



# John Snow College

Durham University

## John Snow College Newsletter Epiphany Term 2021



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## Message from the Editor

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Hello and welcome to the end of Epiphany Term Newsletter 2021. This term has been a particularly challenging one due to the Covid pandemic and the many restrictions in place. None-the-less, we have continued to provide online student support, advice and guidance and been available to meet face-to-face, particularly in urgent situations. Jack and his JCR Committee have worked especially hard, as they did last term, to keep our students engaged although the majority of the engagement has had to be online.

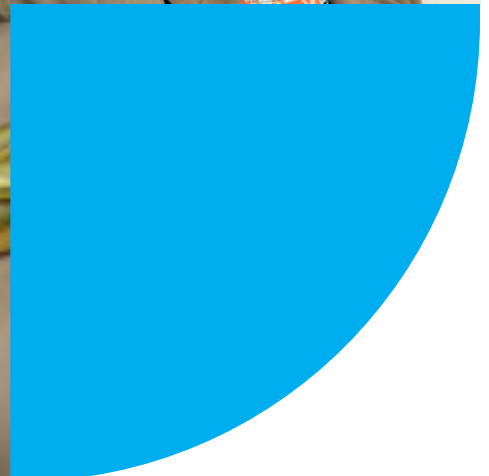
Our traditional events, such as Formals, concerts, performances, sports and the use of some of the facilities such as the gym, have not been possible. We did however, have the chance to mark Dr John Snow's Birthday on 15th March with a short, socially-distanced outside "event" with our livers-in. One of the more difficult situations is that we have not be able to have

livers-out on site and we very much look forward to the time when we can.

This Edition does however illustrate how positively students, staff and the John Snow Alumni community have reacted to the pandemic and how we have continued during this difficult times. Our thoughts of course go out to those who have lost their lives to Covid or have been bereaved and we joined with the Nation on 23rd March in marking the one year anniversary of the National Lockdown and remembered those so badly affected by it.

Stay safe and well.

Best wishes,  
**Janet Dixon-Dawson, Vice-Principal**



## Reflection by College Principal Prof. Carolyn Summerbell

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This term, similar to the last 12 months, has been dominated by Covid-19, and has included much uncertainty for all of us. I think we all felt reasonably confident, (if you had asked us last summer), that things would be back to normal by January 2021. How wrong we were. I am sad that we haven't been able to welcome livers-out and Alumni into College as yet, and that many students have not been able to experience coming to Durham this academic year. We have a lot of catching up to do and we will do that just as soon as we are allowed to. We now have a degree of confidence as we plan for next term, and the gradual, (and cautious), lifting of restrictions. We have College Formals and other celebration events planned from 21st June, and I hope that the Government date for the lifting of all restrictions in England isn't moved to a later date. We won't be able to fit everything into the last week of term, and hope that many students, (and particularly our final year students), will be happy to stay in Durham for at least the early part of the first week of the summer vacation.

We will have other opportunities to celebrate with our final year students and last year's graduates, at their graduation. The dates for these events are yet to be finalised, but they will hopefully take place in September. The roll out of the vaccine programme has given us all hope for the future, and great pride in our scientists and the NHS. I have been impressed by the resilience of the John Snow College community spirit, and grateful for your kindness to others and understanding of the restrictions placed upon your student experience. I was delighted at the willingness of students to run for JCR officer posts this term. There was strong competition for all positions. The JCR Executive line-up for 2021/22, under the leadership of Lydia, is excellent. Spring is here in Durham. New life is bursting forth. New lambs are in our countryside, barn owls are busy looking for places to nest, bees are venturing out from their hives, free-range chickens are enjoying the longer daylight and spring flowers are all around. Hope is firmly back on the agenda.



## End of Term Reflection- JCR President Jack Judge



When we completed Michaelmas Term 2020, we tried to stay optimistic about the year ahead. We hoped that things would improve, but Lockdown 3 began at the beginning of January 2021 and Epiphany Term teaching moved online. As a result of this, we once again found the College community separated not only across the country but across the globe, as some students, (and myself), were able to return to Durham.

Nevertheless, I'm so proud of how we adapted to the online world again. Without having to rely on one-off online events, we released 10 activities and competitions for students to get involved with over the course of the term. It was great to see so many Snow students stay involved with JCR life albeit in a different format!

We ran the JCR Committee Elections this term and it was heartening to see a lot of interest from all year groups nominating themselves for the different positions and engagement from the student population voting in both rounds of the elections.

