



# **South Lanarkshire College**

## **Students' Association**

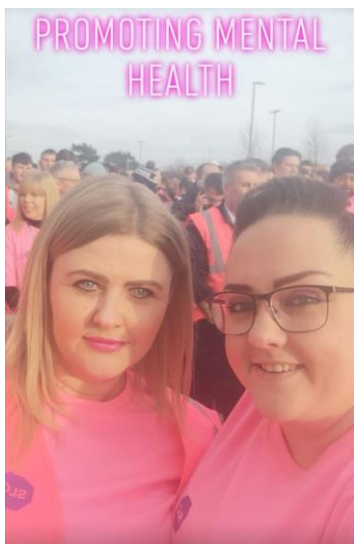
### **Board Report**

**February 2020**

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## Promoting Positive MENTAL Health



At the start of the year, in line with our Operational Plan, men's mental health was a top priority. We set aside a small budget to buy pink t-shirts highlighting our mental health event with the focus being on men's mental health. The College was so supportive of the idea that in the end 500 bright pink hi-vis vests and 250 pink t-shirts were purchased and distributed amongst students and staff. The whole college turned pink for the day and men's mental health was certainly being talked about. The local newspaper covered our event and captured the day in photographs with a feature running in the newspaper later that week. The College also received a letter of congratulations from Dr Lisa Cameron, MP, on the success of the day. As a college we are absolutely delighted to be working towards an increased uptake of support services among male students in the College.

## Gender Based Violence Prevention

The Student President, Vice President, Student Officers and Student Services staff all took part in a local 'Unsilence Violence' march. The march took place in the community on Thursday 21 November and was to show our support for ending violence towards women. The SA commissioned t-shirts with the College logo and 'Gender Based Violence Prevention Champion' printed across them. The SA hosted a stall at the event to showcase all the work the College is undertaking regarding gender-based violence and included copies of the College's Strategy, Support Policy and Action Plan.



As a college, we take gender-based violence very seriously and held our own 'Stop Gender-Based Violence' event on Wednesday 27 November. Several external organisations were invited to host a stall in the Atrium and to speak with staff and students about their work.

**STOP**  
**GENDER-BASED VIOLENCE**

assault  
Intimidation  
Online abuse, Harassment, Stalking & abuse  
Physical & Stalking  
Sexual assault  
Domestic violence  
Domestic crimes  
abuse  
legal  
gender  
violence  
assault  
sexual  
stalking  
harassment  
intimidation  
online  
abuse  
physical  
domestic  
violence  
crimes  
abuse  
legal  
gender  
violence

**Wednesday 27th November**  
**Ground Floor Atrium, 10am-1pm**

Come along to learn more.

We believe all staff and students deserve to live, work and learn in an environment free from gender-based violence. As part of our ongoing safeguarding focus, we're fully committed to ensuring that the College community is a safe and respectful place for everyone.

If you've been affected by gender-based violence, you can speak in confidence with a member of the Student Services Team.

**SLC** South Lanarkshire College  
East Kilbride

[slc.ac.uk](http://slc.ac.uk)

As part of the College's Equally Safe Strategy

Refreshers'

# REFLECT REFOCUS & REFRESH

*at our Refreshers' Event*

**Tuesday 15th  
& Wednesday 16th January**  
Ground floor atrium, 10am-1pm



**YOUR COLLEGE  
⇒ YOUR WAY**



This year Refreshers' was all about health and wellbeing with the Student Association hosting several information tables at the event.

'Take the Stairs' was promoted with 'Free Gym' signs displayed on the stairs and signposts letting people know how many steps they had climbed to each floor. There was a focus put on the usage of lifts, urging everyone to consider wheelchair users and those unable to use the stairs within the College. We also held a table encouraging students to sign up for a free 'Give It A Go' yoga class. In addition to this, another table involved a 'health swap' initiative and included complimentary Quavers and Skinny Whips as healthier alternatives to regular crisps and chocolate bars. We purchased lots of fitness planners to help encourage students to stay on track with their fitness and healthy eating goals. These were distributed for free on a first come, first served basis.

Sustainable travel was championed by the College's Sustainable Travel Officer with students and staff being reminded bike-hire is available on campus.

Go with Flo stop smoking classes were promoted with the first NHS Lanarkshire class taking place in the College on 29 January.


## Go with Flo





The cigarette costume was brought back out again this year to promote the 'Go with Flo' classes being offered to help anyone who was interested in stopping smoking. The costume always provides an opportunity for the Student President to dress up and actively engage with the students about this topic. Aside from being a fun idea, it really does encourage people to think about stopping smoking more so than just a poster. On the day the Student President wore the costume we collected more sign-up forms for the classes than in the whole two weeks of advertising through posters, social media and email contact.

# Student Question Time


Student Question Time is a great event for the student voice to be heard within the College. The Principal, Depute Principal and College Management Team all sit down together with fifty students in attendance. Students submit their questions in advance with a random selection being reviewed by the Quality Unit. This year we received forty questions in total. The Student President then asks the Panel the questions that the students want answered. After the initial Q&A the floor is then opened to anyone in the room, allowing for further comment or other questions to be put to the College Management Team. This event guarantees student views are heard and provides the opportunity to request changes.

