

# The Badger



Durham  
University



St Aidan's College

freshers  
edition

4th October  
2020





## Edition 2 Electric Boogaloo

Hey everyone and welcome to the first (**second** if you count the Freshers' Handbook and it works with the title) edition of The Badger for 2020! This edition is made up of lots of articles written by your freps including some top tips for the years ahead and extra info that we couldn't fit in the freshers' handbook. Massive thank you to everyone who has helped with this edition and can't wait to recruit some more members to the team– JournoComm is memecomm.

This summer has undoubtedly been one of the hardest we have all experienced in a long time; it's a triumph to come through it and join this community at Aidan's who, I have to say, have made this tough summer more bearable and dare I say enjoyable.

I hope you all enjoyed your freshers' week and are excited to get into a semi-normal routine with lectures and what ever else you'll all get up to.

I'm really excited for the year ahead as your JCR secretary especially since during the JCR meetings (if they go ahead in person) I'll be the closest to the pizza when it arrives...

Hope everyone is happy to be (back) in Durham and see you in person soon I hope xx

-Saoirse

”



## *Editor's Note*



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Welcome to the rolling segment of *The Badger*, this arguably useless segment called *Question Time* (Disclaimer: does not resemble the real question time) takes questions submitted to Aidan's Crush and Fess and attempts to find out some interesting information about our Aidanites

**Speaking to... Tom Chapman**

**Q1. What are you most looking forward to this year?**

Although the big one is summer ball (cancelled last year, so this year will be twice as good...) I have to say meeting my college kids!! As older years will tell you I have a habit of adopting as many college kids as I can - as many as 10 in my second year - so I'm looking forward to adding some of you lucky freshers to our crazy family group chat 🙄 I must admit brunch is a close second, no matter how hard I try I can't make hash browns like the servery staff can!!

**Q2. Who's your favourite member of college staff?**

Well, I have a soft spot for all of them, but my heart belongs to Bill the porter; he's not only super friendly and super helpful like all the porters,



but he's heard of my home town Moreton-in-Marsh (remarkably rare), and even used to drink in my local!!

**Q3. Do you have a hidden talent?**

I suppose it's not-so-hidden really but I love languages; I speak Spanish pretty well, and my lockdown mission has been to learn Hindi, so if anyone wants someone to speak to in their home language or someone to practice with,



hit me up any time 🇬🇧 🇫🇷 🇪🇸 🇮🇳

**Q4. Do you have any advice for new Aidanites?**

Don't beat yourself up if you don't feel you fit into a friendship group from day one. Some people make their best friends on freshers week, some make them in first term, some make them later in the year, and that's absolutely fine! There are so many people to meet in Durham and all it takes is to try a new sport,



come along to an art workshop, or just sit with someone new in the dining hall. Everyone's in the same boat, and if you just be yourself, you'll find the right people and they'll find you.

### Q5. If you could get away with one crime what would it be?

I would steal the porter-wagon and go zipping around Durham for a day, racing cars and letting strangers hop on the back, I'm surprised none of the porters have done it yet (that I'm aware of 🙄)

### Q6. What's one thing you're going to try and improve about Aidan's this year?

This is something I wanted to do even pre-coronavirus but now it's more important than ever; I want to digitally update the JCR as much as possible, and improve the way we communicate online. A guilty pleasure of mine is staying

up late designing social media graphics so if you follow JCR social media (facebook, instagram, twitter, weibo) hopefully you'll get a lot more out of it than previous years

have (soz previous years)

### Q7. Do you play any college sports?

Oof why you gotta @ me like this

I played for the Rugby team in first year (cough B team) but I'm ashamed to say I've lapsed since then, but I've been back for the odd social and I'll still wear my SACRFC tie with pride. I've always meant to try Ultimate Frisbee as well but their

members are too cool for me...

### Q8. What's your pet peeve?

When people take forever to make their mind up in the bar and then ask for drinks which take ages to make and hold everyone up, unforgivable

### Q9. Wrong answers only: Who is the JCR president?

The JCR President, much like a royal marine commando, isn't a person, it's a state of mind. It's a level of wetter behaviour only few achieve. In a sense, we are all of us the JCR President; every time we raise a procedural point at a meeting or make a joke about the steps, then we become the JCR President #wearetheJCRpresident

### Bonus Question from Cox What's the spaghetti policy here?

It depends whether we're having a spaghetti day, are you taking me on a spaghetti day?

### *Speaking to Tom Cox...*

### Q1. Wrong answers only: what is a society?

Something less important than a sport

### Q2. Who is your not so secret crush JCR or otherwise?

Jo Welsh - I'll get myself a divorce if you'll still have me ❤️



Committees Current Students Events Freshers' Area





# Question Time Cont.

## Q3. What are the sports and societies plans this year with coronavirus?

Sports are going to begin as trainings only and non-competitive and gradually move towards fully competitive leagues in epiphany, in line with government guidance

It's up to individual societies how they want to adapt to this situation but social distancing guidelines should always be adhered to or Susan will flip her shit

## Q4. What's your least favourite society and why?

Ah come on why you gotta be like this  
Probably dodgeball because of their complete failure to capitalise on having the most sign ups and not holding any event  
Sorry Laurent ☹️

## Q5. How can people get involved in college/DU sports?

Get involved in college sports by literally just signing up, there will be a freshers fair



where you can learn about all the sports we offer and join the Facebook groups to find out when trainings and socials

are  
For DU sports there will be a uni fair where the same thing happens but you get a sweet DU flex as well



## Q6. What do you get at college brunch?

2 sausages, bacon, hash browns, beans



Make a sausage sandwich with a tiny bit of ketchup and lots of butter

With a pastry and tea on the side

## Q7. Rumours are circulating that you can remove an egg from its shell in mysterious ways, care to comment?

You want me to show you what this mouth do?



## Q8. Why did you get involved with the JCR? And how can people get involved this year?

There's lots of ways you can get involved in the JCR, you can just find a sport or society that you like, or take up a JCR position in a meeting  
If you'd like to get involved in the sports and societies committee, we're looking for a new sports journalist and events officer!

## Q9. What does TC mean

TC isn't a set of initials, it's a state of mind  
To be a TC is to be the Top Cat, the Tender Carer, the Twisted Crook

If you know, you need only ask, but if you need to ask, you'll never know



# International Durham

By Sifat K. Alag (She/Her)

Moving away from the comfort of your home can be daunting especially when you're moving into a completely new country. Durham however, makes it its own responsibility to make sure, Durham becomes as comfortable as home while giving you a greater opportunity to grow as an individual. It **provides you part of your culture through societies filled with people from similar backgrounds**. People who you may find a lot in common with.



When it comes to celebrating cultures, Durham does that in all ways possible. Very often you will come across the **different festivals being celebrated down at the DSU** (students union) where everyone is more than welcome to join. Increasing ones reach to more than

just ones own festivities. Durham also provides for any religious practices that you may have. **Aidan's in particular has a multi-faith room** which is used for this purpose.



