

Community & Welfare Board Agenda

The second Ordinary Meeting of the Community & Welfare Board for the 2018-19 Session will be held on Tuesday 20 November.

Location: Meeting Rooms 1 & 2, Beit Quad

Deputy President (Welfare)	Becky Neil
Deputy President (Finance & Services)	Claudia Caravello
ICSMSU President	Dan Faehndrich
ICSMSU Welfare Chair	Aisha Chaudry
RCSU Vice President (Wellbeing & Welfare)	Shervin Sabeghi
RSMU Student Welfare Officer	Chloe Lewis
GSU Engineering Academic & Welfare Officer	Raya El Laham
Disabilities Officer	Sam Haselgrove
Ethics & Environment Officer	Charlotte Griaud
International Students Officer	Laura Chen
Mental Health Officer	Tasneem Mahmud
Chemical Engineering Department Wellbeing Rep	Omar Abdulla
Chemistry Department Wellbeing Rep	Felix Thompson
Computing Department Wellbeing Rep	Martin Zlocha
Design Engineering Department Wellbeing Rep	Elsbeth Peatman
ESE Department Wellbeing Rep	Arman Sarjou
Materials Department Wellbeing Rep	Jessie Harrison
Observers	
ICSMSU Vice Chair Campaigns	Gabrielle Mathews
Student Campaigner	Luis Chaves Rodriguez
Student Campaigner	Clarisse Beurrier
Wellbeing & Campaigns Coordinator	Laura Regan

Formal Business

1. Chairs business
 - a. Deputy President (Welfare) (DPW) introduces members of the board
 - b. DPW sets expectations for the meeting
2. Minutes of last meeting
 - a. The board pass the minutes from the previous meeting
3. Matters arising

- a. AP 1 complete
- b. AP 2 complete
- c. AP 3 in progress, DPW to update in January
- d. AP 4 complete
- e. AP 5 complete

Matters for Report

- 4. Updates from Deputy President (Welfare) **(verbal)**
 - a. DPW recaps their Union Council report:
 - i. Liberation & Community Officer event will be in January and they have access to mailing lists to improve reach
 - ii. Looked at the Student Support Strategy consultation and will be producing a response
 - iii. New Inclusive Technology from the College is available on the software hub and there are sessions to learn how to use it
 - iv. Race Equality Charter survey has opened, DPW asks the board to help in promoting this to all students
 - v. College are looking into the experience of students on interruption of studies

ACTION: The board to send DPW any feedback via email

- 5. Updates from Constituent Union Welfare Officers **(verbal)**
 - a. RSMU Student Welfare Officer
 - i. Integration has improved, particularly between staff and students in Materials
 - ii. ESE students disappointed how staff have responded to financial concerns from students, particularly for the year two compulsory self-funded fieldwork module
 - iii. Structure within the RSMU with welfare isn't right at the moment
 - b. RCSU VP
 - i. Faculty-wide Personal Tutor survey received 25% response
 - ii. RCSU doesn't have much for direct student support, investigating this further
 - c. ICSMSU Welfare Chair
 - i. Held three-quarters of Student-Staff Liaison Groups (SSLGs), ICSMSU VC Representatives has done a great job in writing papers and identifying key issues
 - ii. Working with the faculty to launch a demystifying campaign
 - iii. ICSMSU President comments on the work of ICSMSU Welfare Chair, particularly working within a new structure for welfare

- d. CGCU Wellbeing Officer
 - i. CGCU Wellbeing Officer will be meeting with Engineering Department Wellbeing Reps for introductions
6. Updates from Liberation & Community Officers (**verbal**)
- a. Mental Health Officer
 - i. Working on the art therapy sessions and collaborating with initiative that already exist
 - b. Ethics & Environment Officer
 - i. Hosted a campaigns launch evening, received 120 signups
 - ii. Struggling with continued engagement at meetings
 - iii. Got several events coming up and want to collaborate with the art therapy
 - c. Disabilities Officer
 - i. Created a London Disability Network and have first meeting next week
 - ii. Organising events for Disabilities History Month
 - iii. Wrote a full page article for Felix about the role, my goals and upcoming events
 - d. International Students Officer
 - i. Trying to organise an international week in the spring term. Ideas for events include speaker, career and politics events and an international food fair. Would like support from the board
 - ii. Continuing to collect sign-ups for mailing list with low uptake

Matters for Discussion

7. Meat Free Mondays Campaign (presentation)
- a. DPW introduces the two student campaigners to the board
 - b. The student campaigners present their idea to the board with a focus on increasing plant based options on campus, incentive to buy vegetarian options on Mondays, running debates, participating in Veganuary, ambassadors at food outlets with 'Meat Free Monday' branded clothing and a food truck event similar to the Farmers Market
 - c. The board give their feedback:
 - i. Great campaign which is encouraging rather than confronting
 - ii. Consider taking into account people who prepare food at home/can't afford College catering
 - iii. Get resources out to non-South Kensington (non-SK) campuses
 - iv. Introduce into Halls of residence
 - v. Produce recipes for Veganuary to aid participation

ACTION: Laura Regan (LR) to share the campaign documentation with the board

8. Free Periods Programme (Silwood)
 - a. DPW speaks on behalf of Silwood who would like to campaign to get the Union to fund the provision of free sanitary products for students at dedicate times/locations on all campuses.
 - b. The board give the following feedback:
 - i. Some feedback from students is that non-reusable sanitary products are bad for the environment and therefore wouldn't want free products
 - ii. There needs to be a plan for distribution that isn't in the Union office – could be free dispensers in toilets
 - iii. Union resources are outdated, only condoms available, would like to see this expand to STI and pregnancy tests
 - iv. Need to think about having these products in more than just female toilets
 - v. Mooncup is a good idea, they are quite expensive so might need to think about a different type of distribution

