

SU MANIFESTO FORM 2020/21

Position: Welfare Officer

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Course: CPP - DATE

Year: 1

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1. To ensure students at Central have a clear platform to discuss or share any problems they are having in relation to their time at Central or other problems which may arise as a result of being a student living in London. Whether this is a formal structure, e.g. the counselling services which central offer or creating a drop in session for students to have conversation. There will be clear signage on where and how to find the help needed.
2. Continue to develop a discussion about what constitutes a safe learning environment for students at Central. Where students feel the space or environment isn't allowing them to achieve their full potential for reasons of not feeling safe to explore, students will have a point of call and a voice represented through the SU which will vocalise these feelings. I aim to find ways in which students can work to their fullest capability in learning space which will allow them to do so.
3. Finding ways to adapt to the new way of learning which has arisen as a result of Covid 19, ensuring that support is there for students who are feeling the mental and physical strains which have occurred through working online. Working with students to find mental breaks from online working and an overall increased visibility on this platform. This might be explorative and collaborative, working with the students of Central finding wellbeing or mindfulness tasks that can offer a separation from online.
4. To continue my own learning into offering support for students and peers while sharing what I have learnt with the Central community. Possibilities for providing training internally to support each other as peers.
5. Aim to create 'Welfare reps'. While there are 'Course reps' which exist currently and discuss the content and logistics of the course and teachings. It feels important to me that there is a specific focus given to the wellbeing of students to be considered as highly as the education they are receiving at central. To start the introduction of meetings with these reps, will allow for a strong communication with in the school about the wellbeing of students within Central's community. It feels an important year to introduce this when reflecting upon the amount of change which is occurring this year which is most likely going to have an impact on the mental health of students.

Manifesto (text only)

I am running for the position of Welfare officer, with the intention to offer all students at Central representation and support with their wellbeing in what could arguably be recognised as one of the worst years for Mental Health in our lifetimes.

The Central community is made up of individuals who are learning multiple different crafts within the performance and arts industry. This industry which most students will be preparing to go into has been recognised for being detrimental to the mental health of some who are a part of it. It feels massively important to me that we are being given support in our wellbeing as students through our years in training with the hope that we are going into this industry knowing we received the best support in this field from our institution as possible.

I feel deeply passionate about the attention mental health should be given within the industry, I believe that this should start within the Central community. Students at Central should feel that they have a place in this school to talk about their mental health and receive support in this field no matter what course they are on. It is for this reason that I propose the initiative to introduce Welfare Reps as a structure within the school. This will mean that there are students on each course who are gathering information about how they feel the wellbeing of students is being managed at Central. This will provide more information on what more we can do to ensure that there is a positive culture for talking and providing support for Mental Health.

The current pandemic has resulted in all of us having to adapt our studies and lives to find a new normal. At this time of change and uncertainty it is important that, while it feels secondary at times, we are all still able to offer ourselves space and reflection on our own mental health and wellbeing with the support of the school. I intend to focus on how we as students can find a separation from the constant working online and the fatigue which it may bring by providing resources and activates separate from online.

I would describe myself as a caring and passionate individual who can see the importance of this position in the school for both myself and my peers. I want to create as best as possible an environment for conversation and change where needed in the school.