

MANIFESTO BOOKLET

WELLBEING OFFICER CANDIDATES





About Me

My name is Sam Bouch and I've been at UoL for three years. I want a University where no one is afraid to speak about their worries and one with easy access to advice on both mental and physical health. Inclusivity and awareness would be my main focuses in creating a comfortable environment for all students.

Key Ideas

- Increase number of counsellors available, continuing Karli's post-grad psych scheme.
- Make free drug testing kits available.
- Enforce 'Ask for Angela' at the O2.
- Get students more involved in sports.
- Continue dog therapy and de-stress week.

Sam
Bouch
FOR WELL-BEING OFFICER

Get Active

As mental health often coincides with physical health I want to:

- Increase the number of people playing sport by working with the sports officer to make joining **sport societies more accessible** for everyone, one way being increased advertising of the less well-known societies – give club captains access to a University wide email at the beginning of each academic year.
- Intramural's are a great way of getting people involved in sport who might not want to play competitively so I will increase accessibility, again through email or advertising around the campus.
- Also increase number of sports available in intramural sport, like touch rugby, dodgeball or rounders and any others that students would want to see.
- Work with the Sports Officer to offer clubs which are separate from societies where people have an opportunity to exercise without pressure of competing, like walking and running clubs.
- Lobby to reintroduce the sports inclusion fund to offer **free gym membership** for students struggling financially but still wanting to join a society.

LGBT+ FOOTBALL CLUB



LGBTQ+ in sport

As sport helps with mental well-being it should be available to everyone.

Lessen the stigma around the LGBT community in sport:

- Increase people's **confidence in coming out** in sport as well the confidence to join a team after coming out.
- Reach out to LGBT sport clubs in Leicester and offer a place where people can share their coming out stories in sport.

Drug Awareness

Recognising people will take drugs is the first step in mitigating against the dangers of drug abuse:

- Lobby for **free drug testing kits** in accommodation and on campus.
- Drug awareness day where information will be provided on the mental and physical health implications of taking drugs.
- Information provided on what do if something goes wrong.
- Check out www.talktofrank.com for free information and advice.

Mental Health

Something that most students will struggle with at some point at University:

- Helping people get back on track after pandemic.
- Meditation and yoga classes – online or in person depending on feedback!
- Mental health myth debunk day, with chance to win a free Calm membership.
- Provide information on spotting it in yourself as well as in your friends, and what to do if you do notice anything.
- Realising there are **degrees to mental health** and everyone is affected differently so tailoring help offered to the individual.
- This could be done by having **more counsellors** available to students by continuing Karli's post-grad psychology student scheme.

Men's Mental Health Day:

- Engaging men (and everyone else!) with looking after their mental health through information provided in regular emails about what help is offered to students and how to access it.
- Day with free tea or coffee and a place to sit and chat to **normalise it** being a problem and provide information on how and where to get help.
- Provide advice on **how to talk** to your mates or family.
- Information also provided in case an individual does not feel sharing their thoughts is an option, so the means to **look after yourself** are still available.
- All **information provided discreetly**, QR codes with links to websites handed out.

Men's mental health

FREE
ADVICE!





FREE STI TEST
DELIVERED TO
YOUR HOUSE

Why I want to be your well-being officer

Like most students, I have experienced mental health issues at University and after spending most of the time trying to deal with it on my own, I want to create an environment where no one feels alone and where, instead of feeling afraid, people feel capable of talking about their feelings, whether to friends and family or professionals.

Sam
Bouch
FOR WELL-BEING OFFICER

Some Continued Campaigns

Continue de-stress week:

- Add learning crochet and origami and offer chance to learn about the cultures they come from.
- Keep offering free tea and fruit for the week.

Continue dog therapy:

- Offers great chance to wind down and support a charity.

Continue sexual violence awareness week:

- Continue to raise awareness on a problem which is still lingering in our society by increasing bystander awareness.
- Making sure victims are heard and acknowledged officially, whether this is just sitting and listening, everything helps!
- Encouraging willingness to learn, there is no shame in making sure your actions aren't offensive.

Continue world mental health day:

- Offer meditation and yoga classes on top of this.

Sexual Health

Far more serious than people treat it, by improving accessibility will hopefully lessen any reasons to not get regularly checked:

- Link to **C-card** in every freshers accommodation.
- Increase consent and bystander awareness by continuing Karli's sexual violence awareness week.
- Please check out SH:24 for a free and easy STI test.

