their card to enter, that they casually refer to the phenomenon as the ‘Library Ghost’. Adjacent to the turnstiles, the automatic doors to the café are sometimes seen to open (and automatically close)

by themselves, before opening again a few minutes later, as though someone had walked in and out of the café. Elsewhere in the building, a manual door was discovered to have opened and shut unaided when a staff member was working nearby.

4 SYDN

Even the more buildings are not from tales of unexplained phenomena, as one student’s experience with them they claim was a powerful haunting their I College bedroom clear.

After an uneven few months of residence, in December 2024 the student began to notice “drumming” on the wooden surface of the room, which “turned into banging”.

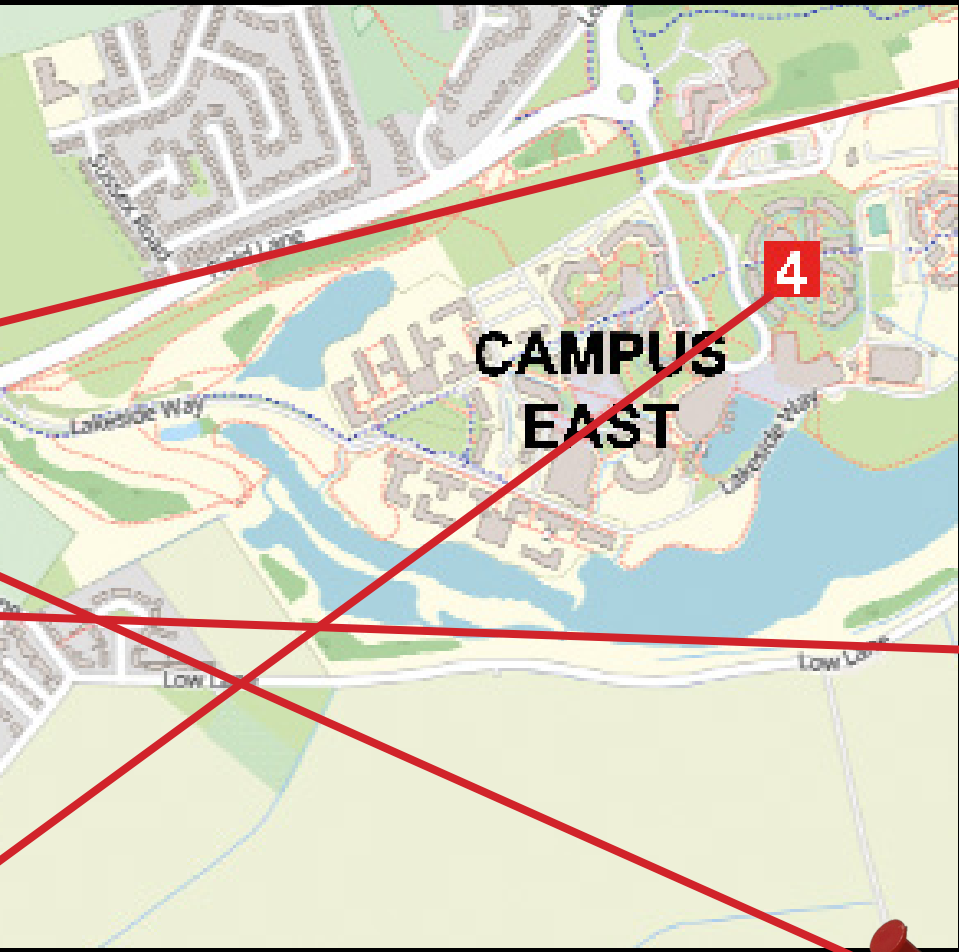
On one occasion, the student would return to his bathroom accommodation to find the wardrobe drawers open, with clothes strewn across the room. The student is counting one incident where a student described to him how late one night he went to bed when he heard a “hit the ground” sound. “I looked up, and a few minutes later I found myself with several paperbacks removed from my shelf.”

It didn’t seem particularly scary, mainly because



Left: Inside the now-abandoned G/B/214...

Since opening its doors to students 62 years ago, the University of York has frequently become the backdrop for paranormal tales, with all sorts of weird and wonderful rumours being passed down to new generations of Freshers each September. Hal Muxlow Fisher has been investigating reports of unexplained phenomena from both students and staff alike; so as the dark autumnal nights draw in, it's time to settle down for some Campus ghost stories.