The **DU international students association** brings together international students to interact from the likes of their own as well as learn from other cultures.

The association. also does regular potluck dinners where the **cuisines of the world come together**.

For me one thing I missed most about Delhi was the food. Thankfully, Indian food is in abundance across the UK (the only problem being the lack of spice, but that's ok). Even though Durham has a few international restaurants, being just a **10min train journey away from Newcastle works perfectly to curb any craving you have**, while it also doubles as an easy weekend get away.

*Durham provides you a platform to embrace your identity while constantly building upon it in other ways.*



# LGBTQIA+ Durham

By Maddie Hurley (She/Her)

It can be scary starting uni for any members of the LGBT community, so as someone who saw Durham as a chance to be fully open about their sexuality for the first time, this is my guide to get the most out of your time here.



## College Level

Each college's welfare team runs a week focusing on the community, ours will be in late May/June. This is a chance to learn more about LGBT issues, participate in LGBT themed events and help educate others. There's some exciting projects planned so keep an eye out nearer the time.

St Aidan's also has an LGBTQIA+ Society, which is a great chance to meet other people with shared experiences within a college setting, go give us a follow on Facebook to find out more

Finally, there's a designated LGBTQIA welfare rep (me!!) who will have a weekly (ish) contact hour. Feel free to come and chat about any issues you have, and if you can't make my session, the other welfare staff will be happy to help.

## Uni Level

The SU has its own LGBT+ Association which organises regular uni-wide events. They have an active parenting scheme, similar to the college one, to support those navigating the gay scene for what might be the first time. They have previously organised bar crawls as well as more relaxed events such as coffee mornings, and a book club, so there's something for everyone. Membership is free and they offer additional welfare support if you need someone to talk to on a non-college level.



## Durham City Level

When clubs reopen, there's quite a few LGBT nights to experience, that's your sort of thing. Osborne's Monday night Rainbow Rooms is a must for all Freshers, though it can get quite crowded. Klute also occasionally runs a gay night on Mondays, but if you take the advice of an expert, I'd definitely choose Osborne's. Lloyds also runs Glow, it's LGBT night, once a month and the SU association tends to organise a bar crawl beforehand. There's unfortunately no LGBT cafés, but there's a cat cafe for all my fellow cat ladies. For anyone wanting a proper night out in a "gay scene", you can take a trip to Newcastle's (in) famous Pink Triangle.



# Charity Spotlight

## Durham Foodbank

By Aisling O'Toole (She/Her)



Since 2011 Durham foodbank has been distributing food to those who need it most locally. Last year **19,470 three-day emergency food supplies were given to people in crisis by the Trussel Trust** network of which Durham foodbank is a part. The packs they supply provide three days' worth of nutritionally balanced emergency food to local people who are referred to the charity and deemed 'in crisis'; the packs include essential items like bread, cereal, pasta and rice. Food parcels will also contain toiletries and hygiene supplies where needed and possible. On the website Durham foodbank have an on-going record of items they desperately need at the moment and those of which they have plenty. **This is updated regularly in line with supply, so if you are thinking of donating perhaps consult the website first.**

Due to the financial precarity that has affected so many following lockdown more help is needed than ever before. On the website there are many opportunities listed to **volunteer and donate**. For example there are vacancies for distributing food, making the parcels or driving the van (but you have to be 25 and able to drive so this is probably not likely.) Over 90% of the food distributed by foodbanks in **The Trussell Trust** network is donated by the public so it really is important for us to engage given the significant proportion of the Durham population that students constitute. Food donations should be taken to: **Foodbank Warehouse, Evangel Church, Durham Road, Chester le Street, DH3 3JL**. The charity say that **September-December are always particularly difficult times for them to meet demand** so if you're out food shopping and can spare 40p, perhaps pick up an extra tin of beans for someone less fortunate that could be any of us in the future.

It really does make a difference to those who receive the donations. On the website you can read stories about those who have been helped by the charity and it truly highlights how these people are no different to us. One receiver said. **"Without the foodbank, I don't think I would be here today"** and many stories mention the decision to feed their children over themselves. It is shocking to hear that this takes place right on our doorstep, especially when we can be so wasteful ourselves. **Personally I was not aware of the scale of this problem and thus the 'spotlight' should be placed on it at this time.**



# A beginners Guide to pronouns

By Max Kirk (They/Them)

Why am I writing an article about grammar, you might ask? It's not the most scintillating topic for some people, but this is pretty important, and it's been a long time since most of us learned something like this, so it's worth a reminder. Pronouns are really important, they're an essentially part of creating a respective and inclusive community here at Aidan's. Plus, some things are slightly different now that we're no longer way back in the early naughties.

Pronouns are words that are used in place of nouns (naming words) in a sentence. Someone's pronouns relate to their gender identity and are dictated by individual; they are **absolutely not** up for debate. It's really important that you respect the right of someone else to define their own pronouns (each person may have more than one, and that's okay too) and to try as hard as you can to get it right! Everyone makes mistakes, and that's okay; it's about the trying and correcting that's important. Here's a quick (though not comprehensive) guide to some pronouns and how to use them:

Subject:   1   laughed at the notion of the gender binary.

Object: Jack tried to convince   2   that asexuality does not exist.

Possessive:   3   favourite college is St Aidan's.

Possessive Pronouns: The textbook is   4  .

Reflexive:   1   thinks highly of   5  .

1	2	3	4	5	Who might use this pronoun? Note: this does not define or limit who might use them, just suggestions
He	Him	His	His	Himself	Male/masculine identified people
She	Her	Her	Hers	Herself	Female/feminine identified people
They	Them	Their	Theirs	Themselves	Non-binary/ agender/ genderfluid identified people
Per	Per	Pers	Pers	Perself	"
Xe	Xem	Xyr	Xyrs	Xemself	"

**Fun fact #1:** everyone has pronouns, including cisgender (non trans) people!

**Fun fact #2:** 'they' has been used as a singular pronoun since the 14<sup>th</sup> century, even y people such as Shakespeare, which makes it only a century younger than the plural 'they'!

**Top tip:** when unsure of someone's pronouns, the best and most polite thing is always to ask! If there's no convenient time, then until you have chance to ask, it's generally best to use singular 'they' or avoid using any pronouns (instead using their name).



By Mark Chambers, Alice Mount, Shania Sandher, Silas Welsh

Hi all! We're eco-comm, a committee of 4 focusing on making changes in college to meet the university's sustainability standards & become as environmentally friendly as possible. We run campaigns to raise awareness & change habits around environmental sustainability. Throughout the year, we'll have plenty of options to get involved, but feel free to follow us on our socials to stay updated!



