



OÉ Gaillimh
NUI Galway



NUI Galway
SOCIETIES

SOCsBOX NEWS

Committee Newsletter Vol: 5, March 19th 2021

Check out previous editions [at this link](#), (it's the purple box on the socs website) [View our promo video here](#)

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Last Chance to get your Beanies

Be sure to complete your tasks to get your beanie by Wednesday 24th March to get your beanie. We will be posting the last batch at the end of next week. We also need to move to the final process of the Leadership Award application process, so you need to get this first part completed.

Please fill in [this form](#) if you would like your Beanie gift in the post and have not received one already.

In order to be eligible for a beanie

Your society must have:

- Held at least one event
- Have completed its mission statement and goals in the leadership section in the dashboard.



You must have:

- completed your goal in the leadership section of the dashboard
- completed training. (this is attending ob=bne zoom session or completing 2 elearning modules in the society dashboard)

Note: *Your society is required to complete the leadership questions to retain recognition.*

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Selling on the Web Store

If you have any items you would like to sell on the Societies Web, then this article is for you! It might be tickets to your virtual event, hoodies/merchandise for your members or you may not be charging anything but need people to register for your event. You set the price, how many items per person can be purchased. You can limit it to members only or have it to open to the public. You can set it up as a way for people to donate to your charity. You can add in requests for additional info including address, hoodie size/ colour etc.

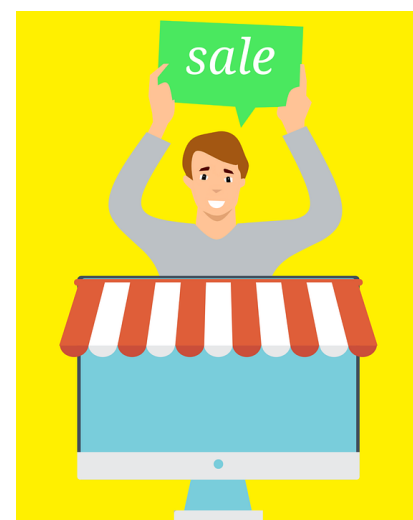
Aislinn is available at finance@socs.nuigalway.ie to help you.

There is no charge to your society for using the Web Store, every society has an account on it and the money that you take in via the Web Store is lodged to your society account weekly by Mary.

Check out the step by step guide at [this link](#)

Aislinn will be holding training for the Web Store on Thur 25th March, 6.30pm.
Sign up at [this link](#).

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Society Protocols Review

This week we are going to look at 3 of the protocols:

- Affiliation with External Organisations
- Equipment Protocol
- Non-Students on Committees (this refers to students who have taken time out from their studies.)

Please have a look at these and see if there is anything you would like to comment on. If there is please let us know your thoughts, we will be reviewing these protocols as they were last reviewed in 2017.

Societies with Affiliation to external Groups

Approved at a USCG Meeting 27th June 2017

AFFILIATIONS:

All Societies must disclose all external associations. Academic Societies by definition are to be affiliated to Academic Departments. For Societies in the following constituencies 'Social Action and Political' and 'Volunteering and Religious' there is requirement for affiliation with a recognised external body, the external body's ethos must be in keeping with the policies and procedures of the Universities, and a letter of approval from the external body will also be required. For Societies using the name of an external body, a letter of approval from the external Body confirming their right to use the name will be required. Societies are granted recognition only as NUI Galway Societies.

Affiliation of any kind to an external organisation is secondary to this. Societies are answerable to NUI Galway and subject to the policies, procedures, regulations and the code of conduct of the University. Individual students are entitled to be members of any external organisation they choose but this cannot be part of or a condition of being a member of an NUI Galway Society.

There must be a clear distinction between the NUI Galway Society and any external body. Support is welcome from outside bodies and is to be encouraged and a Society which has affiliations to an external group should not behave in a way which would bring such a body into disrepute but the day to day workings of the Society in NUI Galway and the Students involved are subject first and foremost to all NUI Galway policies, procedures, regulations and rules.