Spikings and alcohol safety

This is something that has come under a lot of attention lately but sadly something that has been happening for a long time:

- Make sure drink covers are easy to access in the O2.
- Make contact with Mosh and Republic and ask them what precautions they are taking to ensure everyone is safe, if the O2's security can be improved from this then take the necessary steps.
- Lobby for **metal detectors** in the O2.

Ask for Angela

Ensure 'Ask for Angela' is incorporated properly in the O2, with fully trained staff. Check the same with Mosh and Republic regularly.

Getting home safe

Lobby for campus mini-bus to be available after O2 for people who need help getting home or don't feel safe making their own way back.

(AND
MANY
MORE!)

Continue Black History Month

- Sets great example in the acceptance and celebration of all cultures.

Continue healthy body healthy mind:

- To coincide with my own Get Active scheme.

Continue international students and womxn's day:

- Important for all to feel welcome and comfortable and this campaign serves to effectively raise awareness for some students at risk of feeling excluded.



shelter

HEY! MY NAME IS HOOR (SHE/HER), I AM A FINAL YEAR LAW STUDENT AND I AM RUNNING TO BE YOUR NEXT WELLBEING OFFICER!

Over the last **10 years**, I have worked with various governments including the **UK, EU, US and Canadian administrations** – advising on **youth policy**. I have also **advised Facebook on data privacy**, and I **worked with Barclays Bank plc** to develop their 'Life Skills' initiative for young people.

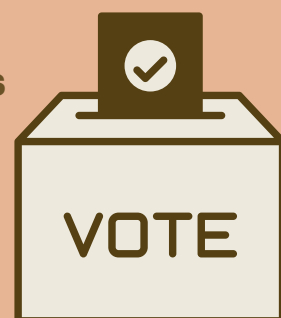


If elected, some areas that I plan to work on include:

- Establishing a **Student Food Bank**
- Hosting **mental AND physical wellbeing days** at the Union
- Introducing **'Text-me-Tuesdays'** allowing students to text in wellbeing concerns and get advice, or just have a chat!
- Offering **'allyship' training** to students
- Continuing efforts to **address drink spiking** and provide **training/support**

READ ON TO FIND OUT MORE ABOUT MY OTHER CAMPAIGN IDEAS :)

Hoor 4 Wellbeing Officer



What I hope to achieve:



CUP OF
POSITIVITEA

Student Welfare:

- Work with the Union and local charities to **establish a Student Food Bank providing basic food items** so that students can access them without fear or favour, alongside **widening access to budgeting advice**.
- **Expand hardship fund provisions** and make the **application process easier**.
- Introduce **regular mental and physical wellbeing days**, building upon the '**De-stress**' week previously coordinated by Karli.
- Continue to **ensure that the Union is a safe space for students** to discuss sensitive issues like **sexual violence**, alongside working with local partners to **continue providing drink stoppers/lids and testing strips to tackle drink spiking**.
- Introduce '**Text-Me-Tuesdays**' where students can send in any concerns or questions via text, and **receive advice or information** about their issues.

Allyship:

- Increase **support for LGBTQI+ students**, ensuring that they feel welcome, included, and supported on Campus.
- **Develop and introduce workshops** for students about effective '**Allyship**' in collaboration with experts.
- Re-affirm the **University's commitment to being an anti-racist institution** through supporting societies and groups and training them to engage **diverse audiences**.
- Work with the University to **decolonise academic offences regulations**; ensuring that the **cultural sensitivities** of our diverse student body are considered.
- **More support for students from the Trans community** - making it **easier** for them **to have records changed when transitioning** (thus **preventing Dead-naming**) and lobby for **student records** to have a **non-binary option**.

Hoor 4 Wellbeing Officer



Continued

Inclusive & Accessible Practices:

- Increase **accessible spaces** for students with disabilities across campus.
- Introduce **non-drinking socials** and **sensory-friendly events** to **promote inclusion**.
- Create a **dedicated sensory-friendly room**, allowing students to access a **safe space** whilst on campus.
- Lobby the University to ensure that **student sex workers do not face prejudice in academic issues** based on their **personal choices**.

Housing & Accommodation:

- Expand work already carried out to tackle the issue of **period poverty** - **widening access to sanitary products on campus** and working with accommodation providers to **introduce this throughout student accommodations**.
- Work with colleagues at De Montfort University to **establish a 'Leicester Housing Index'** scheme so **students can see reviews** for providers **before signing contracts**.

