



INSPIRING WOMEN 2023



It's a wrap! The Ban Righ Foundation Inspiring Women Awards 2023 combined our Student Spring Awards and Inspiring Women Awards into one giant celebratory event, held at the Isabel Bader Centre for the Performing Arts, April 27, 2023. Feedback from everyone in attendance let us know that our 2023 event was a huge success.

Awards were presented to two Inspiring Women – one faculty mentor and one community leader – and to 13 mature women students. You can find a full list of our award winners on our website. The event also featured performances by Danielle Hope Edwards on piano, poets Juliane Okot Bitek and Ashley Elizabeth Best, and Ban Righ student Renata Quattrociocchi, who presented a heartfelt testimonial. Dinah Jansen, Ban Righ alumna and manager of CFRC radio, was the perfect host for the evening.

The event was made possible by an Inclusive Community Fund grant from the office of the Provost, Queen's University, and by generous donations from our many supporters.

 [Watch the Ban Righ Foundation Inspiring Women 2023 on our Youtube channel.](#)

BAN RIGH CENTRE'S 50th ANNIVERSARY



In October of 1974, a group of Queen's women cut the ribbon on the new Ban Righ Foundation for the Continuing Education for Women.

As hard as it may be to believe, the Ban Righ Foundation will celebrate our 50th anniversary in 2024 and we can't wait! The Board of Directors and staff of the Foundation are already hard at work planning for the year. Our celebration will honour our history and imagine a dynamic future in which we continue to do the important work of supporting women students to achieve their dreams.

In preparation for our 50th, we hope to collect more stories from Queen's alumnae who have engaged with the Ban Righ Centre over the years. If you have memories you'd like to share, please get in touch with us. We'd love to hear from you.

Keep up to date with everything about the 50th, and watch our teaser video on our website. 

CHAMPIONS OF MENTAL HEALTH



We are excited to announce that Taylor Cenac has been named as a Champion for Mental Health, and Lisa Webb has been named as a Superstar Champion for Mental Health (named in multiple years).



Champions for Mental Health recognizes and celebrates educators & staff members who create supportive environments where student mental health is valued and supported. It is a student-led initiative, responding to both student feedback and clear research calling for increased mental health promotion in academic and other campus environments.

You can find out more [here](#).

\$199,346

Emergency Bursaries

Awards

\$17,800

\$6,300

Additional Donations & Fundraising

"The financial aid that Ban Righ provides has been absolutely essential for me during my masters program. I don't know what I would have done without it."

275
Active Students

69% Graduate & Professional
31% Undergraduate & Other

"The warmth, the support we get at Ban Righ is priceless. There are other people who are taking care of us, mothers, for a change! And all the resources we need are there. We couldn't ask for more: this place is a dream come true!"

117 Mothers

24%
International Students

"I am truly grateful for the centre and to know that it will always be there. It is a strong support system for women like me and knowing that there is a shoulder to lean on in a tough time as this, is refreshing and encouraging."

11 Work Study Students

"Thank you for creating this centre for mature women with families returning to school. I wouldn't have been able to complete my graduate program without your support."

FOOD FOR THOUGHT

from the Director's Desk

The Ban Righ Foundation has always advocated for the needs of students. I serve as Chair of the Queen's Food Insecurity Advisory Committee (FIAC) – a group struck in 2019 from the Provosts Office in response to rising awareness of student food insecurity at Queen's. The committee includes students and staff involved in food access programs at Queen's. We monitor student food insecurity, act as a clearinghouse for information, and provide a forum for identifying gaps and coordinating responses.

Why do I play this role? My PhD (2018) research was on food insecurity and it's a topic that remains important to me. During a postdoctoral fellowship, I helped conduct research about Queen's students facing food insecurity.



Susan Belyea with students Tibeb Debele & Elham Yousefinejad

Despite everything I had learned about food insecurity, I was surprised at the stories we heard. Some described periods of dizziness from lack of food. One kept a stash of candy to boost her blood sugar when she felt dizzy. Another had landed in the hospital emergency room after fainting from lack of food. Several students carefully timed when they would eat, cutting their meals down to two, or sometimes one, per day.

Food insecurity can be defined simply as the inability to afford a nutritious diet. Many people think of Queen's as a school for "rich kids", but campus health surveys conducted in 2022 identified that 29% of students at Queen's experience food insecurity.

Here's a couple of things I know about food:

- Food is meaningful. It is a primary way we care for one another, and flavours, recipes, mealtimes, and food traditions are central to our wellbeing.
- Food is a flexible budget item. You may not be able to flex your rent; your utilities or your tuition, You CAN usually find cheaper food or otherwise make things stretch. A healthy diet is one of the first things to go when budgets get tight.

Research on food insecurity shows it affects both mental and physical health. Anxiety over where your next meal is coming from along with poor or inadequate nutrition is correlated with lower academic performance, higher rates of social isolation, and with dropping out of school.

At the Ban Righ Centre, we often hear from mature women students who are struggling to feed their households. By providing food-centred programming – such as our free daily lunches and our new Grab & Go Fridge, we play a small but important role in helping our students manage the day-to-day work of feeding themselves and their families. And by working with our partners on campus in my role as Chair of the FIAC, we are building programs throughout the University to provide all students with the supports they need to succeed.

~ Susan Belyea

A graphic for the Ban Righ Centre's Grab & Go Fridge. At the top is the Ban Righ Centre logo, which is a stylized orange sunburst. Below the logo is the text "BAN RIGH CENTRE". Underneath that is the main title "GRAB & GO FRIDGE" in large, bold, black letters. Below the title is a yellow banner with the text "STOCKED WEEKLY" in black. Below the banner is a paragraph of text: "Mature women students are welcome to take home soup, salad, fresh veggies or fruit that's leftover from the week. See the mini-fridge in the lounge for more info!". At the bottom of the graphic are four illustrations of fresh produce: a bunch of green leafy vegetables, a red apple, a whole orange carrot, and a bunch of blueberries.

WHO WE ARE and WHAT WE DO

The Ban Righ Centre relies on a team of experienced staff to provide supports and services to mature women students at Queen's. It takes creativity, time, and dedication to stay connected with our students. We provide one-on-one student advising both in person and virtually, offer quiet study spaces, and student-centred programming.

Ban Righ Centre Staff

Susan Belyea: Director

Lisa Webb: Student Advisor & Program Planner

Taylor Cenac: Student Advisor & Program Coordinator

Nikisha Grant Ridley: BRC Assistant

Ban Righ Foundation Board of Directors 2022-2023

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Susan Belyea

Lisa Webb

Taylor Cenac



STAYING IN TOUCH

There are many ways to find out what is going on at the Ban Righ Centre. Our website has a whole new look, and we regularly post about upcoming events on Facebook, Twitter, and Instagram. If you are in Kingston, we welcome visitors to the Centre.



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STUDENT AFFAIRS
BAN RIGH CENTRE