I'd like to say thank you and Well Done to all the students who ran and Congratulations to those who were elected.



### Exec Committee

**President:** Lydia Leach  
**Vice-President:** Anton Torres  
**Male Welfare:** Jake Garrod  
**Female Welfare:** Elo Useh  
**Treasurer:** Alex Manson  
**Chair:** Theo McCarthy  
**Bar Steward:** Saffron Corcoran

### Non-Exec Committee

**Outreach Officer:** Katrina Fenton  
**Ball Chair:** Hope Gilbert  
**Entertainments Officer:** Max Campbell  
**Sports Officer:** Phoebe Traquair  
**Societies Officer:** Laura Wales  
**Bar Events:** Yazz Dean  
**Bar Steward Assistant:** Rhiann Bevan



## Food Wednesdays

Each Wednesday, (apart from Shrove Tuesday!) College has provided a food treat to our livers-in. On Shrove Tuesday, Phil, our Food & Beverage Services Head, served up delicious **pancakes** with traditional Pancake Day toppings. More Pancakes, back by popular demand, reappeared on 10th March! On 24th February, in honour of National Tortilla Chip Day (in the USA), Phil served up **nachos** with lashings of guacamole and melted cheese as toppings. March 3rd saw tasty **waffles** with maple syrup and **fruit boxes** rounded off the termly treats on 17th March.



We hope everyone enjoyed the culinary delights. Thank you to Phil for making and Jack, Sonny and the JCR reps for serving and devising the rota so that they were served and collected from the bar window in a Covid-safe environment.

On Tuesday 23rd March, along with many people across the nation, the University marked the one year anniversary of the first National Lockdown with a **Day of Reflection**. The Day was a time to remember what a challenging year it has been for so many and to look back and reflect on what we have collectively been through. Students and staff, wherever they were located, were invited to observe a minute's silence at 12 noon. At 3pm the University delivered by Zoom, a short event for students and staff, led by Professor Douglas Davies, (Theology and Religion) and Professor Stephen Regan, (English Studies) entitled: *'A Short Reflection on Grief, Support and Covid-19'*.

At 8.00pm, in the spirit of the nation's **'Beacon of Light'** where public buildings up and down the country were lit up, the University illuminated in yellow Durham Castle. As a symbolic gesture, College placed yellow bows at the foot of the Pump and in keeping with the request for people to shine lights from their homes at 8pm to remember someone who had died and to show support to those going through bereavement, we asked lives-in, if they would like to, to shine their phone torch for one minute from their window at 8pm. We also had a lamp lit-up in our Reception window from 8pm until 9pm.

## National Day of Reflection



## JCR Events and Activities - President Jack Judge

Last Term all JCRs found themselves having to rely on online activities as their main source of community engagement and as a result of the January 2021 lockdown, so many different aspects of Wider Student Experience (WSE), such as sports activities and social events, had to be put completely on hold or adapted to online versions. Not only this, but it seemed there was a general consensus across the whole nation that online quizzes and any other online events had been exhausted over 2020!

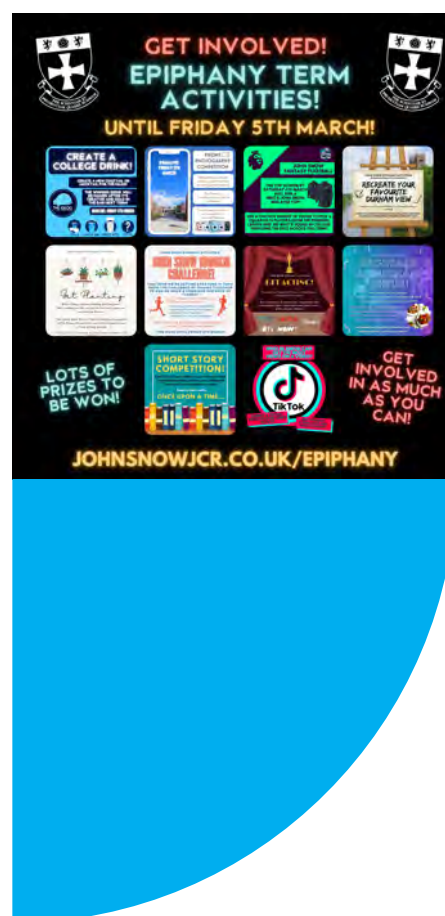
With a whole term ahead of us, I sat at my desk at home wondering how any JCR activities or engagement could take place in our second term when the College is spread in various locations around the world. After discussions with the JCR Committee, we ruled out the option of relying on online events as our main source of engagement, as we had done in Fresher's Week and our 'Snowvember' month of Lockdown events.