I hope that you will vote for me to represent your interests, and I look forward to working with you to shape our Union into one which is fit for the needs of its students!

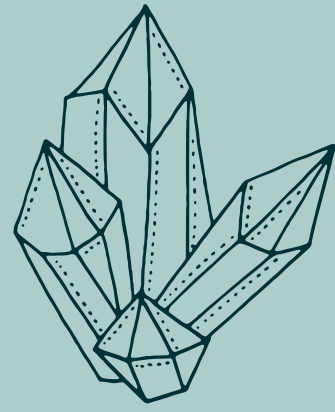
IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE EMAIL ME AT HKFP1 :)

SCAN THIS QR CODE TO
VOTE FOR ME



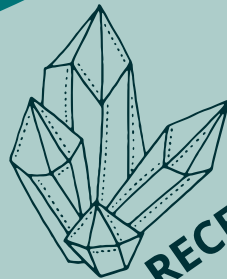
Hoor 4 Wellbeing Officer

FEELING JADED? THEN VOTE JADE FOR WELLBEING



ABOUT ME

My name is Jade Thomas and I am a 3rd year Geology student. I started as a student here back in 2016, so I have been around a LONG time and have had the benefit of experiencing University life, pre-, during, and now post-pandemic.



RELEVANT EXPERIENCE

- Current **PEER MENTORING COORDINATOR** overseeing the running of this years Peer Mentoring Scheme
- **STUDENT VOICE PROJECT WORKER** 2020/21, working alongside the Voice team, assisting with campaigns such as **#LeicsDecolonise**
- **COURSE REP** almost every year since 2016 and **DEPARTMENT REP** 2018/19 & 2020/21
- **SECRETARY** for PCSB Society 2019/20 and **VICE PRESIDENT** of the West Indies Society 2021/22

RECENTLY I HAVE...

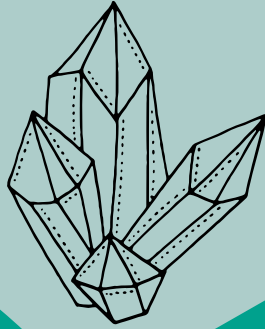
Assisted with returning the library to its pre-pandemic opening hours

Actively working on making Geosciences a more inclusive subject for Black students and those with accessibility needs.

Initiated the return of the Olive Banks Study Space to 24 hours, following its early closure during the lockdowns.

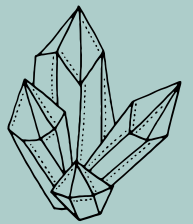
IF ELECTED, I INTEND TO...

Work with the University to ensure that there is at least one **accessible toilet** in ALL buildings across campus.



Lobby the University to **cap their accommodation fees** for as long as the Student Maintenance Loan threshold is capped.

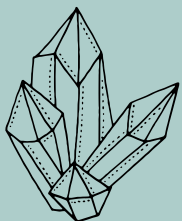
Ensure that **Period Pain/Menstruation** is a valid reason for submitting **Mitigating Circumstances** without the need to provide evidence.



Reintroduce **Nightline**, providing students with the out-of-hours support that they have been missing over the past two years.

Work alongside the Sports Officer to get the University to **recommission the Running Track** at Roger Bettles Sports Centre, providing all Oadby-based students with a safe and free space to run/exercise

Work with the Sports Officer to introduce an **'add-on' bus pass to the gym membership**, allowing those who have training in Oadby to get to sessions safely.



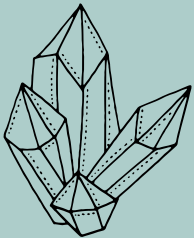
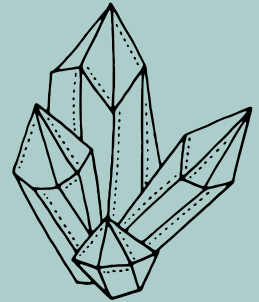
Introduce a donation run **'Student Pantry'** which operates like a food bank and allows students to access food and resources free of charge.



IF ELECTED, I INTEND TO CONTINUE...



- Ensuring that the University keeps providing **free Sanitary products** for all
- Working with the University/O2 assisting with the reintroduction of the **Drinkaware** scheme
- Working alongside the Activities Officer to run the **International Students Peer Mentoring Scheme** in 2023
- Holding the University and SULets accountable for providing **quality and safe accommodation**
- Promoting '**Wellbeing Wednesdays**' across campus, providing students with a variety of activities and resources



WHY SHOULD YOU VOTE FOR ME?

