



South Lanarkshire College
Student Association

YOUR COLLEGE
⇒ **YOUR WAY**

SLCSA

BOARD REPORT

NOVEMBER 2018

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Students' Association Internal Updates

Rebrand

Since the last Board report was submitted SLCSA have received a branding makeover. South Lanarkshire College benefit from an extremely talented marketing and design team who have redesigned the SA logo, brand, colours and have set the tagline; "Your College Your Way" which is cleverly derived from the first line of the College's address, College Way.



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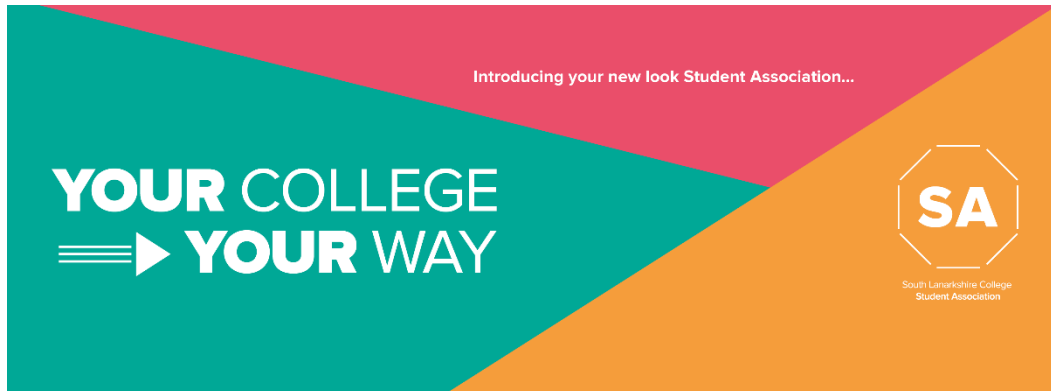
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Officer Elections and Appointments

9 Student Officers have been elected by their fellow students.

Each of the Student Officers bring a unique set of skills, abilities and interests which will help them set goals and priorities to support students throughout the College. The Officers will engage in a variety of issues including, but not limited to; sustainability & waste reduction; mental & physical health; support to stop smoking; LGBTI; disability & accessibility; sexual health; care experience; general student wellbeing. In order to raise awareness of these priorities the Student Officers will be working with the College Community to organise events and to support different agencies, as well as providing support for any student who requires it.

All the Officers will work closely with the College to ensure the student voice is heard.



Anne Carroll

I hope to use my position as Students' Association Officer to benefit the disabled and vulnerable service users within the college. I am also willing to volunteer my time to attend training courses to improve my knowledge and skills for prevention of suicide, blood born disease or disabilities.



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Andrew Christie

I am your student officer for care experienced people. I will work to ensure that the voices of care experienced people is heard clearly. I have had a personal experience of the care system in Scotland and would like to put my passion, knowledge and experience into good use by helping others. I like to connect with other care experienced people, together we can help make a positive change to the wider care system in Scotland. I would also like to create more opportunities for care experienced people such as social events.



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Donna Vergoz

I am a confident individual and have no concerns about standing up for what I believe in. I tackle new challenges head on and love to campaign and debate on matters that I am passionate about. Some of my goals include; Being a voice for all students, promote sexual health, promote health of body and mind, organise fun/social events and charity events and work with the local community. I am enthusiastic about becoming involved and would like to encourage as many students as possible to come forward with any ideas they may have.



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Elaine Gallacher

I would like to provide a platform for LGBT students to feel welcome and free to identify themselves without discrimination. I will support those struggling with their sexuality and work to improve the mental health of LGBT people through greater awareness of issues faced within public services. I'm also keen to arrange events and activities that everyone can join in to help raise awareness. Being a BI student myself I understand how it feels.



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Zara Munro

With health as a key issue for the student association this year, I would work to encourage discussions around mental health to raise awareness of different issues and reduce the stigma around them. I would also look into more social activities and clubs around the college. I was also a student officer last year and look forward to using my experience to continue to put your views across and improve college services for all students.




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Danny Taylor

I intend to be there for anyone who seeks help, advice or even just someone to listen. I want to make a positive impact on the SLC community. I will be proactive in supporting students personally, representing you and making necessary changes at meetings with college staff. I will happily and passionately give my time to the service of the students of SLC. I have overcome some horrendous life events, this has given me a wealth of life experience which can be used to help people positively.



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Sam Small

I am a confident and friendly individual, I was born with autism and learning disabilities. I feel strongly about inclusion, and would like to make sure that every member of the college community feels included. I am a confident public speaker and would happily be a voice for someone not as confident as myself! I love to have fun, and will be encouraging everyone to join in any social events organised by the student officer team.



