

SCBC Newsletter

Hilary 2019

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Torpids 2019

After adverse weather conditions saw last year's Torpids being cut down to only two days of racing, SCBC enjoyed a full four days' worth of competition this year. In fact, the first day of Torpids proved so warm and sunny that many remarked that it was almost as if it were Summer Eights!



The results of Torpids 2019 for SCBC were as follows:

	Wednesday	Thursday	Friday	Saturday
W1	Bumped S.E.H. (double overbump)	Rowed over (lost bump on appeal)	Rowed over	Bumped Lincoln
M1	Rowed over	Bumped Worcester (bumped by Brasenose)	Bumped by Queen's	Bumped by St. Hugh's
W2	Bumped Pembroke (overbump)	Rowed over (race klaxoned)	Rowed over twice (top of Div 4 and bottom of Div 3)	Bumped by St. John's

We're immensely proud of our crews who all gave strong performances on the river, often against very tough opposition. Needless to say, we're already excited to see what results Summer Eights will bring!



A huge congratulations to all our rowers in W1, M1, and W2 who competed. We hope the appeal of rowing in the sun will bring even more keen Somervillians to SCBC in Trinity!

Rowing Together for Healthy Minds

Throughout Torpids, our crew members could be seen wearing distinctive white and orange base layers. We were wearing them as one of the many rowing clubs across the UK now affiliating with the 'Rowing Together for Healthy Minds' (RTHM) campaign, a new initiative for rowers backed by leading mental health charity MIND, with the aim of encouraging discussion about mental health.

Both our women's and men's crews wore their RTHM base layers during Torpids



Among students and young people, mental health issues are a huge concern, with suicide currently the leading cause of death among men under 35. SCBC is no stranger to the tragedies brought about by these issues. Through this campaign, we hope we can encourage people everywhere to open up about mental health, and to know that it's okay not to be okay. It's been so encouraging to see not just our own rowers, but also those of many other Oxford colleges, and indeed rowers across the UK buying and wearing RTHM base layers to promote this cause, started after the tragic loss of René Zamudio in January 2017.

If you find yourself struggling with your mental health, or if you know someone in this situation, MIND's website (below) has information about different types of mental health problems, as well as information about sources of support you can reach out to.

If you want to speak to someone immediately, the quickest route is to access emergency services.

For urgent medical attention, your options are Accident & Emergency and Emergency GP appointments. For urgent medical advice, you can call the NHS 111 (England) or NHS Direct (Wales)

www.mind.org.uk

It's time to speak up about mental health.



Information for alumni

SCBC goes to the Boat Race

After SCBC had the honour of seeing a Somervillian in the Women's Blue Boat last year, we would be delighted to see as many current and former SCBC members as possible gathered again to watch the 2019 Oxford Cambridge Boat Race on Sunday 7th April, especially as Somerville alumna **Issy Dodds** will be racing in the Women's Blue Boat! We'll be meeting in Bishop's Park from 13:00 and then heading down to Putney Bridge to watch the Women's and Men's races at 14:00 and 15:00, respectively. We hope to see you there!

If you have any questions, please email SCBC's Development Officer, Alex at scbcdevelopment@gmail.com

Eights Dinner – 1st June 2019

We hope that our alumni have received a notification by email that they can now sign on to attend the 2019 Annual Eights Dinner! We hope to see our current rowers (and coxes!) enjoying the company of as many of their predecessors as possible for an evening of drinks, dinner and speeches!

If you haven't received this notification and would like to attend the Eights Dinner, please email Amelia at development.assistant@some.ox.ac.uk

Alumni Outings

Last year, we had the pleasure of welcoming some alumni back to take part in an outing on the Sunday after the Eights Dinner. We are delighted to announce that we will be offering two opportunities for alumni outings again this Trinity Term:

Sunday 2nd June at 15:00

Sunday 16th June at 15:00

If you would like to take part in either one of these outings, please email SCBC's Development Officer, Alex at scbcdevelopment@gmail.com

The 1921 Association and the Centenary Archive Project

With SCBC's centenary year drawing ever closer, our alumni organisation, the **1921 Association** is working on the Centenary Archive Project, a drive to collect a photo archive of material which will culminate in the publication of a visual history of SCBC. We'd love to see your contributions, from copies of photographs and starting lists to photos of kit and blades – even training schedules, for those of you brave enough to look at them again!

If you have any material to contribute to the Centenary Archive Project, or you would like to get involved with the 1921 Association, please email alumni.scbc@gmail.com