

As an MSC Counselling Student with a lot of experience in the health and well-being sector, I am really excited to run for the Vice-President of Welfare in the Students’ Union for the 2019/2020 academic year. Over my 4 years at the University, I have immersed myself in to the Students’ Union and all of the services it has to offer; from being President of the Trampolining Club to being the Chair of the Athletics Union, I know how important it is for students to be represented at the University. As AU Chair, I also sit on Student Council and listen to different committees’ views on issues that affect you. By doing this, I know the nitty-gritty parts of what different policies and information means within the Students Union. Therefore, I would love to become the next VP Welfare and moreover, to make it a legacy.

Not only have I had personal experience of facing barriers and been on the receiving end of support; I have also been an advocate to help others, both health patients and professionals on issues surrounding physical illness in individuals.

I feel that I am a caring and approachable person who works hard to meet the needs of others; by listening in a non-judgemental way and signposting to other people or organisations where necessary. Having been an Undergraduate and Postgraduate Student, I believe I can represent a large variety of Students from different demographics.

What I will achieve:

•Hold mental health panels led by lecturers & charities and to train the residential life team in mental health first aid.

•Provide healthy recipes which are easy & cheap to make; create a food bank for students to swap perishable foods with other students.

• Support international students with adapting to the Uni and the town. Help them engage with the Students’ Union & hold events for them.

•Meet regularly with the UoN Police team to make sure all students feel safe across all campus’.

•Have weekly drop-in sessions so students can come to me with any concerns e.g. housing, budgeting, mental health or welfare in sport.

Areas of interest:

•I am passionate about working with charities and organisations to promote welfare campaigns, issues that affect YOU!

•Setting students up for the next step e.g. guidance on housing and mental health early intervention.

•Making sure every student is heard across all campus’ and all demographics engage in the Students Union.