



Royal College of Science Union

Minutes of the 3rd meeting of the Welfare Board

Held at 18:00 on 5th of February 2018 at the RCSU Office

PRESENT:

- Shervin Sabeghi– RCSU Welfare Officer (SS)
- Michael Edwards– RCSU President (ME)
- Becky Neil– RCSU Vice President Operations (BN)
- Chenyu Lin- maths Wellbeing Dep Rep (CL)
- Tiah Cudjoe-Cole – Biochemistry Wellbeing Dep Rep (TC)
- Peter Hull – Maths Year Rep (PH)

APOLOGIES:

- Natasha Boyd– Biology Wellbeing Dep Rep (NB)
- Felix Thomson – Chemistry Wellbeing Dep Rep (FT)
- Oscar Scrivens- RCSU Publicity Officer (OS)

Meeting opened at 18:03.

Scientists of Imperial

Similar idea to medics of Imperial, very successful. Testimonials discussing mental health, issues, sharing experiences, related to uni, journeys taken etc. Goal to get people talking about mental health, an outlet to talk about issues, know you can still achieve great things despite issues, and build a community. Campaign at start of welfare week, release one per week, different themes or whatever is written and hopefully have enough until end of term. Perhaps around 10 testimonials. Facebook page and website or newsletter (to look into for the future). Current example from someone keen to write. Medics is 6 paragraphs. This is smaller, size to be decided. Idea to give advice but not pressured into it.

Suggestions of theme weeks, or theme months- perhaps limited by testimonial numbers and type. Spontaneous themes could work.

Main issue- approaching people. Investigate how the medics do it. Use reps to ask for testimonials. Aim to not overly advertise to get testimonials with most advertisement being when the page goes live.

Suggestion of asking staff members SLOs, Tome Welton, Anita Hall etc. Ensure it's communicated well to participants. Anonymity if required.

Main aim to show positives at the end, not just a list of problems.

Edited versions if necessary but should be discussed with participants.

3 weeks and 5 days until this is being rolled out.

Suggests using an Instagram page if there are enough testimonials/photos.

Action SS and PH to write and send out an email to reps, explaining the goals, the aims and how it needs to be explained to students.

Action All gauge response and see if students are interested in their departments.

Action PH to contact SLOs about giving testimonials or helping to give them. SS to give contact details.

Action SS to get in contact with Anita Hall about this with aim to arrange a meeting and invite PH.

Action SS to find out about website possibilities/options.

Welfare Week

Organisation of the week.

Mrs Research group in Nutrition→ perhaps interested in giving a talk.

Nutrition society- Nutritank in ICSM

Healthy eating stall with healthy foods, small leaflets/recipes, menus on a budget.

Direct people to talks from the stall.

Joe Wicks (probably spelt wrong) doing a cooking class.

Consider changing healthy eating because of farmers market. Need to know where we can cook and if that's possible, as it affects the place

Smoothie bikes have their own budgets, so we should do this for sure.

Petting zoo or puppy options- All dogs matter. Maths are also planning to do puppies so this could clash, but will both keep the idea.

Mental health day have a fun but also serious thing.

External speaker.

Visual bubble chill zone for stress release- meditation/yoga idea.

Bouncy castle is a no from SS.

Headspace.

Mindfulness meditation sessions- but happen regularly.

Church setting as done at Queen Mary's→ long term idea for TC to look at.

There are still a lot of condoms, include them in general welfare.

Action TC to contact Nutritank (Chair-Denise Lin) and Mrs Nutrition Group.

Action TC contact Culinary Soc (Chair Soe Khaing) to find out how they do cooking/if they have a cooker.

Action ME to look at smoothie bikes and organise for Wednesday 28th.

Action SS to look at where cooking is possible/if it is possible.

Action SS to look at getting puppies/ a petting zoo, contacting Fintan for information on what he did.

Action SS to speak to Mental Health Officer-Arianna, Anita Hall.

Action SS to contact Headspace.

Elections

Encourage people to run for the positions for next year.

Meeting closed 19.20