

SRC Wellbeing Committee
3pm, 9 October 2013, Main Bar

Present: Avalon Borg (SRC Wellbeing Officer, Chair & Convenor), Fay Morrice (SRC Member for Disabled Students), David Norris (Association LGBT Officer), Teddy Woodhouse (Director of Representation).

In attendance: Ailsa Ritchie (Student Services Representative), Kirsty Gillespie (Athletic Union Representative), Lindsay Mackay (Co-ordinator, Student Minds), Emma Laverick (Director, St Andrews Nightline).

Apologies: Melissa Turner & Ross Quinn (SRC Members for Mature Students), Hibak Yusuf Muhamud (SRC Equal Opportunities Officer), Florence Taylor (President, Mental Wealth St Andrews).

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Introductions.

Avalon welcomed the committee to its first meeting and led a round of introductions around the table.

Event Coordination & Ambitions for the Year.

Avalon covered her main ambition to deliver a centralised regime for mental health events and support through a collaborative team effort. She mentioned SRC plans for a '#TakeCare' campaign during the revision and exam period, focused on student environments during exam time and promoting a positive study environment. Plans included bringing a sun lamp along with various forms of publicity. Kirsty mentioned that the AU would likely continue with its regular free yoga and zumba classes, but that additional PR support from the Students' Association (SA) would be helpful.

Ailsa added that Student Services would like additional feedback on what students want in terms of support during the exam time through this committee.

Avalon also declared her ambition for hoodies for the committee.

#TakeCare.

Emma asked for the dates for the campaign. Avalon confirmed the start of revision as the ideal start time, with the campaign progressing through the exam period. Kirsty asked if the campaign would be a series of events, and Avalon confirmed that events would be running through the whole campaign.

Emma asked if postering would be involved, and Avalon responded that the focus would be on the library and that she would like to integrate branding from the various involved organisations as well. Emma asked if other locations around town would be involved, and Avalon confirmed so with an ambition for location-specific themes and messages. Emma and Avalon then also discussed potential around whiteboards and writing messages, as well.

David mentioned that with exam times, people's individual schedules go out of the window with less regard paid to sleeping and eating regularly. Lindsay added that

Student Minds specialises in providing easy recipes with few ingredients to emphasise easy cooking during stressful times.

Plans for the Semester.

Teddy then propositioned that the committee discuss other on-going plans for the semester.

Emma mentioned that Nightline would be running its annual Awareness Week next week. The event roster includes: a musical night in Aikmans partnered with Music is Love on Monday night, a Postsecret event on Tuesday, a film screening on Wednesday, puppy session on Thursday, and a bake sale on Friday.

Action: **Emma** to email Teddy with details for Wednesday, Thursday, and Friday events for distribution in the All-Student Email.

Lindsay mentioned that Student Minds was running a mental health-related events and campaigning training session on Sunday, that all members of the SRC Wellbeing Committee were welcome to attend. She also mentioned that there were further events in October and November, with details forthcoming. She confirmed that the major event for her group was Eating Disorders Awareness Week in February.

Action: **Committee members** to attend Student Minds training (Sunday, 13 Oct, 10-4pm, SA Committee Room) if possible.

Action: **Lindsay** to send event details to Avalon to add to committee record.

Ailsa said that Student Services would continue to offer its regular services and was hopeful to get more information about what Student Services can do and what students want.

David mentioned a developing scheme with Mental Wealth to go around halls to support LGBT students. He also mentioned the upcoming LGBTea events for Weeks 6 and 8 in this semester. He added that Week 10 would have a creative (film or poetry) event as well.

Kirsty gave an overview over the plans for this year's *Healthy Body, Healthy Mind* campaign, mentioning that the second week April would be the peak period for that campaign. She talked about the using the year to build up to the week, with the Scottish Mental Health First Aid course and a potential homophobia in sport event in Semester 1 as two examples. She also mentioning growing work with a gym buddying scheme and that movie nights were discussed, but that it may make more sense to simply partner up with other organisations around the table instead.

Fay gave an overview of an upcoming Question Time-style debate on November 14 with MPs and various Scottish charities to talk about disabilities and raising awareness around the subject area. She mentioned that she was partnering with the Union Debating Society for the event and that Avalon was to contribute as a speaker, covering depression. She also asked if Kirsty was aware if AU clubs were trained on how to include students with disabilities into their teams. Kirsty said she would look into it.

Action: Kirsty to inquire what (if any) training AU teams receive on access and inclusivity for students with disabilities.

Raisin Weekend.

Avalon described her and Teddy's plans for the SRC Wellbeing Committee in relation to Raisin Weekend. The committee would be updating the Raisin Weekend Guide and distributing them through planned Raisin Kits (with kits separately themed for kids and for parents). Information to be included in the new guides included an 'ideal Raisin Weekend' schedule, health and First Aid information, food recipes, fun drink recipes with lower/non-alcohol content and mocktails, condoms, and (actual) raisins. She also mentioned plans to encourage a buddying system with academic siblings.

Emma suggested including ideas for fun things to do with kids that don't involve drinking. David also added that something should be said to calm down (particularly medical) students who are worried about minor infractions being added to their record. Avalon agreed to both.

Ailsa mentioned that Student Services would be meeting with others in the University and the sabbatical officers to cover Raisin Weekend.

Lindsay urged that a message of 'generally, don't be afraid to ask for help' should be used. The committee agreed, with an emphasis on spreading the contact information for Nightline as relevant. Ailsa added that students should be advised on what to do for minor injuries and publicising the 101 number.

Talking about distribution of the packs, Avalon said that the Library and the Physics building would be targeted for third years and kids would be targeted in halls. David added that the SSC subcommittees could really help to get information around to parents. Ailsa mentioned the Raisin Weekend chats in halls and using that opportunity to pass around kid kits in those events. David mentioned the idea of working with local businesses to give them some supporting information in advance? Ailsa said that would be a good idea, especially because there are a number of calls in regards to rubbish collection in the immediate aftermath.

Ailsa also then mentioned that details about what appropriate raisin receipts were should be included as well. David also suggested that a lower/non-alcoholic Raisin Weekend could be pitched as a more cost-effective weekend. The committee agreed, with Emma noting that you'll still have a few parents who will go all out without regard to cost. Avalon agreed, saying it was still the committee's duty to talk about what Raisin Weekend should look like. David echoed the sentiment, saying that we should remind parents to create memories, rather than blackouts in their kid's memories.

Action: Avalon and Teddy to begin assembling text for updated Raisin Guide.

AOCB.

Teddy mentioned that the SA had set the dates for its Sexy Health Week as the w/c 18 November and that further information would be distributed and event ideas sought out. David said that he had a number of contacts through LGBT that he would be

willing to use in support of the campaign. Kirsty added that her mother also worked in this field and could potentially help out in some capacity, too. Ailsa talked about amending service around the SHACC as well for the week. Fay piloted the idea of a giant condom costume. David also expressed a desire to match events at other universities to run quick HIV tests with the ambition for a world record attempt of some kind. Lindsay and Avalon also added their hopes for a body image-related event as well for the week. Fay jumped in to mention that Channel 4 had some recent relevant documentaries that could be brought into the program. Kirsty suggested that, on the theme of the Sexy Health Week, earlier works from the SRC Wellbeing Committee could have the '#TakeCare' branding in advance. David also walked through the idea of a 'PostFantasy' event modelled on sexual fantasies and PostSecret.

Action: **Teddy** to begin formulating Sexy Health Week, noting the committee's contributions.