Societies day:

Please note Societies (in particular political) or those with external affiliations that sign up members using the toolbox method and/or swipe card method, must only be signing up members to be a member of an NUI Galway Society.

If Societies wish to sign students up to an external organisation, this must be made clear to the potential members and they must sign a separate membership sheet. Not all Society members need to choose to do this, they may choose to just join the NUI Galway Society. Only members choosing to become a member of the external organisation and who have paid any subscriptions to the external organisation are to have their details given to the external organisation.

Disaffiliation from an External Organisation

An external organisation who believes that an NUI Galway Society no longer represents their aims or brings the organisation into dispute and can clearly establish same to the satisfaction of the USCG has the right to withdraw the use of its name from a particular Society. This Society so disaffiliated, if adhering to all University codes and rules, may seek to establish itself with a new name subject to approval of the USCG.

A new potential student led committee may then apply to re-establish a Society with affiliation to the original organisation, this must happen within the academic year and must be done with approval of the USCG. Both groups must have a minimum of 100 members to be considered for approval, the status of the approval is at the discretion of the USCG. The two Societies, the one who has changed their name and the one who is affiliated to the external organisation in question Societies will then be reviewed at the end of the first year. A society may disaffiliate from an organisation but if so must cease to use their brand in its title.

Maintaining Good relationships with former members and outside groups

These guidelines are an attempt to maintain good, productive relationships between societies and outside groups or alumni for the betterment of the societies and their member's relevant current and future interests both within and without the societies scope.

- Joint cooperation with former members should only be on the societies terms and in line with all university policy.
- Societies are not responsible for actions of the outside group even if members of the society are members of outside group.

- A society may circulate information of interest and relevance to its members, which originates from an outside group and may enhance the members experience/learning and general personal development
- Societies should be encouraged to work with alumni office for the purpose of events such as reunions and feel free to maintain their own alumni database
- The use of outside knowledge and resources should be encouraged through classes and workshops etc on a basis with or without remuneration.
- Outside groups should be encouraged to offer their services in this fashion
- Priority for University facilities and resources should be given to societies.
- Funding and grants for society trips etc are only available for current students and staff of the university as per society constitutions. Alumni and members of outside groups may only attend with explicit approval of the society committee and must pay themselves.

See non students/staff on committees and sub committee policies for more details.

Non-Students and Non-Staff on Committees

Adopted USCG meeting June 2017

1. The USCG shall be the arbitrators of all aspects of this Policy.
2. Only registered students and staff[i] can run for Society Committee Positions.
3. Any current student who knowingly will not be a registered student in the following academic year cannot run for a position on next year's Committee at the AGM.
4. Non-students and non-staff members cannot run for Society Committee Positions in any circumstances.
5. 1. A person, who holds a committee position, will be obliged to notify the USCG if:
 - (a) They have dropped out of their academic course prior to commencement.
 - (b) They are no longer a registered NUI Galway student.
 - (c) They have applied for a postgraduate course but their application has been unsuccessful.
 - (d) They are no longer a staff member, as defined by the HR office, of NUI Galway.
2. In those circumstances outlined in 5.1, if the person wishes to remain as part of the committee, they must:
 - (i) Seek and obtain approval from the USCG[ii].
 - (ii) Obtain a Letter from the Committee stating that the Society wants the individual to continue in their role, and that a Committee vote has taken place approving their continuance.
3. The provision outlined in 5.2 is only applicable in circumstances where the individual occupies a non-core committee position that does not entail any of the following responsibility areas: financial responsibilities (of any nature), safety and wellbeing, and data protection unless specified by the USCG.
In the instance of point 3 this can only apply for 1 year.

Consultant Roles:

For large events such as conventions and conferences where very specific skills are required the outgoing committee shall list the roles necessary to run a successful event and pass on details of any persons with specialised skills.

