



# REPORT

From the office of the...  
MSU SHEC Director

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TO: Members of the Executive Board  
FROM: Anika Anand  
SUBJECT: MSU SHEC Report 6  
DATE: January 27<sup>th</sup> 2021

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## Year plan Update

Since submitting our last MSU SHEC Executive board report in late November, our team has been hard at work on operating our warmline, executing winter wonder care, lockers of love, Collective care, winter resources, harm reduction week, sorry to burst your bubble, simple self-care, and SHEC specific training.

## Events, Projects, & Activities

### *General Service Usage*

On January 19<sup>th</sup>, 2022, we released our winter semester peer support shift schedule that will last for the remainder of the semester until the exam period. The schedule also has the executive-on-call (EOC) for the shift listed as the first point of contact if PSVs have any questions or concerns during their shifts.

Day(s) of the Week	Hours of Operation (EST)
Monday - Thursday	9:25 AM– 7:25 PM
Friday	9:25 AM– 4:25 PM

### *Projects & Events: Winter Wonder Care x Maccess (Complete)*

As aforementioned in previous reports, Exam Care programming is a long-standing event run twice annually during fall and winter exams to promote service usage, as well as to promote the difficulty of the exam season and encourage folks to ask for help and rely on their communities. On December 6<sup>th</sup> 2021, our services shared our Winter Wonder Care promotional graphics, advertising that the event closes on December 12<sup>th</sup> at 11:59 EST. Participants were asked to: (1) Follow both MSU SHEC and Maccess on Instagram, (2) like this post, (3) tag a friend (or the MSU Maccess account), and (4) indicate what small and large prize you would be interested in. Participants have since been contacted and notified of the prizes won! All individual prizes have been purchased and shipped to the winners excluding some small prizes that must be packaged and shipped separately by the MSU Maccess PTM and myself. In terms of finances, our services received \$450 worth of funding from the Student Wellness Centre for this program.

### *Projects & Events: Lockers Of Love x FCC (On-going)*

We have officially partnered with the MSU Food Collective Centre on their Lockers Of Love Program. On December 7<sup>th</sup> 2021, our service shared promotional materials announcing that MSU SHEC is partnering with FCC by providing students with free and anonymous pregnancy tests! This program gives students and community members a confidential method for receiving essential supplies such as non-perishable food items and now health supplies. These tests can be accessed by filling out a confidential form, the link can be found in our link tree, once the forms filled out you can expect a confirmation on your order within five business days and orders can be picked up within 10 days. Requests are confidential and open to all McMasters students. SHEC created and provided FCC with 25 pregnancy test packages including: a brochure detailing how to use the pregnancy tests + helpful resources, a glove, urine cup, and an HCG pregnancy testing strip. We have also provided 10 internal condoms. I am in the process of trying to secure us naloxone kits which may also make as a great addition to the Lockers Of Love program.

### *Projects & Events: Collective Care x WGEN (On-going)*

Collective Care is a remote free-resource-distribution program run by the MSU's Student Health and Education Centre (SHEC), and Women and Gender Equity Network (WGEN). So far we have received over 100 order requests related to menstrual, safe(r) sex, childcare, gender-affirming, and other products. Thus far we have secured \$500 of funding from the MSU Special Projects fund, \$1000 from PACBIC, and \$3000 from OPRIG. We are working closely with OPRIG to evaluate the need for future funds and a possible working partnership to aid with the workload. Once again, we are nearing the end of our funding, just as the winter semester is approaching. We must plan on closing the form until we can secure adequate external funding and provide students with these much needed health supplies. We anticipate having to seek out much more external funding and are open to any suggestions the board may have as usual (ie. Additional special projects funding).

### *Projects & Events: Winter Resources (Complete)*

On December 13<sup>th</sup> 2021, we released our Winter Resources Campaign outlining resources that are available in various regions outside of and including Hamilton for McMaster students return home for the break. The intention was to provide students with resources so that folks are able to locate and access the necessary supports of the university campus. The campaign was created and released by our RAE committee.

*Projects & Events: PTM Hiring (On-going)*

On January 10<sup>th</sup> 2022, MSU SHEC shared our service specific promotions for our PTM positions: MSU SHEC Director and Assistant Director. Since then, the positions have closed on January 16<sup>th</sup> at 11:59 PM (EST) and January 23<sup>rd</sup> at 11:59 PM (EST), respectively.

*Projects & Events: Harm Reduction Week x PCC (On-going)*

MSU SHEC is working alongside PCC to plan and run a Harm reduction week, tentatively from February 9<sup>th</sup> – 16<sup>th</sup> . We are hoping to collectively cover topics related to substance use and harm reduction, queer/gender-diverse sex-ed and sexual health harm reduction, and queer relationships/dating. The EOE team is working closely with PCCs team to plan the week of events in a manner that is accessible and enjoyable for McMaster students. Our team is currently in the process of researching and contacting potential guest speakers.

*Projects & Events: Sorry To Burst Your Bubble Campaign (On-going)*

Our RAE team has been working hard to put together a campaign that we plan to release in early February. This five day campaign will address themes related to: COVID-19 guidelines on campus, Commuting & housing tips, Tips for getting back to in-person classes, Time management, and Self-care around the transition and being in-person .

*Projects & Events: Simple Self-Care Campaign (On-going)*

The RAE team has also been working to put together a mental health campaign called Simple Self-care. We plan to release this five day campaign towards the end of January. It will cover topics including: social self-care, sleep, a reminder that you are not JUST a student, mindfulness, and how to practice mindfulness.

*Projects & Events: MSU SHEC Specific Training (On-going)*

Winter training for SHEC peer support volunteers will occur both synchronously during the first weekend of February (February 5<sup>th</sup>) and asynchronously.

Asynchronous content will be released this upcoming weekend for volunteers to review over a two week period. The format of this content will be a module covering the topic of peer support for bereavement and grief (i.e., providing peer support to someone coping with the end of a relationship, the loss of a loved one, as well as other forms of loss).

Synchronous training will comprise several presentations spanning a two-hour period and hosted via Zoom (with closed captioning). Topics for synchronous training include helpful resources to share during peer support sessions if a service user is seeking resources, reminders and logistical updates about the service for volunteers, 2STLGBQIA+-specific training, and sex positivity. The Assistant Director and Training & Development Coordinators will be facilitating training, and speakers will include the SHEC Training & Development Coordinators, Volunteer Coordinators, and Eva Bloom. Eva Bloom is a queer sex educator who will be discussing sexuality, gender, sex positivity, and sexual health.

Next steps for training include completing the asynchronous modules, preparing feedback and completion forms, securing payment for Eva Bloom, recording attendance, and refining all of the synchronous training content.

## **Outreach & Promotions**

### *Summary*

Thus far we have created and released the following on our social media accounts:

- X-posing Xenophobia: COVID-19 & Communicable diseases
- Wellness 1A03: A First Year Guide to Navigating Party Culture and Stress Management
- Meet The Peer Support Services
- SHEC Us Out
- MSU SHEC Warmline
- Period Equity Day
- Cum One Cum All Compassionate Casual Sex
- Winter Wonder Care
- Lockers Of Love Promotional Materials
- Winter Resources
- PTM hiring
- Collective Care Promotional Materials

# Promotional Materials

## ENTER TO WIN!

OVER \$450  
IN PRIZES!!



**WINTER WONDER CARE**

Closes December 12  
at 11:59 PM (EST)





This giveaway is a collaborative initiative between MSU peer support services **Maccess** and **SHEC**, with the help of the **Student Wellness Centre**, in order to create an opportunity for students to engage in self- and community-care during exam times.

