



South  
Lanarkshire  
College  

---

East Kilbride



South  
Lanarkshire  
College  

---

Students' Association

**South Lanarkshire College**  
**Students' Association**  
**Board Report**  
**November 2019**

## Contents

|  |    |
|--|----|
| Glasgow Pride 2019                         | 3  |
| Freshers'                                  | 4  |
| Deaf Awareness Training                    | 4  |
| Challenge Poverty Week                     | 5  |
| Student Chit Chat                          | 6  |
| Theatre Night                              | 7  |
| World Mental Health Day                    | 8  |
| Health & Wellbeing Week                    | 8  |
| Pink Friday                                | 9  |
| Care Experienced Week                      | 10 |
| SA Officers                                | 10 |
| Graduation 2019 & Construction Awards 2019 | 11 |
| Climate Change                             | 12 |
| Upcoming Events                            | 13 |

## **Glasgow Pride 2019**

College students and staff took part in the Glasgow Pride March on the 17 August 2019. The parade started at Clyde Place and finished in the Broomielaw. Everyone involved had a great day engaging with the LGBT+ community, as well as meeting lots of other organisations. It was great to be part of another successful year at Glasgow Pride and we look forward to being involved again next year.



## **Freshers'**

Freshers' was a fantastic success with lots of new and returning students taking part in various activities and chatting with different organisations. Our popular activities included a Selfie Mirror, Caricaturist, Balloon Modeller and a Cash Grabber, where the students were able to win prizes. Clyde 1 Radio DJ Callum Gallagher provided the music and organisations that attended included LAMH, Who Cares? Scotland, Nuffield Health, Police Scotland, Domino's Pizza and many more! A great time was had by all!



## **Deaf Awareness Training**

Monday 23 September was International Day of Sign Languages and to help raise awareness we worked alongside the Learning Development Department to organise Deaf Awareness Training. We organised a lunchtime class where one of the College BSL Interpreters taught students the basics of sign language. The session was a great success with 26 students taking part in the training.

## **Challenge Poverty Week**

The SA took part in promoting Challenge Poverty Week from the 7 to 13 October. During this week we posted each day on social media actions that the College takes to help challenge poverty.

Examples of our posts include: mentioning selling the hoodies for £5; having free sanitary products available to all staff and students; selling reduced food products in the canteen on Friday afternoons and the Bistro giving away leftover food whenever possible.





## Student Chit Chat

We ran our first very successful chit chat session for students in September. Over 30 students and carers spent their lunchtime chatting to each other about everything and anything. We plan on running more of these fantastic sessions throughout the year.



## **Theatre Night**

We took a group of students to the East Kilbride Village Theatre on 18 September to see Sister Act. This event was a fantastic treat for students as we discounted the price of each ticket from £15 to only £5. It was a huge success with 20 students turning up to what was a great night.

We look forward to having more fun nights out where we can get to know more of the students.



## **Competition**

We ran a social media competition during September for students to win one of 4 tickets to see MACMUSE in the Hard Rock Café. Students had to type ROCKON to enter the competition and a winner was chosen using a random number generator. The winner had a fantastic time at the concert and the competition created a great opportunity for engagement on our social media platforms.

## **World Mental Health Day**

World Mental Health Day took place on Thursday 10 October. Mental health awareness is one area we are focusing on this year, so we were delighted that the College took part in World Mental Health Day. We held a stall at the hugely popular 'Take a Break & Have a Cake' event where staff and students could enjoy a free cuppa and a cake whilst taking the time to chat about anything that was on their mind.

## **Health and Wellbeing Week**

During Health and Wellbeing week we had a range of activities going on around the College. We hosted an information stall in the atrium, inspire provided free porridge and fruit and we worked alongside the Human Resources team to organise a 'Paws Against Stress' session. The 'Paws Against Stress' session was an excellent opportunity to help students relieve stress. This allowed them to spend quality time with five very happy and friendly dogs in one of our classrooms. Everyone who took part loved the experience!





## **Pink Friday**

Health and Wellbeing Week finished with Pink Friday which was organised by the HNC Events students. They put on a fabulous event with lots of brilliant fundraising activities and raised their largest amount to date, a whopping £1,531! This money will go to support Breast Cancer Care.



## **Care Experienced Week**

During Care Experienced Week we organised a stall outside our office which provided lots of information and advice for our care experienced students. It gave us an opportunity to engage with students and let them know we are here to help. In addition to this, we invited our care experienced students for a complimentary dinner at Di Maggio's as a celebration of their achievements. A great time was had by all who attended, and it allowed a chance for them to share experiences and have a chat.



## **SA Officers**

This term we are delighted to have eight Student Officers help us plan, organise and take part in events that we are running throughout the year. Seven of the officers were chosen by the students in this year's voting and one was chosen by the Learning Development students to be their dedicated officer.



## **Graduation 2019**

Graduation Dinner took place on Sunday 27 October at the Holiday Inn, East Kilbride. We are delighted that this celebration of success is subsidised by the SA. It was a fantastic evening for all students who were due to graduate over the following week. Students enjoyed a lovely three-course meal with drinks and entertainment which included a selfie mirror, magicians and a DJ.

The Graduation Ceremonies then took place in the Hamilton Town House on the 28 and 29 October. This saw the graduation of many of our HNC and HND students across various subjects. We wish them all the very best of luck in their new adventures!





## Construction Awards 2019

The Construction Awards ceremony took place on the 23 September. This was a great evening for all the prize winners and their guests to recognise and celebrate achievement and success.



## Climate Change

We only have one Planet, there is no Planet B. To help show students that we are committed to tackling climate change and becoming more sustainable we took part in the Human Chain event on Friday 11 October. This involved staff and students linking arms and joining hands to do a Mexican wave around our specially built Low Carbon House. The SA were involved in promoting this event to all students. It was a great success with hundreds of students and staff coming out to join us in the cold to support a worthwhile cause.



## Upcoming Events

- **HE Event 6 November 2019** - If you are progressing onto Uni, this is the event for you. University staff are on hand to chat and answer your questions and queries.
- **Promoting Positive MENTAL Health 21 November** –College wide event looking to promote positive mental health for men.
- **Gender-based Violence Prevention Event 27 November** – A range of specialised support organisations will be on hand to provide guidance and support on issues around gender-based violence.
- **Refreshers' 14-15 January 2020** - Refresh yourself with a wide range of organisations to provide students with guidance and advice on everything from fitness, health & wellbeing to personal finances. What better way to start the New Year!
- **Volunteering Event 28-30 January 2020** - Volunteering can increase confidence; skill levels and employability and looks great on your CV. Get involved and benefit yourself and your local community.
- **Love your Planet Sustainability Event 14 February 2020** - At this event, organisations come in to help the SA promote sustainability and environmentally friendly ideas.
- **LGBT Purple Friday 28 February 2020** - SLC promotes LGBT+ Equality and this fun event gets everyone involved.
- **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 are 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 working in close partnership with Student Services, HR, Quality and Marketing to facilitate health and wellbeing initiatives for students.**