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Sophia Murphy

I have a passion for the environment and sustainability. I am hoping to be a voice for the student body on all sustainability issues. I would like students to come to me with their suggestions or opinions on how we can make changes to improve our college environment and our community. Hopefully we can combine these sustainable aims with other initiatives being undertaken by the SA, such as plogging walks, increasing our healthy bodies and promoting the smoking cessation and clean air programs.




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Liam Farrell

I'm friendly, approachable and eager to help others on a day-to-day basis in whichever way possible. I'd like to increase student feedback in order to provide a more personal service more suited to what the students want, surveys, drop-in sessions and face to face discussions. Raise awareness for mental health and use my personal experience in a positive way to help others and remove the stigma around men's mental health. I would like all in the college to see me as an individual they can trust to put their needs first ensuring improvement wherever necessary.



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Graduation Ceremonies and Dinner

On the week commencing 22 October, South Lanarkshire College students and staff enjoyed a busy week of activity centered on celebrating the achievements of the students.

The Graduation Ceremonies spanned over two evenings, Monday and Tuesday and the Graduation Dinner was celebrated on the Thursday evening at the Bruce Hotel. The entire week was thoroughly enjoyed by all in attendance and lived up to the great reputation set by previous successful graduations.

Students from all faculties attended and celebrated their achievements. It was wonderful to see the beaming pride of students' family members, friends and lecturers as well as their delight in themselves and each other.

The SA are pleased to subsidise the graduation dinner so students only pay £15 for a high quality 3 course meal, wine on the table and tea and coffee. Also included in the cost is entertainment, this year there was a mirror selfie booth with fun props which provided a souvenir photo. SLC once again welcomed magicians who provided table entertainment before dinner and between courses.



College Events

Freshers'

Freshers' Week was a massive success, each day the atrium was filled with exciting and informative exhibitors and activities. The entire event was very well received by the students. SLCSA used Freshers' as another opportunity to engage with students, connect with them on social media and get to know them a little better. Student feedback was particularly positive on the Balloon Artist, Free Wheel North Bikes and the Caricaturist. Students engaged with different exhibitors each day, received free pizza and coke zero from Domino's on the Friday and enjoyed music, freebies and entertainment from Clyde 1 Radio throughout the week. There was a fun atmosphere in the College which was a great way to welcome all our students.



The SA are hoping to plan a "Refreshers" event in January to welcome the new students coming to college for the first time and refresh the students who are coming back after their Christmas break. Refreshers will focus on 'New Year New You' and New Year's resolutions and will be a very positive event designed to keep students inspired and motivated.



World Mental Health Day



On the 10 October SLC marked World Mental Health Day with a range of activities aimed at both students and staff. The SA used the event as an opportunity to engage with students and raise their profile. Students enjoyed the activity and feedback was very positive. On floor 2, school leavers enrolled on beauty courses were providing complimentary manicures; there was a meditation workshop during lunch; in the afternoon the hospitality students provided afternoon tea and cake for the PositiviTEA event. Students and staff mingled and chatted to

exhibitors including LAMH, College Pastoral Support Team and the SA who shared support materials from the World Mental Health Foundation and Breathing Space.

Health and Wellbeing Week

Health and Wellbeing Week ran from the 23-25 October. The College was buzzing with activity each day and students thoroughly enjoyed all that was on offer.

Free porridge, soup and fruit was available throughout the event and the Beauty department were offering some of their services for free including barbering and shaves, blow dries and manicures. There was an opportunity to give blood and all the appointment spaces were booked out. Exhibitors filled the atrium each day and had valuable health and wellbeing information for our students. One of our construction lecturers was also in attendance raising awareness of LifeSavers, the organisation he volunteers for, which opened up discussion for volunteer opportunities for students. On Tuesday, there was a Smoothie Bike which was an interesting and engaging activity for students who made their own smoothies by cycling and powering the blender. This was very popular and also gave the students one of their 5 a day.

Health and Wellbeing week was topped off by HNC Events students' Think Pink Day which is a charity fundraiser event throughout the College for Breast Cancer Care. The students were delighted to have raised £1430 for the charity thanks to the support of the College staff and their fellow students.

Opportunities for Students

Big Bang STEM Event

On the 2 October 2018, South Lanarkshire College welcomed 130 school pupils from schools across Lanarkshire for a Big Bang STEM event. The SA and Student Services co-ordinated 30 Student Ambassadors who volunteered their time and energy for that day. Part of the SA's operational plan was to arrange volunteer opportunities for at least 20 students. We have already exceeded that target and there are further volunteer opportunities being opened up to students. All students who volunteered on the Big Bang Day performed highly, representing the College and working diligently throughout the day, looking after the school pupils and encouraging them to consider college as a next step in their education. The ambassadors received an SLC goody bag, certificate and gift card for their time and have been offered the opportunity for further STEM training.