However, in a short amount of time we were able to put together a plan of 10 activities and competitions that our students could engage with across Epiphany Term. This approach meant anyone could participate with the JCR from anywhere and do this alongside their new online and at-home academic schedules.

Gardeners, photographers, football fans, TikTok creators, (to name a few), were able to engage. Each competition we released came with its own prize. All students had just over five weeks to get involved with any or all of the competitions which were judged soon after the deadline. I'd like to take this opportunity to thank all the students who embraced the JCR this term over the lockdown and got involved with any of our competitions.

Whilst I knew there wasn't a strong interest in online Zoom events, I wanted to make sure students had a platform to keep in touch with each other and even be able to meet to chat with students they may not yet have met. Each Thursday throughout Epiphany Term, I invited our students to chat online. Stephanie, (our JCR Entertainments Officer) and I used these weekly Zoom calls as opportunities to still run JCR events throughout the term. From simple calls to chat and catch up, to our own version of the Mastermind TV Quiz show and an online Petting Zoo-m call, I've enjoyed being able to keep in touch with students and be able to meet new faces in the College, even when many of us were away from Durham.

Looking ahead to the final term, we are unsure of what the Government and University regulations and restrictions will be on WSE activities and events. We are hopeful that the "Roadmap out of Lockdown" will allow us to recommence sports training and competitions and for societies to be able to meet together in person. Not only this, we're already eager to put plans in place for our annual College Day and the much anticipated Summer Ball.





# Epiphany Activities



### Competitions and Activities:

- Phone photography
- Art
- 1000km Fitness Challenge
- Fantasy Football
- Gardening
- Short Story
- Tik Tok (Who can get most views)
- Create a new College drink
- Acting
- Recreate the best Durham venue at home



Congratulations to all of the winners and thank you to all of the students who got involved!

## JCR Welfare- Becky Hartley and Daniel Kostick

This term the welfare team have run some great campaigns. Please take a look at the piece below from the JCR's Welfare Officers Becky Hartley and Daniel Kostick.

Term began with our **'Consent Matters' Awareness Week**. Through content we were able to post and share with the students, we were able to look at being an active bystander and why consent is important. The main part of our campaign was getting each JCR officer to summarise what consent means to them and share this with students to encourage an open consent culture in College.

Following directly on from Consent Week, we ran the annual **"Sexual Health Awareness and Guidance Week"**. Some of the activities we ran were live Instagram quizzes about contraception, STDs and LGBTQ+ Sexual Health. We really enjoyed running this informative campaign and we both felt we learned a lot from putting all the content and information together for the JCR.

Moving a few weeks later into term, we ran a **"Body Positivity and Self-love"** campaign in collaboration with FemSoc. This timed well with Valentine's Day. This was definitely the most well-praised campaign we have ran this year and we received so much love and positive feedback from students and even external organisations who complimented us for the content we put out. The topics included Male Body Positivity, Self-Care, Body Positivity and Marginalised bodies. We created an art piece made up of statements sent in from students about what they loved about themselves. We received great feedback from the Self-Love Spotify Playlist we released alongside this campaign too. It was encouraging to hear back from some students who let us know how good it was for them to discover some new empowering music to listen to over the lockdown.

After the success it had in the first lockdown in Spring 2020, we brought back **'Snow Some Love'**. We asked students to submit positive messages anonymously to another student to bring the College community together and spread positivity. We were delighted to receive over 150 submissions for this activity!

To finish of the term, we ran our **"Equality, Diversity and Inclusivity" (EDI) week**. For this, we recorded podcasts with some of our John Snow Student Leaders, each from different backgrounds and communities, to discuss salient issues in our community and at Durham. It was amazing to be able to chat to these members of our community and create a discourse about their student experiences.





This month, the **Charity Fashion Show 2021 team** have been fundraising for **SafeLives**. SafeLives is a UK charity dedicated to ending domestic abuse, for good. Throughout February, our team have been walking or running the distance from College to their main office in Bristol - **all 265 miles**. All 15 members of the Fashion Show Committee got involved and we exceeded our target!

