

SRC Wellbeing Committee
8 November 2013 – 1.30pm, Main Bar

Present: Avalon Borg (SRC Wellbeing Officer, Chair & Convenor); Kirsty Gillespie (Athletic Union); Lindsay Mackay (Student Minds); Hibak Mohamud Yusuf (SRC Equal Opportunities Officer); Teddy Woodhouse (Director of Representation).

Apologies: Fay Morrice (SRC Member for Disabilities); Ailsa Ritchie (Student Services).

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1. Raisin Debrief.

Avalon thanked the committee members for all the work and support they provided in assembling, publicising, and distributing the Raisin Kits this year. She said that she felt good about the year's success and would include information on how to repeat the process for her successor next year, with an emphasis for kids' kits to ideally match halls numbers.

The committee members also agreed on the positive impact of the kits and relayed good feedback informally collected amongst friend networks.

2. Member Reports.

Lindsay remarked that Student Minds' first fundraiser on October 30 went really successfully. She noted that Student Minds would be hosting Tara Inchbald Holt next Thursday evening for a talk. Members are asked to note the event link: fb.me/events/1429528663925412/

Kirsty noted no major updates from the Healthy Body Healthy Mind at this stage.

Hibak told the committee that she was mainly working on the Immigration Bill Campaign at this time and was hoping to do more equality-oriented workshops for the rest of the year.

Teddy noted that he and Avalon were making progress with the see me Scotland pledge action planning.

3. TakeCare.

Avalon and the committee overviewed plans for the #TakeCare campaign during the revision period, focusing on breathing exercises, the value of sleep, self-help skills, free/subsidised yoga in halls, brain food, study spaces webpage, and a fun DVD list.

Lindsay noting that Student Minds was carrying out the Christmas cards campaign, in affiliation with their national body, in the build up to the exam diet and would be refocusing efforts towards something related to students supporting friends through the exam diet. Kirsty noted that the Athletic Union would be carrying out a similar activity with candy canes.

4. AOCB.

Committee members were advised that Sexy Health Week will be postponed to Semester 2 on Week 3.