

John Snow College Newsletter January 2020

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Principal's Piece

This first Newsletter of the 2019/2020 academic year provides some highlights of our John Snow College life at Rushford Court during Michaelmas term. Being based at Rushford Court has been a steep learning curve. The main building at Rushford Court is historic and beautiful, and the new accommodation blocks which surround it are first class. The quality of the accommodation for our students living in Rushford Court is exceptionally good. Although we don't have as much social space or a bar or café, as we have had in the past, we are very close to town (the College is situated at the top of North Road, right next to the train station).

It has been an absolute pleasure to use some of the excellent community venues close to Rushford Court for College and JCR events, meetings, and music practise and event space. Redhills, affectionately referred to as the Pitman's Parliament, is a regional historic treasure, as is the Town Hall in the market place where some of our Formal dinners are being held this year. Last term was a lesson in working with the local community, developing and nurturing relationships with them, and the significant advantages this can afford. We discovered hidden gems of venues and the people who look after them, and we intend to continue to use these venues into the future. A number of stories and news articles that appear in this newsletter showcase these venues, and help narrate the ongoing story of the transition of the College from Stockton to Mount Oswald.

The journey, although hard work at times, has shown us that the College community is resilient, resourceful, creative, respectful and responsible. I am very happy to report that the wonderful and distinctive John Snow spirit remains very much alive.

Professor Carolyn Summerbell

Congratulations to John Snow PhD student Claire O'Malley on her Graduation!



Dr Claire O'Malley graduated on 10 January 2020. Supervised by the Principal and also Dr Helen Moore, who worked closely with the College when it was based in Stockton, Claire is Carolyn's 20th PhD student who has successfully completed their studies.

Note from the Vice-Principal

Hello Everyone, I hope that you have enjoyed the festive season and that 2020 is a successful year for you.

For this Edition, I have chosen to highlight a couple of significant events which happened last term: the formation of our Music Society and their first production and Lumiere.

Best wishes for the year ahead,

Janet Dixon-Dawson,

Vice Principle

Lumiere



During this year's Lumiere Festival in Durham City, (14-17 November 2019), John Snow College at Rushford Court hosted one of the most impressive installations of the event 'Keys of Light' created by artist Mr. Beam. The production company, Artichoke, worked closely with the University, John Snow College and UniteStudents at Rushford Court to ensure that the music and light spectacular was a success. The installation involved pianists playing on a baby grand piano which was situated on the roof of the recycling shed and the music being transported into a light show projected onto the façade of Block B, one of our accommodation blocks. The artificial intelligence of the intricate IT system recognised the keys that were being played and adjusted the visuals accordingly.



We are very grateful to all of our students, especially those in Block B, for coping with the consequent inconvenience, e.g. blackout shutters up at student room windows, restricted access on site and hundreds on visitors passing through, but the sacrifices were well worth it as the end result, the portrayal of illuminations in tune with the music, was stunning. We also congratulate our six students who were selected to play the piano: Frankie Figueredo, Rosalie Innman, Victoria Shaw, Emma Taylor, Helen Woo and Emile Znutaite.

John Snow Music Society

Music and the performing arts have always featured as a prevalent part of our John Snow College life. However, for the last couple of years during our transition period, interest subsided but with the support and encouragement from the JCR and the College, the enthusiasm and driving force of a few individuals, particularly 2nd year student Lydia Leach who is the President of our newly formed Music Society, we once again have a singing group, a Jazz group, a newly formed flute ensemble, a violin group and for the first time ever, our own Rock Band who gave their successful debut performance at the Winter Ball.

On Wednesday 4th December, Music Soc presented a Winter Concert in the Shakespeare Hall, Durham to a full audience. No one was disappointed. Seasonal songs and music from the groups and soloists were warmly appreciated as were the mince pies and refreshments during the interval.

We would like to thank all participants and those who attended and especially Lydia and her Exec: Aaron Bacchus, Shruthi Balaji, Grainne Gilleece, Kiko Keighery, Ben Lawrence, James Murray, Catherine Overend, Ciaran Picker and Tola Sokoya, who worked hard to organise and present the event. We look forward to their next concert and listening to them perform at a selection of our Formals over the course of the Term.



