

The Freshers' Welfare Booklet



welfare@st-aidans.com



@staidanswelfare

Hello from the senior welfare officer

Natalie

she/her
4th Year
Chemistry



Hello and Welcome to Aidan's I'm Natalie, I am the senior welfare officer for your first year at uni. A bit about me I am also co-captain of the college's women's basketball team and I play women's rugby for the colleges women's rugby team. I am also involved in a Durham volunteering project so if you have any questions about any of that don't hesitate to ask me.

Aidan's is an amazing college with a real sense of pride and community. We want every single person to feel like Aidan's is there home away from home. There are lots of sports and societies available here. In addition to this there are societies across Durham and your department too, so you're bound to find something for you!

While your time at uni will be full of new and exciting experiences, there are going to be some challenges along the way. Luckily here at Aidan's, we have lots of support in place to help you, which will be outlined across this booklet, which I have created to help signpost just how we can help.

If you have any concerns, please feel free to contact me directly on welfare@st-aidan's.com or grab me for a chat if you see me around during freshers week.

I can't wait to meet you all, and I hope you have a fantastic freshers week, and beyond! Best of luck with this new chapter in your life!

Welfare love,
Natalie

Meet the team

The college welfare team are a group of students who volunteer their time to offer welfare hours and run campaign weeks which last year included SHAG week, masculinity week, stressless and the annual pride event.

Wellbeing officer



he/him

2nd year

**accounting and
finance**

Hi my name is Tom (he/him). I'm a second year Accounting and Finance student. My main interests are hiking, college pool and the gym. I joined the welfare team as the wellbeing officer and I am hoping to make wellbeing and welfare accessible and inclusive for all students next year. I look forward to seeing all of you in the JCR and at welfare events!



LGBT REP



Hi everyone! My name is Charlie (they/them) and I'm a second year International Relations student. I'm the LGBTQ+ representative on the welfare team, so please shoot me an email or catch me in college if you have any questions about figuring out your sexuality or gender identity. I can help you get into contact with the uni's support system if this is something you are really struggling with, or I can just be there for a friendly chat if you'd like to have someone to speak to. I joined the welfare team because I know firsthand how hard it can be to struggle with your gender identity and sexuality, and I want to give back to the college community by being there for people who are going through the same struggles. I'd love to speak to you if you are questioning, are LGBTQ+, or are cis het and want to talk about the queer community! I'm really excited to be organising college pride later on in the year, so please let me know if you have any ideas or suggestions for the event!



they/them

**3rd year
International
Relations**

Students with disabilities REP



she / her
2nd year
Politics

Hi, I'm Grace (she/her) and I'm the students with disabilities rep. I'm a second year Politics student, and alongside welfare I'm part of concert band and ADHshe. I joined welfare because I wanted to help make sure everyone in Aidan's has someone they can talk to when they need it.

Please feel free to come and find me if you want to talk, and especially if you need support for a disability.

POC rep



he/him
2nd year
Mathematics

I'm George (he/him) and I'm a maths student. Aside from my degree I also enjoy music and martial arts. I am also in the college pool team. I joined welfare because I want to be able to help people who may be going through a hard time.