7 HOUSE 2 DERWENT F BLOCK



Across Campus, there are a number of locations in which students and staff report feeling a strong sense of unease. House 2 of Derwent F Block is one such place, with two staff members independently reporting an oppressive atmosphere whilst working there alone, one of whom was responsible for performing safety checks throughout Campus West accommodation blocks during the summer of 2025. He noted that none of the other blocks he checked had made him “feel sick” in the same way that the first floor of House 2 had.

6 HOME FARM

Opposite the Charles XII pub stands Home Farm, a converted farmhouse which is now home to the offices of various student media groups, including *Vision*. On numerous occasions, members of the Rapid Response Team based downstairs have heard footsteps coming from upstairs when no one is there. Campus Safety has also been called out to burglar alarms which have inexplicably activated at night.

NEY SMITH COURT, LANGWITH

modern immune explained one stu- with what altergeist Langwith makes tful first lence, in e student umming urfaces” ch then g”. ion, he s shared odation obe and n clothes om. Re- ent, the o *Vision* e was in l a book adding over the watched e them- particular- ecause I

grew up in an old house with many similar goings on.”

The activity took a violent turn in February, when a photo frame on top of a wall light above the room’s basin, leaning backwards and blutacked in place, “came flying at full force” at his face, whilst he was sitting over a metre away at his desk.

“I put my hands up to protect myself and got a nasty cut along my palm”,

he revealed. “It just seemed to be ramping up, trying to get noticed, and I knew if it was happy to throw things at me, then it could only get worse.”

Following this ordeal, a friend hung crucifixes around the room, and the activity subsided, but the incidents left the student “determined to move out.”

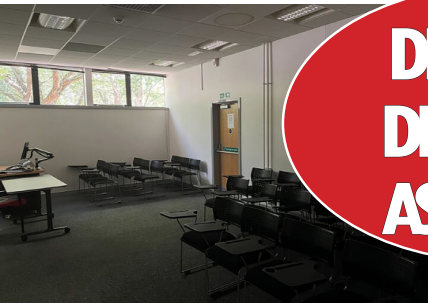


5 DERWENT COLLEGE L BLOCK

In February 2018, a group of four students rehearsing for a paranormal-themed drama production, which featured the use of a Ouija board, decided to practise using the board in Derwent College L Block, between Courtyard and University Road. When asked to provide a name, the group obtained ‘FOE’ through the board, which would be repeated every time the “thing”, as one student described it, was asked that question. From similar responses obtained through using the board in numerous locations, including McDonalds and Heslington’s churchyard, the students believed that ‘The Foe’ “lived in the board”.

Despite being “a little bit unsettled and afraid” initially, over time the stu-

dents described the experiences as “comforting and familiar”. One time, when in Derwent and asked “how did you die?”, the word “choked” was spelt. A member of the group explained to *Vision* that, when asked if it was from the asbestos, “it [the planchette] went to ‘yes’, and we were like, ‘we knew it! The asbestos killed someone in Derwent!’”



DEATH BY
DERWENT
ASBESTOS



If these seven spooky campus tales have left you wanting more, keep an eye on the York Vision website, where the author will be uploading a full version of this feature with even more of the paranormal.

WARDROBE WARNINGS!!

FROM A MASTERS STUDENT

Some hyper-specific clothes you **NEED** at York



IMAGE: PIXABAY

BY MORGAN GROVE

If my three years at York have told me one thing, it is that the weather cannot be predicted.

That is why you always need to be prepared with a series of reliable, catch-all outfits that will keep you warm and dry without compromising your style.

This list covers a range of situations where you'll need something specific to make sure you're not caught out!

1. A vaguely academic looking jumper

Some would label this as the unofficial uniform of the University of York, and whilst I am a firm believer in personal style, it can help to have one in emergencies. This can be the perfect choice for seminars or events where you don't want to draw attention to yourself because you haven't done the reading, or don't know anyone there.

2. Fashionable and foldable waterproof coat

One of the first things that will quickly become apparent in York is that the weather is never on your side. To combat this, make sure to own a waterproof coat that is small enough to be rolled up into your bag (or even pocket) after you've made the run for the bus, but also stylish enough that you can pretend this was always part of the outfit plan in the first place.

3. Hungover job interview top

Attending a job interview for a coffee shop after a 3am finish in Flares may sound deeply irresponsible, and you may think it will never happen to you, but in my experience, it will. If there is even a chance this will happen to you, then you need a professional shirt that can do the work of looking put-together for you. It is crucial that this is NOT a turtleneck as hangover sweats in a constricting tube is not conducive to a successful interview.

4. Climbing appropriate trousers

Whether it's for a date, society event, or just with friends, someone will take you to the Red Goat Climbing Wall during your time at York. Don't let them catch you off guard; come prepared with a pair of baggy trousers that you don't mind getting covered in chalk. Whilst your average jeans may seem fine for this occasion, it's a high-risk scenario in which ripping is a very possible outcome.

5. Walking shoes (but not walking boots)

Similar to the last point, you need to be prepared for the obligatory "we live in Yorkshire now, we need to go on a hike" moment. But it's important to note that you don't need proper walking boots, as not only do they have limited wearing opportunities, but they might lead people to believe that you are far more experienced in the field than you are. Instead, I would recommend opting for your comfiest pair of strong trainers.

6. Emergency dress / suit

I'll end this list with an item that, whilst not specific to York, is still important. It's also vital to differentiate this from expensive formalwear - whilst it's alright to bring your finest garments to uni, they're very much not necessary. Useful for anything from your TFTI friend's short film, to your college formal; an inexpensive fancy outfit will be your best friend. At its core, this is an outfit in which you can look your best, but can also handle getting Sourz shots down the front.

RANDOM BRITISH THINGS I LOVE

AS AN INTERNATIONAL STUDENT

BY PATRICIE SPERKOVA

Getting used to a new environment can be inexplicably complex, and the question of where and what home really is lingers throughout the years of studying. For me, a place starts to feel like home when I form emotional ties to the small everyday things that create a sense of comfort over time. Here are the British things I absolutely love (and maybe give too much of my attention):

- Marmite
- Percy Pigs
- Affordable charity shops (I love British Heart Foundation)
- Store-baked cookies (Sainsbury's is my personal favourite, especially when they're on a £1 offer)
- Cunk on Britain (the only British history lesson you'll ever need) and anything else featuring Philomena
- English countryside (especially the scenery around York)
- The Wetherspoons' menu
- Caramel shortbread at Caffè Nero
- Variations of beer glasses in pubs
- "You alright, mate?"
- Jacket potatoes from Halifax College
- "Ta, Luv"
- "See it, Say it, Sorted"
- Sausage rolls
- Chips with curry sauce
- "Cheers" when leaving the bus
- Bottle of vinegar at restaurants
- Accents in the North of England (and Northerners being proud of being Northern)
- Mushy peas
- Crisps selection
- City walls, gates, and river walks
- Waterstones (just everything about it, including their loyalty card and toilets)
- British strawberries (the smell)
- Limited and seasonal selection in supermarkets, especially the Creme Eggs at Easter
- Chocolate flapjack from the University kitchens
- International supermarkets
- People on the street giving compliments
- "X" at the end of messages



IMAGE: UNSPLASH



A random - but still totally relevant! - clothes rack in York

SEX AND THE CITY FRESHERS' EDITION

IMAGE: UNSPLASH

“You don't have to make yourself uncomfortable just to chase the 'uni experience'”

SHOULD YOU SAY “YES” TO FLATCEST?

BY EMMA MALIN

Every year we hear horror stories about the aftermath of people getting with their flatmates. Despite this, the tradition doesn't seem to be dying out anytime soon. So, in the dire case that you find yourself in this position, here is a checklist to help you weigh up your decision.

PROS:

- ☐ You do not have to put myself out there (only as far as the flat kitchen).
- ☐ It's easy to make time to see each other.
- ☐ You won't have to brave the Yorkshire weather to see them.
- ☐ You might *actually* like them (and not just because you see them everyday...).
- ☐ You can avoid the horrors of Hinge and Tinder.
- ☐ You might beat the odds and stay together for life.
- ☐ Your chemistry in the flat group chat is undeniable.
- ☐ It is a quick way to bond with your flatmates.

CONS:

- ☐ It will be hard to have space away from each other.
- ☐ Your flat won't be happy when you can cut the tension with a knife at the X-mas flat dinner, post-breakup.
- ☐ Everyone will tell you they told you so if you break up.
- ☐ Convenience is not a good reason to be with someone.
- ☐ If things go south, you'll be living with them for the rest of the year, maybe even second year if you've got to the point of signing for your next-year house.
- ☐ You WILL bump into them everywhere.
- ☐ You will regret not completing this checklist.

BY EMMA MALIN

And just like that, it was Welcome Week...

Starting university can be daunting, but it's also an exciting and fun time! Many students will be moving away from home, and living on their own for the first time. Between kissing in clubs and pub crawls, things can all get a little hectic; however, it's important to remember that you don't have to push yourself. You can go at your own pace and don't have to make yourself uncomfortable just to chase the 'uni experience'. With a new environment and city comes a new sexual health service. Between the University and York's sexual health service, YorSexual Health, there are many ways to access support for your sexual health.

