

Manifesto Booklet

Wellbeing Officer Candidates





**Your well-being is my
priority :)**

VOTE FOR

**Aanandi, as your well-
being officer**



I am Aanandi Bansal (she/her), an international student currently pursuing my master's in mass communications. I am running for the position of well-being officer to improve the student's learning experience at the University of Leicester.

Students' well-being and academic growth are interrelated and by taking care of their well-being, we can make sure about the best possible growth of students. For the same reason, I undertook the role of Course Representative to bridge the gap between the university and the students.

As a current student, I understand what challenges students go through and how they can be improved. There are a few things that I would like to change and some things that should continue like the activities during the de-stress week which was a big success. I understand fully that It is not just a position but a responsibility to make sure that students have access to all the information and resources and that they can make the best out of what all the university has to provide.

I want to become the student's voice and also make sure that international students are also being considered as because of them, our university thrives in diversity. It is important that students feel welcome and free to talk about about career pressure, homesickness, or insecurities, it is important to talk about all this because your well-being comes first.

Below-Trip to Bradgate park this February was organized by my fellow course reps and myself.:





Why vote for me?

I want to work for student satisfaction and happiness. I want to make their learning experience feel more than just a university degree.

It should be more than just about submitting assignments on time or paving a way to make a future career, students should have fun while doing it instead of stressing about it.

I know for a fact, how much students hesitate when they are facing a problem, especially international students. They do not know well about the resources available to them or whom they should contact.


Things I want to execute as your well-being officer:

- Organize workshops at least twice every week and make sure that the students are also well aware of them.**
- Providing incentives during meetings and other socials so that more students would get interested. Social meets would be a great way for international students to meet their fellow mates.**
- Making sure that policies and decisions are made considering students from different departments and also that the activities are held on days and times when commuter students can also enjoy them.**
- Organizing some free or inexpensive trips.**
- Making sure that de-stress week continues in the future.**
- Making sure that well-being desk is always ready to help.**

These are just some of the basic ideas that I have and I want to work on so much more than that.

If given the opportunity, I would give my best to make sure, you get the best university experience.

**Interested in knowing more about my ideas?
Contact me: ab1241@student.le.ac.uk**



she/her



Hey! My name is Hoor.
I am a Law grad, and served as your Wellbeing Officer this year.
I am now re-running to be your Wellbeing Officer!

Some of my achievements this year as Wellbeing Officer!

FREE BREAKFAST FOR STUDENTS! (Cost of Living Support)

Secured £12,000+ funding from University, reaching 5,000+ students and receiving positive BBC News coverage!

INCLUSIVE PERIOD PRODUCTS!

Currently working with University to remove gendered language from dispensers.

JANUARY DE-STRESS WEEK!

Provided snacks and free hot drinks to help students alongside Education Officer. Arranged Aromatherapy, Slime-Making, and Guide Dogs! Engaged with 1,000+ students and now planning for May's De-Stress Week!!

INCREASED FINANCIAL SUPPORT FOR STUDENTS!

Worked with University to implement Financial Wellbeing resources, increased Hardship Fund allocations, and allocated more money to support International students this year.

My priorities if I am re-elected as Wellbeing Officer

- ♥ Lobby University to continue funding for Free Breakfast next year!
- ♥ Continue work started this year on creating a sensory space!
- ♥ Build on my successful Sexual Violence Awareness activities next year. Ensure SV survivor support is on University agenda now that Working Group has been reinstated, and continue working on drink spiking awareness.
- ♥ Continue working to secure lowest rent prices for University accommodation, as achieved this year!

WHO AM I?

Over the last **10 years**, I have worked with the **UK, EU, US and Canadian Governments** – **advising on youth policy**. I have also **advised Facebook on data privacy**, and I **worked with Barclays Bank plc**.



Hoor at Free Breakfast
Jan 2023 x



RE-ELECT HOOR 4 WELLBEING OFFICER

What I hope to achieve:



CUP OF
POSITIVITEA

Student Welfare & Safety:

- Implement **regular de-stress and mental & physical wellbeing activities**, building on success of LUSH Bath Bomb making workshops and Guide Dog visits that I organised this year!
- Work with the University to offer **inclusive period products across Campus**, increasing dispensers AND product range.
- Implement **termly informal events for students to meet the SU Advice Team** (including our Therapy Dog!).
- **Ensure that the Union is a safe space for students** to discuss sensitive issues like **sexual violence**, and work to mobilise student activism e.g. **MeTooOnCampus**.
- Produce **updated safety guidance** alongside working with Security, O2, and other local partners to **continue providing drink stoppers/lids and testing strips** to tackle drink spiking.
- Lobby University for **Standing Together to have further staffing resource made available**, so that the workload is lessened and students are prioritised by the University.