Since starting at University back in 2016, I have consciously made it my mission to leave the University a better place than I found it. I have always endeavoured to get involved and actively try to improve the student experience, working on a number of campaigns throughout the years. I genuinely care about all students and, if elected, would continue to do my best to make this University a safe, inclusive, and accessible environment for all who come here.

Scan QR to vote:



VOTE

FRIDAY 11
MARCH
2022

#BIA4WELLBEING

leicesterunion.com/vote



BIANCA SEMCZUK

WELLBEING OFFICER

**"BLOOM WHERE YOU ARE
PLANTED" PROJECT**

**EQUALITY, DIVERSITY,
INCLUSIVITY & SAFETY
SUPPORT**

**ACADEMIC
ACCOMMODATION SUPPORT**

**LET'S TALK MENTAL
HEALTH IN SPORTS**

**STRONGER TOGETHER:
A WELFARE INITIATIVE
FOR PHD STUDENTS**

ABOUT ME

For the past few years, I have been a Mature & Part-Time Students Officer and previously been a rep for the same Network, winning the Student Rep of the Year Award in 19/20.

I am currently a course rep for the third year in a row and a department rep, winning the CLS Course Rep of the Year Award 20/21, as well as a committee member for a couple of societies. These roles gave me the opportunity to work closely with the executive and part-time officers, staff members of the SU, and various staff members from the University.

It taught me that making positive changes to the University's support services and processes is a drawn-out and challenging task. It takes time to build relationships with staff, learn the complex decision-making processes and understand the linkages (or lack thereof) between departments. I now have a solid understanding of these areas and am taking the student voice to where it can best achieve the results students desperately need.

BLOOM WHERE YOU ARE PLANTED

KEY GOALS

Gardening/planting can improve many aspects of mental health, as well as focus and concentration. I will lobby the University for a new, accessible site for a **student allotment**, so students can have a community garden for growing food, plants and flowers. I also want to promote the implementation of interior plants in university classrooms.



LET'S TALK MENTAL HEALTH IN SPORTS

Student-athletes desperately need real mental health support to **address their daily psychological well-being beyond sports**. They need their emotions to be validated, not condemned.

I will try my best to make sure that individual athletes and sports clubs receive wellbeing support and guidance. I want to ensure that **sports teams are inclusive** from every aspect (e.g., BAME, LGBTQ+, mature students, international students) and that students feel comfortable joining and being a part of these clubs. There are currently no **disability sports teams @UoL**, and I would like to establish a team for sporting events, after consulting students on what disability sports they would like to see.

EQUALITY, DIVERSITY, INCLUSIVITY AND SAFETY SUPPORT



My aim is to focus on providing **tailored wellbeing support** by:

- having clearer routes and access to disability and mental health resources and ensuring that it is delivered in a culturally and socially sensitive manner by a diverse team
- supporting the Disabilities Officer to revitalise the university's pledge and duty to create a **disability access map of campus** and push for better maintenance of accessible routes and upgrading accessibility in buildings
- push lecturers to have a **high-quality lecture recording** with updated, **clear captions available** and additional blue coloured slides for students with dyslexia

I would like to work with the University to **improve the reporting process for harassment, abuse and violence** and I want to create different connection groups - for women, men, BAME, and trans & non-binary - a supportive, confidential and non-judgemental space to connect, share and listen to each other.

I want to create **Active Bystander** training as well, by teaching students how to speak up when they witness racism, bullying, or sexual harassment in a safe and constructive way.

Develop a way to enhance student **emotional resilience** with training, workshops and materials.

ACADEMIC ACCOMMODATION SUPPORT



University of Leicester-owned accommodation rent prices have risen in the past years and many students say that their mental health is impacted by rent costs. I am determined to work firstly with the University, **demanding a decrease in rent costs**, with NUS and with student organisers across the country to establish a minimum threshold of affordable housing that all universities must provide, as well as with private accommodations that are campus-based, such as Roosters.

On top of that, I want to develop the **“How to Adult”** project and promote Bills Literacy -> How to read bills and other general life (saving) skills we should have been taught at school or by our parents. For this I plan to create resources and drop-in sessions for students, linking up with community organisations.



STRONGER TOGETHER: A WELFARE INITIATIVE FOR PHD STUDENTS

Being in a liminal position between student and staff member can be somewhat isolating, particularly when you add on the independent nature of studying for a PhD. I want to make sure all **PGR** students feel supported, and that they have a friendly connection within the union who they can turn to for support, as well as organising social events targeted for them.