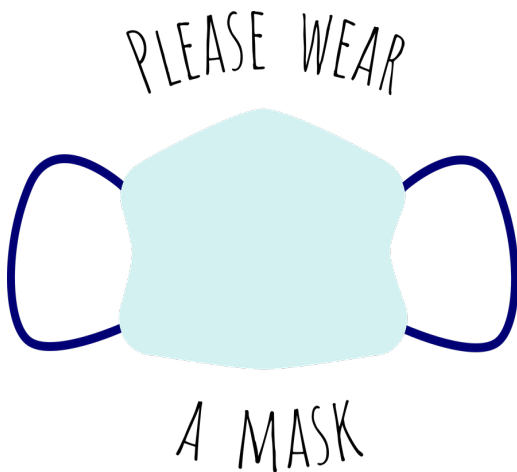
For livers-in, here are a few things you should know about to stay focused on sustainability:

#### 1. Recycling options

Every room is equipped with a blue reusable bag (similar to an IKEA bag!) to store any recyclable items you need to get rid of. While the gray bins are emptied by housekeeping, the blue bags are not – it is your responsibility to take the recycling out of your room! Luckily, there are divided recycling containers in every kitchen if you're on a corridor (or outside the houses if you're in one of those), as well as the terra-cycle bins in the JCR, near the shop. The terra-cycle bins are separated for Pringles containers, crisp packets, and plastic ring carriers.

#### 2. Covid safety

We're all committed to staying safe and healthy during this time – and masks are an integral part of that plan. The increase in demand for PPE can have harmful environmental effects, especially when not disposed of properly! If you're using a single-use mask, take off the strings before putting all parts of the mask in the bin – NOT the recycling, to avoid contaminating the recyclable items. Alternatively, use reusable masks whenever possible, making sure to wash them on a regular basis.





### 3. Catered meals

Our catering team works incredibly hard to make all meal options as inclusive as possible for all dietary needs. That said, don't be afraid to try something different at mealtimes. Asking for smaller portions can drastically reduce your food waste – and you can always go back for seconds! Opting for a veggie option can reduce your meal's carbon footprint by an average of 40% in comparison to a meat option. Additionally, try skipping out on dairy or egg products – something as small as picking up the soya milk at breakfast.



### 4. Shop sustainably

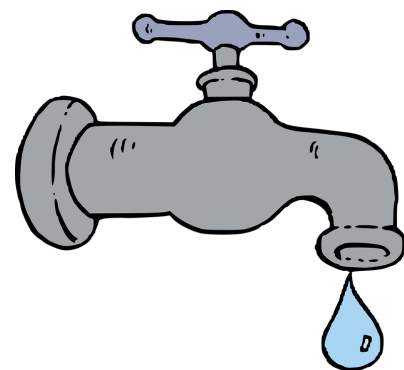
It's likely you haven't brought everything you're going to need for university, as it can be hard to predict exactly what's necessary. Many sports, societies, and formals have dress-up themed nights that require some odd costume - when you find yourself needing to pick up something, see if you can look in a charity shop first. North Road has about 6 or 7 charity shops, with some of my personal favs being British Red Cross and The Children's Society. The Durham Student Union also puts on kilo and vintage sales every few weeks, which can be a great place to pick up some fun new clothes. There are also always people selling things on the Durham Uni Students - but, sell and swap FaceBook page.



If you do need to buy new we would encourage you to go to the undercover market (open everyday except Sunday) that's located just off the market square in the city centre. From there you can buy a large variety of items and food whilst also supporting local business and people. It is often more reasonably priced as well. On a Saturday there is also an outdoor market in the square which is great fun to visit. If you're going to buy new, please support the high street.

### 5. See something, say something

Lastly, if you see something that you think could be improved, don't hesitate to report it to the porters in the Plodge, or message us via Facebook or Instagram – whether it be a leaky tap or a new idea, we'd appreciate all the help we can get! And if you see us around college, come say hi!



# Recycling Guide



Information for internal recycling provision throughout Durham University.

**Please rinse food containers before recycling – using cold water or leftover washing-up water**

## Mixed Plastic

goes in the red-topped bins



**Empty plastic bottles and bottle tops** e.g. drinks and milk bottles, washing up liquid and detergent bottles, shampoo bottles etc.

**Plastic cutlery / crockery**

**Plastic cups / glasses**

**Plastic carrier bags**

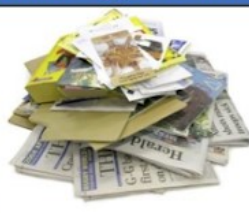
**Plastic packaging** e.g. plastic egg trays, plastic meat trays (empty and rinsed)

**YUM packaging** (e.g. plastic lids, trays etc.)

**Plastic lids** e.g. Pringles

## Cardboard/Paper

goes in the blue-topped bins



**Assorted paper**

**Cardboard boxes**

**Cereal/food boxes**

**Envelopes** (with or without windows)

**Magazines**

**Newspapers**

**YUM packaging** (e.g. sandwich boxes, paper cups etc.)

**Tetra packaging**

## Tins and Cans

go in the grey-topped bins



**Empty drinks cans**

**Food tins and cans** (rinsed)

**Metal lids**

**Aerosol cans** (empty)

**Tin Foil** (clean)

## General Waste

goes in black-topped bins

**Food and non-recyclables only**

**Food waste**

**Crisp packets and confectionary wrappers**

**Laminated paper**

**Polystyrene**

**Cellophane**

**Paper towels and napkins**

**Takeaway pizza boxes**

**Yogurt pots** (empty)

## Special Disposals

**Batteries and printer cartridges:** Please contact your reception for the location of collection boxes.

**Electrical items/ flammable items:** Please contact Reception or disposal details.

**University-owned furniture and stationery for reuse:** Contact your staff Environment Champion



### College Brunch: The Marmite of College Food

Love it or hate it, college brunch is a thing, and, much like marmite, you'll have to decide for yourself if you'll indulge in the full English (ft some nice powdered egg) or stick to a little helping of toast/cereal

College food is one of the best parts of living in, for many reasons. You never have to worry about buying ingredients for your next meals, you get to sit with all of your friends and eat at the same time, and the food is never anything other than top quality. Sometimes there's nothing better than sitting in the dining hall on an evening with your mates, having a three course dinner with a soup course, as much salad as you can possibly want, a full main course and dessert.

The Aidanites' opinions on college food is fairly uncontroversial. Everyone loves the Sunday Roast, the pasta for lunch and especially when there are doughnuts for dessert. Maybe the hunter's chicken on Saturday's rocks the boat of public opinion slightly, but most people are of the opinion that college food is largely good. However, there is one mealtime, one element of the weekly food schedule, which causes either great ire or great jubilation. This sticky point is the weekend college brunch. In place of the traditional lunchtime menu, breakfast is instead beefed up and expanded, with a much wider range of foods to choose from.

To some, college brunch is a nuisance: it's just breakfast with some bells and whistles, lazily replacing a perfectly good lunch. The repetitiveness of going to breakfast, and then doing it all over again in brunch is enough to foster resentment from students.



Regular college food: loved by all.

