



Connaught Hall newsletter

(1)3 | 21 SEPTEMBER 2016

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FROM THE WARDEN: DR ADRIAN CLARK MBBS MRCEM

We're going to have a great year together



For me, it's been a pleasure to meet so many friendly and interesting people in the past week as the Hall starts to fill up. I hope you are feeling the same way and that you are settling in to your new home here at Connaught. The bar and common rooms have been busy every night, and our welcome events have been really well attended, especially last night's "Big Conversation". There's a community forming here already – and that gives me great optimism for the coming year.

Of course, moving to a new city and a new college brings challenges as well as opportunities. For some of us (probably most of us), being at university doesn't *always* feel like it's "the best time of your life". Loneliness, homesickness, arguments & disputes, feeling you're on the wrong course, exam stress, anxiety, or depression can visit all of us sometimes. That's why every edition of this newsletter includes at least one article about health & wellbeing. And it's also why the Senior Members and I are here in the Hall. We're available to talk and support you through anything that's bothering you. The link below explains how to get in touch with me, or you are always welcome to join me or any Senior Member at meal times in the dining hall.

We have lots more events coming up in the next few weeks, including elections to the Residents' Club Committee. The Committee organises most of the social programme in Hall throughout the year as well as running the Hall bar. They get £30 a year from each resident to spend on social, cultural, and sports events. So get involved with the vote and really think about standing for election yourself. I'll write to you separately about this next week. Meanwhile, consider talking to Isaiah, Kiyomi, Janos, Rory, or Matei about their experiences of being on last year's Committee.

Scroll down for articles in this edition of the newsletter.

warden-contact.connaught-hall.org.uk



[WELCOME](#) | [EVENTS](#)

Social reception on Tuesday night



The Warden hosts an evening reception in the dining hall, 19:45 till 21:00. Complimentary wine, soft drinks, and snacks will be served. The Warden will make a speech to welcome everyone to the Hall at 20:30.

[Join the event on Facebook](#)

[WELCOME](#) | [MEET THE TEAM](#)

Meet the Senior Member team



Five student Senior Members work with the Warden to help support you through this year in Hall. They each have especial responsibility for a particular area of the Hall, and one Senior Member is on call at night and over the weekend.

[Read more...](#)

[WELCOME](#) | [EVENTS](#)

"Meet your neighbours" floor parties



The Senior Member for your floor has organised a party (with free food & drink) to help you get to know your neighbours along the corridor where you live. There's a separate party for each floor. Follow the link below for a full listing.

[Read more...](#)

[HEALTH, WELLNESS & WELLBEING](#) | [STUDENT LIFE](#)

Surviving uni with anxiety & depression



George is a second-year student with anxiety and depression. He wrote this [blog post](#) for Mind, the mental health charity, about surviving his first year at university – including seven tips for getting through those crucial first few weeks.

[Read more...](#)

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Bus tour of London



We've organised a private (Connaught residents only) guided tour of London on a double-decker bus. The bus will pick us up outside Connaught Hall at 1pm on Sunday 2nd October. We're subsidising the cost, so you pay just £4.00 (normally £18).

[Sign up for a ticket](#)

[FIRE](#) | [SAFETY](#)

Fire alarm evacuation



Thank you for your patience during our unplanned fire evacuation on Tuesday. Was it real? Was it a drill? Did you do the right thing? You'll only find out by clicking on the "read more" link below.

[Read more...](#)

[SECURITY](#) | [SAFETY](#)

Fire exits



With the exception of the doors leading from the bar area to the garden, all fire exit doors may *only* be used to evacuate the building in an emergency. There is a £50 automatic fine for improper use. Why do we take this so seriously? There is a very good reason (bad things have happened before). Find out [here!](#)

[Read more...](#)



[WELCOME](#) | [STUDENT LIFE](#)

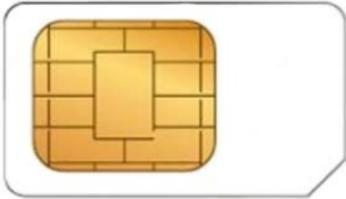
Choosing a student bank account

Railcards, 0% overdrafts and discount cards: Money Saving Expert's guide to getting the best student deal from UK banks.

[Read more...](#)

[WELCOME](#)

Free SIM cards with £5 credit



We have 50 free UK SIM cards to give away, each loaded with £5 free credit. They're on the GiffGaff network and can be snapped out to standard, micro, or nano size, so they will fit any unlocked mobile phone. Pick one up from reception!

[Read more...](#)

[FIRE](#) | [SAFETY](#)

Please don't cover smoke detectors



By delaying the detection of fire, covering your smoke detector could cost lives. Unfortunately, most years, we do find several residents covering their smoke detectors – and there are harsh disciplinary consequences. By spreading the word about this early, we're hoping that no one will get caught out this year.

[Read more...](#)

[HEALTH, WELLNESS & WELLBEING](#) | [WELCOME](#)

Freshers week: handling homesickness



Freshers can leave some of us feeling quite isolated and alone. Homesickness can mar what are meant to be the first few exciting weeks of university, but you needn't let it ruin your whole experience. Here are some tips to combat homesickness, or at least ameliorate some of the symptoms.

[Read more...](#)



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The intercollegiate halls support the [Beanstalk charity](#) by donating student disciplinary fines every year, and through fundraising events within the Halls. Beanstalk is a national literacy charity that recruits, trains and supports volunteers to work in primary schools with children who have fallen behind with their reading. The Beanstalk vision is for a nation of confident children who can read and grow up to lead successful lives. [Read more here](#).

The University of London is an exempt charity in England and Wales and a charity registered in Scotland (Reg. no. SCO41194). We have cut emissions from University buildings by 32% and are committed to cutting emissions to 43% by 2020. Please think before you print.

[The Student Accommodation Code: your right to a quality home](#)