

Welfare Comm minutes 31.10.14

- No absences

1. Promoting personal safety

- Alice has given out sheets of personal safety information at mentor night this week and put a post on the JCR facebook page about it. Have people seen the information and what else could we do to promote personal safety in college?
- Welfare comm say they have been aware of the personal safety information. Suggest we should do regular reminders across the year so that people don't forget the advice as soon as the posts vanish
- As the nights get darker people are concerned about walking back from lectures alone, not just on nights out
- Alice is going to put personal attack alarms on the supplies order form
- The welfare team will make sure that numbers for taxi companies are visible at college and will circulate information including taxi numbers and the location of taxi ranks in Durham
- Alice has heard from the DSU that they are trying to get the night bus up and running for this year but are unsure about when this will happen

2. Information about contraception

- Following the discussion that Alice had with the head of FemSoc, she is going to distribute information about where emergency contraception is available in Durham.

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

- Welfare comm decide this week's message will give the time and day of the pop in (Monday, 12-1, JCR lounge). It will also tell people they can use the welfare email to get in touch about anything if they can't attend the pop in.

4. 'Healthy body, healthy mind' campaign

- The campaign is 2 weeks away as it starts on 17th November

- Welfare comm will produce a booklet of healthy recipes for proctors and livers out reps to distribute
- Welfare comm think it would be good to have something going on for every night of the week
- The plan:
 - Monday- a 'taste the difference' healthy snack taster session in the JCR lounge
 - Tuesday- Welfare team present at mentor night
 - Thursday- combine with Disney soc for a relaxing film night
 - Friday- A relaxing meditation night held out of college. Aimed at livers out as well as people in college. Will try to get the masseuse to come, create a calm atmosphere with candles and music. Could give out information about usefulness of meditation
- We still need an idea for an event on Wednesday night
- Alice will post myths and facts every day on facebook relating to healthy lifestyles
- There will be free fruit in the bar for the week
- Alice will look into getting poster about alcohol awareness to display
- We will also put an article about body image in the welfare booklet

End of meeting