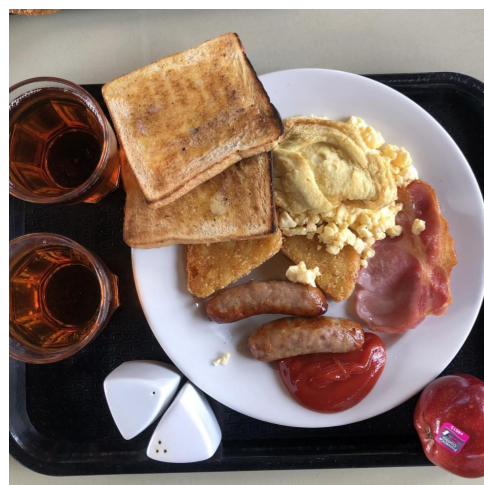
However, to others, brunch is almost magical. From a hot chocolate or espresso with your



eggs, bacon and sausages, to the fruit coulis and natural yogurt, brunch is lavish, exhaustive, and most of all extremely tasty - perfect for those hungover weekend afternoons when you stumble out of bed into the dining room, donning your dressing gown. Croissants, vegetarian patties (which are sometimes tastier than the meat - coming from a card-holding carnivore this is as good an endorsement as any!), and hash browns (which are yet another incarnation of the servery's famous potatoes), all add to the wonderful, fulfilling experience that brunch can be.

### Are you a hater or a lover?

First things first - if you're the sort of person who has cereal or weetabix for breakfast and doesn't enjoy the rich, cholesterol-filled, calorie-packed fry-up staples such as bacon, sausages, scrambled and soft boiled eggs then it's safe to say that brunch will just be more of what you hate, and to add insult to injury there's no adequate replacement for lunch. Brunch will be the bane of your week - on weekends you'll have to find a nice café somewhere or make Super Noodles in your corridor/house kitchen, resenting the fact that breakfast can't stay in its lane, instead usurping what would have been a stellar lunch. This either transforms into indifference to the whole idea of brunch, or seething resentment at the fact that one of your meals has been taken away, and will be taken away indefinitely for every weekend.



Brunch: the most controversial college meal

If you're someone who's indifferent to breakfast, but doesn't hate it, then brunch may just seem like more of the same. Weekends may not seem that exciting food-wise, as to you it's two meals instead of one, and you already know what it's going to be. Yet, even then, you soak up the brunch atmosphere, with all the liver-outs and general busy people taking time out of their day to enjoy college brunch, while the noon sunlight streams through the windows and the view of Durham is spectacular. Brunch is good, but it's nothing special.

On the complete other end of the spectrum, there are the people who adore brunch. For this type of person, the week is a miserable deluge of grey skies, lectures and obscure vegetarian soups, only redeemed by the possibility of brunch on the weekends; a luxurious, relaxing break from the onslaught of life. Brunch is seen as something of a blessing, in

a completely different league than from any other meal, a gift from the Gods themselves. There are two different types of Aidanite when it comes to brunch-lovers.

The more idealistic people are what I call 'brunch purists'. They believe that the virtues of brunch should be enjoyed by all people, which is why their main point of contention with the way that brunch is run is that you're only allowed to choose three items of cooked food. This means you can get two sausages and a rasher of bacon, or one sausage, one bacon and a hash brown, but no more of any. Now this may seem quite understandable, after all there isn't an infinite amount of food in the servery, however this is accentuated by the fact that *you can't mix veggie meat substitute and meat*. This means you can't get the amazing quorn patties and the equally amazing pork sausages together, instead have them on different days. "Surely this completely destroys the perfect flexibility of brunch," a purist would say. The life of a purist is filled with idealism and disappointment, yet, for them, brunch is a worthy cause.

The more pragmatic camp is known as "brunch optimists". They spend hours and

hours calculating the perfect combination of food items, out of the possible options and considering all the constraints, to deliver the best brunch experience possible. I consider myself one of these; my brunch order is two boiled eggs, a sausage/vegetarian patty, one bacon rasher and a hash brown, some cereal, fruit, yoghurt and fruit coulis. This combination has served me well throughout first year, and will serve me well anytime I start to feel nostalgic, running back into college on weekends to pay for brunch and get my fix, as many livers-out are wont to do.

Which camp do you find yourself in? Is brunch something you could easily live without, something that you wish was never a part of the weekly schedule, or something that you dream about at night? In the end, it's up to you if you like brunch, or absolutely detest it. But the one thing we can all agree on is that brunch is lavish, controversial and has inspired many of us to start making our own attempts at huge brunches on Saturdays and Sundays, trying, and usually failing, to replicate the original.

**By: Journocomm JCR Correspondent**

**Photos taken from @st.aidanscollegefood instagram page**





# Why You Should Join International Society...

By Irenitemi Agbejule (He/Him)

Hello! My name is **Irenitemi Agbejule**, and I am one of your Freps this year as well as being the Marketing Officer for the International Society for the past year and I can wholeheartedly recommend it to all of you! Why might you ask? Well in international society we hold International cafes regularly that encourage **cultural conversations** between groups that otherwise might not mix and they are always an amazing learning opportunity! Some notable ones we've held this year are where we've learnt **sign language, done some tie dye and water colouring**. And if after all that you still aren't convinced to come along I think I need only mention **the free hot drinks and cake** that accompany every café (clues in the name) and that's it right?



Every year we have a couple of international nights where we **explore a culture in particular** and hold even more events. This year we held nights for the **Day of the Dead, Diwali** and also one where we celebrated many cultures from around the world! At these nights

we've had **henna painting, mask making, free food** and much much more. And that must be it right?



Over the past year we've had even more events such as **mocktail nights, movie nights, Christmas card decorating** and on and on! It would be impossible and tedious to list the huge variety of things we get up to in International Society, so I guess you'll just have to get involved .



# Hidden Gems in Durham

By Josh Short (He/Him)

**Bar 33** - Speakeasy-style craft cocktail bar. The Friendly bar staff are always ready to recommend anything from craft rum to classic cocktails! It's open till 2 AM and is the perfect spot for dates or a special occasion



**The Angel** - Friendly staff and customers. Brilliant atmosphere with live music. Most importantly, it has the best beer garden in Durham.



**Vennels Café** - Homely building with Historical Ambience and outdoor seating in the middle of town. Serving Homemade Food including delicious cakes and warming teas. Perfect for bringing a guest or enjoying a book.



**Wharton Park** - Excellent park with plenty of amenities including. An outdoor amphitheatre, Gym, Community Garden, café, play area, Basketball court and 5-a-side pitch. All this with the bonus of spectacular views





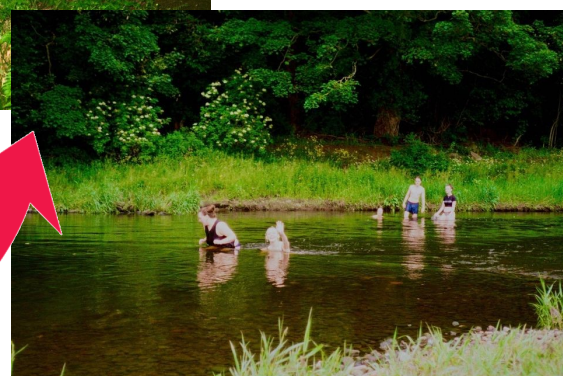
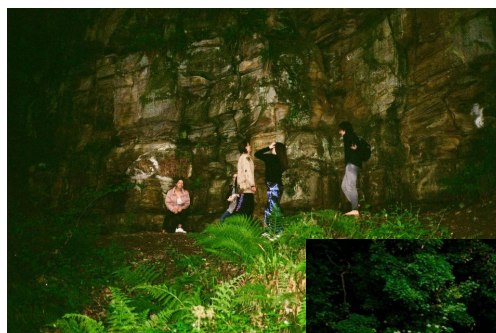


### Old Durham Gardens -

A charming public space which is a pleasant walk away. An area of conservation and restoration is an ideal place to relax and unwind. If you find yourself looking to help, you can even volunteer with a wide range of tasks.

