



Student Executive Council

Committee:	Executive Council
Date:	Thursday 23 rd May 2019
Report Title:	Paper EC/1819/04/05 – EC12 Wellbeing Provisions and Services
Presenter:	Olivia Bowers – President of Wellbeing and Diversity
Author:	Olivia Bowers – President of Wellbeing and Diversity

1. Issue

The Council is to receive the proposed motion EC12.

2. Recommendation

The Council is asked to review and discuss the proposed motion and vote on its implementation.

3. Report

Report attached.



Motion for Change

EC12 – Wellbeing Provisions and Services

Submission:

There is concern amongst students about the provision and effectiveness of wellbeing services at the University.

A student put this forward the idea of creating a mental health buddy system: “It gives everyone someone to talk to, even if they're too nervous to go to the wellbeing team themselves. Encourages people to talk about how they feel rather than bottle it up”.

Students with autism or anxiety find it hard to go to a wellbeing drop in or first appointment and not know who they are seeing. So, a poster on the door that leads to the wellbeing rooms with all the wellbeing staff pictures, names, and jobs would be helpful.

There are often many people to attend the drop-in sessions and they're often full if they were more frequent people would be seen quicker.

More advertisement of the mental health support offered to students. Although the posters around mindfulness sessions are good, there appears to be less focus around practical support relating to studies that is available through DSA and so on: “Because it took me until my forth year at the university to hear, from another student on my course, about the support that can be provided through DSA such as the specialist mentoring. I strongly feel if I had known about this extra support it would've made my experience at university feel much less isolating in respect to struggling with studies due to my mental health.”

Proposal:

- (1) That the Council mandates the President of Wellbeing and Diversity work with the Wellbeing Team and the Students' Union to explore introducing a mental health buddy system.*

- (2) *That the Council mandates the President of Wellbeing and Diversity to work with the Wellbeing Team to explore improving wellbeing staff and service visibility, including practical support.*
- (3) *That the Council mandates the President of Wellbeing and Diversity work with the Wellbeing Team to explore the possibility of more drop-in sessions being made available.*

Submitted by:

Numerous students

Tabled by the Executive Council Chair for the Council meeting on: Thursday 23rd May 2019

Designation: EC/1819/04/05

Outcome: