



REPORT

From the office of the...
SHEC Coordinator

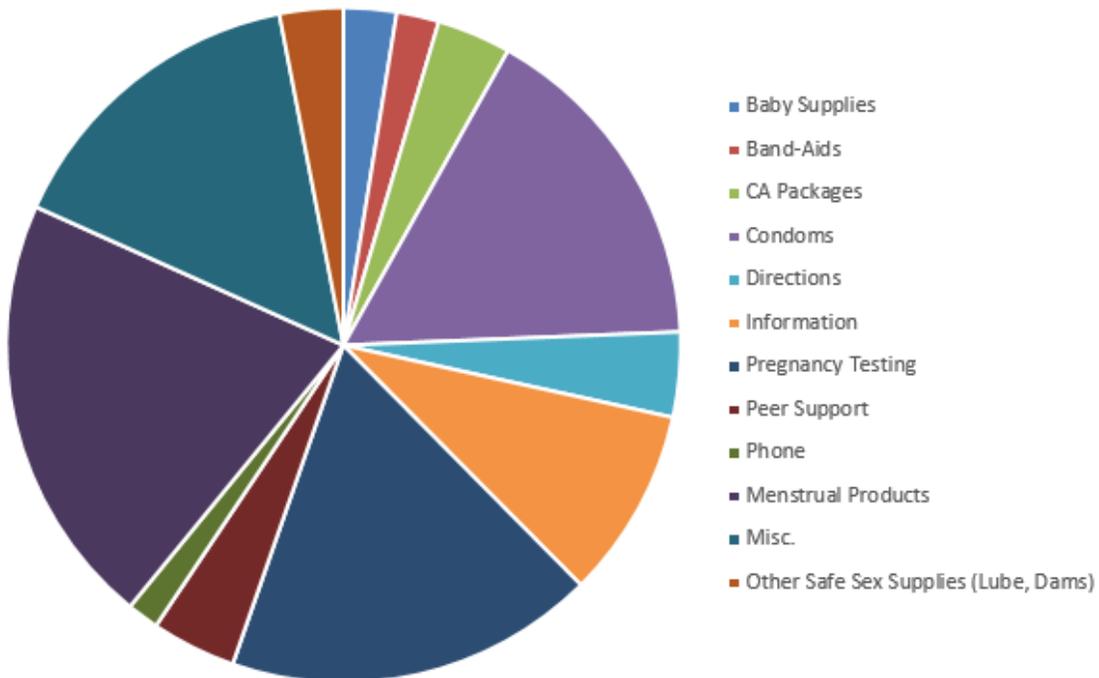
TO: Members of the Executive Board
 FROM: Lynaea Filbey
 SUBJECT: SHEC Report #4
 DATE: November 3rd 2019

UPDATE

Hello there! I am excited to share with you updates from October!

SERVICE USAGE

Service usage this month has been high, and SHEC has had a total of 197 visits. While this number is down from last month (214), it is still higher than the same month last year (120). While we do hope for trends upwards in service usage, with reading week being in October, it is of no surprise that usage went down this month!



Baby Supplies	5
Band-Aids	4

CA Packages	7
Condoms	32
Directions	8
Information	18
Pregnancy Testing	35
Peer Support	8
Phone	3
Menstrual Products	41
Misc.	30
Other Safe Sex Supplies (Lube, Dams)	6
TOTAL	197

VOLUNTEERS

Volunteers have been integrating well into their new roles in the space and we have started working on our volunteer board to put up in the space. We are hosting a volunteer appreciation event this week that is being planned by Lara, my volunteer coordinator. We are also about to put in an order for volunteer appreciation merch which this year will be quarter zip sweaters.

PAST EVENTS, PROJECTS & ACTIVITIES

1. *Halloween Fun Run:* While this event was planned for last Wednesday, we ended up having to cancel it because of the weather. We are looking into re-scheduling it; however, we aren't sure how feasible this is yet.

2. *RAC Structure:* As we had over 20 volunteers interested in being part of the Research and Advocacy committee, we had to come up with a new system to ensure work is done effectively while still being inclusive to all volunteers! Thus, we have created 3 committees within the RAC campaign. 2 committees are working on RAC campaigns and 1 committee is working on our more large-scale Resource Roadmap project. So far, it has been working very well and we have heard positive feedback from volunteers.

3. *Space Videos:* Over the past few weeks, we have been working with Connor to create 3 videos. One of them is a space tour, one is a pregnancy test walkthrough, and one is a guide on peer support. They will all be published on our websites and social medias over the next week or so! We have seen the drafts are super excited to release them as they turned out really well!

4. *Volunteer Feedback:* We are doing our mid-semester chats with volunteers to check in and see how the volunteering has been going so far! We are getting feedback, asking for any suggestions about the space, and hearing successes from the volunteer perspective.

UPCOMING EVENTS, PROJECTS & ACTIVITIES

1. *Naloxone:* Still working with public health to sort out logistics. Waiting for a few documents and pieces of approval.

2. *Paint Night*: Events & Programming will be hosting a paint night that will encourage people to de-stress and take a break from the chaos of November. Will facilitate some gentle and open-ended conversation around topics of self-care, stress, etc.

3. *Party Culture Event*: This event will occur in November and will look to provide information and create discussion on Party Culture at McMaster. We will be engaging in the topic through a harm reduction lens and focusing on how party culture affects students.

3. *RAC Campaigns*: STI campaign and harm reduction for Study Drugs campaign in early November. The STI campaign will focus on providing students for information on where to get tested, why it's important to get tested, and general sexual health. The study drugs campaign will tackle harm reduction strategies, information on what study drugs are, and breaking down myths around study drugs.

CURRENT CHALLENGES

The biggest challenge for me right now has been keeping up with inventory financially. Things have been running out and it is difficult sometimes for me to make sure we are fully stocked, especially when it can be hard to get credit card approval. Currently, I've made a strategy to help myself out with this. Furthermore, it's just been a really stressful time for me academically, and though it's calmed down now, October was fairly busy and tested me from a time management perspective!

SUCSESSES

So far, volunteers have been doing really well in the space! I have spoken to some of them and things are going well! I'd also like to say that our exec team has a really wonderful dynamic! The team gets along really well and has done some really wonderful collaborative work so far. Our exec meetings are really productive – yet also fun – and I think we have created a really positive and open team 😊

Thank you so much for reading my report!

Lynaea Korol-Filbey