An election shall be held as part of the AGM where all sub-committee positions shall attempt to be filled by current members who shall be students/staff of NUI Galway in the following year. In the event that key specific skilled roles cannot be filled in this way the incoming committee can coopt external consultants for the following year. If such roles could be filled by incoming first years an EGM shall be held in September to do so. If at this stage the key skilled roles are not filled consultants can be coopted in the manner outlined above. NB: Inform the Societies Office of such consultant appointments who shall inform the USCG.

Consultants will work with the committee on the terms agreed by the committee, ie they may attend meetings and vote, they may be in an advisory/mentoring role and attend and help at the convention, they may provide a service ie teacher, designer, performer, specific expertise. They shall at a minimum receive a free ticket to the event and other benefit shall be agreed at the start of the relationship subject to the approval of the USCG.

NB Consultants may not fill a chair role or deal with any finance or health and safety.

In the event of teachers where there is physical activity and potential health and safety issues they must demonstrate they have acceptable qualifications and experience and that the activity is covered by university/their own insurance.

If you have any thoughts on these policies please email Riona at socsofficer@socs.nuigalway.ie as the USCG will be looking at these 2 policies which were developed in 2017 to make sure they are still working for societies.

Capital Equipment & Materials under the Schedule of Allowances

Your capital expenses, equipment and materials can be used this year for anything your society needs to run your events/society in the virtual world. You can also think about next year and about some equipment you may need when we are back on campus. If there is something you have always been hoping to get, now could be the time to think about this. Do shop around and get 3 quotes if its an expensive piece of equipment, you can also apply to the USCG by emailing Riona with equipment that would cost more than covered under the schedule. You will need to have somewhere to store your equipment and a conversation with Mike would be useful to see what space would be available for safe storage.



Also note there is €300 of this funding for items that are of a temporary nature but promote and support your society. If you would like help with any of this you can drop by the help desk or make an appointment with Riona by emailing socsofficer@socs.nuigalway.ie

Wording in the schedule of allowances: Capital Expenses, Equipment and Materials

€1000 annual maximum.

If more is required an application can be made to the USCG through the Societies Officer.

€300 of which can be used for something not strictly equipment or material which pertains directly to the societies primary activity and clearly furthers the stated aims of the society and without which the society cannot achieve its stated objectives.

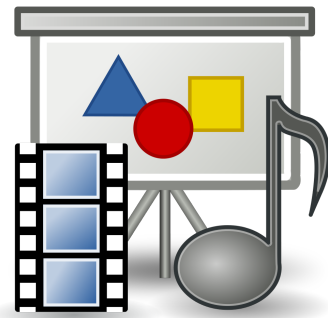
Please note: equipment: subject to adequate storage facilities and up-to-date equipment inventory list. Please fill in an equipment list for all new equipment purchased. You will be expected to submit three quotations from suppliers.

Societies who hadn't used this before may use it for videos/games, software etc. If you are looking to buy a licence

For this year only, there is provision for €10 per committee member to go towards a hoodie/society branded apparel.

NUI Galway Societies Equipment Protocol

Equipment Policy updated june 2017



1. Equipment owned by the Society shall be used solely for the purposes of the Society in accordance with this constitution and shall be held and dealt with by those nominated by the Society accordingly
2. In the event that the Society is de-recognised the ownership of all equipment/inventory shall be transferred back to the Societies of NUI Galway. This equipment will be held in trust until the Society is re-started or a similar interest society that may benefit from the use of such equipment (as decided by the USCG). In the alternative, it may be decided by the USCG to sell off all such assets and return all proceeds to the University Societies Central Fund as appropriate.
3. In the event of de-recognition, all officers of the Committee of the Society must ensure that all equipment is returned to the Societies Office without delay complete with keys for storage and location where necessary.
4. The Committee of the Society is responsible for keeping a record of all assets controlled by the Society and for the storage and maintenance of any non-consumable assets and for keeping records of the maintenance, which shall be available to the Societies Office and USCG upon request. Details of all equipment must be included in the annual secretary's report and a full inventory must be taken at the start of each academic year while with all equipment over 50 euro to be asset tagged.
5. The Committee is responsible with the welfare, transfer and maintenance of all such equipment.
6. The committee is responsible for filling in a lost/stolen incident form and submit it to the USCG if equipment is damaged, lost or stolen.
7. Societies should speak to the society's office in the first instance for advice on maintenance and upkeep of equipment.
8. A society should appoint an equipment officer on the existing committee if no already appointed.
9. A society should get a minimum of 3 quotes for equipment over 200 euro.
10. The USCG shall be the arbitrators of all aspects of the Societies Equipment Policy.