Sexual Health on Campus

Many first-year students and some returning students will be living on campus. College receptions provide free condoms and pregnancy tests. I was a Fresher during September 2023 and my college, Anne Lister, even had a big mixing bowl filled with condoms in the College Hub, so it was easily accessible.

Some places on campus offer a more extensive selection of sexual health supplies. According to York SU's website, their condom corners stock: condoms, dental dams, pregnancy tests, lubricants, chlamydia tests, and YorSexual Health information. These can all be accessed at the Students' Union help desk.

Sexual Health off Campus

Whilst you do not need to be registered with a GP to access YorSexual Health services, it is still worth registering with them. Speaking from experience, Freshers' Flu can and *will* humble you in ways you have not been humbled before. There are also some services YorSexual Health cannot provide. For example, if you are over 20 years old, they cannot provide you with the repeat contraceptive pill, vaginal rings, or patches. Additionally, if you are under 20, they will not be able to supply you with repeat injectable contraception. Unity Health is the closest to campus, located right next to Campus East.

YorSexual Health will be your go-to for most things sexual health-related. They provide bookable clinics Monday through Saturday and walk-in clinics Monday through Wednesday.

They provide an extensive list of services such as: contraception and emergency contraception, STI testing, postal testing VIA SH.UK (under certain criteria), PEP self-referral sexual health counselling, and support regarding unplanned pregnancy.

I recently had my contraceptive implant exchanged with YorSexual Health, and it was a really easy process. I just had to call up (be aware you may have to wait to get through to someone as the lines can be busy) and give them some information about myself, and then I was given an appointment. Pharmacies are another way to access sexual health services. CityWide Health pharmacies provide the option to initiate or restart the contraceptive pill (the combined oral contraception and the progesterone-only pill).

Accessing support for sexual violence

If you, or someone you know, has been a victim of sexual violence, there is support available to you. The University has Sexual Violence Liason Officers, SVLOs, who offer support and guidance to people who have experienced sexual violence and can help refer you for further support. It does not have to be a recent experience; you can access support about an event that has happened at any point in your life.

You can contact them by using their contact form or by emailing svlo@york.ac.uk. From a student's perspective, I have used this service and found it to be a safe space and very beneficial, and easy to access. There is no shame in reaching out for help. You can also report student or staff misconduct through the University's report and support system.

ONE SMALL PILL FOR MAN

BY CHARLOTTE AMBROSE

“Don’t have sex,” warns his mother as he unpacks his last set of boxes.

“But if you do, make sure you’re protected.”

“Protection.” It is an important but at times awkward conversation. I don’t think the question “where can I find condoms?” will be a real concern for most incoming Freshers. Colleges have stacks of them on standby, ready to be used.

But if the human race is still here in 50 years, will students still be reaching for condoms?

Scientists’ discovery of the compound YCT-529 marks an exciting step on the road to reproductive freedom and equality. In late July, the compound was tested on healthy men for the first time in a study called ‘Safety and pharmacokinetics of the nonhormonal male contraceptive YCT-529’.

This compound temporarily interferes with a protein that is essential for sperm production. Unlike traditional birth control pills, it does this without affecting the body’s testosterone levels or sex drive. Trials also showed it to be completely reversible across six weeks of stopping the pill.

Furthermore, across all dosage levels up to 180 mg, no significant side effects appeared.

For now, at least, the future of this compound looks optimistic. If successful, it would allow for non-hormonal, reversible, and - most impor-

tantly - safe male contraception.

When it comes to hormonal contraception, reproductive responsibility has historically fallen onto women’s shoulders.

Many young women take the pill, but the listed ‘side effects’ can be quite intimidating, and some women find themselves faced with a myriad of health-related issues when they stop taking it.

So, this compound would be a breakthrough for people looking to explore new contraception alternatives.

A 2023 article in *The Independent* said that more than half of men would be open to the idea of hormonal contraception. Back then, of course, there was no such thing. But with this new drug on the horizon, perhaps male hormonal contraception may become the new reality.

The next hurdle would be to prove that repeat doses can be safely administered, and experts are hoping to launch the contraception by 2035. So even though it’s exciting, don’t rush to empty your condom drawer too soon.



CITIES WITH WORST FRESHERS’ FLU

10 - At the bottom of the rankings, although they may not mind, is Worcester

9 - Hosting Aston University, Birmingham City University, Newman University and the University of Birmingham

8 - Colchester, home of the University of Essex, is next.