John Snow College Move in Day at Rushford Court

On 28 Sept 2019 after a few spots of rain, the sun shone on Freshers as they moved their belongings into their new home for the academic year, greeted by staff, students and of course Snowy!

Photos by Jack Judge



One Final move for John Snow College

As most of you will know our College has been in transition for that last couple of years, however academic year (2020/21) will see the final move of John Snow College to its permanent base at Mount Oswald.

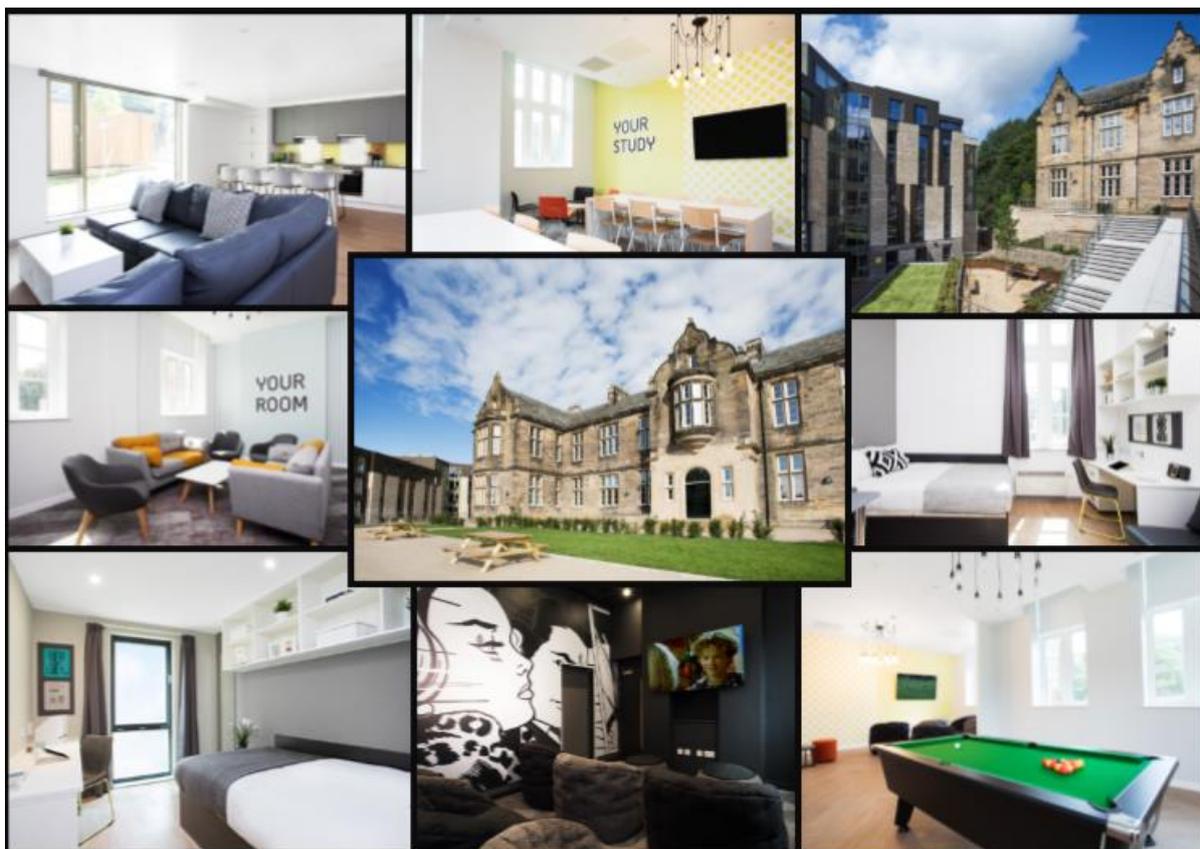
The construction of the College new buildings, which are adjacent to the University's 17th College, South College, is almost complete. The Hub is a state of the art facility, containing dance studio, yoga room, music practice room, fully equipped fitness suite and faith room in addition to an outside Multi Use Games Area, which our students will benefit from.

There will also be a visible connection to our Stockton origins, with the return of the John Snow Kernel as a focal point.



John Snow College at Rushford Court

All students can pick-up an access card from reception.



Take advantage of all of the amenities on site including:

- JCR Common room/study space
- FREE tea/coffee (bring your own cup)
- Fully equipped Gym (Induction required)
- Games room (pool table/table tennis/PlayStation)
- Movie room
- Post-Graduate room
- 3 x Music practice rooms

Welcome our new Post-Graduate community

In 2019/20 John Snow College welcomed back a Post-Graduate community and engagement is going from strength to strength.



The term started with a Wine and Cheese Event at DU Oriental Museum, with exclusive access to all exhibits.



Followed by an educational insight to the history of Ushaw College, as part of our first Scholars Supper.



Finishing the year on a high (literally) with some of our International PGs visiting local landmarks The Angel of the North and Newcastle Quayside on the run up to Christmas.

John Snow College Formal Dining - Speaker Series

At our formal on 4 November Alumnus Charles Ingell talked about his entrepreneurial endeavours, setting up his own fitness facility in London. On 11 and 25 November in the stunning setting of the Castle Great Hall, Alex Titterington took the opportunity to advise our first year students on how to best navigate University life, creating balance between academia and extracurricular pursuits.



On 26 November, in the magnificent setting of the Great Hall of the Town Hall the founder of REFUSE Café, Nikki Dravers, not only spoke about environmental sustainability and food upcycling, but the company also catered

for the Thanksgiving themed formal.

refusedurham.org.uk

On 21 October, Durham University Student Volunteering & Outreach Manager Katie Stobbs spoke at our first year formal about the wide variety of volunteer opportunities available





Charity founder Alistair Taylor spoke at our Post Graduate formal in the Castle on 2nd December about the local venture that provides homeless people with shelter, during sub-zero temperatures www.dwns.co.uk

Snow President

What a term it has been! It feels like only yesterday that we were welcoming second and third years back as Reps to prepare for a whole new cohort of Freshers. This year Freshers' Week included nine fully-packed days of activities, Matriculation always being a highlight including a photo of the 2019/20 cohort outside the historic Cathedral. Freshers' Week was a resounding success with pub quizzes, Escape Rooms, and 80s Roller Disco and so much more! Thank you to the JCR Committee and all of the Frep, Wreps and Agents who made the week so amazing and memorable. A special shout out must go to Lauren Shale for planning nine nights of amazing activities which suited a variety of different interests!

Sports have exploded in numbers with some teams doubling last term. This has led to a number of sports creating new teams and a continued success at matches, it has been a great pleasure to go down to Maiden's Castle at the weekend to watch John Snow students enjoying themselves (and more importantly beating Stevo). Sports teams have not only been achieving wins on the pitch but there has been some amazing charity work as well from the John Snow Rugby team who raised £863 for Movember and the John Snow Boat Club who raised £1653.00 (including Gift Aid) for Mind, a mental health charity, an amazing achievement by both teams and I would like to applaud everyone who was involved.

Societies have exploded. Five new societies have been ratified this term: Music Soc (which has flourished into the biggest John Snow Society thanks to the hard work of Lydia Leach and all of her Exec), Veg and Vegan Soc, British Sign Language (BSL) Soc, Fem Soc and Blizzard Theatre Company. The tremendous effort put in by students to make these new societies has been immense and it shows.

We were treated to Music Society's first ever Winter concert which truly shows what a talented cohort of students we have and was enjoyed by staff and students alike. Fem Soc have recently visited the local charity DASH to help prepare flats as part of their Vulnerable Women's project. Societies continue to grow and flourish at John Snow.

