Welcome to the Widening Participation Student Network
Damien Homer, Amanda Bishop & Claire Edden
Outline of meeting

Festive Fun – Bingo and Dingbats

Guest Speaker - Former student of Warwick

Festive Fun – Carols with added comedy

WP Update

Keeping positive activity

FOOD (!) and informal networking
Festive Bingo!

Christmas Human Bingo!

Find someone who matches the criteria and get them to write their name in the box... one person can only sign 2 boxes maximum and you can sign 1 yourself! You can shout ‘BINGO!’ and let the leader know when you have filled two lines.

<table>
<thead>
<tr>
<th>Someone who can say “Merry Christmas” in another language</th>
<th>Someone who is ahead on their advent calendar already</th>
<th>Someone who can whistle “We wish you a Merry Christmas”</th>
<th>Someone who can play a Christmas song on an instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>Someone who has received socks for Christmas</td>
<td>Someone who is good at wrapping presents</td>
<td>Someone who can name all 9 reindeer</td>
<td>Someone who has an embarrassing Christmas jumper</td>
</tr>
<tr>
<td>Someone who has built a snowman</td>
<td>Someone who has seen “Frozen” 5 times or more</td>
<td>Someone who does not like Christmas Pudding</td>
<td>Someone who likes mince pies</td>
</tr>
</tbody>
</table>
Question Speaker - Tam
Festive Fun – Spoken word
Mentoring - Baljit Gill
Opportunity Update – **Next Steps**

- WP Committee – Student Advisory Group
- Accessing Opportunities
  - Jobs
  - Volunteering
  - Study Aboard
  - Internships (Warwick Advance – only for WP students – Paid)
  - WP Careers Support – specialised programme from Sam Merrix
- WP Peer Mentors
- Spreading the word of the network – making a Christmas pledge
Keeping positive and tips for flourishing in winter – what works for you?

In small groups discuss how you keep positive in the winter months, or when you are feeling stressed or a bit low.....
Keeping positive: Some suggestions......

**Physical relaxation**
- Choose somewhere comfortable where you can relax (e.g. sit in a comfortable chair or lie on your bed).
- Choose a time when you will not be interrupted.

**Regular Physical Exercise**
- Regular exercise will help to manage stress and release tension.
- Aim to do at least 15 minutes of moderate exercise every day.
- Go for a short walk, jump on the spot, take the stairs, go running or swimming, cycle to campus, go back to a sport you have enjoyed, choose to try something new in Warwick sport.

**Focused Breathing**
- Take in a nice deep breath.
- Breathe right down into your stomach, not just into the top of your lungs but right down into your diaphragm (you will feel your stomach muscles engage).

**Positive Imagery**
- Close your eyes and take a deep breath.
- Imagine a place that feels as calm and peaceful as you possibly can (e.g. a sandy beach, a woodland, a place you visited as a child, a field, your bedroom, a park – your ideal safe haven).
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Next Event

Wednesday 23rd January

5pm – 7pm