Ordinary members

Ben

they/them

3rd year

Liberal arts

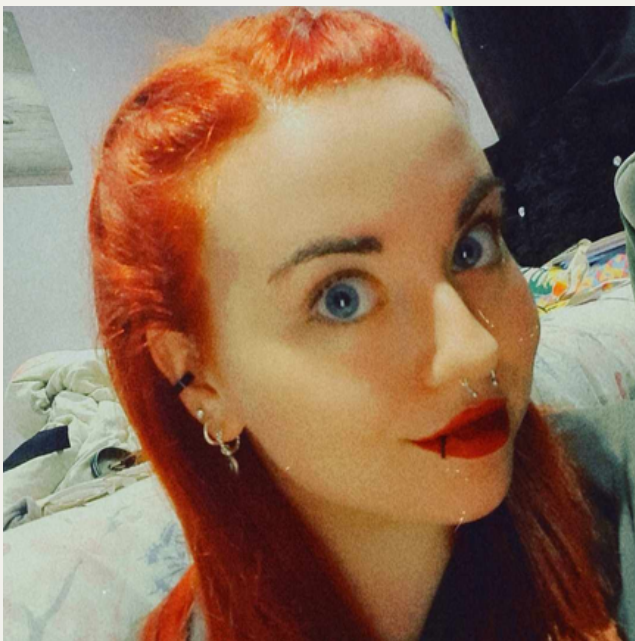


Missy

she/her

2nd year

Classical Civilisation



Tim

he/him

4th year

Mathematical
sciences



College Support

St. Aidan's student Development Team can provide you with welfare support and refer you to specialist help as appropriate. They check this email account regularly, so a response should be quick. Alternatively, you can drop into any of their offices, located at the start of the corridor leading down to B straight, to the left of the reception area. The team includes Kate Anderson, Fiona Kale, Christopher Jones and Toni Mcwaters.

sa.studentsupport@durham.ac.uk

University Support

Student funding: financialsupport.undergraduate@dur.ac.uk

Counselling Service: dur.ac.uk/counselling.service/

Disability Support: dur.ac.uk//disabilitysupport/

Faith Support: dur.ac.uk/experience/support/faith

Sexual violence and Misconduct - 0191 334 2200

International Office - 0191 334 6328

Welfare hours

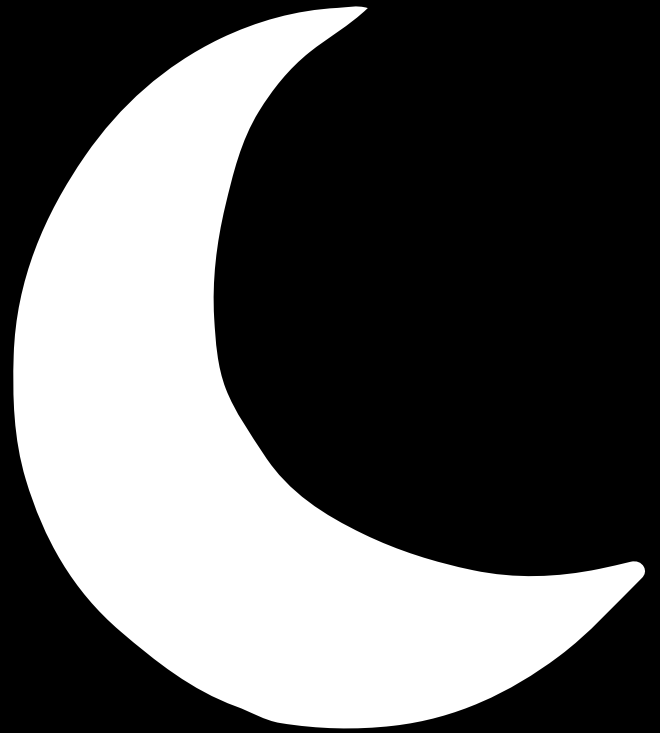
Welfare hours are run by students for students these are typically non-advisory, although we can signpost places to find resources and help. We listen to whatever you want to talk about. Feel free to also just stop by and say hello.

Welfare hours are take place in the welfare room most days 6-7pm check out the Instagram for which days these are.

The welfare room is on the right hand side of the balcony above the dinning room when looking at it from the dinning room. Check out the Instagram for a walkthrough.

Nightline

Nightline is a confidential, non-advisory, nondirective listening service, run by students, for students from 9pm to 7am in term-time. Students are trained in general listening skills; they are not trained in specialist support, but this service can be helpful if you need to get stuff off your chest. You can either phone nightline or use their online web chat service.



**Number on
back of campus
card**



External Support

Claypath and university medical group

0191 386 5081

Rape and Sexual abuse counseling centre (RSACC)

01325 354119 or
0300 2725 730 (24 hours)

The Meadows (Sexual Assault Ref. Unit)

0191 3729 202 or
0333 3448 283 (24 hours)

Citizens Advice

0300 3309 027

Talking Changes (Talking Therapies & Self Help)

0191 333 3300

Samaritans

0330 094 5747 (Durham branch)
166 123 (24 hours)

Alcohol

Tips for keeping yourself and others

SELF CARE TIPS WHEN DRINKING ^{safe}



1. **Drink water:** Alcohol dehydrates you – drink plenty of water before you sleep and throughout the next day.