If you have any thoughts on this policy please email Riona at socsofficer@socs.nuigalway.ie as the USCG will be looking at this policy which was developed in 2017 to make sure it is still working for societies.

Le Chéile



Introducing Le Chéile! A weekend of inclusivity and accessibility training for student led groups and society & club committees in NUI Galway. Taking place on the last weekend of March (27th - 28th) we'll be working with the Student's Union and Dramsoc to help you make your events accessible to students with differing needs and inclusive to students of different sexualities, gender identities, races and ethnicities.

To sign up please fill in the form below. We urge everyone to attend. The weekend will include panel discussions, Q & As, a series of talks as well as social events. Keep an eye out for the full timetable of events!

[Sign up here!](#)

Cara Connect



We recognise that this is a particularly isolating time for those in our campus community, with some feeling isolated, lonely, or disconnected from those around them. To work to combat these feelings we are re-launching the CARA Connect Programme which aims to support the power of conversation and connection.

This programme is a peer buddy system, where students will be matched together to meet up virtually for conversation, games, and a bit of fun! We also hope that as we move out of level 5 restrictions, we can encourage groups to meet up for safe socially distant activities (e.g., walks/exercise, set up a weekly

call/coffee or just to have someone you can say hello to each week!) The system will help participants to increase social interactions and form new friendships with other students and their peers.

As we adjust to current situations, we understand and acknowledge that opportunities to meet your fellow students and make new friends is limited, and that things are a little overwhelming right now. This programme in a small way aims to help bridge this gap and provide opportunities for you to meet new people!

If you would like to participate in CARA Connect please complete the application form [here](#)

What have participants said?

" Nice to meet new people.... good way of getting more friends in lockdown."

"It was great to meet new people."

" It was great for helping me feel a part of the college community while we cannot be on campus."

" I got to meet people outside my course and have a laugh and it stopped me from feeling lonely."

" Knowing that there were other students in my area was comforting when I'm feeling isolated."

" It was really helpful and I'm so glad I joined the programme, I really enjoyed it."

March Lunch Meetups

Everyone is welcome to next week's March Lunch Meetups, it's on Monday - Thursday 1pm - 2pm.

Info and links at www.nuigalwayevents.ie do spread the word. Chat, banter and prizes to be won.



The poster is divided into two main sections. The left section has a green background with the text "MARCH lunch! MEETUPS" in pink and yellow. Below the text is an illustration of a sandwich on a plate. At the bottom left, it says "1pm - 2pm Mondays - Thursdays March 8th - Apr 1st". The right section has a blue background and lists the schedule: "Mon: Arts", "Tue: Business & Law", "Wed: Science & Engineering", "Thur: Medicine & Health Sciences". It then lists the weeks: "Week 1, Mar. 8th: First Years", "Week 2, Mar. 15th: 2nd Years", "Week 3, Mar. 22nd: 3rd Years", and "Week 4, Mar. 29th: 4th Years & Postgrads". At the bottom right, there is a speech bubble that says "COME FOR THE CHAT HANG OUT OVER LUNCH MEET YOUR CLASS MATES HAVE THE CRAIC! PRIZES + FREE STUFF". Below the speech bubble are two stylized human figures, one pink and one green.

