

# SU MANIFESTO FORM 2020/21

Position: Wellbeing officer

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Course: CPP:DATE

Year: 2

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## Please state up to 5 of your aims for the year

1. Support the efforts of other SU officers in political and equality campaigns to encourage positivity in free speech and affirm the rights of students in Central by taking an active participatory role in the actions to promote justice.
2. Promote the uptake of practical support to students who are struggling by being educated on ways in which students can make a positive change to their wellbeing, as well as advocating for others (including Central) to support this. To do this, I would want to make sure advice from SAS was more accessible and useful to students, as well as compiling my own information and guidance on how students can support themselves and others.
3. Encourage periods of downtime for students to challenge the effects of hustle culture – this includes working to offer regular sessions of welfare support to chat, relax and become educated on how we can take care of ourselves.

## Manifesto (text only)

I believe that true support and welfare is a combination of practical advice and emotional support. I would like to focus on the challenges that students face within their identity that has a direct impact on their time at University and specific ways in which we can positively impact our wellbeing. Practically, this means that students welfare cannot be fully supported without the chance to tackle the issues causing them discomfort. Minorities and those at a disadvantage are statistically more likely to have mental health issues – this is why I think the roles of the other SU officers are equally as important in supporting students' welfare. I would want to communicate effectively and work with them to make sure I was supporting their campaigns to promote equality and inclusivity as this adds to the larger voice of the student body. This also includes campaigning for more education within the institution on certain issues. I know of numerous students that feel they have had instances of their welfare being incorrectly handled by staff. I would like to stand in solidarity with those who feel that their health, class, gender, race or sexuality have had a negative impact on their time at Central and find ways that this can be corrected. Having faced my own struggles, University for me has been a time to realise the importance of not only having the support of your institution peers, but also yourself. This is why I would like to focus online and in person efforts on ways in which students can take time to concentrate and improve their mental health. This will be through things that I have found personally helpful, suggestions from other students and of course, the systems already in place at Central.