7 - Plummeting Northern temperatures probably explains why Glasgow is on the list.

6 - Our very own York takes sixth place, it could be worse though...

5 - ...at least we’re not Leeds, who take fifth. Maybe there is a downside to having better nightlife.

4 - Reading just misses out on the podium spots.

3 - Surprisingly, Cambridge is third, it turns out fresher’s flu likes the library too.

2 - Rah rah Exetah comes second.

1 - Oxford... Does this mean that night outs are actually the best way to stay healthy?

Analysis by Claims.co.uk calculated the cities with the worst Fresher’s flu by analysing the number of cold and flu-related searches between September and October over a number of years. However, keep in mind that this data could be influenced by other factors, such as the return to school or work and dropping temperatures, but the mass return of social students certainly drives the numbers.

Yor Guide to

SURVIVING FRESHERS’ FLU

BY ALEXANDER NIMMO

As the new year begins, the infamous Freshers’ Flu is bound to creep into your lecture theatres and seminar rooms.

This is particularly true for first-year students (hence the name), having not attuned to some of the viruses that tour the University’s population.

Some symptoms are: a sore throat, coughing, a headache, and high temperature, and generally feeling sick. Symptoms can typically last three to four days, although, if you get unlucky, they can go for up to two weeks, much like the common cold.

To avoid getting it, the UK Health Security Agency suggests performing basic actions for health, such as washing your hands regularly and keeping a distance from others if feeling unwell.

Further precautions they recommend are drinking plenty of water, as this helps prevent bacteria from entering the body, as well as getting plenty of rest to

boost the body’s ability to fight infections (although this admittedly is difficult during Welcome Week).

They also recommend wearing masks when in crowded areas, something that became common during the COVID-19 pandemic but is now much rarer. This is supported by data from Google Trends, with searches for face masks returning to close to pre-COVID levels.

If you end up getting sick (we all do at some point), to aid your recovery you can take a variety of medication to help dampen the effect of the symptoms. That said, making sure to maintain a healthy diet and reducing your intake of alcohol (which can be quite difficult when you’ve first arrived at uni) can help to not weaken your immune system.

But crucially, Welcome Week is for socialising, so make sure you have fun and meet people. Maybe just give yourself some time every now and then to rest up, and stock up on throat sweets too!



IMAGE: PIXABAY

WATER SHAME

Why is water treated with such little regard?

BY DANIELLE HADAD

We do not have an infinite supply of water.

Whilst the volume of water on Earth is constant, the availability and accessibility of freshwater is not. In the UK freshwater seems like an abundant resource, so it might seem surprising that Yorkshire has been in a drought since 12th June following the driest spring in 132 years. Usually the groundwater levels get topped up over spring, but this year, the reservoirs' levels have not increased since January!

Another reason the availability of freshwater is diminishing is because we are polluting it. According to The River Trust, only 14% of rivers in the UK are classed as having "good" ecological status, with none achieving a "good" chemical status. There has been an 83% decline in freshwater species globally since 1970, and in 2024, raw sewage spilled into England's rivers

reached an all-time high of over 3.6 million hours.

As well as reducing the availability of freshwater, pollution also causes economic and environmental issues. Cleaning up our waterways is expensive, so the more we allow pollution to flow into our waters, the more we will have to pay in the future. Bodies of water can also add a unique beauty and wonder to its surroundings, attracting tourism that boosts the local economy.

The most obvious impact of water pollution is its effect on wildlife. Mayflies are considered an indicator of a healthy river as their larval stage is very sensitive to pollution. The unnaturally high levels of nutrients from sewer pollution rapidly increases algal growth which prevents the mayflies from feeding and kills their eggs.

This impacts the rest of the food chain as they are a food source for many fish

and birds.

Otters are also badly impacted by sewage pollution. Cardiff University tested 20 Eurasian otters near a chemical factory and found levels of 33 types of polyfluoroalkyl substances (PFAS).

PFAS are a group of chemicals that remain in the environment for a long time, sometimes called forever chemicals. Their water-resistant and greasy properties make them useful in everyday products such as cleaning products and non-stick cookware.

However, some of them have been banned for over ten years because of their potential to cause ecological harm. Despite this, they are still detected in wildlife, showing the need to restrict their use and come up with active solutions to reduce their release into the environment.

It's so easy to become overwhelmed by negative news, and it often makes our relatively small actions feel insignificant.

We need policies that regulate the release of pollutants into our waterways and investment to counteract the damage that's already been done. It is vital that the urgency of this is made clear to everyone so we can all do our bit with whatever power we have. If everyone starts to consider water as more of a luxury rather than an infinite resource, it means we are moving a step in the right direction. Here are some free small habits you can try to include in your routine to help make a positive difference:

What can we do?

- Spend a minute less in the shower - a family of four could save approximately 36 litres each day!
- Don't flush anything extra down the toilet such as wipes or sanitary products.
- Don't pour fats, oils, cleaning chemicals, and paint down your sink! They should be in a sealed container and put in the bin.
- Reduce your plastic use and don't litter!
- Cut down on pesticides and herbicides in your garden.
- Pick up your pets' waste.
- Become educated on what else you can do - Yorkshire Water has lots of information!

Look out for some inspiring stories on how scientists are coming up with ways to remove PFAS and other pollutants from our freshwater supplies on the *Vision* website!

A PLANET ON LOAN

The True Cost of Consumption

BY YASMIN PORTEOUS

The shirt you are wearing used 4,000 litres of water to make, and those jeans you just bought: 7,600 litres. Even your phone, small enough to fit in your pocket, required over 12,700 litres.

Every time someone buys a new item, the Earth's resources are placed under stress. Producers are constantly forcing the next new product in our faces. Trends are rolled out on a conveyor belt and excessive demand is so ingrained in our society that the cost of production is rarely questioned. We are currently consuming resources at nearly double the speed of the

Earth's regenerative capacity. If everyone consumed at the rate of the average American, we would need five planets' worth of resources just to keep up.

Overconsumption is a worldwide crisis. Each step of the production cycle, from material extraction to waste disposal, poses a threat to our planet. Products are made, habitats are lost, people are exploited, the planet grows hotter, but the hunger of the modern world remains unsatisfied. The cycle continues.

In a materialist society where convenience is highly valued, it is often difficult to break away

from the consumerist cycle. The products we have at our fingertips are the drivers of overconsumption. Planned obsolescence in tech or fashion, and intentionally complicated designs, gives products a short life span. Repairs are often costly or difficult, and upgrading the product is presented as the best and only option.

Today, items are made to be cheap and disposable, not durable and long lasting like they once were. Customers can heavily influence this throwaway culture and the surge in low-quality production. We need to rethink how we consume.

We should rent or buy second-hand where possible and favour higher-quality items that protect our planet instead of exploiting it.

Positively, the second-hand market has grown significantly in the past few years. In the UK, over 70% of consumers bought or sold used goods in 2024, with 63% making regular second-hand purchases. This expanding market is a glimmer of hope for our rapidly depleting planet. Products are being reused and passed from one consumer to the next rather than tossed into landfill. Items are cared for and repaired before moving to a

new owner, where the cycle can continue.

The rise in second-hand, sustainable consumption threatens the fast fashion, throwaway business model. By changing the way we consume, companies are forced to change the way they produce. Companies like Patagonia, Levi's, and Unilever have embedded sustainability into their brand, and each one continues to be a thriving enterprise.

These products are made with the environment at their forefront, they are made to last, and they are a result of consumer values driving real change.



IMAGE: PIXABAY

A GAME A DAY KEEPS THE DOCTOR AWAY

NHS PRESCRIBES FOOTBALL

BY LUCI O'DONNELL

“Rather than a prescription bottle, some patients are now receiving football boots and a schedule of weekly kickabout tickets.”



IMAGE: UNSPLASH

In a move that's turning heads and warming up hamstrings, the NHS is officially prescribing football - yes, actual football matches - as part of a growing initiative to improve people's physical and mental health.

The programme, launched in partnership with local football clubs and community health organisations, is aimed at patients struggling with conditions such as anxiety, depression, and social isolation.

Developed by Labour MP Dr Simon Opher, patients at surgeries across Gloucestershire will be given the opportunity to attend games at National League side Forest Green Rovers for free. The initiative was designed to foster community connection and reduce the reliance on antidepressants.

Opher's previous non-traditional prescriptions include gardening and comedy shows, but this particular intervention taps into the power of sport.

"Football is about socialising and roaring on your team... getting excited... living through something else," says Simon Opher, describing the socially isolating effects of modern life and the sense of belonging that attending matches can provide.

Over 89 million antidepressant prescriptions were issued across the UK in 2023-24. This highlights the urgent need for new approaches in managing mental health. And it looks like spectator sport could be the solution.

While it might sound like a pub joke - "Doctor told me to go watch Forest

Green Rovers" - there's genuine science behind the idea that watching sport can have tangible benefits.

Spectator sports can create a sense of belonging, boost mood, and even release dopamine - the same feel-good chemical involved in exercise and social bonding. Cheering alongside thousands of fans, chanting in unison, and riding the emotional rollercoaster of a 90-minute match can be good for the soul.

Research has also shown that following a sports team helps people feel connected to something bigger than themselves - a sense of identity, ritual, and shared narrative.

For individuals dealing with loneliness, depression, or low motivation, becoming part of a fan community offers structure, social interaction, and even something as simple as a reason to leave the house on the weekend!

Still, not everyone is cheering from the stands. Critics argue that while prescribing football tickets might be clever PR, it's a questionable use of limited NHS resources. When people are stuck on waiting lists for months and mental health services are stretched thinner than VAR justifications, is football really the fix we need?

It's hard to ignore the irony: in a system battling chronic underfunding, some patients are being handed match-day tickets, while others can't get a therapist.

Perhaps we should sort the funding mid-field before we send everyone out to play.

IMAGE: PIXABAY

INSIDE THE ACTION: VISION WANTS YOU

BY JACOB BASSFORD

We have had an fantastic summer of sport in the UK, particularly in York where we had six Women's Rugby World Cup games and the University hosted two open training sessions for Canada and the USA.

With our extensive collegiate system, there are plenty of sports teams who would love to give an interview.

We have an intercollegiate varsity with Team Durham that runs every year, and the big one is Roses 2026 where *Vision* will send a team of writers volunteers to Lancaster to help with coverage of Europe's biggest inter-university competition.

If you want to delve into more local sport, *Vision* can get you media access to a plethora of local sport teams,

from York City FC women who play on campus, to York Knights and Valkyrie rugby league teams and York City FC at Monks Cross.

If cricket is your forte, Yorkshire Cricket will play some of their fixtures in York or in Scarborough when Headingley is otherwise engaged.

Vision has fantastic relations with the local paper *The York Press*, who usually provide

work experience across the board, including sport. The world is, as they say, your oyster.

There is always an opportunity to talk about national and international sporting news, particularly on for our online website. You may not be a huge sports fan, or you could just want some photography experience, there will always be something for you.



IMAGE: JACOB BASSFORD

Cadillac Lands Pérez and Bottas



Seasoned and Sharpened: The New Era of Cadillac is set to commence with a bang

BY CHARLOTTE THIRKETTLE

In what may be the most dazzling entry onto the F1 grid since... well, ever, Cadillac has announced its inaugural 2026 driver roster, and it's nothing short of sensational.

The iconic American marque is betting on seasoned champions, signing Sergio 'Checo' Pérez and Valtteri Bottas to lead their maiden foray into Formula 1.

Cadillac's reasoning? Simplicity and strategy. Two proven racers, a combined treasure trove of experience, and enough podium lore to fill a grandstand. Pérez brings his trademark flair and six F1 victories, while Bottas offers qualifying consistency and technical savvy honed through five years of Constructors Championship success years with Mercedes. Together, they've racked up 527 Grand Prix starts and 16 victories - an experienced duo ready to guide Cadillac's debut in the sport.

Front and centre of this announcement: Team Principal Graeme Lowdon, who hailed the duo as more than racers. General Motors' Dan Towriss echoed those sentiments, stating that Cadillac wants architects, not just drivers.

"Bottas and Checo bring the perfect balance of talent, maturity, and drive. They're not just accomplished racers, they're builders, collaborators, and professionals who will help define what the Cadillac Formula 1 Team stands for. This moment marks more than just a lineup announcement. It's the

beginning of a bold new chapter in American motorsport." (GM's Dan Towriss)

Following a disappointing run of performances alongside Verstappen, Perez was dropped by Red Bull at the end of last season, despite having signed a two-year contract extension just months prior. Since then, time away from the spotlight allowed him to reflect on his future, and he has ultimately decided that he missed Formula 1 and still had "a lot more to give" as he eyes a return for a 15th season.

For Pérez, this is a new chapter in a career defined by grit and persistence. The Mexican ace became a household name with his storming late-race charges, impeccable tyre management, and a victorious stint alongside Verstappen at Red Bull.

Bottas, meanwhile, carved his legacy as one of the sport's most reliable hands - an ice-cool Finn who played a pivotal role in Mercedes' championship dynasty and proved himself a team player with pace to spare. Together, their styles could form the perfect balance: Pérez the opportunist, Bottas the strategist.

