

Welfare Comm minutes 7.11.14

- Apologies for absence from Calum Masters

1. Healthy Body, Healthy Mind Week

- Alice will compile the booklet over the next week. She will post on the welfare comm facebook page asking for recipe contributions and any other ideas over the weekend
- The booklet will include:
 - Ideas for replacing unhealthy foods with healthy alternatives
 - Article about positive body image
 - Yoga and meditation information from the stressless booklet
- We are also producing a timetable of sports, societies and committees in college
- How should we distribute the timetables and booklets?
 - Proctors will take them to livers in flats
 - Timetables and booklets will be posted to livers out
- Monday night event- healthy snack taster session in JCR lounge
 - Some ideas for healthy snacks to make from welfare comm: Dried apple with cinnamon, chickpeas with paprika, yoghurt coated dried fruit, frozen yoghurt
 - Fiona will post on the welfare comm facebook page asking for more suggestions and to arrange a time for us to get together and make the snacks before Monday night.
- Friday night event- Relaxing meditation night at Alice's house
 - There will be yoga mats on the floor and relaxing music playing
 - Selection of teas
 - Nail art in the kitchen
- Wednesday night- we still need a plan
 - Alice will ask welfare comm on the facebook page again
- Thursday night- combined with Disney soc
 - The film will either be the Hunchback of Notre Dame or Brave
 - Welfare will provide relaxing teas
- We will organize a trip to café continental during the week for welfare comm and friends- a chance for us to relax ☺

2. Cooking lessons

- Sandra- the new student support officer- has emailed Alice asking if people would be interested in cooking lessons in college
- Welfare comm are unsure as they think people are getting to grips with cooking now we are further into the term
- Alice will put a question on the facebook page to ask what other members of welfare comm think

3. Weekly message from Welfare Comm to the JCR facebook page

- This weeks message will include information about taxi numbers and locations of taxi ranks in Durham to help people get home safely from nights out
- We will also include a reminder that people can pick up their supplies from the welfare drop box as orders are being left and possibly forgotten about.

End of meeting