

Theola's Manifesto: Welfare Officer

1. Inclusion

- I think that the fact that certain social groups are disproportionately subject to mental health issues, or less likely to receive help, needs to be reflected in welfare policy!
- Primarily, I would seek to address the welfare of BME students in Homerton through liaison with Homerton BME society, raising awareness about societies like FLY and FUSE and the fact you can access a BME counsellor.
- Also, the distribution of specific mental health resources for BME students on the HUS Welfare Instagram page (i.e., about racial trauma from recent events and being a minority in a white space)
- I would also do likewise for LGBTQ+ students, international and neurodivergent students
- I would love to have a specific workshop on neurodivergence and ableism and greater information on disclosing to the university/ DRC and seeking help or a diagnosis.
- Following this, all welfare resources should be appropriate for disabled and neurodivergent students (i.e., larger font sizes) and contain content warnings.

2. Care packages

- Drawing on initiatives such as welfair and the care-packages I received during self-isolation, I would like to begin the distribution of care-packages.
- These would be concentrated around fresher's week, week 5 and exam season and the contents of which focused on well-being (i.e., sweets, herbal tea, a small journal).
- However, I am also interested in tailoring this to the time of term. For example, freshers may receive a pack of cards, hand gel and instant noodles.
- These care packages do not have to be very large! And I believe they could be funded through a bake sale every month or as needed.

4. Activities and initiatives

- Transitioning out of the pandemic will enable a variety of in person welfare-boosting initiatives.
- This would involve a continuation of current initiatives, like art-and chill and new ones.
- **Potential new initiatives include:**
 - Orchard walks
 - A day where students receive FREE coffee in the buttry (with a potential chat)

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- An Easter egg hunt
- The occasional outside yoga sessions in summer, which I would be happy to lead if the budget does not cover a yoga teacher.
- Perhaps not part of the welfare job description, but a not-too-competitive Homerton sports day for people of all abilities would be extremely morale boosting!
- Also, my door will always be open if you want to talk to me! My room is conveniently placed right by the West House entrance.

5. Revitalisation of the HUS welfare page

- I think the pandemic has revealed the importance of social media, I would like to use the HUS welfare page for weekly, interactive posting.

This would include:

- Polls and daily positive quotes
- Regular Q&A sessions with welfare officers
- Giveaways
- Infographics and online resources, especially for specific mental health issues

7. Post-pandemic life

- I believe we need specific resources and a workshop addressing life after lockdown! Especially on topics like stress caused by a busier schedule or social anxiety.