## OUR OVERARCHING GOALS

- » Reduce misconceptions about mental wellness and its manifestations
- » Highlight community care in addition to/as opposed to the individualization of self-care
- » Encourage students to engage in safe stress reduction strategies
- » Increase student accessibility and holistic wellness strategies that are otherwise too expensive to purchase
- » Connect students to McMaster Services including **Student Wellness Centre**, **Maccess**, and **SHEC**

## LARGE PRIZES

- LIGHT THERAPY LAMP
- WEIGHTED BLANKET
- ECHO DOT

## SMALL PRIZES

- FUZZY SOCKS X5
- FIDGET TOYS X4
- MOCHI SQUISH TOYS
- FUZZY BLANKET
- \$20 STARBUCKS CARDS X3
- \$20 UBER EATS CARD X3

## LOCKERS OF Love

**FCC & SHEC Collaborative**  
Free pregnancy tests available now!

Place an order at  
<https://www.foodcollective.ca/>  
with LOCKERS OF LOVE







MSU STUDENT HEALTH EDUCATION CENTRE PRESENTS

# Winter Resources

### TORONTO RESOURCES

**HEALS ON WHEELS TORONTO (DRIVEN BY MISSISSAUGA COMMUNITY SERVICES)**  
416-277-2222  
Non-profit that provides services for seniors. Website: [www.healsonwheels.ca](http://www.healsonwheels.ca)

**GOOD NEIGHBOUR WINTERS**  
416-291-2222  
Good Neighbour Winters provides free winter safety kits to seniors. Website: [www.gn-winters.com](http://www.gn-winters.com)

**RECREATION AND FITNESS CENTRE**  
416-291-2222  
Recreation and Fitness Centre provides a variety of programs for seniors. Website: [www.recreationandfitness.com](http://www.recreationandfitness.com)

### TORONTO RESOURCES

**EVERY SATURDAY**  
416-291-2222  
Every Saturday provides a variety of programs for seniors. Website: [www.evsat.com](http://www.evsat.com)

**THE SENIORS' CENTRE**  
416-291-2222  
The Seniors' Centre provides a variety of programs for seniors. Website: [www.seniorscentre.com](http://www.seniorscentre.com)

**COMMUNITY SERVICES**  
416-291-2222  
Community Services provides a variety of programs for seniors. Website: [www.communityservices.com](http://www.communityservices.com)

### HAMILTON (ONTARIO) RESOURCES

**SEXUAL ABUSE CENTRE (SAC)**  
905-571-2222  
Sexual Abuse Centre provides a variety of programs for seniors. Website: [www.sexualabusecentre.com](http://www.sexualabusecentre.com)

**WINTER FOOD BANK**  
905-571-2222  
Winter Food Bank provides a variety of programs for seniors. Website: [www.winterfoodbank.com](http://www.winterfoodbank.com)

**THE BANK**  
905-571-2222  
The Bank provides a variety of programs for seniors. Website: [www.thebank.com](http://www.thebank.com)



### Page Insights

Page Button Clicks 0

**Add Your Location or Service Area**  
Help people find your Page by showing where you're located.

#### Discovery ?

**504**  
Page Reach  
▼ 246 last 28 days

**40**  
Page Views  
▼ 6 last 28 days

#### Audience

**2,333**  
Total Page Likes  
▲ 3 last 28 days

MaHadi MaHin, Sophie Gordon and 2.3K other people like your Page

[See More >](#)

#### Recommended Actions

### Page Insights

Dec 27 - Jan 23 Last 28 days ▼

<b>Post Reach</b> 406 ▼ 343	<b>Post Engagements</b> 6 ▼ 56	<b>New Page Likes</b> 3 ▲ 3	<b>Comments</b> 1 ▲ 1
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#### Posts ? [See More](#)