9. Mental Health Survey (Mental Health Officer)
 - a. Looking to run a college-wide survey on mental health to ascertain how people feel about the College's support services.
 - b. The Mental Health Officer asks the board what kind of questions they would like to see included. The board gives the following feedback:
 - i. Look at the Mentality survey questions to compare responses
 - ii. Try to understand the causes of mental health issues and look at systemic issues
 - iii. Look at the specific issues and get to the core of problems
 - iv. Look specifically at the postgraduate experience and where they can access support
 - v. Focus on whether peers have the appropriate resources to support a friend through difficulties
 - vi. Support other than counselling students have found useful
 - vii. Try not to brand it as a survey and brand in general, people might think they need to have a diagnosis to take part
 - viii. Concerns around free text responses and not being able to get support to students due to the anonymous nature of the survey
 - ix. Medic specific issues like firms
 - x. Use the qualtrics tool to segment specific questions

ACTION: International Students Officer to send Mental Health Officer questions from a survey about workplace stress

10. Disproportionate stress for assessments (Mental Health Officer)

- a. Students feel disproportionate stress towards works. Would like to run a campaign or demystifying work around this. The board give their feedback:
 - i. Imperial all-nighter culture is widespread
 - ii. People feel like they're failed when they haven't got the top grade in the class
 - iii. Get people to talk about coping with stress and work with faculties in how they advertise their assignments
 - iv. First years stress a lot when it's more important in that year to develop interpersonal skills, socialise, make friends in that time
 - v. Staff in some departments are mixed on the idea that Imperial is a rite of passage
 - vi. Departments don't communicate the expectation of what time needs to be invested to work in each module
 - vii. Get departments to publish how much assessments are work
 - viii. Tricky for PGT students as they're only here one year
 - ix. Need to tackle competitive nature between and within courses
 - x. Monitor submission times, flagging if it's always late
 - xi. Important not to trivialise students stress and concerns
 - xii. Look at what the stress for International students is and how this differs from home/EU students with cultural pressures
 - xiii. Make sleeping and eating well fashionable in place of stress
 - xiv. Emphasise how productivity changes when you're stressed
 - xv. Engage with people who didn't get firsts but are successful
- b. The board are asked to continue to feedback ideas to the Mental Health Officer via email

11. Counselling provisions on non-SK campuses (Silwood)

- a. DPW speaks on behalf of Silwood who find the Counselling provision on the Silwood campus is seriously lacking
- b. DPW informs the board the Counselling service are struggling but are also currently recruiting to increase the number of counsellors.
- c. The board discuss counselling at non-SK campuses:
 - i. Concerns at White City that central services are not as accessible, in this instance might need to encourage students to travel to SK more
 - ii. Can the College look at phone and/or skype counselling sessions. DPW explains there are safety concerns around this but the service are currently investigating the possibility
 - iii. Need increased physical presence of Union and College central services on campuses so they feel part of the community
 - iv. Ensure students on non-SK campuses know how to access support in the interim
 - v. Promote alternative therapies
 - vi. Pay for transport to SK

- d. The board discuss the issue about space for Counselling sessions and understand they need to take place in specific rooms for safety reasons
12. College policy on returning to teaching after mental health incident (ICSMSU)
- a. ICSMSU President informs the board of a policy which states a student must receive clearance from the IC Health Centre before returning to class after a serious medical/mental health issue. They ask the board for feedback based on the fact students are subject to delays from the Health Centre in getting clearance. The board give their feedback:
 - i. Can the Senior Tutor give a student clearance and shift the responsibility from the health centre
 - ii. Can there be a barrier where a Senior Tutor signs off to avoid frustration with delays at the health centre
 - iii. Can something be done in line with new self-mitigation policies
 - iv. Clarify this policy is for both mental and physical health
 - v. There should be an interim measure if the Health Centre is not available when the student needs to get clearance
 - vi. Consistency will highlight that a blanket policy does not work

ACTION: ICSMSU President to update in January on what the policy is and whether changes can be made, working with FEO Welfare

AOB

13. RSMU Student Welfare Officer – Financial Support

- a. Access to financial support is not clear and the process is time consuming
- b. ICSMSU President states there is a standing item within the weekly bulletin linked to where students can access support in the faculty
- c. RSMU Student Welfare Officer informs the board of a specific issue on the ESE course with a self-funded international module. The department are giving poor to no advice
- d. ESE Dep Rep states it makes the whole degree inaccessible to students from low household income backgrounds

ACTION: DPW to investigate the situation with self-funded year 2 field trips in ESE

14. International Students Officer – International Week

- a. International Students Officer asks whether the board have ideas for events to run as part of International Week
- b. Materials Dep Rep states the RSMU are looking to run a campaign focusing on integration within CU
- c. RCSU VP states last years Officer was looking to run events over the Christmas period for students who don't go home to families

- d. DPW states there is some funding for Union events over Christmas

15. Laura Regan – Under Pressure

- a. Under Pressure campaign is returning and the Union will need the support of the board to promote the events locally to their peers
- b. The board are asked to contribute to a promotional video
- c. RSMU Student Welfare Officer advises the points from the earlier discussion are included

16. BME Officer – Updates

- a. Disabilities Officer gives the board an update on behalf of the BMA Officer
- b. Consulting with Cambridge African-Caribbean Society to work on an access conference

Meeting Concludes at 19:43

Next Meeting

Tuesday 4 December 2018, 18:00. **Location:** Beit Quad, Meeting Room 3