

VOTE Aariz for Wellbeing Officer



Hi, I'm Aariz. I believe the University should be working for its students, ensuring you are happy, healthy, and able to achieve the best you can in your time here. As an ambassador for the school of art, I'm no stranger to lobbying the University to achieve change. In the role of Wellbeing Officer I will fight to ensure support services are working for all students, and that profits don't come before your welfare.

Strengthening the first line of pastoral support

- Training for **Personal Tutors** and Academic Advisors to ensure they are well equipped to support students with personal difficulties, including an understanding of services available at the University
- Ensure **security staff** are properly trained in responding to mental health incidents
- Reinforce the pastoral role of **residential Tutors** in Halls

Expanding the Counselling Service

- Lobby the University to direct **more funding** to the Counselling Service, in order to:
- **Reduce waiting times** by employing more staff
- Ensure that the service caters for **BME** and **LGBTQ+** students by diversifying our counsellors

Diversifying and consolidating sexual health services

- Secure provision of **dental dams** and **female condoms** through Sexpression
- Provide information sessions tailored to **international students**, covering topics like available health services
- Ensure the roles of the Advice Service, Sexpression and the SU are **cohesive**, including a fair distribution of funding

Tackling food on campus

- Increase provision for special dietary requirements, such as more **vegan** options .
- Campaign for **lower prices**, or an end to the campus food monopoly

Rationalising the mitigating circumstances system

- Ensure processes are applied **fairly** and consistently across schools
- Address the ambiguity of rules for ongoing issues such as **chronic illness** or **mental health problems**, and fight to provide better protection for students affected by these
- Lobby for **reimbursement** of the cost of doctor's notes

Increasing awareness of support available

- Improve advertisement of the **Advice Service** and **Wellbeing Rooms** and what they offer (did you know the Advice Service offers free pregnancy tests?), for example by ensuring this information is included in welcome week packs
- Introduce a **comprehensive timetable** of workshops and activities across campus, pulling together Sports, Counselling Service workshops, wellbeing activities, and workshops in the business school and Library.

Vote Aariz for a Wellbeing Officer who will fight for you!