### Walk North along the River Wear -

Fabulous, slightly adventurous, walk along the River Wear gorge. This tranquil area is covered in trees and has the occasional mountain stream crossing the path. The ground is covered in flowers and has a wonderfully heady aroma of wild garlic.



# Every Day Creativity

Hello Aidanites!

First of all welcome to our little family here in Durham!

If you stopped to read this article (first of all, thanks, you're amazing) **chances are you enjoy at least some form of art**. Music, photography, painting ... even interior design, this little three-letter word touches all of us one way or another.

Despite always being quite an artsy person it was only in the second year that I realized quite how much doing something creative in my daily life was important to my student experience. Actually, **it's probably one of the very few things that helped me stay sane**.

First and foremost, as everyone knows self-expression is crucial to our overall well-being. Personally, art not only gave me a way to channel my thoughts onto something tangible, but it **gives me perspective and makes me feel in control of my usually very chaotic mind**. No jokes, taking that half an hour to channel all the stress and frustration over your degree is \*the best\* feeling. Looking back I wish I had taken the time to do it in my first year as well.

Being creative is also an amazing way to interpret the world around us and investigate on our own identity.

It doesn't come as a surprise, then, that one of the best things about studying in this little gem of a city, is that there are SO many chances to take, experiment with, and explore.

I'm here to give you a little **handbook of opportunities to make creativity a part of your daily life** and experience a bit more of your ArTSy side.

(as a side note, Art has such a broad meaning I decided to focus on music, drama, and visual arts. I hope you'll find this helpful and maybe get

some good inspiration from this, enjoy! :) )

In Aidan's College, so many dedicated people have got your back when it comes to being creative, organizing a wide variety of events throughout the year. Here are some of them, and remember, **if you're missing a society you would like to see you can always start your own!**

**Team Art** is the centre of all visual arts in Aidan's which I have the honour of coordinating this year. **We run art sessions, themed events, workshops, and exhibitions**, as well as helping other committees with their artworks should they need them. It's your number one reference point for getting into college art. We also have an Instagram page where we run projects and share artworks, so come visit us at [official\\_aidans\\_art](#).

The **mental health art exhibition** is a pride point of St. Aidan's college! Organized annually in collaboration with the Welfare Team, through a series of artworks **submitted by students, staff, and Durham locals**, it explores the relationship between art and mental health.

Whether you do play yourself or are simply an occasional listener **Aidan's Music** is where to look. They organize **open mic nights, live lounges**, and anything to fulfil your musical self. Their annual Battle of the Bands is definitely one of the biggest music events here in Aidans! Also, a big shoutout to Aidan's very own amazing Jazz band, in my first year passing by the Shincliffe room and hearing them play after a long day spent studying in the library was the best thing (\*cries about living out). If you play Jazz feel free to join them!

**Aidans Drama** not only is the center of every drama-related event here in college, but





their annual pantomime is a banger. Period.

It's always so witty and funny, everyone loves it! Last year's performance "Sinderella: The Revenge of Rumpelstiltskin" is now on youtube if you want to see what the hype is all about.

**Aidans Voices** is the place to go if interested in Choir. They are a casual un-auditioned group that performs at many college events, such as the Christmas formal.

**Durham classic film society** is one of the newest societies but already making a name for itself as it won the Sports and Societies New Society Award! They show classic movies and cinema d'auteur almost every week.

Last but not least, **Aidan's formal committee** gets on quite some artsy stuff, painting the banners for all the formals. Plus, you get help organize great events alongside amazing people!

If you are looking for something a bit different or just want to meet new people, **Durham University** offers some great opportunities too:

If you are into **drawing** and **painting**, I would 100% advise you check out **DUAS (Durham University Art Society)**. They offer a wide range of events allowing you to experiment with so many different materials and techniques. They offer life drawing sessions every week, not only with objects but with real models too. There is also **Paint&Sip** which I personally didn't know existed prior to writing this piece but you'll definitely see me

there from now on. You can just paint usually a Bob Ross style scene in between sips of an alcoholic or not alcoholic beverage, and possibly create the tipsiest happy little tree in history.

As for **music**, Durham Uni has **over 25 societies** (according to the DU site) dedicated to singing, playing and listening to different genres of music, from Rock to K-pop. Durham also runs **Musicon**, a series of concerts for professional musicians. You can also submit your piece to be considered to play at three of their concerts.

If you are into playing you can join one of **Durham bands!** They are, in skill level order, the Brass Band, The Big Band, and the Concert Band.

If playing is not your thing but you do like to sing, there are also several **Choir** (Chamber Choir and Choral Society) and **acapella** groups (Northern lights, Durham Dynamics, and Full Score Barbershop Society) that are waiting for you to join.

Maybe **Photography** is what you are passionate about, then **Durham Photography Society** is just for you! Also, the Department of Geography runs the annual **Undergraduate Photography Competition**, which not just gives you an opportunity to showcase your work, but you might actually win some money!

If **cinema** is more your thing then you can jump into it with the **Durham University World Cinema Society** to watch some of the best cinematic pieced produced around the World, or you can get your hands behind a camera with

the **Durham Student Film society** to learn the skills needed to make a film.

As if that was not enough you can find so much more right in the **city centre**:

Fun fact: Durham University houses the **largest collection of 20th-century art** out of any University in the UK. Have fun walking around the building to find all the pieces! This amazing city is, in fact, not new to organizing **exhibitions**. **The Gallery** is a new free platform that hosts the university collection of modern art, including pieces from Andy Warhol, Marina Abramović, and Sol LeWitt, together with other temporary exhibitions. Similarly, the **Oriental Museum and Palace Green** display a wide, ever-changing variety of exhibitions throughout the year.

**ICAN (Inter College Arts Network)** is an Art, Music, and Theatre festival taking place in June promoting A LOT of events. It's open to all meaning it's a great platform to make connections in the art community,

show your work, and enable students to work on projects they would not be able to bring to life without ICAN Support.

To expand opportunities around creativity Durham launched the **Student Art Prize**. **Submit your work to expand Durham's art collection** and get a chance to win a big money!

Hosted by Durham Jazz society, **Jazz jams** at Fabi-o's give you the chance to listen to some great music or to play and sing with other musicians for a night to remember!

