



Welfare Campaigns Meeting – 18-02-2021

Attendance: ES (Senior Welfare Officer), HH (Campaigns Manager), JGa (Female Welfare), SWC (President), MP (Vice-President), IA, GT, TAF, CA (Year Abroad & Placement Rep)

Apologies: JGo (Male Welfare), GF, BC

Applications for the committee are reopening as CA is now here in her capacity as YA Rep, and MPi is no longer on the committee, so we have 2 spaces open

Care Packages

ES Thanks for your ideas – they went down super well, and we ran out because of how popular they were, people loved them. More will be ordered.

Next Campaign

ES Learning to Learn went down well, tagging chain is still going and has reached outside of cuth's – very good. Good job! Next one – break the silence. About opening up discussions on topics that aren't really spoken about. Things like addiction, domestic abuse, relationships, and representation – what topics should we highlight that aren't spoken about?

SWC I'd like things about unhealthy/abusive relationships – but the lines need to be drawn – we can signpost to advice and show red flags, but we can't encourage people to disclose online.

ES We need to be very transparent on where our sources are on this one and not give advice ourselves.

GT Something about eating disorders – source of control – think it's very important right now.

IA Helping friends through issues? People are aware of where they need to go for help, makes these convos harder – could link to other topics.

ES We could do that as a topic on its own? Or would we tag it onto other issues.

IA I think it might be better to be included in each days thing.

JGa Abortion – really important to mention And tag into shag week. A day could be dedicated to that. STDs, Morning after pill?

ES I don't want it to be too broad and generic, so I'd prefer something very specific such as abortion or the morning after pill.



SWC If we do something food related, be careful of body positivity and food issues aren't completely related. We have had complaints – people who struggle with these issues can be hyper-sensitive. We aren't saying that body positivity can fix eating disorders.

ES Definitely something to bear in mind.

CA For eating disorders – could we bring in other things that have risen due to a desire for control over lockdown.

SG Might be worth talking about mental health related issues, imposter syndrome. Not everyone is able to do everything. Something on that?

ES On the topic of control – could we fit that into the self-destructive behaviours thing – had written down suicide and self harm but they are a bit generic and well covered, people are worse at spotting self-destructive behaviours. Anything else?

TAF Off what CA said – we could show that there are ways to handle it yourself without being able to meet up with friends.

CA With self sufficiency, at the end of each post, we should direct a message to anyone who is going through it saying that we support them – could be differentiated by topic. That could be reassuring.

ES Ties up with what IA said – ways to support family/friends, ways to support self. Got a lot of topics. Perhaps best way to decide is to put them to a poll. It'll be 7 maximum – perhaps we should cut it to 5 so we aren't bombarding people.

ES We'll need facts and figures – perhaps before and after pandemic – how to open up conversations? Important to remember where you get information from so it's not just from the JCR. Might be best to focus on the niche parts of the topics.

HH When it comes to assigning roles, be clear what other people are doing – use the group chat, it's very informal. Could be easier on everyone if we just share what we are doing and when it will be done by. We can send round a base poster and people can add info and images, all work collaboratively.

Videos

ES I'd like to do a brief video where it's a few of us talking about the specific topic for the day or just going through the topics – maybe just a few topics, would we be keen?

lots of nods

ES I'll be in contact after the topics have been decided – you wouldn't know the topics before you got there.

SWC We could have people declare their preferences so that no one is talking about stuff they don't feel comfortable about.

ES That makes sense we'll do it that way. Profile frames? I was in favour of this but I'm not sure. Another competition? Any ideas let me know. Since we are a person down for this campaign it would be nice if we can get other people in. We could do a social so that you can



all meet each other after. There are less numbers now. Put names on the google form before Monday next week if possible. Hoping to do the poll by the end of today. Hopefully we'll be in motion by the end of next week.

Last Campaign of Term

ES Completely down to you guys. What topics do you want to cover as a campaign? Talk to each other etc. Use the agenda to write down ideas as you have them.

SG We could do mindful media, harmful stereotypes. Don't want to talk people down but encouraging people on how to do media. Horrible representations are still abundant. Doesn't have to be critical of people who enjoy the media.

GT Could we collaborate with femsoc, minority reps, and anti-racism soc. Be critical about things – stereotypes in media.

CA We should address the sentiment of feeling personally attacked for liking media

JGa Definitely important – how media creates unconscious bias, doing work to undo that.

SG Do good examples vs bad examples. That way it's not too negative.

ES Unconscious bias might be a slightly different topic.

AOB

ES Keep an eye out on instagram if you stumble across anything related to SHAG week – not doing a campaign as such but do keep an eye out.

HH Yoga idea – we could do a welfare/cuths yoga society thing – I could run a session next week. I don't know the vibe we'd go for. Relaxation etc. If you want to get involved send me a message. Might do the gameshow thing once I have got through summatives. Would be nice to do more online events. We've been a bit quiet in that department.

CA We could do a welfare quiz?

SWC Yep! Env comm are next but you could go after.

ES Up to you guys.

CA We could link it into the taboo campaign. Could be a bit heavy thought.

ES Depends on the topics. I'll do the poll for tomorrow – any ideas let me know.

GT When will this run?

HH undecided, perhaps the first week of march?

ES We'll sure this up when we can.

ES Social at some point when we have new recruits!