2. **Vitamins and minerals:** The body loses vital vitamins and minerals through drinking (fruit is great for rectifying this).



3. **Food:** It's important to have good food before and after a night out, and to never drink on an empty stomach!



4. **Rest:** Getting rest is important, especially if you have had a late night.



5. **Drink with people you trust:** make sure the people you are out with will look after you if you start feeling unwell.

6. **Listen to your body:** if you're drinking to the point of feeling unwell – stop! Get some water and fresh air.



HELPING A DRUNK FRIEND

Spot the signs: Unsteady feet, slurred speech, facial flush, talking louder than normal, a build up of bottles and glasses, and behavioral changes.

You can help your friend by stopping them from drinking anymore alcohol, staying with them, keeping them awake, giving them food and water and getting them home safe.

Serious cases: alcohol poisoning occurs when a person drinks a toxic amount of alcohol, over a short period of time. Signs are as follows: loss of coordination (they will not be able to stand up but they may not have passed out), vomiting, feeling very confused, irregular breathing, becoming pale or almost blue, feeling very cold

If the case is very serious then medical attention should be brought to them



A NOTE ON PEER PRESSURE

For some of you, drinking might be new, others may have been drinking for while, and some won't drink at all for personal or religious reasons. It is important to remember this: it is perfectly okay to decline alcohol. It is never okay to force someone into drinking alcohol.

If you feel that there is something wrong with the situation you're in then it probably is. Real friends will never force you to do something you don't want to do.

MORE INFORMATION/ CONTACTS

Alcoholics anonymous - the British branch off the worldwide network providing support and support groups for people who want to help with a drinking problem

www.alcoholics-anonymous.org.uk

Helpline: 0800 9177 650

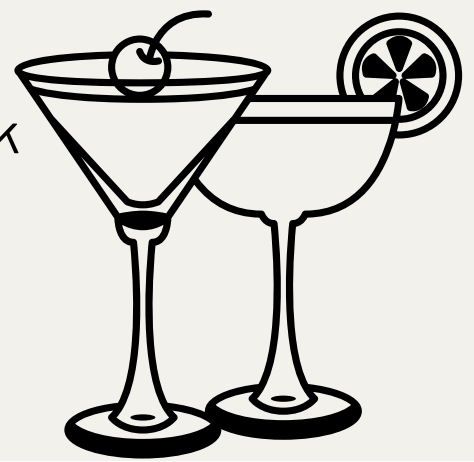
Email: help@aamail.org

Addaction - support adults, children, young adults and older people with drug, alcohol or mental health problems

www.addaction.org.uk

0300 012 0012

or text 'Talk' to 82085

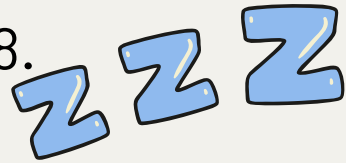


Little tips for reducing stress

SLEEPING: If you're struggling getting to sleep in your new college room, and this new environment, give these breathing exercises a go - they might help you nod off. Sleep is super important for your physical and mental health.

Breath in for 4, hold for 7, exhale for 8.

Make your room a place to relax



Try not to do work exclusively in your room so it can stay a place to relax. Try working in the Aidan's library, outside, at the Billy B or in the JCR!

Go for a walk. Take a break and get to know your new home!
The fresh air is great for your mental health too.

Take some time out to visit the botanical gardens (about a 10 minute walk from Aidan's) - it's a great place to to revise too!

Study effectively



Try the Pomodoro Technique: 25 minutes of work, followed by a 5 minuet break x 4, after 4 rounds of this take a longer 15 minuet break.



Get things off your chest. Speak to people about your stresses!

Use any of the resources and services listed in this booklet, come to a welfare hour or open up to new friends, old friends or family. Alternatively, you could try journaling if you'd rather keep things to yourself!



Get involved



If you have read this booklet and would like to get involved in college welfare very soon interviewed roles will be going up such as ordinary member, some rep roles including mature students rep and international student rep.

And at the first JCR meeting the first year rep will be going up along with events officer.

If you have any questions feel free to email me on welfare@st-aidans.com

With love the welfare team

by Natalie Gaunt, Senior welfare officer

with inspiration from last years by Fern Kennard (Senior welfare officer 2022/23)