If you are interested in watching a drama production, a comedy show, a music live event or a movie, **Gala Theatre** is the place to go. If you are looking for something artsier, **The Assembly Rooms Theatre** is what you are looking for. As their website describes it, stepping into the theatre will be like entering into another world, filled with history and tradition. Most of the student productions are showcased here.

Every two years the famous **Lumiere** festival returns to Durham. For four days the entire city will be covered in magical artworks **made entirely with light**. **Catch the next one in 2021!**





# NIGHTLIFE IN DURHAM

By Tyla Danskin (She/Her)

Are you, like many of us upon joining uni, new to the **nightlife ScEnE**? Well, fear not: I, a third year Aidanite and **self-proclaimed seasoned veteran of Durham nightlife\***, am here to give you the TEA on what you can get up to during your time in Durham. Here's a breakdown of the types of events you might find in the city, and I promise you that there is something for everyone!

When you want to get **artsy**:

Aidan's is an absolute HUB of artsyness, and our Arts team – this year coordinated by the lovely Valentina – are always hosting events, often in collaboration with other societies. International Society and Team Art often **run evening events centred around different world celebrations and cultures**. The Student Union also hosts art nights (life drawing classes are particularly popular), and Durham Uni Art Society hosts events too, so you can unleash your artsy skills on a regular basis, if you want to!

When you want to do some **debating** (or just listen to it):

Durham has plenty of **academic night-life too** – many departments and the Student Union host night-time lectures (there are quite a lot of good environmental lectures) which are free to attend. **Durham Law Society** also offers debating sessions, and the uni also has its own debating society.

When you want to **low-key boogie**:

Perhaps you want to dance a bit, or listen to some tunes, without the club setting and thumping basslines? Well, you'll be glad to know that there are plenty of options out there: our amazing Music Coordinator, Kat, organises regular **open mic nights** in college, which are easy to get involved with. A particu-



lar highlight of the week is **Fabio's Jazz Night** – think cocktails, funky lights, and even funkier jazz music (our very own President, Tom, has been a frequent jazz night performer and enthusiast throughout his degree!). Side note: Tom's comment when I mentioned his shout out in my article: 'you should try to find a photo of me looking like a jazz douche'.

When you want to high-key boogie:

Sometimes, you just want a wild night out, and trust me, Durham offers plenty of those. Durham is of course graced by the presence of **Klute**, which has long held the title of being the worst nightclub in Europe. The best way to summarise the experience that is Sunday Night Klute, is to quote Sammy P, an Aidanite and self-confessed Klute lover: '**When I tell you I've been having withdrawal symptoms...** I genuinely feel like SNK sums up both the best and worst of Durham clubbing.' There are other excellent nights out in Durham too – **Fabio's hosts indie nights, and ABBA night**, in collaboration with Scandinavian Society (how could I nearly miss out ABBA night?!), and **Wiff Waff puts on some jazzy themed club nights** (Soul nights are THE business). And of course, before I leave it off the list, there is **Aidan's Bar!** What if you came to visit the Bar, and stayed for cocktails all night with the jazzy Bar team – jk...unless?\*

\*This is a lie; I just spend a lot of time at Aidan's Bar

\*\*I am so sorry for using such a dead meme, I too hate myself for this



# FRESHERS' WEEK 101: FACING YOUR FEARS

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Moving into university can be a daunting experience for some. In most cases, you'll say goodbye to your current social circles, forcing you to step into a realm full of hundreds of new faces and personalities. Imagine the following scenario...

You arrive at college. After unpacking all your things, you finally build up the courage to go to the JCR and start introducing yourself to all the new faces. Seems simple enough. As soon as you step into the room, however, the awkward tension hits you...everyone waiting for everyone to approach each other. The confident people are doing just fine; chatting and laughing with the other sociable freshers. Meanwhile, you're trying to overcome your own personal barriers which are preventing you from approaching these 'strangers' of some sort. Then, the doubt kicks in; *"What do I say?"... "Who do I talk to?"... "What will happen if..."*

## STOP RIGHT THERE.

Let's take a step back. Firstly, we need to appreciate that all of you reading this will never have to go through such an experience. Why? Because the Frep Team is here to help you overcome that mental barrier of fear. Our aim is to ensure that you are completely comfortable when settling into university, thus we'll aid in the process of introducing each and every one of you to the rest of the cohort. If you are still a little bit nervous after reading this far, don't worry. Let me share a top tip that has helped me overcome various mental barriers in the past...

I call it the 3-2-1 rule. Every time you are in a situation where fear and doubt are starting to kick in, simply count down from 3. As soon as you get to 1, there's no backing out; you're going to set off and do what has been holding you back this whole time. I know it sounds like bullsh\*t, but trust me, give it a try. You'll be surprised how effective it can be in different types of situations.

Bit random, but I'd like to leave you with a Will Smith quote because why not:

*"The only place that fear can exist is in our thoughts of the future. It is a product of our imagination, causing us to fear things that do not, at present, and may not ever exist. Do not misunderstand me - danger is very real but fear is a choice."*

Hopefully, that's helped. Now. Go and make the most of Freshers' Week. And if you need any assistance, you can count on me that I'll be around to help.

Rish x



# Dear Freshers....

## Homesickness

By Samantha-Claire Parry (She/Her)

Aka Sammy p

Moving to university, away from home is a very daunting prospect. Whether **you're an hour away, six hours away or a plane journey from home**, the feeling of being away from family, friends and all of the familiarity from growing up can be pretty difficult. Feeling homesick is something that so many people feel when they move to uni, but there are so many ways to help combat that feeling. Here are just a couple of ideas, but the **most important thing is to find the balance that fits best for you.**

**Bringing favourite things from home-** print off **pictures** of friends family, your dog anything that reminds you of home. But don't bring EVERYTHING having a **mix** of **old** memories from home and **new** ones from uni is a perfect way to make your new room feel like a home away from home.

**Say YES!** First year is a great opportunity to try things that you've never done before, keeping busy is a great way to help with homesickness too.

**Acknowledge how you're feeling- if you're feeling homesick** that's okay! Don't feel guilty about missing home. Try talking to the people around you, new students,

freps or welfare, everyone will be there to **listen**, and you never know, they might have some great tips of how to help too!

**Keep in touch with home-** there are loads of ways to keep in contact with home, whether that's a **family WhatsApp group** ( mine consisted mainly of my mum checking I was alive, the occasional thumbs up emoji from my dad and me asking for pictures of the dog). **Schedule facetime calls** having a set **catch up time** with friends and family can really help bridge the gap between home and uni life. **Private/ spam stories** as silly as it may sound having a spam snapchat with your friends from home is quite a good way of **updating your friends without having an ongoing conversation** with all of your friends at once.

**Explore your new town-** with how intense uni can be, spending the time for yourself exploring your new surroundings is a really good way of making Durham feel like home for you. Going for walks and exploring the city, becoming familiar with your surroundings is really helpful. Just like you had a favourite coffee shop and restaurant at home, **try and find your go to spot in Durham as well.**

# Dear Fresher... Top Tips

By Chloe Buckley (She/Her)

Top Tips for Freshers (a.k.a mistakes I made that you probably shouldn't make)

## Moving in Boxes

Don't throw away your moving in boxes! You can store them in the compartments under your bed so you don't have to worry about having room for them, and it will make moving your stuff out at the end of the year infinitely easier. Future you will thank you!