The charity is so important, now more than ever - the pandemic has stretched resources to breaking point and it is key for us as a student body to raise awareness of this important issue in such a difficult time. Following on from our month of fundraising, we were fortunate enough to share a video online from two representatives of the charity who discussed their work, why fundraising is so important to them and how the pandemic has affected the work they have done this year.



## Charity Fashion Show

Caitlin Evans

We look forward to getting more students involved in our team next term and progress in the plans for our charity event. Any **donations** to our fundraising page would be greatly appreciated.

Please follow the link:

<https://www.justgiving.com/fundraising/john-snow-college1>

## JCR Societies Officer - Lydia Leach

Social media has been a saviour for societies this term, keeping up the spirits of John Snow students. Coming into summative season, the society Presidents have been doing a great job to keep their social media pages active, promoting activities or releasing content to educate and entertain students.

- With **Baking Society** being a lockdown-born society, they have been thriving through this term's lockdown. Their regular recipe posts have been themed to coordinate with annual occasions such as Valentine's Day, Shrove Tuesday and Easter. Students have followed Baking Soc's recipes or shared their own. Baking Soc has been involved in multiple charity events this term creating a baked goods hamper as a prize for the DUCK Take Me Out Valentine's event and working with DUSVO Cakes for Kids where they helped by sharing recipes that could be used with the baking packs that were sent to young families with the ingredients for a homemade afternoon tea.
- **BAME Society** have continued to produce amazing educational material about the BAME community. They began with a series on 'Rock Against Racism and the Fight Against British Fascism' which was written by Ciaran Picker about the national movement 'Rock Against Racism' and how it impacted race relations in the UK throughout the 1970s. Lauren Shale and Callisto Musyck wrote a two-part series on 'The British Empire in India'. Lauren's section was based on 'An Imperial History' explaining what imperialism in India is and attempting to reconnect with the heritage that the British tried to erase when they were trying to develop non-white Asian countries. Cal's posts focused on 'Race, Gender and Colonial Rule' looking at how the British Empire in India used race and gender to control the indigenous population and how feminism needs to work more towards supporting marginalised communities.
- **FemSoc** began the term by supporting the JS Welfare team on their first campaign for Consent Week by hosting a discussion session on how to combat rape. Following on from this the society researched key events and people in the LGBTQ+ community for LGBTQ+ History Month in February. They posted these on Instagram highlighting the Institut für Sexualwissen, Freddie Mercury, Sylvester and Marsha P. Johnson throughout the month.
- After releasing their chosen charity "SafeLives" in November, the **John Snow Charity Fashion Show Committee** have begun to raise money for the charity that is dedicated to ending domestic abuse. To do this the Exec team ran or walked the equivalent distance from Mount Oswald to the SafeLives office in Bristol and back (!) throughout February, totalling 530 miles to boost donations. The donation page can be found on their Instagram page @jscfs.
- **Music Society** remain halted in their activities and rehearsals this term, but did manage to create another virtual Winter Concert which brought to a close last term's Snowvember events. This term they have brought back an Instagram series that they created during the first lockdown - this time entitled 'A few more minutes of music' - where Music Soc members share recordings of themselves performing or singing.
- Finally, the **Fitness and Wellness Society** have been posting weekly challenges, one week exercise related, the next mindfulness related in an attempt to help students look after their whole being during this difficult time.

Things are starting to look up and we're looking forward to hopefully restarting societies next term to begin the transition back into normality!





# JCR Sport

Will Robson

Although sport teams weren't able to practice and play matches as normal due to Government and University COVID regulations, we were lucky to have the MUGA on-site for livers-in students to use. We purchased brand-new sports equipment for them to borrow from the JCR and it's been great to see students and their households enjoying the MUGA.

We incorporated Sport into Jack's Epiphany Term Competitions by setting everyone in the JCR the target of travelling a combined distance of **1,000km** across the term. We exceeded this target and reached an average of **500km** (walked or ran) each week. Thank you to everyone who got involved and kept active this term over the lockdown.



## JOHN SNOW EPIPHANY ACTIVITIES

# JOHN SNOW 1000KM CHALLENGE!

**THIS TERM WE'RE SETTING EVERYONE IN JOHN SNOW THE CHALLENGE OF JOINING TOGETHER TO RUN OR WALK A COMBINED DISTANCE OF 1000KM!**



WIN YOURSELF ONE OF THREE £20 JD SPORTS VOUCHER FOR:

- RUNNING FURTHEST DISTANCE
- WALKING FURTHEST DISTANCE
- COMPLETING THE MOST AMOUNT OF WALKS OR RUNS!