MARCH lunch! MEETUPS

1pm - 2pm
Mondays - Thursdays
March 8th - Apr 1st

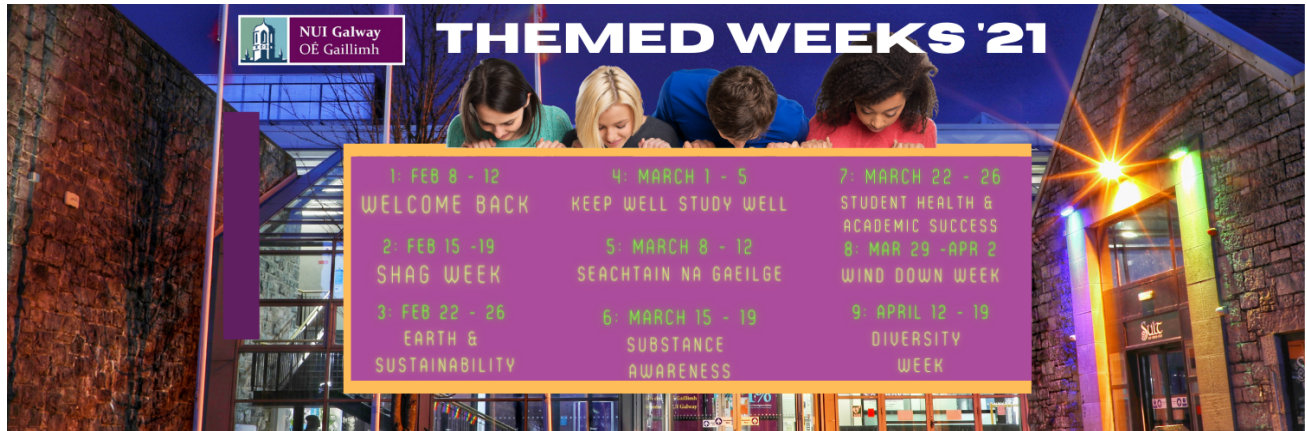
Mon: Arts
Tue: Business & Law
Wed: Science & Engineering
Thur: Medicine & Health Sciences
Week 1, Mar. 8th: First Years
Week 2, Mar. 15th: 2nd Years
Week 3, Mar. 22nd: 3rd Years
Week 4, Mar. 29th: 4th Years & Postgrads

COME FOR THE CHAT
HANG OUT OVER LUNCH
MEET YOUR CLASS MATES
HAVE THE CRAIC!
PRIZES + FREE STUFF

Themed Weeks

Next week is **Student Health & Academic Success** 22nd - 26th The final themed week is **Wind Down Week** before the Easter Holidays and the week after the break is Week 10 is **Diversity week**. If you have any events for any of the weeks get them on the calendar by noon the previous Wednesday.

Check out the lineup of upcoming Themed Weeks [here](#)



Next Week: A Bellyful of Laughter Yoga

Laughter Yoga is a form of exercise mixing stretching, fun and laughter.

It was designed by a Medical Doctor - Dr. Medan Kataria -who loves to laugh and has researched the effects of laughter on heart and lungs. Short fun, playful exercises that incorporate yoga techniques of stretching and breathing are used. Just turn up and bring a sense of playfulness- the laughter will do the rest.

**When - Tuesday 23rd March at 3 p.m.
& Friday 26th at 10 a.m.**

Where- Zoom

bit.ly/3bYkF3S

Meeting ID: 984 2903 7663

Passcode: 084649



Marchathon Week 2

This week the SocsBox team fell to 4th place, we will definitely have to up our game for next week. Well done to Cumann Gaelach, Dramsoc and Postgrad Research Society for stepping out so smartly. We will divide the prize money and give each of the teams €20 to share. Cumann Gaelach are well on their way to be overall winners with €25 per member for the final week.

A shout out to Gaillimhhunz from Cumann Gaelach; Aifric Ní Scolaí, Barry Sugrue, Honoria O'Malley and Saibh O'Torna first place again this week. Dramsoc Pogchamps Ben Kirwan, Katie Feeney, Rory Delaney and Niamh Mularkey, you had a great week and came 2nd. Congrats to Postgrad Research Society's team David O'Leary, Heidi Schoenenberger, Emily O Dowd, Brigid Hooban, Maeve Farrell and Barbara Mirkovic our 3rd winners this week.



NUIG ranking	Team name	Average steps per team	Society name
5	Gaillimhhunz	184,779	Gaelach
9	pogchamps (dramsocnuig)	166,252	Dramsoc
11	Postgrad Research Society	152,019	Postgrad Research
14	NUIG SocsBox Steppers	146,537	SocsBox
18	Walking 9 to 5 (Anime Soc)	137,181	Anime & Manga
23	Cumann Staire Group 1	129,741	Cumann Staire
24	Flirty Rock 2: Walking from Home	119,340	Flirt FM
28	NaMSoc	100,787	Nursing & Midwifery
34	NUI Galway CompSoc	92,296	Compsoc
44	Speedreaders #Bookclub	70,499	Book Club
45	Red Hot Chilli Steppers- History Soc	65,348	Cumann Staire
47	Team Act-imel (NUIG Dramsoc)	60,676	Dramsoc

Socs Week in Review

Dramsoc/GUMS SPD Quiz

Ronan Gallagher

On Tuesday 16th March, the eve of St. Patrick's Day, the inseparable sister societies of Dramsoc and GUMS teamed up once again to bring their members an evening of fun, games, drama, and point-scoring, with a socially distant take on a Societies social classic; a virtual Table Quiz.

What with the day that was in it, the Irish theme was front and centre for the evening. However, this wouldn't be a Dramsoc and GUMS (or Drums, as the kids say for some reason) collaboration if they couldn't add a dramatic flair and musical twist to the occasion, and on this front the evening lived up to that expectation.

I came along a bit late to the quiz and was seamlessly slotted into a team and shouting wrong answers at them before the next question was asked. As I was already a member of each Society, their event was on my calendar at yourspace.nuigalway.ie, so I simply clicked the link to join and found myself admitted to the quiz Zoom meeting. This meeting served as the heart of the quiz, where questions were asked, scores were revealed, and general chat and banter between teams took place. As soon as I was in the zoom meeting I was given an invitation to join their Discord server. (As an aside, if you don't know Discord I won't go into too many details of what it is, it serves as a home for different communities and allows people in those communities to message and voice chat and share with each other. It's very simple and intuitive for users, and quite flexible and powerful for administrators, so it's no wonder it has surged in popularity during the pandemic.) I joined their Discord, said hello in chat so they could find me, and with that I was added into a closed channel with my newfound team-mates, the illustrious members of Team-3 a.k.a. The Spicy Swingers©, who were sitting pretty in last place when I joined.

The delightful Barry Sugrue, SU Societies' Chairperson and newly elected Auditor of An Cumann Gaelach, proved to be an impeccable MC and Quizmaster, with an effortless ability to keep the craic up while moving us along through the rounds. We were tested on all sorts of trivia from dingbats of iconic Galway landmarks, to details of recent Dramsoc/GUMS productions and events, and we were even asked to guess famous Irish actors based on their childhood photos. The quiz wasn't without its controversies; A benevolent hacker was stunned into an existential crisis when unmasked to the quiz-goers. The gender neutral term 'Actor' was used interchangeably with the gendered terms 'Actor/Actress' which proved a stumbling block for some when trying to identify a very young Saoirse Ronan. But egregiously, this reporter was personally attacked and slandered when it was stated that they were hanging around the Bank of Ireland Theatre on campus as long ago as Nicola Coughlan was. And while the Derry Girls and Brigerton star has spoken highly of her time in NUI Galway, it was sadly before my time! **(Editor's note: Ronan's old)**

All in all the evening was great fun and easy to get into, and I was pleasantly surprised to find that it took practically no time to forget I was alone in my room on my laptop. This year has been challenging for everyone in the University community, and I'm truly grateful for the effort which goes into putting on little gems of normality like this event. It was really nice to forget about all the current events for an evening and just enjoy hanging out with some fellow theatre nerds. Plus, as an added bonus, Team-3 came out on top, winning by one point. *#clutch #spicy #swung*

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Society Events Coming up!