The Quality Unit & The Student Association Present 




**Tuesday**  
**21<sup>st</sup> January 2020 at 1pm**  
(for 1.15pm start)


**NOW IS YOUR TIME** To put **your question directly** to the College Management Team




Please contact Quality Unit (room 112)  
Telephone: 01355 807704 (direct)  
Email: [quality@slc.ac.uk](mailto:quality@slc.ac.uk)

Quality Unit January 2020

The Quality Unit & The Student Association Present 



**WHAT** would you or your class like to ask 

Enter your question(s) here.


You may be given the chance to ask your question directly at the event – so come along.

Your name: \_\_\_\_\_

Your class/course: \_\_\_\_\_

Will you be attending the event? (please tick ✓)    YES     NO

Bring a classmate with you.

If you cannot attend, we would recommend that you nominate someone from your class to attend instead and let us know.

Please return this form to the Quality Unit (room 112)  
before 4.30pm on Thursday 16<sup>th</sup> January 2020.



## Christmas Jumper Day

Christmas Jumper Day was a roaring success with DJ Santa providing the music while stalls offered Christmas crafts, gifts, cakes, mini manicures and makeovers. Even Paddington Bear made an appearance. And EVERYONE had their Christmas jumper on. The selfie photo booth was well stocked with seasonal accessories and proved to be real hit with students and staff alike. A whopping £1,146 was raised on the day and donated between Loaves and Fishes Food Bank, The Salvation Army and EK dementia. All charities had been nominated by the students.



## **Care Experienced Dinner**

This was our second dinner of the year with our Care Experienced students and this time we all enjoyed a lovely Christmas meal. After the success of our last outing the students themselves had suggested doing it again. The Student Association is so proud of, and delighted to support, our Care Experienced Students. We were all absolutely thrilled when one of our own Student Officers contributed information and ideas towards the review and development of the College Corporate Parenting Plan.



## Carers Dinner

The College is fully committed to 'Going Further for Student Carers'! After the great success of the Care Experienced dinner, we also organised the Carers Christmas outing with everyone enjoying a complimentary meal at Di Maggio's. I am so proud of this group and their achievements; they now meet up regularly for social outings and have created their own snap chat group to keep in touch. I am delighted we have made a real difference to the lives of these carers. This group has created great friendships and it's fantastic that the College was able to facilitate this. It's Young Carer Awareness Day on 30 January and we will mark this occasion by organising a celebratory meal to thank them for everything they do while striving to enhance their education.



## Yoga Class

The SA hosted a 'Give It A Go' Yoga class on the 23 January and student feedback was fabulous with everyone really enjoying themselves. Students said yoga is now something they would enjoy doing to help reduce stress and increase positive mental health, in addition to the overall bonus of improving fitness.



## **Anti-Bullying**

Anti-Bullying Day was highlighted within the College with the SA visiting classrooms emphasising our ethos of inclusiveness through consideration and respecting each other. We created our own badges using the image below to hand out to students for free telling them to 'say no to bullying'. Social media posts were shared to promote the anti-bullying message.



## **Loaves & Fishes**

In the lead up to the festive break, the College organised a collection for all staff and students to donate food and toiletries to Loaves & Fishes. Like last year, the collection was a fantastic success with a full van load of food being delivered to the local foodbank on behalf of all the staff and students.



## **Salvation Army Christmas Appeal**

Every year the College volunteers in partnership with The Salvation Army to collect and make parcels for families who need support at Christmas. Yet again, the generosity of staff and students was overwhelming in support of this very worthwhile cause with loads of gifts and toys being donated.



## **Life Options Activities**

A fantastic day was had by all at the Christmas party with our supported learners. Both the Student President and Vice President joined in the fun, with lots of singing and laughter making the day a great success!



## **New College Gates**

We now have fantastic new college gates installed at the entrance to the campus. They are brilliant for promoting the College and are eye-catching for visitors and students alike. Chosen by our Principal they are a brilliant legacy to the amazing work the College is involved in every day!



## **Upcoming Events**

- **Love your Planet Sustainability Event 14 February 2020** - At this event, organisations are invited to help the SA promote sustainability and environmentally friendly ideas.
- **LGBT Pride Stride 27 February 2020** – We will be inviting staff and students to join us on a refreshing walk around campus to show our support for LGBT+ Equality.
- **LGBT Purple Friday 28 February 2020** - SLC promotes LGBT+ Equality and encourages everyone to wear purple for this fun event.
- **Equality and Choices 24-26 March 2020** - Celebrating difference, promoting a wider understanding of equality and sharing lots of ways of helping students and staff look after their wellbeing.
- **No Smoking Day 11 March 2020** - The College is hosting an initiative to help students and staff who want to stop smoking.
- **Mental Health Awareness Week 16-22 May 2020** - There will be a range of promotions taking place throughout the College as well as organisations offering information on what will have a positive impact on mental health and wellbeing.
- **Care for a Cuppa 26 May 2020** - Carers are welcome to come along and get a free cup of tea/coffee along with freshly baked cakes.
- **Carers' Week 8-12 June 2020** - Carers' Week is an annual campaign to celebrate and recognise the vital contribution made by carers.

**The SA look forward to continuing to work in close partnership with Student Services, HR, Quality and Marketing to facilitate health and wellbeing initiatives for students and staff.**