



14 November 2014– Butler Welfare Comm

Attended By: Alice Whitehouse (Chair), Calum Masters (Minutes), Becky Teece, James Bowmer, Laura Marriott, Billy Errington, Jessica Lythgow, Anisha Solanki and Anna Kyprianou

Apologies: Matthew Burns-Watkins and Fiona Hathaway

- **Healthy Body, Healthy Mind (w.c. 17 November)**

- Fruit will be available in the bar everyday
- Booklets have been sent to Livers Out
- The committee discussed whether or not welfare booklets should be delivered to Livers in by Alice or whether the proctors should do it – **ACTION – Proctors to deliver the booklets to their proctees flats by the end of the week**
- Monday – Healthy Snacks in the JCR Lounge
- Wednesday – Chilled night in the JCR Lounge – Discussed whether or not it will be with Film Soc – **ACTION – Alice to source Chicken Run for the event (Thanks James for the suggestion)**
- Thursday – Welfare meets Disney – The Hunchback of Notre Dame and healthy snacks will be provided
- Friday – Meditation Night at 14 Mountjoy Crescent – 18:00-20:00

- **Welfare Weekly Post**

- Laura suggested a baby elephant playing with a football – **ACTION – Laura to send Alice the picture**
- Post informing people of the start of Healthy Body, Healthy Mind
- There was discussion of a more calm playlist in the bar – Reference to the Stressless playlist from last year.

- **Know Your Limits – (w.c. 1 December)**

- Possibility of a sponsored weekend of sobriety – **ACTION – Alice to speak to Sam and Karolina**
- **ACTION – Alice to speak to Mandy about the possibility of non-alcoholic alternative to popular alcoholic drinks**
- Mocktails at the Slug and Lettuce

- Jess suggested the possibility of a non-alcoholic drink that could be served specially in the bar for the week
- Non-Alcoholic Drinking games
- Suggestion of a Welfare led debate relating to drink culture and nightlife perceptions and stereotypes of genders – **ACTION – Alice or Calum to speak to Rosie about maybe getting FemSoc involved in the event. Need to develop question suggestions for the debate/discussion.**
- **Housing for Next Year**
 - Members were conscious of the increasing stress within college regarding living-in and living-out next year
 - **ACTION – Alice to speak to Emma about attending our Welfare pop-in on Monday**

Next Meeting – 21 November, JCR Lounge