CONTINUE AND DEVELOPING THE WORK OF THE PREVIOUS WELLBEING OFFICER:

Body Positivity

Me Too on Campus + Working to tackle online sexual harassment

Random Acts of Kindness

Clinical Psychology Postgrad Buddy Scheme

As proposed by Karli, I would work closely with the School of Psychology about setting up a scheme whereby Clinical Psychology postgrad students could assist the counselling services to reduce waiting times. Being a Psych course rep for so long, I created close relationships with staff members from both the NPB department, as well as the College of Life Sciences. This would facilitate bringing this project to life.

I will also continue supporting the **Mature & Part-Time students**, as well as students that are having **carer/parent responsibilities**.



she/her  @ionaforwellbeing

get to know me:

Hi, I'm Iona, I'm a 22 year old, cat loving lesbian. I'm an aquarius and currently studying for an MA in Media, Culture & Society. In my spare time, I work on Leicester Student Magazine as a Social Media Coordinator and writer!

why i'm running:

I've been at this university for 3 years, through a global pandemic, and have used all of the wellbeing facilities available here - and they are unnecessarily difficult. A vote for me is a vote for clarity, signposting, and accessibility in wellbeing services that should already be in place.

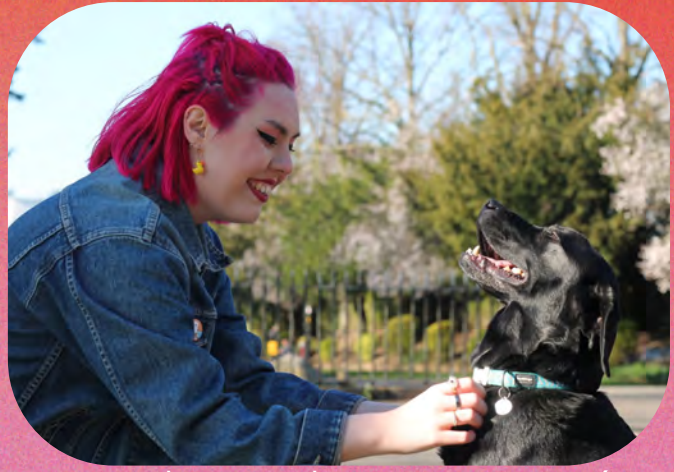
my main goals:

- Streamline AccessAbility and Counselling services within the university - making it easier for students to apply - so that students can get the support they deserve.
- Continue to strive for student wellbeing on nights-out (in response to the Girls Night In Movement).
- Continue to make contraceptives on campus more available, so that students can partake in safe sex - also having more Leicester Sexual Health Clinic drop in sessions on campus.
- Continue to make campus accessible - including compulsory subtitles in online lectures, making sure gender neutral toilets are accessible, advertise and market safe and inclusive points for students.
- More areas to sit, eat, and socialise that aren't the SU.
- Bring back the safety bus for nights out.

leicesterunion.com/vote

counselling services

- Mandatory and clear signposting for all wellbeing/counselling available to students (many of which are hidden/unclear).
- Bring back therapy animals – dogs, cats etc. more regularly than just exam season. so that students with allergies can still partake in these events.
- Mandatory training in understanding neurodivergent styles of educating for all teaching staff - to streamline and lower the AccessAbility centre's demand.



More therapy dogs on campus (as well as other animals for those allergic) and more often. ★★ ★

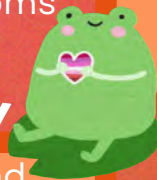
healthcare on campus

- Make contraceptives on campus more available - working with Sexpression to continue to advocate and promote safe sex.
- Having C-Card signups throughout the year (not just Freshers) - available to collect on campus in discreet places to avoid anxiety in getting contraceptives.
- Have period products in more areas on campus (in gender-neutral/men's toilets). Advocate for men's sexual health on campus.



More continued support for the LGBTQIA+ community with sanitary products in all bathrooms on campus. ★★ ★

night-out safety



- Push for the university and Rockstar to hold alcohol-free events to allow for safe and inclusive nights out.
- Bring back the safety bus – have the bus that runs from Oadby to the O2 return again for the end of the night or a local taxi service that has a discount so that students can get home safely.
- Having a water booth outside the O2 on club nights as a permanent fixture.



@ionaforwellbeing

leicesterunion.com/vote

leicesterunion.com/vote