"From the moment I began speaking with the Cadillac Formula 1 Team, I felt something different - something ambitious but also grounded. This isn't just a racing project; it's a long-term vision." (Bottas to SkySports)

The drivers arrive after months of speculation and rumours reaching from F2 talents

to American rising stars. Among those passed over were Mick Schumacher, Zhou Guanyu, Colton Herta, Jak Crawford, and Felipe Drugovich. Rumour mills swirled, but experience evidently trumped excitement.

Just when you think every detail fell neatly into place, Formula 1 reminded us of its love for drama. Bottas still carries a grid penalty from the 2024 Abu Dhabi incident and under current rules, he will start five places lower than his qualifying position in Australia's season opener. A bittersweet subplot for an otherwise triumphant return.

This is not a rookie venture; it's a bold message. Cadillac will operate from bases in both the UK and US, powered by Ferrari engines (for now), with ambitions to develop their own power unit by 2029. With Pérez and Bottas as its guiding lights, Cadillac is setting a foundation of stability, polish, and progress, rather than frantic learning curves.

Fans are already dubbing the pair a dream team and with good reason. This is Cadillac's opening act in Formula 1 and it's shaped like winners.

Cadillac's choice says volumes: they are playing chess, not checkers. Newly minted teams often lean on youthful exuberance whereas Cadillac leans on seasoned poise. Whether these two veterans can spark an American resurgence in F1 remains to be seen, but the race is on.

A Fresher's Guide to York Sport

BY LUCI O'DONNELL

UOY is the place of lakes, legendary ducks, and a sporting scene as diverse and lively as Welcome Week itself.

College sport is designed to be inclusive, fun, and low-pressure - perfect for Freshers looking to meet new people, stay active, and maybe discover a hidden talent.

Unlike BUCS (British Universities and Colleges Sport) leagues, where university teams compete nationally, campus sport is friendly, flexible, and just for York students. Think of it as sport's equivalent of your first flat party - relaxed, social, and no one minds if you're still learning the rules. You don't need to be the next Serena Williams to get involved. Just bring your enthusiasm (and maybe a reusable water bottle!).

There's plenty to get involved with from the more well-known sports such as football, netball and badminton to the lesser-known, more unique sports like ultimate frisbee, octopush and surfing.

Not feeling competitive? No problem. York Sport Village offers tons of ways to stay active. From dance and yoga to swimming and spin classes, there's something for every energy level and mood. You can also join the Social Sport sessions, a drop-in format that's ideal for trying something new without committing to a team.

To get involved, head on down to the Sports Fair during Welcome Week to chat with club members, score some freebies, and sign up for taster sessions. Each college also has their own sport reps who will be more than happy to help you join a team, find a game, or even start your own group. Or, simply just turn up. Seriously, it's that easy. Most sessions welcome walk-ins.

Joining college sport isn't just about scoring goals or winning matches. It's about finding friends for life, learning new skills, and blowing off steam after long lectures. So, Freshers - get your trainers on, grab a bib (not the eating kind), and throw yourself into the action.

IMAGE: EDDIE ATKINSON



IMAGE: GEORGE HOWARTH

YORK'S SPORTING ICONS: Vision's Octopush and Rugby coverage in action at Roses '24.

SCENE.

York Vision's Arts and Culture Section



"...Colman and Cumberbatch are masters of mayhem in The Roses"



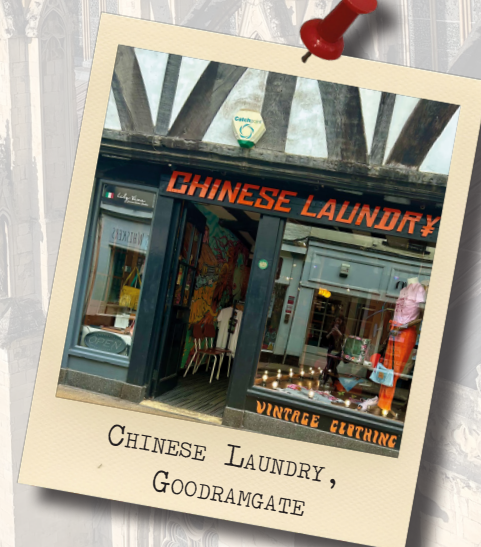
"... Our top five reads of 2025"



"... Time for a Post Freshers' Week Pub Crawl?"

YORK THRIFT TRAIL

Includes A Walking Route + Interview



Spotlight S.6-7

SCENE Recommends...

- **Cinema:** York Student Cinema + Picturehouse
- **Vinyl Shop:** Earworm + Pitch 22
- **Bookshop:** Little Apple Bookshop + Minstergate
- **Live Music:** The Fulford Arms + The Crescent

OUR WEBSITE:

