



University
of Glasgow

REFRESHERS



2025

Welcome Back Students!

6-10th January

#UofGDumfries

Monday 6th January

Welcome Back Clubs and Societies Fair

When: 12-2pm

Where: Foyer of Rutherford McCowan

In the main foyer of Rutherford McCowan, you'll find a diverse range of organisations, as well as clubs and societies who are ready to welcome you to Dumfries and provide a range of opportunities for different extracurricular activities.

Pickleball

When: 12:30-1:25pm

Where: Dumfries and Galloway College Sports Hall or meet at Foyer or Rutherford McCowan

Discover the joy of pickleball—a fun, easy-to-learn sport that's perfect for all ages and fitness levels! Whether you're looking for a social game with friends or a competitive workout, pickleball offers fast-paced action, quick rallies, and plenty of laughter. It's low-impact yet engaging, making it a fantastic way to stay active and have a blast. Grab a paddle and join the fastest-growing sport in the country today!

The logo for Dumfries and Galloway College (DGC) is displayed in a bold, orange, sans-serif font. The letters 'D', 'G', and 'C' are stylized and interconnected, with the 'G' being particularly prominent.

Monday 6th January

Developing confidence on the bike (control, balance etc.)

When: 1:30-3pm

Where: Meet at Foyer of Rutherford McCowan

Book your place using the QR code. If you require a bike then please contact Sian below:

sian.comerford@CyclingUK.org



we are
cycling
UK



Tuesday 7th January

It's Good to Talk

When: 10-10:45am

Where: R127

An excellent chance to meet Tariq, our Student Support Officer for the school. He will cover the support services the University provides for students and will discuss ways to manage pressure and stress.

Library Induction

When: 11-11:30am

Where: Dumfries and Galloway College Library or meet at Foyer of Rutherford McCowan

Discover our library services! Explore a wealth of resources, from academic support and research tools to quiet study areas and collaborative spaces, all designed to help you succeed and thrive during your time here.

Gym and Sports Hall Walkaround

When: 11:30-11:45am

Where: Dumfries and Galloway College Outside Sports Hall

Stay active and energized with the state-of-the-art gym and versatile sports hall! Whether you're into fitness, group classes, or team sports, we've got the perfect space to help you reach your goals.

Tuesday 7th January

Womens Touch Rugby Taster Session

When: 12:30-1:25pm

**Where: Dumfries and Galloway College Sports Hall
or meet at Foyer of Rutherford McCowan.**

Experience the thrill of women's rugby—a sport that's all about power, teamwork, and resilience. Whether you're looking to compete or just have fun, our team welcomes players of all levels! Hosted by Dumfries Saints Rugby Club.



Cycling Event - Developing confidence on roads

When: 1:30-3pm

Where: Meet at Foyer of Rutherford McCowan

Book your place using the QR code. If you require a bike then please contact Sian below:

sian.comerford@CyclingUK.org



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Wednesday 8th January

Karate Taster Session

When: 12:30-1:25pm

Where: Dumfries and Galloway College Sports Hall

Unleash your potential with our karate sessions, where discipline, focus, and fitness come together. Open to all skill levels, it's the perfect way to build confidence and master new techniques! Hosted by Wadokai Karate.



Table Tennis Taster Session

When: 12:30-1:25pm

Where: Dumfries and Galloway College Sports Hall

Whether you're a seasoned player or a total beginner, our table tennis taster is the perfect chance to pick up a paddle and give it a go. Meet new friends, learn a few tips, and enjoy some friendly matches in a relaxed and welcoming environment. Come join the fun with Dumfries Table Tennis Club.



Wednesday 8th January

Cycling Event - Guided ride to Kingholm Quay and back.

When: 1:30-3pm

Where: Meet at Foyer of Rutherford McCowan

In the main foyer of Rutherford McCowan, you'll find a diverse range of organisations, as well as clubs and societies who are ready to welcome you to Dumfries and provide a range of opportunities for different extracurricular activities.



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Thursday 9th January

Drawing for Enjoyment

When: 10-12noon

Where: R127

Come and join Drawing for Enjoyment for an accessible creative workshop. Feel the benefits of creativity on your wellbeing and gain some basic artistic skills. No experience necessary and all materials provided. A warm sociable environment provides a perfect place to try something new!



Mens Touch Rugby Taster Session

When: 12:30-1:25pm

**Where: Dumfries and Galloway College Sports Hall
or meet at Foyer of Rutherford McCowan.**

Step onto the field with men's rugby, where strength, strategy, and teamwork drive the game. Whether you're a seasoned player or new to the sport, our team is ready to welcome you! Hosted by Dumfries Saints Rugby Club.



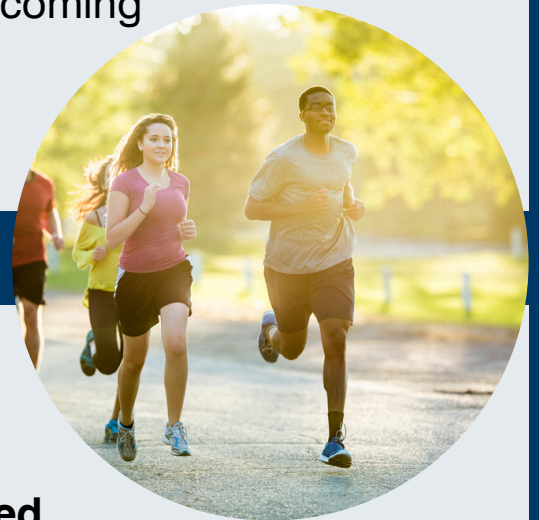
Friday 10th January

NEW UofG Running Club

When: 12:30-1:10pm

Where: Meet at Rutherford McCowan Foyer

Join our Running Club and discover a fun, supportive way to stay active while meeting new people! Open to all abilities, we offer relaxed runs, and a welcoming community for everyone.



Reel to Real Cinema

When: 7-9pm

Where: The Stove Cafe - Booking Required

Orla Barry is a self-confessed ovine addict. After a decade in sheep, she's still wondering what possessed her to start, yet she wouldn't want to be anywhere else. Orla lived in Brussels for 16 years and now lives and works in South East Ireland, where she runs a flock of pedigree Lleyln sheep. Her work deals with the tensions of being an artist and an eco-farmer in rural Ireland. The Sheep have slowed her art career, but at the same time, caring for them has hugely inspired it. She escapes the studio by going to the sheep and escapes the sheep by hiding in her studio.

the
stove
network



The School of Social and Environmental Sustainability is part of the College of Social Sciences at the University of Glasgow.

@UofGDumfries



The University of Glasgow
School of Social and Environmental Sustainability
Rutherford McCowan Building
Bankend Road
Dumfries
DG1 4ZL

Tel: +44 (0) 1387 702001

Email: dumfries-studentexperience@glasgow.ac.uk

www.glasgow.ac.uk/dumfries