

Welfare Comm minutes 23.1.15

- Whole welfare team present and correct 😊

1. Mental health and disability awareness week starts tomorrow

- Alice has compiled 2 booklets
 - 1) information about the campaign, about disabilities, some harmful phrases, details about discussion points for the week, information about who to speak to
 - 2) submissions from people in Butler about their experiences of mental health and disabilities. This is going in a separate booklet because it will hopefully be powerful and poignant on its own.
 - The booklets will be distributed around flats and uploaded to facebook for livers out
- Monday
 - welfare pop-in with information about the uni counselling service
- Tuesday
 - welfare team at mentor night
 - discussion- 'should we regard mental health problems as illnesses'
- Wednesday
 - coffee and a chat at Alice's house on mountjoy crescent. Aimed as a livers out event but livers in are also welcome to attend
- Thursday
 - pop-in with information about the disability service
 - welfare team at mentor night
- Friday
 - discussion- 'is an individual disabled or does society disable individuals?'
 - Alice wonders if anyone would like to lead the discussion. Fiona will lead the discussion.
- Saturday
 - sitting volleyball session at college
- How can we encourage people to come along to the discussions?
 - Edible incentives- tea and biscuits provided
 - Make a facebook event for each discussion to publicise them
 - Calum suggests we could advertise them as part of a series of welfare discussions and continue this into SHAG week
- How can we encourage people to come to drop ins?
 - promote them as being a good way to access information

-Alice will see if Adam (students with disabilities rep) can come along for the drop in on Thursday

- There will be information in the bar throughout the week- what would people like to see?
 - Alice already has some posters of celebrities with quotes from them about mental health
 - Do something similar with disabilities? Quotes from paralympians?
 - infographics and stats about how common different disabilities are
 - Should the posters be displayed about mental health and disability awareness at different times during the week?
- General consensus from welfare comm is to display them all at once in order to have them all up for as long as possible, but put them in different areas of the bar

2. Addiction awareness day

- What events would be effective?
 - A seminar given by someone who has gone through addiction. Alice will look into this
 - A discussion linking to addiction
- Could put up more posters in the bar to display information
- Hold a pop-in with information about addiction support
- Focus on behavioural addictions too including gambling

3. Personal safety

- How can we get the personal safety message out through other channels? Have already used the welfare weekly post
 - Put posters around the bar so that people will see them before going out for the night
 - Could display taxi numbers more around college. Could print them on business card sized paper for people to put in their wallets and take out with them. Alice will talk to Siri about this
 - Ask proctors to deliver the message to their proctees when they next see them. Livers out reps could also promote the message
- Need to think what we can do to help get the message out to men in particular
- A slogan to promote personal safety- 'keys, phone, plans to get home'

4. Welfare positions

- Welfare officer is being elected this term in the next JCR meeting (15th Feb)
- Assistant welfare officers will also be elected later this term
- To run for any positions, you need to do nightline training. Don't have to be trained at the point of running but will need to train at some point
- Nightline training is happening this term, it is a really great experience even if you aren't thinking of running for a position
- Get in touch with Alice if you are interested in going on the course as she has 2 guaranteed places for the weekend.

End of meeting