



Welfare Campaigns Meeting – 03-04-2021

Attendance: HH (Campaigns Manager), JGa (Female Welfare), SWC (President), MP (Vice-President), GT, GF, TAF, LM

Apologies: JG (Male Welfare), ES (Senior Welfare Officer), BC, IA, CA

Location: Zoom

Plans for this term

HH Plan for this term about managing stress and managing coming out of lockdown. Obviously exams are not far away. Stress-less is the usual campaign. It's not going to be super resource intensive. Usually we do fun things like farm animals *reminisces about Freshers' Week 2019*. Could this happen this year?

SWC Hild Bede have done it. They had a covid risk assessment. I am not convinced we will be able to do it. Hild Bede have acres and acres, we have almost no ground. I think it's going to have to be so managed that it'll be so much work that people won't get much joy out of it. Disagree if you want, but I don't think its worth it this year.

HH Agree. Not ideal. Logistical conversations will happen later with ES and SWC

Social Media Campaigns

HH On insta I asked people what they wanted to see. Got a lot of responses. Someone was asking how to get help from college. Also thinking about doing a step-by-step way. People struggle with that sort of stuff. Doing a guide is a good idea.

Encouraging motivational posts. I like it, but I want to avoid being a broken record. We had that campaign about mental health and stress – we don't want to be repeating that.

Healthy de-stress habits. Going for walks, doing paint by numbers – we can brainstorm this.

Funny and uplifting posts

Study group sessions – Personally like to facetime people to study, keeps be accountable. We could do some kind of group zoom call where people can drop in and out of. Nice to see faces

JGa I like that idea. I can run a session or two.

HH under the stress-less umbrella is mental health awareness week. Theme is nature. Thinking of doing some sort of competition around the idea of nature – photography? I worry it's slightly primary school.

LM We could do nature walks in Durham

HH I like that. Maps perhaps? Collaborate with CRC



GF DU Hill walking Society has a big document that could be a good thing to share

HH Resources will mostly be linked to. We have already created resources this year, and I'm sure we are busy, I'll share a timeline for plans when we are ready to do so.

LM On strava people can have routes, perhaps could share on that.

Coming out of lockdown

HH Coming out of lockdown in June, a lot of people are stressed about it. I think it's a quite well felt feeling. Health anxiety/ uncertainty over rules/ public spaces – just change in general is difficult. Just seeing people again – do need to make it clear that is normal to not want to see everyone instantly. The safety aspect – pubs/bars/clubs – spiking etc, resources. We have the get home safe page. We can draw those together.

LM With the cuth's get home thing it might be a good thing to have safe nights out etc.

HH Agree. Think it's a good scheme.

SWC Worth posting that the SU has the nightcab service up and running again. Last term in a JCR meeting meaning that harm reduction is JCR police. SSDP resources can be shared. They are keen on setting up stalls at college bars/events.

HH Best having most resources possible. We can address this close to the time.

Events

HH I've been saying I'll do a *The Wheel* night for about 5 months

JGa I love that show

HH So I'm working on that. Probably not a right now thing. Possibility of an in person pub quiz. We could also do a friend speed dating thing – picnic/cup of tea thing. Meet new people socially distanced. I think it would be quite easy to manage. Could be a nice thing

MP Personally I think an completely no theme thing has the potential to be a bit crap/poorly attended. I think it would be better to collaborate with a relatively chill sport or society, like art soc, just so nominally it is structured around something.

HH Agree. I like that. I will maybe message art soc.

GT We could encourage people to come down with someone from their household. I don't know how well we could organise this.

HH I like that

LM I think it should be structured across households from parsons and bailey – cross the divide

HH We could do a google form that includes where you live.



LM With the mugs, ZH had some sort of mug painting policy when she ran for librarian – we could give them to the library.

SWC I have stolen many mugs in a brazen act of theft. I pretend that they go missing at library socials, but really I take them all. I hoard them like a dragon hoards gold.ⁱ

HH We could have a donation system. I like this idea.

HH I'll make a timetable when this stuff is going on. Fill in saying when you are happiest to contribute. That's all from me. Hopefully we'll have a campaigns social at some point. See you all soon!

ⁱ Paraphrased