



Connaught Hall newsletter

(1)8 | 10 FEBRUARY 2017

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FROM THE WARDEN: DR ADRIAN CLARK MBBS MRCEM

We'll help if we possibly can

Few things upset me, but one thing that does make me feel sad – and even a little bit angry – is when residents tell me in June (just before they leave) about a problem that's been going on for the whole year, especially when it's something we could have easily worked out if we'd known about it earlier.



It's only February: half way through the academic year. So it's not too late to let us know if you'd like us to change something about the Hall, or to help you with a problem.

Our main address if you want to complain about something or send us ideas for improvement is suggestions@connaught-hall.org.uk.

For other ways to contact us, [follow this link](#).

I have two reminders about opportunities for you:

- We are accepting applications for the position of bar manager until 6pm this Sunday (12th February). [Follow this link](#) for details.
- From mid-March, we'll be inviting applications for senior members. I strongly urge anyone who is thinking of applying to speak with me first. If you're interested in the role, I've put lots of information about it [here](#).

Scroll down for articles in this edition of the newsletter.

warden-contact.connaught-hall.org.uk



[RESIDENTS' CLUB](#)

Annual General Meeting report



You elected a new Residents' Club Committee in October. This week, they delivered an update on what they've been doing with your money since then – and more importantly, what they propose to do for you in the coming weeks and months. Read their report and send them your feedback & suggestions.

[See the report...](#)

[FACILITIES](#)

New drinks machine



You must have noticed by now that we have a new drinks machine in reception. This new machine offers tea, coffee, hot chocolate, soup, cold drinks, mocha, and cappuccino. It gives change (the old machine didn't), and the drinks are cheaper (just 40p for tea and 50p for anything else). Try it out today!

[EVENTS](#)

Silent disco



MUCH more fun than it sounds, our silent disco is usually one of the most popular annual events we organise at Connaught. Bar open until 1am. We provide the headphones and the music.

[Read more...](#)

[CATERING](#)

Dishwasher breakdown



We are very sorry that we are having problems with our dishwasher again. Follow the link for an update from Alice, our Hall Manager.

[Read more...](#)

[HEALTH, WELLNESS & WELLBEING](#)

Living a happy life – positive psychology

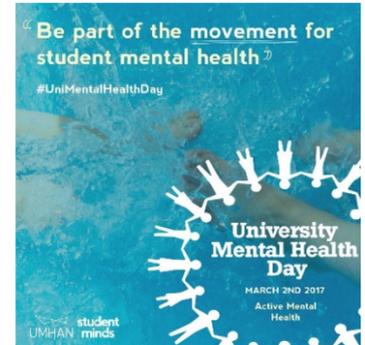


The field of positive psychology is relatively new. Unlike older branches of psychology, it's not really about mental illness (i.e. how we can go from "bad" to "ok"). It's much more about how we can go from "ok" to "happy". Here's a playlist of YouTube's best videos on this subject, which is relevant to all of us.

[Read more...](#)

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

#UniMentalHealthDay – 2nd March



The theme of this year's University Mental Health Day is "active mental health". We're organising online mental health chats, a group run, a visit to Oxygen Freejumping Trampoline Park, yoga, an exhibition, a tea & talk event in reception, an information stall, and a talk by the Samaritans. Follow the link below for details.

[Read more...](#)

The collective bedroom wall



Send your own drawing, poetry, photography, or painting to be included in our exhibition inspired by the bedroom wall, or send us other artists' work that you find inspiring or motivational (think of it like reblogging something on Tumblr). The collection will be unveiled by [Wingshan](#) on Uni Mental Health Day.

[Read more...](#)

Join our online mental health chats



Using [#UMHDataUOL](#), We'll be asking a different question every day from 24th January to 2nd March, as part of a big online conversation about mental health. Get ready to join in and follow [@uol_halls on Twitter](#), [@uol_halls on Instagram](#), and [@london.intercollegiate on Facebook](#).

[Read more...](#)



Fire alarm practice

Thank you to everyone who was in the building at 10am on Tuesday, when we held a practice fire evacuation. Everything was in good order and in good time. We appreciate your patience!

8 ways to look after your mental health



From Young Minds: "by making simple changes to our lives, we can make a real difference to our mental health. Feeling good is worth investing in - and the best thing is that these simple tips won't cost you much time or money."

[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](#)