**JOIN THE CLUB ON STRAVA AND RECORD ALL YOUR ACTIVITIES THIS TERM!**

**YOU HAVE UNTIL FRIDAY 5TH MARCH!**

Through various online socials and content on social media, individual sports teams have done a great job in keeping students connected. **Phoenix Cheer** shared some brilliant posts about their personal experiences of being a cheerleader to raise awareness of the expectations upon them.

I'd like to congratulate **Phoebe Traquair** for being elected as the 2021/22 JCR Sports Officer. This was really well deserved and I hope you have a brilliant year.

# The Birthday of Dr John Snow

15th March



## Dr John Snow's Birthday

In keeping with our College tradition, on 15th March we once again marked the birth date of our College namesake, **Dr. John Snow, born 1813.**

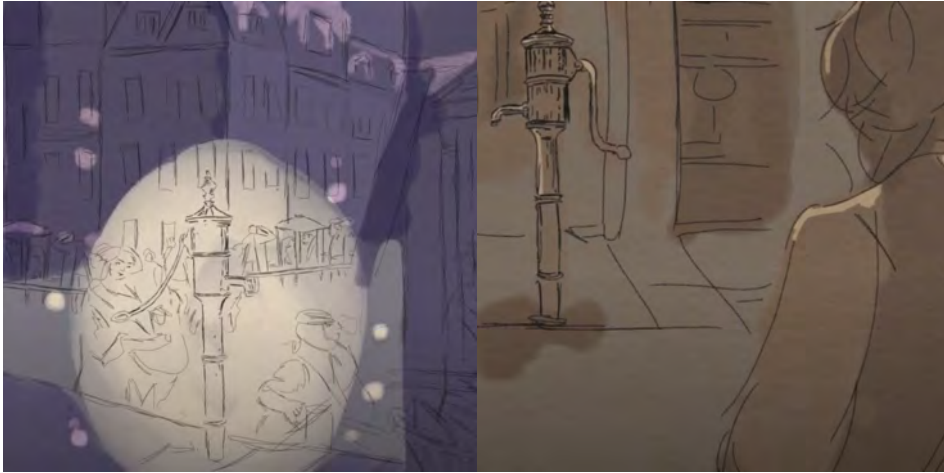
In previous years we have celebrated his birthday by hosting a public lecture on a public health related matter followed by the opportunity for our College community to celebrate together. This year, due to Covid restrictions, we changed our plans to ensure the safety of those involved. Unfortunately, we could only ask our livers-in to be present as livers-out, with the exclusion of certain JCR Officers, are not yet permitted onto College premises.

At 12 noon our College Bugler, **Abi Kaye**, played a variation on Reveille alongside our new Pump feature to commence proceedings. Our Principal, **Professor Carolyn Summerbell**, gave a short speech about the importance of Dr. Snow's work.

Then a new tradition was introduced: Dr John Snow, (aka **Rory Leventhorpe** on the day), ceremoniously removed the pump handle, a symbolic gesture in recognition of Dr John Snow's inspiring act which brought about the end of cholera in Soho, London in 1854. **Jack Judge** our JCR President then followed with a few words about the significance of the date, began the rendition of the traditional "Happy Birthday" song and in line with College tradition, cut the specially designed Birthday cake, which this year was vegan. Students received a Birthday cupcake.

Although a bit blustery for our balloons, the sun did shine on the day. We were pleased to see our livers-in come outside to witness the brief occasion and thank them for respecting social distance and remaining in their households by their household blocks.





Available for all to view on our College website, is our new video made by **Jack Judge** and **Steph Male** (JCR Entertainment Officer), who are also the voiceovers, which tells the story of Dr John Snow. Please find a few minutes to watch it. It's short, accurate, contains some beautiful pen illustrations by **Saray Imlach** (2nd Year Wrep) and is excellent!