Somehow we have managed to survive without a bar. We have had some truly high quality events over the last term including a Murder Mystery where I was 'killed' by a member of the JCR Committee (spoilers, it was Jack with a cup of tea), College Parent Bake Off which resulted in some questionable baking and Deck the Halls getting in the Christmas spirit just at the right time (it is never too early). This year the Winter Ball was 'A night at the Movies' at the elegant Beamish Hall and proved to be a marvellous evening full of surprises and entertainment from John Snow's very own Rock Band making their debut.

It is a really exciting time for John Snow, despite the transition we have only gone from strength to strength, there is only one transition left now, to our final site at Mount Oswald.

I cannot wait to see what our events, sports and societies look like in a couple of years' time as we continue to make our mark in Durham. My key message to current students: keep involved, it is never too late to join a sport or society, if ever you want to get involved and you do not know where to go the JCR Committee will always be able to point you in the right direction! I would also encourage as many of you as possible to run for Exec and Non-Exec Committee positions in the upcoming JCR elections!

Most of my time next term will be looking towards the College's future at Mount Oswald, which of course will bring a lot more of the popular Instagram stories with questionable spelling choices. (I hope I have not made too many in this newsletter.) As soppy as it sounds the best parts of this job is seeing student get involved and grow. It is an absolute pleasure to be your President and I cannot wait to see what the rest of the academic year has to bring!

Richard Freeman

JCR President

JCR—Welfare Campaigns



2019/20 welcomed Ellie Caley and Jack Judge as JCR Welfare Officers and they have supported students by delivering a wide range of student focused campaigns including:

Healthy Living focusing upon body positivity, healthy eating, mindfulness and mental wellbeing as well as, drug & alcohol awareness.

Sexual Health Awareness and Guidance

Mental Health Awareness—dial-a-doughnut

Follow Jack and Ellie at www.facebook.com/johnsnow.welfare

#Teamsnow

Michaelmas Highlights:



After a couple of false starts, due to poor weather and pitch conditions, the much anticipated John Snow vs. Stephenson rugby match took place and did not disappoint when it came to entertainment. Attendees were treated to some great rugby, culminating in a tense last minute disallowed try handing victory to John Snow 28:25

JSRFC also raised an incredible £863 as a team for the Movember Charity by some team members more successfully than others, fashioning moustaches for the month of November

Mixed Lacrosse this term has been a huge success, with both teams undefeated in their respective leagues we are aiming for top 3 positions and to fight for promotions. The A team is also contesting for both cups this year so there are many exciting games coming up in Epiphany term. The success of our club has been down to the dedication of all our players who show up every week and put in incredible performances, including those who had never picked up a lacrosse stick before this term.

John Snow Boat Club took part in the DCR ergathon charity event to raise awareness for Mind. The challenge was to row the equivalent distance of Land's End to John O'Groats in a team relay. In total, 19 teams were entered, 3 of which were from John Snow. Teams were tasked to complete 75km x 3 as fast as possible. Our Novice teams completed the distance in just under 6 hours, and our Senior team completed it in 4 hours and 26mins, making us the second team to finish in the event. Collectively, we also raised a tremendous amount of money £1138 (£1359.25 with gift aid) for Mind www.mind.org.uk

JSBC Captain Pyungte Kim stated, "I am incredibly proud of the boat club for completing this event as I am sure you are too."

John Snow Football Club have made an impressive start to their season. With both JS As and JS Futsal currently top of their respective leagues, and JS Cs unbeaten in the league, so far this season!

It was a successful first term for John Snow Badminton with over 40 people turning up at the first few sessions! The women's team led the way winning all three of the games (hopefully that will continue!) After a tough start for the men's team (losing the first three games), they bounced back at the end of term to record the first victory against Van Mildert. There was also success for the mixed team, winning two out of three of their games. "We're hoping for a strong second term for all the teams to push for good positions in the leagues." said Captain Jake Silverton

Congratulations to all teams for representing John Snow in their respective sport this term and good luck for Epiphany term!

