

Adrian Clark

From: info.halls@london.ac.uk
Sent: 09 November 2015 12:40
To: warden@connaught-hall.org.uk
Subject: November update from Connaught Hall

Dear Dr Adrian Clark

This is a round-up of important news, deadlines, announcements, guidance, and dates for your diary this November / December.

~~~~~ TELL US HOW WE'RE DOING Complete our mini feedback survey before Saturday 14th November  
<https://www.surveymonkey.com/r/Connaught2015>

You've been in the Hall long enough now to have an idea about what you like and what you don't like here. We want to know your thoughts and suggestions so we can improve the service we provide for you.

So please take a few minutes if you can to answer just six questions about life at Connaught Hall.

Tell us what we could improve (and how) - and what we're already doing well. Then we can aim to do more of what you like, and less of what you don't. The best kind of feedback is written comments, including specific details. That's how we can best learn how to improve things for you. So please use the comment boxes if you have something you want to tell us about - good or bad.

You can fill in the survey anonymously, or there is an option to include your name & email at the end, if you want us to write back to you.

<https://www.surveymonkey.com/r/Connaught2015>

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~~~~~ IF YOU ARE UNWELL

As the ?flu season approaches, and coughs & colds become more common, here are some reminders about how to get help if you're unwell.

**FIRST AID?** If you need a first aider in Hall (or help of any kind), always ask at reception; don't rely on text messages, emails, or knocking on a first aider's door. There is always someone on duty in the Hall, 24 hours every day, and reception will be able to contact the right person for you.

First aiders in Hall:

<https://drive.google.com/open?id=0B8aHo3-r-MQLa1o4YWxiVUQ5d2s>

**URGENT HEALTHCARE?** We have a poster outlining how to get urgent medical care in London using the National Health Service. The best first point of contact for health advice is NHS 111 (just call 111 from any telephone) or the NHS website: <https://www.nhs.uk/symptom-checker/>.

Urgent healthcare in London:

<https://drive.google.com/open?id=0B8aHo3-r-MQLXzjb3pYd0ZrU2M>

MENINGITIS? First-year university students are a high risk group for contracting meningitis ? a serious infectious disease. Be aware of the symptoms and signs of meningitis, and seek urgent medical help if you're worried.

Meningitis symptoms & signs:  
<https://drive.google.com/open?id=0B8aHo3-r-MQLT3kctGE2RnAteWc>

YES, I'M A DOCTOR? But I cannot offer medical consultations in hall to residents. This post on my blog explains why - <http://connaughthall.blogspot.co.uk/2013/12/medical-problems-in-hall.html>.

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~~~~~ DATES FOR YOUR DIARY

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Wednesday 11th November, 6pm in the dining hall Diwali celebration - the Hindu festival of light. We'll have a special meal, music, and decorations to mark the day.

Read about Diwali:  
<http://www.telegraph.co.uk/travel/festivalsandevents/11973057/Diwali-festival-what-is-it-and-when-does-it-take-place.html>

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Thursday 12th November, 9pm in the bar  
Karaoke night -  
<https://www.facebook.com/events/739575422843977/739586036176249/>

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Friday 20th November, 6pm in the dining hall then 8pm-midnight in the bar Noctoberfest - Connaught's own November festival based on the German Octoberfest. There will be a special themed dinner menu and some drinks surprises in the bar!

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Thursday 26th Novemner, 6pm in the dining hall Thanksgiving ? we'll a special themed menu for this north American celebration, and we hope everyone will join in making paper ?hand turkeys? containing a thing or person that you are thankful for.

This is a hand turkey:  
[http://1.bp.blogspot.com/-2BuRm8Ho2zQ/TswKkki9Iul/AAAAAAAAAFM/J77TF\\_6FXf4/s1600/Thanksgiving+Turkey+Hand.png](http://1.bp.blogspot.com/-2BuRm8Ho2zQ/TswKkki9Iul/AAAAAAAAAFM/J77TF_6FXf4/s1600/Thanksgiving+Turkey+Hand.png)

Read about Thanksgiving:  
[https://en.wikipedia.org/wiki/Thanksgiving\\_\(United\\_States\)#Giving\\_thanks](https://en.wikipedia.org/wiki/Thanksgiving_(United_States)#Giving_thanks)

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Sunday 6th December, 8pm in reception and then in the dining hall Christmas decorating ? help us decorate the two Hall Christmas trees, and get the dining hall decorated ready for Christmas dinner. There will be lots of Christmas tunes and everyone who helps can enjoy some mulled wine and mince pies.

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Friday 11th December, 6pm in the dining hall then 8pm-1:30am in the bar Connaught Christmas dinner and ball? This is one event that you definitely should not miss!

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~~~~~ TWO-MINUTE SILENCE Wednesday 11th November, 11am

We observed a national two-minute silence at 11am on Sunday 8th November for Remembrance Sunday. There is another national two-minute silence at 11am on Wednesday 11th November ? Armistice Day ? marking the end of the First World War. I hope you will join us in this mark of respect for those who endured the horrors of that terrible war.

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~~~~~ EMAIL SUGGESTION BOX [suggestions@connaught-hall.org.uk](mailto:suggestions@connaught-hall.org.uk)

Remember you can write to us any time with your comments, complaints, suggestions, or compliments about facilities and services in Hall. Just send an email to [suggestions@connaught-hall.org.uk](mailto:suggestions@connaught-hall.org.uk).

Your message will be read by the Warden, Hall Manager, Catering Manager, and the Senior Member with responsibility for social media. If necessary, we can forward your ideas to the Residents? Club Committee. We aim to reply to all suggestions within three working days.

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~~~~~ MEDICAL DETAILS

I hope you have had a chance now to register with a GP (doctor) in the local area. If you have, please update the records we hold on your medical details form: call into the office behind reception during working hours, or email details of your new GP to [info.connaught@london.ac.uk](mailto:info.connaught@london.ac.uk).

Now that you've moved in and got to know us a little, you might also feel more comfortable disclosing medical conditions to us. Again, you can do this in person or via email.

If it's easier for you, you can also just re-send us a completed, updated medical details form.

Medical details form:  
<https://drive.google.com/open?id=0B8aHo3-r-MQLR2Z5QkhXWTIPaUE>

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~~~~~ CONNECT WITH US!

Connect with our online social media channels to be sure you don?t miss out on events, opportunities, tips, and important announcement. We also love it when you tag us and ask questions via social media ? so everyone else can benefit from the answers, too. Interact with us through all our social media channels.

Connaught social media channels:  
<https://drive.google.com/open?id=0B8aHo3-r-MQLZGRGcnJDQkIPMGc>

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~~~~~ NEW FOOSBALL & PING PONG TABLES

We have a new table football (foosball) table now in the Bell Room.

A new ping pong table has been ordered and should arrive soon.

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~~~~~ NOISE COMPLAINTS

If you're suffering because of noise problems, let us help you. Check out our noise policy and procedure here:  
<http://www.connaught-hall.org.uk/pages/welfare/noise.html>.

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Finally, remember that you are welcome to get in contact with me about absolutely anything that's troubling you:
<http://warden-contact.connaught-hall.org.uk>. No problem is too great or too small. I'm here to listen and to support you through anything.

Best regards

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Sent to:
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Dr Adrian Clark
Warden at Connaught Hall

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