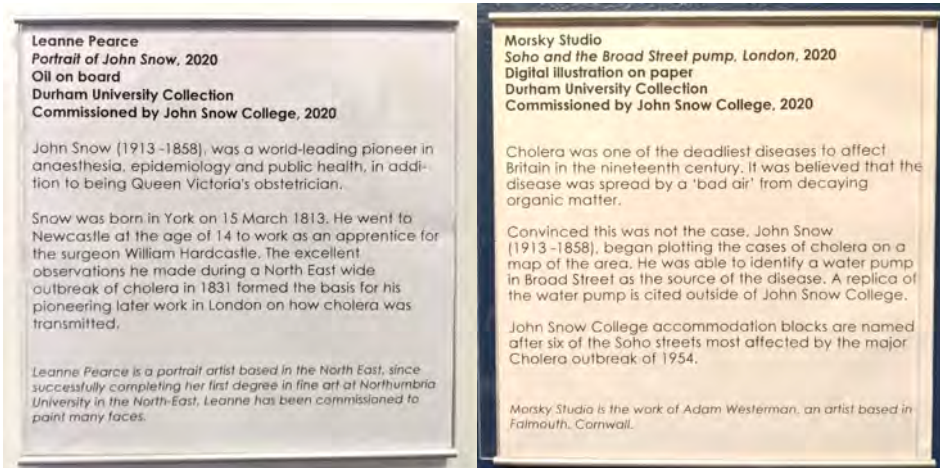
It's available at:

<https://www.youtube.com/watch?v=DwYhr27YY3g>



The event, though not in our usual format, was enjoyed by staff and those students permitted to be present. It was extremely satisfying to watch our very first Dr John Snow birthday event in our new home and we look forward to many more to come, when hopefully we can open-up to all of our students, Alumni and friends of the College.





## Art Commission

The College has commissioned two pieces of significant artwork: an oil on board piece titled ***Portrait of John Snow*** and a digital illustration titled ***Soho and the Broad Street pump, London***.

The portrait (below) has pride of place in the Pump Handle room and the digital illustration (right) is positioned on the wall between the JCR and MCR.



**ABOVE: *Soho and the Broad Street pump, London, 2020***

**Morsky Studio**

**Digital illustration on paper**

**Durham University Collection**

**Commissioned by John Snow College, 2020**



**LEFT: *Portrait of John Snow, 2020***

**Leanne Pearce**

**Oil on board**

**Durham University Collection**

**Commissioned by John Snow College, 2020**

## Inspiring piece from John Snow Alumnus, Chris Howard

Nearly 13 years ago I arrived at John Snow as a fresh-faced undergraduate ready to get stuck into College life and the diverse range of sports teams, societies and opportunities that all make John Snow what it is.

I graduated in Business, completed a year as JCR President and began my career in consulting where I currently lead the Open Source competency, that's free community led technology, for over 3000 colleagues across the organisation. I've also got involved in many other activities throughout the last decade or so including running a diversity charity and heading up a Governing board for a group of primary schools in East London. However, fast forward to today and I'm writing this short piece in between summative preparation as a Snow student once again in my first year of the Durham MBA.

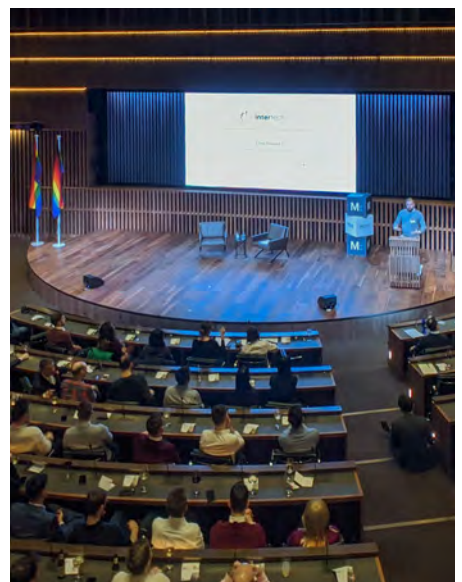
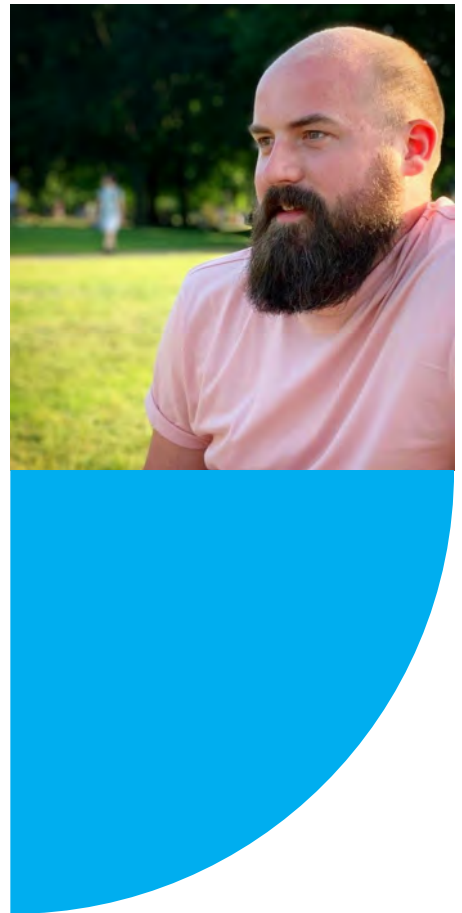
The last 12 months have been eventful for us all for obvious reasons, but looking at the positives, I was delighted to start my post-graduate studies in October and it was a real pleasure to see such a strong College spirit remain despite all the challenges ongoing in the world. In particular, to witness a real championing of diversity and inclusion within the JCR and wider College on topics such as gender equality, LGBT+ inclusion and the BLM movement was a great way to be welcomed back into collegiate life.

