

## **SRC Wellbeing Committee**

Meeting on Monday, 14 April 2014 at 13.00

**Present:** D Norris (SRC Wellbeing Officer, Chair & Convenor), A MacLennan (SRC Member for Students with Disabilities), T Woodhouse (Director of Representation), O Hajda (Director-elect of Representation), R McGlynn (SRC Equal Opportunities Officer), F Sheffield (Association LGBT Officer)

**In attendance:** U Mtitimila (for Nightline), E Holden (for Student Minds), J Walker (for Athletic Union), J Boon (SRC Member for First Years)

### **1. Introductions.**

David introduced the committee's remit and the #TakeCare project.

### **2. #TakeCare.**

David opened the discussion with a summary of the activities he wished to include: recipes, general advice for taking time out for yourself, and other resources in a booklet. Committee members contributed other suggestions, including: links to meditation videos, recipes from the *Healthy Body, Healthy Mind* campaign, reminders for pilates and yoga sessions during the revision and exam period, information about the committee and its members, a fill-in-your-own-study-timetable, and information about the 24-hour computer labs.

*Action:* F Sheffield to send links to a few video to D Norris.

*Action:* J Walker to send relevant information from HBHM to D Norris.

Moving to events, David asked if Mindapples could be included again. Teddy said that we had all the resources to do so. The committee considered other potential events, including: a beach scream, a pillow fight, puppy rooms, and free sabb hugs. It was felt by the committee that the experience as Glasgow last year with the pillow fight suggested that the proposal not be taken forward. Nightline is taking the lead with organising the puppy rooms with the Guide Dogs Society.

Nightline will also be distributing study packs, and there is potential for collaboration with their initiative. Ondrej suggested handing out small portions of bubble wrap to students as part of the packs. Members are invited to email [nline@](mailto:nline@) with further suggestions and ideas about what should be included.

### **3. Freshers' Week.**

David opened the topic for suggestions, saying he would like to have a greater presence during the week. Eve mentioned that the committee could publicise the Student Minds peer support network more widely for one-on-one support and accompanying students to new society events.

Jo suggested that we look into having students be formally matched with an

Honours student in their academic discipline, to complement the more social benefits of academic families. Fallon mentioned that Physics & Astronomy already do such a thing. David suggested that School Presidents for next year should be involved in the project because of its academically-oriented nature.

Fallon suggested doing more events for underage students during Freshers Week that don't involve alcohol. Alasdair added that students who choose to not drink should also be a target audience. Roddy agreed, noting that such events are usually advertised in a patronising way and suggesting a barbecue. David also tabled the ideas of a film screening or a chill room. Roddy agreed that a chilled event would be particularly effective in the week following Freshers' Week. Ondrej suggested onesies, and David melded that suggestion into a onesie film screening.

#### **4. And Beyond!**

Roddy suggested an event during Thanksgiving for homesick American students.

David mentioned that he really wanted to focus on sexual health through the year, particularly condom distribution and the sexual health clinic (SHACC). Teddy noted that NHS Fife applied certain restrictions to the distribution of condoms according to the scheme that would need to be obeyed and advised that Student Services, as they re-house SHACC in Eden Court, would be a great asset to expanding hours for the service.

David asked if Sexy Health Week would be held in Semester 1 or 2. Ondrej replied that a date had not yet been set.

David also mentioned that he wanted to revisit Raisin packs again. Teddy suggested focusing on kid packs over parent packs. Jo noted that the hall talks did not have perfect attendance and a number of students skipped such events.

#### **5. Letter-Writing Campaign.**

Teddy mentioned that he was organising a Different Kind of Letter-Writing Campaign, encouraging students to write letters of thanks to people who have been influential in their lives. He noted research that suggests showing gratitude is the greatest single contributor to an individual's overall happiness. He asked support from committee members in publicising the event when details were released.

*Action:* ALL to publicise LWC event.

#### **6. AOCB.**

Alasdair asked about the potential for an event covering the subject of depression during Freshers' Week. Fallon agreed, noting that it can be particularly difficult for students to get medical attention during Freshers' Week. She also opened up the subject area to health in general and working with

GPs. Roddy added that this could particularly be for supporting international students. Teddy noted that Student Services was releasing a video, which would feature himself, for incoming international students about the community hospital. Jo stressed the importance of promoting where the hospital is located, as it is a bit daunting the first time.

### **7. Introductions.**

The meeting concluded with a whirlwind of introductions for the members present.