John Snow College - Student Development Programme

Lynn Preston—Assistant Principal (Student Development)

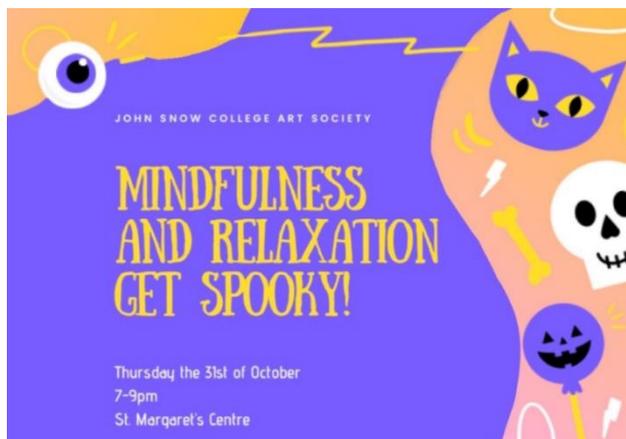
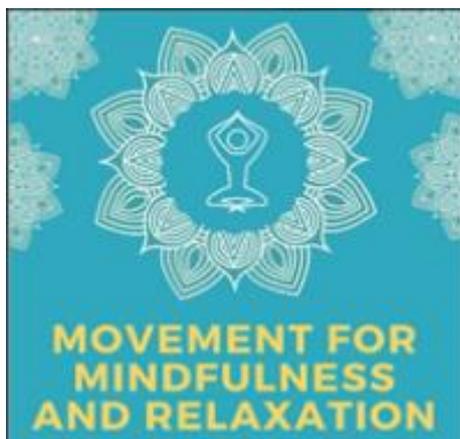


Supporting Positive Mental Health

Mindfulness and relaxation is now recognised as an important part of self-care and can be a good way for students to manage the stress and anxiety that may develop with University life.

As part of this terms Student Development Programme, a holistic programme of activities, was delivered which included movement and sound therapy. As well as painting (thanks to the JS Art Society, especially Becky Hartley

and Caitlin O'Donnell) and crafting for relaxation.



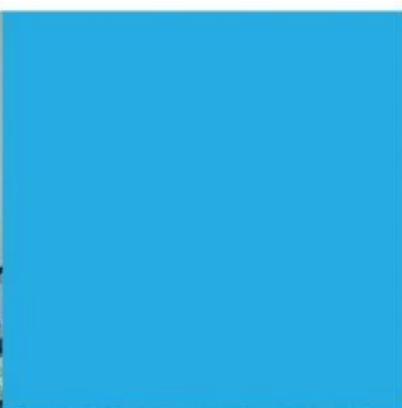
John Snow College - Student Development Programme

Supporting Personal Growth

Darlington based PC Neil Walton delivered a female self-defence session, which included: dynamic communication, increasing personal safety awareness and break away techniques.

John Snow students attended Teikyo University's annual Japanese cultural festival, engaging in a traditional tea ceremony, origami and trying their hand at calligraphy.

On an uncharacteristically warm day in October, students sampled Paddle Boarding on the Wear thanks to Nick and Hamish at South Shields Surf School.



Snow Inspired

Our newly developed volunteer and outreach project worked closely with a Darlington based primary school in the hope of establishing a student led, inspirational, experiential learning project.

The inaugural session involved a site visit where 30 Year 5 pupils visited: Durham's Teaching and Learning Centre for a 'lecture', the Chemistry Department for a fun experiment and participated in a 'Graduation Ceremony' at Durham Cathedral



Alumni News

Congratulations to two of our previous John Snow Welfare Officers Alex Titterington and Jess McNichol on their engagement.

Congratulations to previous Welfare Officer Becky Baynham (nee Platten) who has married Snow Alumnus Rob Baynham.

Congratulations to Alumnus Luke Robbins-Ross and his partners Jenny on the birth of their second child.

Share your good news

Anyone who would like to share their good news in the next addition of our College Newsletter, please email us at the alumni address below

LinkedIn Group

We will soon be launching a new John Snow Alumni LinkedIn group! For those of you who are on LinkedIn keep a look out. We will be posting alumni information into this group, and we will be using it as one of our primary contact points with you all. Please note that your personal details will not be disclosed.

Keep in touch snow.alumni@durham.ac.uk we love to hear from you!