This January saw me recognised in a global ranking for my own endeavours and commitment to diversity and inclusion too. My name was listed alongside 100 fantastic advocates in the **'OUTstanding LGBT+ Future Leaders 2020'** list and this was a real celebration of my determination on the topic. In 2018, I was named as one of the **'Top 10 LGBT+ Future Leaders'** at the rather extravagant **British LGBT+ Awards** but to be recognised on a global stage was amazing.

Throughout my studies, my time in industry and engagements within the charitable, I have always respected those individuals who to realise the importance of inclusion and celebrating difference. I'd invite each and everyone of you reading this to continue to release this importance and go on to make little changes to your own life to better the lives of others around you.

We've all got a strong foundation that's common amongst us to start from - so let's leverage that and all be the change that we want to see through our actions.

Best wishes, Chris



## Alumna, Ellie Caley- How can students be more resilient?

As a Durham (John Snow) graduate and Masters student herself, **Ellie Caley** understands the current pressures and difficulties that students are facing studying from home.

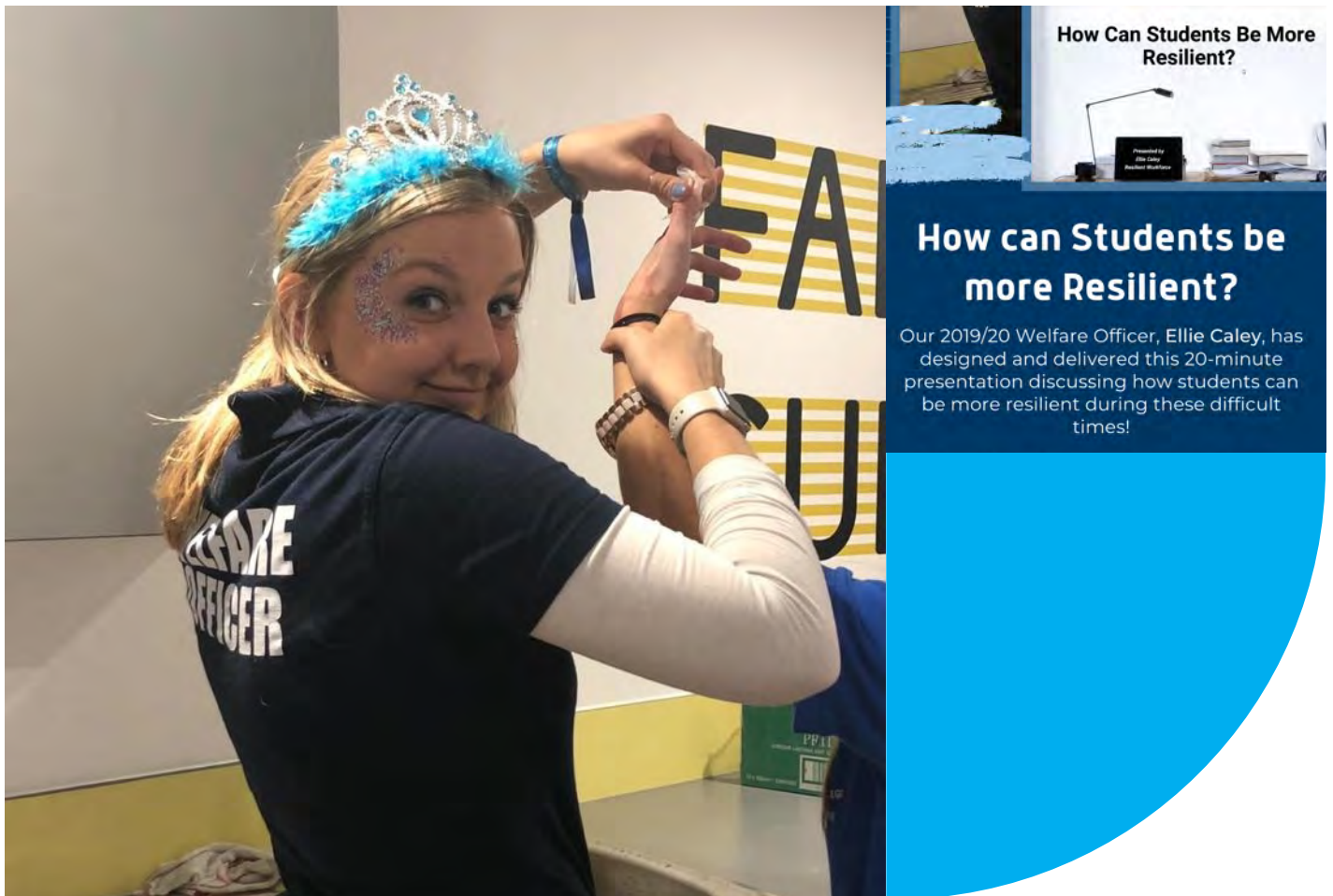
These are unprecedented times for us all, but students, in particular, are missing the exciting opportunities that University life brings. Online learning has undoubtedly impacted many students' engagement and motivation as well as their overall health and wellbeing.