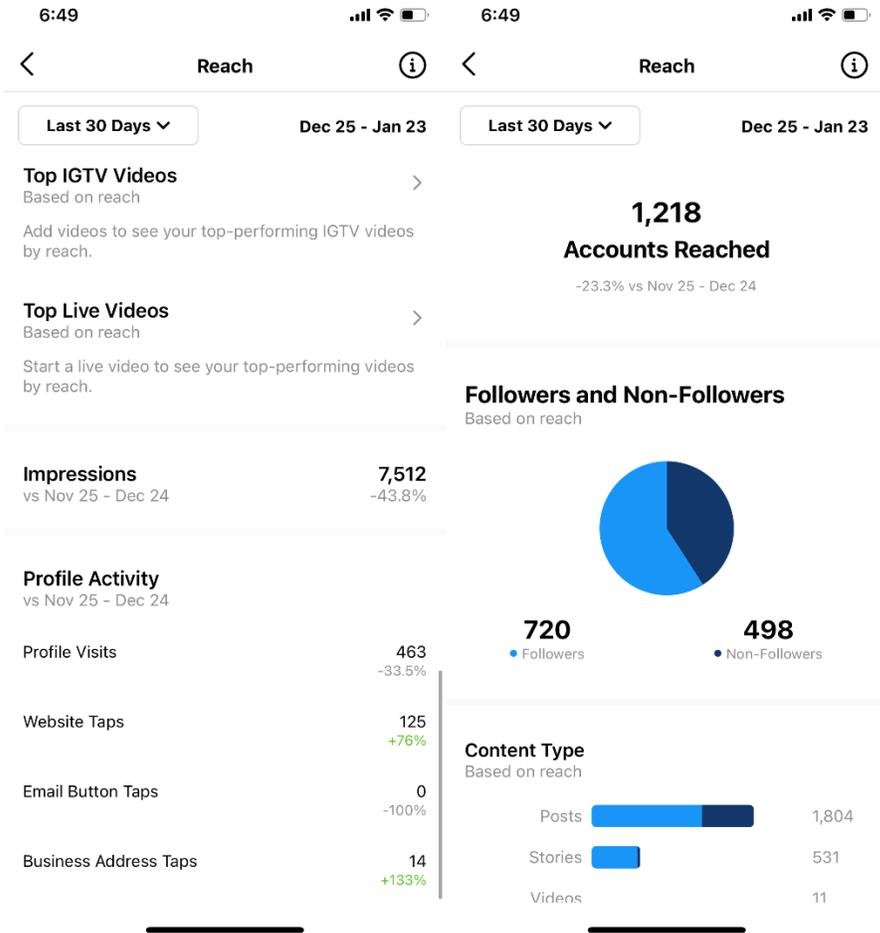
2 posts published in the last 28 days.

#### MOST ENGAGING POSTS

	<b>Collective Care is back for the winter...</b> January 11	Reach: 232 Engagements: 3
	<b>Welcome back McMaster!! 🥳...</b> January 10	Reach: 16 Engagements: 0

**Encourage People to Recommend Your Page**  
Create a post that lets people know they can leave feedback about their experience.

#### Check-ins ?



## Finances

### *Budget Summary*

Thus far, we have spent a total of \$3,870.17. Thus far, we have received \$1000 worth of funding from PACBIC and \$3,000 from OPRIG for our Collective Care program with WGEN.

As usual, our largest financial partnership is with Public Health Hamilton, who provides SHEC with various free safe(r) sex and harm reduction items including oral barriers, lubricants and condoms.

See Budget Tracker For reference.

## **Executives & Volunteers**

*On January 16<sup>th</sup> at 1 Pm (EST), we held our first volunteer social of the year! Our volunteer coordinators were responsible for the planning and implementation of this social via Zoom. The social took place as a virtual mixture of POD and larger group icebreakers and games. This social provided volunteers with a much needed opportunity to meet and mingle with one another after a very long virtual semester.*

*We have also placed orders for volunteer appreciation tote bags and starbucks gift cards!*

## **Successes**

We continue to work successfully as a team! Very supportive. Very creative. Very hard-working. I am so proud of the work and energy that my team has invested into our service this year. We have purchased Starbucks gift cards and shack tote bags as volunteer appreciation that will be given out later this year.

## **Challenges**

We have had immense trouble securing a speaker for training that fits in our current training budget line of \$500. Most speakers charge at least \$1000 to come in and speak to a group the size of our volunteer team. We have secured Eva bloom as a speaker for our winter training, for a total of \$800. We were forced to take the additional \$300 from our advertising and promotions budget line due to a lack of training funding. In the future I highly encourage the MSU to think deeply about the amount of time and money that goes into training peer support volunteers, especially this year when nobody received anti-oppressive training.