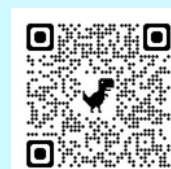
Cost of Living Support:

BBC came to Breakfast and during my Interview, I discussed the extent of the Cost of Living Crisis amongst our student population and the impact this is having on student experience at University!

- Lobby the University to **continue funding Free Breakfast** next year!
- **Work with local authorities** to explore **student discount or tailored travel packages**.
- Work with the University on **widening access to budgeting advice**.
- **Continue working to expand hardship fund provisions** as I did this year, and further make the **application process easier for ALL students to access and apply**.
- Ensure **all my events have free food/snacks** so that there are no barriers to participation!
- Work with Welfare to improve **visibility of financial support** and resources available e.g. **emergency vouchers and loans**.
- **Ensure International students are not excluded** from support, and hardship fund allocation **expands in line with increased intakes!**



RE-ELECT HOOR 4 Wellbeing Officer





Continued



Hoor at Graduations!
July 2022 x

Inclusion & accessible practices:

- Work to increase **accessible spaces for students with disabilities** across campus.
- Implement a **dedicated sensory-friendly room** which I have secured **space for this year**, allowing students to access a **safe space** whilst on campus.
- Introducing **suitable washing facilities in toilets across Campus**, in compliance with **faith/cultural practices** e.g. making 'lota' / 'bodna' available!

Building links with societies and sports clubs:

- Re-affirm the University's commitment to being an **anti-racist institution** through supporting societies and groups to engage **diverse audiences**.
- Work with Activities and relevant societies/sports teams to **redevelop Committee training package**, including new resources on **Cost of Living, Consent, Sexual Violence, and Alcohol Awareness**.
- **Attend society events** and **build strong working relationships** from the onset!



Hoor at Medics Ball with Jack
(Activities Officer Candidate!)
Feb 2023 x

Housing & Accommodation:

- Continue working closely with University to **resolve student accommodation issues**.
- Work with University to **implement more bespoke housing contract arrangements**, as **achieved for intercalating Medics** this year!
- Continue working on **securing lowest rent rates for our students**, just like I was able to achieve this year!

I hope that you will re-elect me to represent your interests, and I look forward to working with you to shape our Union into one which is truly representative of our students!

If you have any further questions, please email me at hp362 :)

SCAN THIS QR CODE TO VOTE FOR ME



Re-Elect Hoor 4 Wellbeing Officer

Hello, my name is Lou and my pronouns are They/Them, and I am running to be the Student Unions Wellbeing officer.

To sum my university life up, it would be an absolute whirlwind. First year consisted of the university dumping me into a mouldy old flat in Oadby which made me extremely ill during the covid era. However, from the constant struggle to keep myself well, I was able to kickstart a campaign which would drastically change the outlook of the relationship the University had with struggling students. Over the Christmas period of 2021, I ran the University Rent Strike. This strike consisted of mass withdrawals of rent, which pressured the University into eventual rent waivers in the second term of my first year. However, the period in between defined myself as someone who would stand up for students. On multiple occasions, I challenged the University on television, appearing on ITV News, BBC Radio and I was interviewed by channel four and the Tab. Despite constant ignorance from the University, it enabled over 40% of accommodated students to withhold their rent, resulting in rent waivers and reimbursements. The Rent Strike as a campaign opened up a discussion on the placement of the University in the wellbeing of students, and there has been drastic changes which I am proud of.

I am also a proud backer of the UCU, where I have joined their picket lines and actively questioned the Vice Chancellor on the method of support he gives to students and staff. I fully believe the Student Union needs to stand up to the marketisation of university life. Through this, I would love to help the elected Education officer and President confront the University board to provide a safer university life that is not disrupted by underpaid and overworked Lecturers.

However, I'm not done. This University may have come far, but it needs areas of improvements to make student life the pinnacle of their experience here in leicester. From mitigations to nights out, there needs to be areas where the University is seen as a pillar of support, not an institution. However, if my proof of prior commitments to student activism doesn't convince you, I hope my policies do.

Further support for victims of sexual violence and abuse.

It is a depressing matter to recognise that either ourselves or someone we know has gone through the University complaint process at this university. It will be a top priority of mine to maintain that excessive amount of support is given to students undergoing traumatic events, consisting of bullying, acts of violence and sexual assault on campus.

I want to maintain that campus has a zero tolerance policy towards sexual violence and abuse. Maintaining that enacted forms of violence have no place within the University of Leicester. Support needs to be given to victims with courtesy and realisation that trauma affects people in different ways. People shouldn't feel rushed into giving a statement and the timescale for deadlines needs to be longer. Students must also receive counselling alongside their complaint procedure to alleviate the effects trauma will have on them in the future.