Ellie has always been very passionate about student welfare, (she was a JCR Welfare Officer 2019-2020) and

has designed and delivered a 20minute presentation discussing how students can be more resilient during these difficult times.

She outlines **7 key components of resilience** and gives her top 10 tips for studying from home! The session is designed for students, but aims to help anyone who might be struggling with working/studying from home, or anyone that needs some inspiration/motivation!

The link for her video is here: <https://lnkd.in/dnYDnWM>



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## Personal Announcements

### Congratulations to Sarah Smith

Congratulations to our PhD student Sarah who recently completed her Durham University PhD research, her thesis is titled '**The Workplace Food Environment: Exploring Interventions to Change Behaviours**'.

Sarah's PhD aimed to better understand what constitutes an effective workplace intervention aimed at changing dietary behaviours. Multiple mixed methods research was used to answer the aims and objectives with data being collected in and around workplaces in the North East of England.

Results identified some simple, cost neutral interventions that are easily implemented and help the workforce engage in healthier dietary behaviours. The results are in the process of being published in peer reviewed academic journals. Sarah's PhD was supervised by Professor Carolyn Summerbell.



### New Arrivals 2021

The College are delighted to announce the wonderful news for two of our members of College Staff who have each welcomed a new addition to their family for 2021.

**Yasmin Porter**, Administrative Assistant, who gave birth to Freya Elizabeth Townson on 2nd January 2021. Freya weighed 7lbs 6 ounces.

**Rebecca Jacobs**, Facilitator, (Accommodation & Facilities), who gave birth to Jacob Albert Slade on 27th February 2021 weighing 7lbs 7 ounces.

We wish them all well.

If you would like to share a personal announcement in the next issue of our Newsletter, please email us at [snow.college@durham.ac.uk](mailto:snow.college@durham.ac.uk)



**Announcements**  
**College Staff News**

NEW ADDITIONS 2021



**Spring  
has  
sprung!**

**To all those who  
celebrate, we wish  
you a **Happy Easter!****



Pictured above are Professor Carolyn Summerbell's first lambs of 2021 with their Mother.



**Follow us on Instagram to keep  
up with all things John Snow!**

**@john\_snow\_college  
@johnsnowjcr**



**John Snow College**  
Durham University

## Contact us

John Snow College  
Mount Oswald  
The Approach  
Durham  
DH1 3FR

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T: +44 (0)191 334 0046  
E: [snow.college@durham.ac.uk](mailto:snow.college@durham.ac.uk)

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**Alumni**  
E: [snow.alumni@durham.ac.uk](mailto:snow.alumni@durham.ac.uk)

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**John Snow College,  
the modern College  
with traditional values**

*"Per scientiam et prudentiam quaere  
summam"*

**Through knowledge and wisdom strive for  
the highest**

[durham.ac.uk/johnsnow.college](http://durham.ac.uk/johnsnow.college)

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