## Stock up on pharmaceuticals

Make sure you're stocked up on things you may need if you were to get ill. And that's not an if, that's a when.

The last thing you want to be doing when you have Freshers' flu is trekking down to the town centre to get some cough syrup or paracetamol. It'll save you a lot of time and energy just having it there with you in your room.

## Washing Machines

Do some trial and error and figure out when is the best time to do your washing. It may not seem like it but there are actually times when the laundry room has free washing machines!

Also, most importantly... read the washing machine you're using. There are some washing machines that are detergent free, and you have to add your own. Please don't be stupid like me who only realised after doing a full wash that my clothes never actually got washed...

## Attending sports and societies

Don't be afraid of going to events, societies, sports, etc, alone. Given that you enjoy what you're attending, the other people there will be like minded and you'll make friends in no time.



I went to my first Aidan's women's rugby session on my own and I've met some of the loveliest people there (shameless plug; join Van Maidan's rugby team).

## Lectures

It may seem obvious, but be it online or in person, turn up to your lectures, seminars, tutorials etc.

Even if you're hungover, tired, in the middle of a zombie apocalypse... just go. Unless you're extremely ill. Then I'll let you off.

Once you start missing your lectures, it can turn into a spiral of just never going, so get ahead of it before it starts and just go.

Also, if you ever catch yourself thinking "I'll remember that really important piece of information, I don't need to write it down.", spoiler alert! You probably won't, so it's just so much easier to write it down.



## “First year doesn’t count”

It does.

It may not count in terms of academic results, but your first year gives you your foundation for how you study in the years that do count.

First year counts in terms of learning what study methods work best for you, or absolutely nailing your essay formats.



## Assignments

The biggest lesson I learnt from completing assignments is to never ever leave your referencing list to the last minute. Always add your references as you go and when you’re done, Microsoft Word has your saving a grace; the A-Z button which sorts your references into alphabetical order automatically.

## Reading Lists

Always explore cheaper alternatives to buying your reading lists brand new. Look online for second hand options or your college parents may have some first year notes for you.

## Don’t forget about home

It’s easy to get caught up in the university life but don’t forget about your family and friends back home

Homesickness is very real and can be hard, so make sure you keep in touch. Take some advice from E.T. and phone home every once in a while.



## If you’re struggling, reach out for help

First year can be hard, for lots of reasons, so if you’re finding things a bit overwhelming, don’t be afraid to ask for help. Both within college and in the wider university, there are lots of support systems for different things.

You can always contact Student Support within college for any problems and you can always turn up to one of the Welfare Teams’ contact hours (not so shameless plug: the welfare team is awesome).

# Book Review:

## Atonement

By Aisling O'Toole

If you want to get out of a **reading slump** or simply escape to another time and place (in the most eco-friendly and cost-effective of ways) then Ian McEwan's 'Atonement' is perfect for you. The book is set in three places at once: **1935 England, Second World War England and France, and present-day England**. It follows the life of an upper-class 13 year old girl and an abrupt decision she makes : a half-innocent mistake that ruins lives.

Any further explanation of the plot would completely spoil the novel as the pivotal moment occurs relatively near the beginning and is the point on which the rest of the novel depends. In fact, it is this moment which determines and defines the rest of the novel. Despite its **relatively sombre themes and complex subject matter** Atonement is nevertheless fulfilling and satisfying as McEwan obliges the reader to reflect on and engage with the narrative's questions, issues and complexities. Exploring ideas of **childhood, war, class and love** this book is utterly com-

elling and perfectly written, making you want more despite its lengthy and melancholy nature. The love story at its centre is **tragically beautiful** but told through a perceptive angle I have never before seen in classic Ian McEwan style.

The film adaptation is also well-worth watching and is available on Netflix: it stars both Saoirse Ronan and Keira Knightley but at aged 13 and 21 respectively. Being early in their careers means the two actresses convey the **innocence and naivety that shrouds the plot**. Equally it foregrounds the amazing work both actresses go on to do; their talent is clear from this 2007 film. To be honest, it **wouldn't even be a period piece without Keira Knightley**.

So whether you read the book or watch the film I can assure you will probably laugh, cry and think about the state of society, **making it a good substitute for SNK!** It's definitely one that needs a cup of tea and a few biscuits to get through but it's well worth it.

J C R

~~B B C~~

SPORT



## Team Highlight: Van Maidans

Speaking to Chloe Thomas

### Q1. Can you say a little about yourself and the rugby team?

Hi, I'm Chloe, and I'm women's rugby captain this year! I only began playing the game last year, should you need any evidence the team is open to players of any level. Despite that, we've been super successful the last



couple of years, winning the college league two years ago, and performing really well last year also after

merging with Van Mildert, who we play with under the name 'Van Madians'

### Q2. Why did you decide to run the show this year?

Our captain last year, Elisa, did such a great job in keeping team unity, organising training, and fostering a nice team spirit. I'm going to try and emulate that spirit again this year, alongside Van Mildert's captain, Hannah, to keep our team's success going!

### Q3. What were the best and worst bits of rugby last year?

So many best bits. Our post-match talks after a win where we celebrate everyone's achievements. A few minutes of goofing around during training. Any of our relaxed socials. Anytime we managed to successfully convert (kick at goal after scoring a try)-definitely something to focus on in training this year! Worst bit, for me personally, was breaking my toenail in half in the middle of a match, which on reflection, doesn't seem so bad.

### Q4. Wrong answers only what is a scrum?

A socially distanced gathering (please let us play rugby next year 🥺 )

### Q5. Who's the best player on the team?

Aidan's other Saoirse, Saoirse del Tufo is a bit of a star player, for one, she's incredibly fast. But, ultimately, this is a team game

### Q6. What would you say to any Aidanite who is thinking of joining the team?

Do it! It was my favourite activity last year. Saturday morning matches are such a nice way to start the weekend, and everyone becomes friends super quickly. Everyone will be 100% welcomed to this team!

### Q7. What will happen this year with Corona-virus?

There's questions about whether we'll be able to play some of our games. They are unlikely to go ahead in first term, but there is talk of playing some friendlies. Essentially, college sports will be following the same rulings as English sporting bodies. I'm more optimistic for 2021

### Q8. What are you most looking forward to, as a team, this year?

Hopefully doing well once again as a team in college league, but also, just having fun!



# 10 Reasons Why You Must Try at Least One College Sport This Year

By Emily Jolliffe (She/her)

So, I'm sure that some of you reading this are really good at sport and you'll **join DU and train god-knows-how-many times a week**, but then there are some people (like me) who just aren't that talented on a sports pitch. Whether you aspire to be the next Usain Bolt or your only sporting accolades are on **Wii Sport** (or Mario Kart), here are 10 indisputable reasons why you have to try at least one college sport this year!