Suicide Alertness Training

The SA have worked hard to make connections with external organisations who can provide Suicide Alertness training to students. The efforts made have been successful and with the help of Student Services, suicide talks have been scheduled for various class groups. NHS Lanarkshire, LAMH, The Richmond Fellowship and charity organisation Chris's House, have all offered this important training free of charge to SLC students via the SA.

The Vice President and Student Officers have attended Scottish Mental Health First Aid; HNC Counselling students and the SA Vice President attended SafeTALK; and NHS Lanarkshire and LAMH have dates arranged to come into the College and deliver the training to specific class groups.

Student Representation

Scottish Student Sport Leadership Programme

A Level 6 Sport and Fitness Student has been put forward for the Scottish Student Sport Leadership Programme and was accepted by Scottish Student Sport. SLCSA are very proud to have been able to facilitate this opportunity for the student.

A member of staff from the Sport and Fitness Department went along to the most recent Scottish Student Sport Forum, this representation was much appreciated by the SA.



Recovery Walk Glasgow

A team of HNC Counselling students took part in the Recovery Walk in Glasgow. Their story made it to the East Kilbride News. The students wore SLC t-shirts and backpacks and were passionate about representing their college at this event.

The screenshot shows a news article from the Daily Record. The headline is "South Lanarkshire College students walk the walk in raising awareness of mental health issues". Below the headline is a sub-headline: "A group of students from the East Kilbride campus took part in the Glasgow Recovery Walk event." The article is by Nicola Findlay, dated 06:00, 21 SEP 2018. There are social media share icons for Facebook, Twitter, LinkedIn, and YouTube. A "NEWS" tag is visible. The main image shows five people, four women and one man, standing outdoors. Three of the women are wearing purple t-shirts with the SLC logo. The man is wearing a suit and a medal. The text of the article is partially visible on the right side of the screenshot.

A group of students from South Lanarkshire College in [East Kilbride](#) helped raise awareness of mental illness by taking part in Glasgow's Recovery Walk.

The college is working to break the stigma amongst students and staff - and will be running various mental health awareness events throughout the year.

It will also be offering suicide awareness training to students.

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► Star East Kilbride doggy dancer to retire a year after competing with Team Scotland

Every one of the HNC counselling students taking part on Saturday had a heartbreaking reason for getting involved with the recovery walk.

Student Angie Lazare said: "I'm pursuing a career in counselling and have lost a family member and friends to suicide.

"I have also had friends and family that struggled with addictions.

"I did the walk to show my respect for both causes and to help raise awareness for both."

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► Food banks in crisis: Loaves & Fishes East Kilbride runs out of food for first time in 26 years

Meanwhile, fellow student June Cochrane said: "I did the walk for recovery on Saturday in memory of my brother-in-law who sadly lost his life to suicide in November last year.

"He left a young family behind and we have all been left devastated by this. I've also lost other friends and a cousin to suicide."

"I would like to see the stigma, especially in males, removed and a positive change in men speaking out. My brother-in-law had no known mental health issues."

College Hoodies

The first batch of hoodies sold out in record time (three weeks) and since then, there have been daily requests for the next order. At the end of October the new hoodies came into stock and began selling at the pace we have come to expect.

The SA have decided to sell the hoodies on a strictly one per person basis to allow all students the chance to buy a hoody before they sell out quickly again. Some students love the hoodies and therefore have multiples whereas other students don't have one. It is hoped that the one per person policy will allow all student the chance to purchase a hoody. The SA have been researching reusable water bottles and beanie hats for students too.



Upcoming Events

- 7 November — UCAS HE Event
- 13 November — Joint SA & Inspire Catering Sustainability/Recycling Event
- 25 November 2018—10 December 2018 — Action Against Gender Based Violence
- 5 December—Christmas Jumper Day
- 29-31 January 2019 – Make a Difference Volunteering Event
- 22 February 2019 — LGBTI Purple Friday
- 26-28 March 2019 — Equality and Choices

In addition to these internal events The SA look forward to attending sparqs HGIOC event on 5 November, Healthy Body Healthy Mind Planning Day on 12 November and NUS Zone Conference on 22 November. These events are an excellent opportunity for the SA to expand their knowledge, network with their peers and represent South Lanarkshire College to sparqs, NUS and all of the other colleges in Scotland.