I want this campus to have no tolerance towards bullying and sexual aggressors, and I will do everything within my power that people don't enter areas of campus worried they may be in contact with someone who has caused them harm.

A change in the treatment of those with academic disabilities.

I want to work with the University to change the perspective of disabilities that impair people academically. Whether that ranges from dyslexia, to anxiety, it needs to be made fully aware to University staff that some disabilities are not visible and shouldn't be treated as an excuse for lack of commitment to work.

My vision would be to drastically improve relations with lecturers and students, and the upholding of adequate training for staff unfamiliar with the challenges facing attendance and deadlines. It also needs to be made familiar with the role of a personal tutor and how important it is to have a good relationship with students and their life on top of university work.

We also need to change the outlook on mitigating circumstances, covering issues that aren't already declared to the university. I would like to work with the elected Education Officer in ensuring that mitigation isn't something to be frightened of, but something to be utilised in times of need.

Menstruation also needs to be taken seriously, considering 80% of women experience period pains. It needs to be destigmatised and be a valid reason for absence and late essays. Young adults who menstruate accumulate a lot to the gender pay gap, and this gap doesn't go away in academia. Giving out free period products as canvassed by the previous Wellbeing Officers was a brilliant idea, but it only scratches the surface of period poverty. PMS further affects attention to studying and it also limits young adults in academic progression. On top of this, a diagnosis for problems with menstruation has a medical backlog. With people waiting 7 years on average to finally get a diagnosis of PCOS and Endometriosis. It would be futile to use this against individuals undergoing symptoms that will affect them up until this diagnosis. Therefore I would like this to be an officially recognised disability.

There also needs to be more support for neurodiverse people on campus. Neurodiversity needs to be destigmatised and stereotypes need to be debunked. Students should always be given an individualised approach and support that caters to them. This would consist of upholding students on their learning style and adapting the learning and support they require. I want the Student Union to work closely with students that need support and empathy when it comes to academic discipline. Ableism is also something to take seriously by the Student Union and I will simply not stand for it to be swept under the carpet.

Tackling mental health and eating disorders

It is important that the Student Union tackles mental health head on. This is something that can affect everyone and isn't defined by the trauma one goes through or genetics. Matters like Depression and eating disorders can jump on to anyone at any time. The Student Union needs to take better care at dealing with tender issues. Advocating support for students

going through issues of self harm and eating disorders. I want to be able to signpost people to the correct form of help while spreading awareness about symptoms to look out for.

I also want to work with the Sports Officer to tackle the issues surrounding body dysmorphia in sport and maintain that sport clubs and gyms regularly check in on the wellbeing and eating habits of teammates. No one should look at food and see numbers, and the idea of a perfect body does not exist.

On the topic of body dysmorphia, Being Non-Binary has had a great toll on my own experience with gender dysmorphia. This campus needs to become LGBT friendly, ending the anxiety queer students face when entering campus and engaging with student life. I want to campaign that nobody owes androgyny and it does not take effort to get someone's pronouns right. LGBT students also need to be checked up on more frequently. Due to their identity they are subject to exclusion and deteriorating mental health issues. This should never be silenced or ignored.

We also need to drastically decrease the wait time for student counselling. Fast tracking individuals at risk and maintaining that their GP is actually working and processing their concerns with the University. We also need to further engage with distress and anti anxiety activities outside of exam weeks. Stress can last all year round and doesn't link with the amount of university work.

A push for a better student life in halls.

No one should be living in an unlivable flat, therefore I want there to be regular checks on the conditions of flats in student halls. This check needs to be done before students move in and while they are living there. Reports need to be dealt with swiftly, and options need to be given to students when they are not in a healthy flat. Maintenance issues need to be dealt with swiftly and issues that physically and mentally harm students should be dealt with great concern. Therefore I would like to work with the University to ensure that students fall in love with their housing and student life.

I also want to suggest that there are shuttle buses after student club nights that go from Campus to the Village, maintaining that they are getting home safely and aren't walking or taking a taxi alone, risking their safety. This would heavily reduce anxiety in students after leaving the O2 and would encourage students to have a stress free club night.

The Cost of Living Crisis has also had a great toll on students. Therefore I would also like to suggest a student Food Bank to help alleviate the rising costs of groceries. On top of this I think this would be a great opportunity to encourage healthy eating and teach students how to cook sustainably without wasting copious amounts of time attempting to have a balanced diet. Students should also have the ability to enjoy their student life in their flat without the fear of money, therefore I would also like to make it possible that students aren't hid away from help they can receive from the Accommodation Office and they give full transparency on the help they can get.