1. There are so many crazy **sports that you won't have tried** before e.g. ultimate frisbee.



2. Or Mixed Lacrosse (in my opinion, by far the best college sport...)



3. Or Rowing (this is a great one to try if you've never done it before – look out for information about the **'Learn to Row' sessions!**)

4. **Socials**. All college sports have 'socials', which are effectively an organ-

ised event where the whole team (including 'social members') get together and go out for the evening.



5. **Being a social member**. Even if you detest sport, you can join sports teams as a social member, which basically means that you get to attend all the socials



without having to train or take part in any matches!

6. **Making new friends**. Starting university and having to make new friends can be a daunting prospect,

but joining a sports team is a great way to meet people with similar interests and you'll immediately have something in common to talk about.



7. **Meeting people from different year groups**. College sports are generally run by 2<sup>nd</sup> or 3<sup>rd</sup> years in college, so they are a great way to meet people in other years and make even more friends. You might even be able to get lecture notes from a helpful year-above who is willing to share!

8. **The standard can be really low**. Whilst some college sports teams are really competitive, and the standard is really high, other teams are more focussed on the social / health aspect of sport and therefore it doesn't matter how good or bad you are. What I loved about college sport in my first year was how welcoming and accommodating everyone was – I was never made to feel like I was letting the team down no matter how bad I was!



9. **Getting out of college**. As amazing as Aidan's is, sometimes it can get a bit claustrophobic being in college all the time. College sport is a great reason to get out and go to Maiden Castle (Durham's sport's centre) for an hour or two and have a break from work.

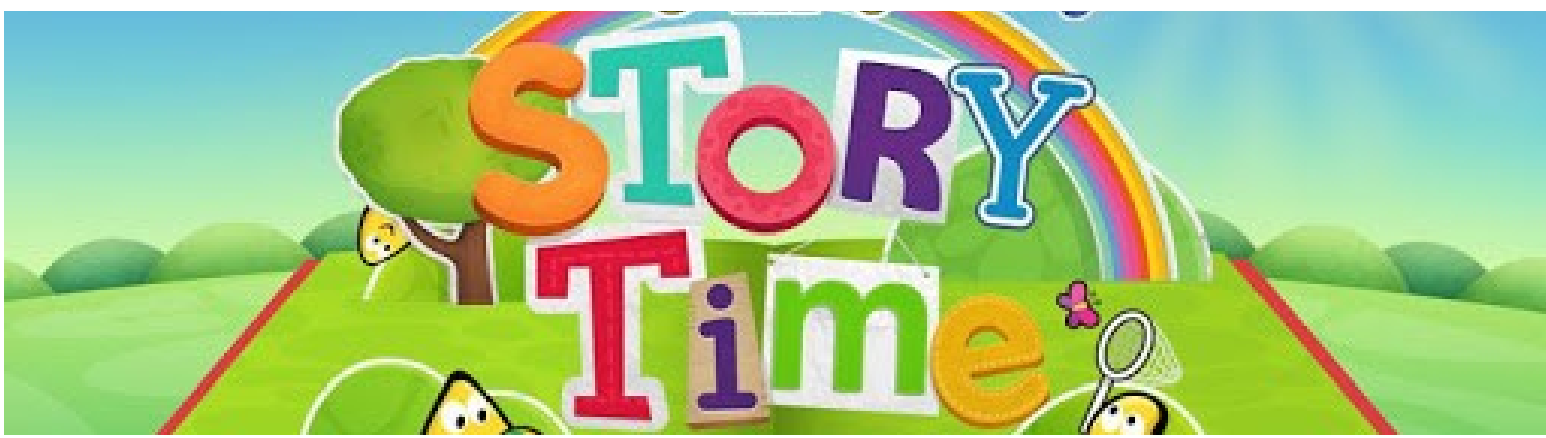
10. **Stress relief**. Even though first year is supposed to be lots of fun, sometimes the workload can be a bit stressful. Exercise is a brilliant stress-reliever and doing college sport can really help to make you more productive and take your mind off that formative essay due tomorrow morning!



So in conclusion, make sure you check out the **freshers' fair in college and sign up for as many different sport's teams as you want!**







*And here lies your innocence, RIP. This is the section of the badger that is proof that this magazine is nothing to do with college staff. It's somewhere between soft porn and story corner from CBBC... Submit your sex mishaps, your funny stories and anything along these lines to aidan's crush and fess on facebook, then they'll be anonymous. Or just send them to me if you have no shame.*

I feel as though in lockdown many people tried something new. For example, running, making banana bread, zoom calls or even a trip to Bernard castle! I too used the time to explore an aspect of life I never before had. **I went on a tinder date.** I appreciate that this was quite a controversial decision and before I start the tale I would like to justify it. It was late July and thus lockdown restrictions had eased quite considerably, eat out to help out was very much on the horizon and the boy in question had been living alone the whole time and I had been in contact with few people and acted within, what I would describe as, reason. For those of you who do cast judgement on this decision you will be glad to know the universe repaid my negligence with **shit sex and the biggest ick I ever did receive.**

The night began relatively well- by which I mean he wasn't a serial killer (always a fear on tinder dates....) Highlights of the early evening include a good game of darts, good quality vodka and calling me **'10/10 would shag.'** High praise indeed!

Time passed and drinks flowed until alas the game of darts ceased. In line with tradition we then decided to watch a film together. I am not proud to say that we **decided to watch 50 shades of Grey** but the nature of this article as an anonymous one means I have no reason to lie. Alas we had some 'fun' times during the film - I won't bore/ gross you out with the details - I'd give him a 3.5/5 at this point. He was relatively confident, generous and easy-going.

Here is probably where my compliments for him would end. Whilst I was trying to watch the movie he had other ideas. For example, **looking up our houses on google earth** so I could see his pool (??) , talking about the psychological damage his parents did to him or, worst of all, **describing the sea.** Don't get me wrong I'm glad he felt safe enough to share his trauma with me but I do feel as though it's a slightly strange topic of conversation to have whilst watching kinky sex and after eating someone out. With regards to 'describing the sea' this followed a five minute questioning from him concerning where my 'happy place' is and refusing to accept 'on top of you' as an answer. (rip.) In a desperate bid to conclude the conversation I said Greece.... Yet this was not enough for this wee boy. He wanted explicit descriptions of what the sea looked like and I was less than keen to satiate this bizarre desire.

Needless to say by the time we entered his bedroom I had had more than enough of his gab and the whiskey dick he subsequently acquired was truly the cherry on the cake... By the time the morning came I was glad to leave and sure enough took the £18 bottle of vodka I brought with me, my new hickey and a very big ick. **Left behind was my top-shop skirt and attraction for all men** to be quite honest. Happily I got the skirt back like a week later after repeatedly cancelling because the house was majorly triggering. Still waiting to get back my attraction for men though....





*Written by Aidan's Journalism committee.*

*If you would like to submit anything at all to the magazine please message  
the Aidans Journocomm facebook page/ JCR Secretary email (secretary@st  
-aidans.com)*

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