Nursing and Midwifery Society - Let's Begin the Talk, Period!

Nursing and Midwifery Society is one of the newest societies to come to NUIG and they're kicking it off with a bang for their first event. They will be hosting guest speakers including representatives from the charity The Homeless Period Ireland and VP of Welfare from the NUI Galway Students Union, Róisín Nic Lochlainn. The talks and the event as a whole will centre around period poverty in Ireland and what can be done to help counteract it. Period poverty is the inability to afford sanitary products for people who get periods.

The talk will take place on Wednesday the 24th of March at 7pm. You can view the event [here](#)

Lit and Deb - The House Believes that Irish Should be Compulsory in Schools.

Lit and Deb will be continuing their amazing series of debates with a discussion with members of the NUIG SU on whether or not the Irish language should be compulsory in schools?

The house will hear arguments from both sides on Thursday, March 25th at 7pm. You can view full details of the event [here](#)

Barry's News

News from the SU Societies Chairperson

Barry's Section



Hello everyone! I know Seachtain na Gaeilge is over which I'm very sad about but I hope ye had a good two and a half weeks.

I have a couple of Student Union updates for you!!

SU Disability Awareness Training for Clubs and Society Committees 4.30pm-6pm Weds 24th March

Disability Awareness Training – Clubs and Society Committees

Training Information

This training will help you better understand how to ensure you create an accessible and inclusive environment with your club or society for students with disabilities/disabled students. We will explore general disability awareness, language and identity and

accessibility for events. You will leave this training with some practical tips you can implement to make your communication, events (both virtual and in person) more inclusive. [Link here](#)

Inequality Survey

I received this survey from a student doing some research so please fill it in if you have a chance! [Survey here](#)

Well done for getting through Week 6! Have a great weekend and don't forget to contact me at su.socs@nuigalway.ie !!

COMPETITION TIME

Last Week's Winner




Congratulations to Fiona Conlon!
Fiona will be getting a €10 Aldi
Voucher.

Here are the answers to last week's
Puzzle!

1. Which is faster hot or cold?
Hot, you can catch a cold.
2. Forwards I am heavy, Backwards I
am not. What am I?
Ton.
3. What has teeth but cannot bite?
A comb.
4. What wears a cap but has no head?
A bottle.
5. Which table does not have legs?
The Periodic Table

THIS WEEK'S DINGBAT...

1. FACE	2. EGG EGG HAM
3. BUR	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYS ALL WORK

1.

Can you figure out the answers?

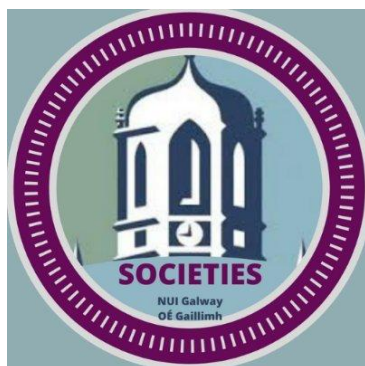
Email your answer to socsbox@socs.nuigalway.ie to be in with a chance to win a **€10 Gift Voucher!**

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SocsBox on Social Media

[TikTok](#) [Snapchat](#) [Discord](#) [Twitter](#) [Instagram](#) [Facebook](#)

[READ MORE ON OUR WEBSITE](#)



Helpdesk Link on
www.socs.nuigalway.ie
Open Monday - Thursday 2pm -
8pm



This newsletter will be sent to you every Friday to your society email and NUIG email.

If you have an article you would like to include, send it to socsbox@socs.nuigalway.ie with 'Socsbox News' in the title by Thursday at 1pm. It will also be archived in Socs information link on www.socs.nuigalway.ie in the purple box at the top of the home page.