



Connaught Hall newsletter

(1)7 | 10 JANUARY 2017

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FROM THE WARDEN: DR ADRIAN CLARK MBBS MRCEM

Welcome back and happy new year

It's great to have you back in Hall. I hope you feel the same way (and if not, please talk to us – perhaps we can help).



Term 2 is often quite busy academically. Plus the cold weather and short days can feel a bit depressing at times. So it's as important as ever that we try to look after ourselves and one another. We'll continue sharing wellbeing tips in our newsletters this term. And please remember that the staff, senior members and I are here to listen and to help if we can.

We will soon be inviting applications for re-admission to Connaught next year. If you think you would like to apply, talk to me about what kind of things might increase your chance of being accepted.

A little later in this term, we will also be looking to recruit new senior members for next year. Again, I especially welcome any questions about this so please get in touch if you think you would like to join the senior member team.

Last term was really good. Now we know one another, let's go forward and make this one even better.

Scroll down for articles in this edition of the newsletter.

warden-contact.connaught-hall.org.uk



EVENTS

Promo code - Royal Holloway in concert

Royal Holloway Choir and Chamber Orchestra are performing at St John's Smith Square tomorrow evening (11th January). We have a promo code to get two tickets for the price of one. Follow the link below and enter the code **RH241**.

[More info and booking...](#)



VOLUNTEERING | CHARITY

Running of the rhinos

If you wanted to do something truly ridiculous while running the London Marathon, what would it be? Connaught resident Russel Daries and friend Michael have his own ideas and need your help! Follow the link below or watch their video [here](#).

[Read more...](#)

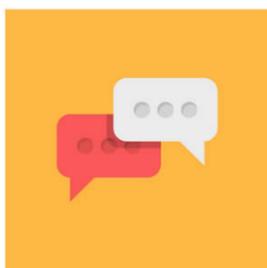


HEALTH, WELLNESS & WELLBEING

10 things that will improve your life

This is a great list of 10 simple things that have been repeatedly shown to improve people's quality of life. You don't have to start doing all of them at the same time: perhaps try one thing a week, and see which ones you feel you can keep up?

[Read more...](#)



ADMINISTRATION

Contacting us at Connaught Hall

We can help you most efficiently and effectively at Connaught hall if you contact us using our published email addresses. We strongly advise against using Facebook or other social media platforms to contact us about anything official.

[Read more...](#)



HEALTH, WELLNESS & WELLBEING | DISCIPLINE

Important communication about drugs

Recreational drugs and/or excessive use of alcohol can pose a serious risk to health. Use of illegal substances within the Hall is also a serious disciplinary matter. Please read this post even if you think you are not directly affected, as you might be able to help a friend or even save their life.

[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](#)