



Emma Walsh for Director of Wellbeing

Introduction

My name is Emma Walsh and I am running to be the Student's Association Director of Wellbeing for the academic year 2020-21. Being a student at St Andrews has meant so much to me, and I would love the opportunity to give back to the University by working full time to better the state of student wellbeing. I am passionate about mental, physical, and sexual health and aim to ensure that all students have equal access to support in these areas.

Throughout my time at St Andrews I have held numerous committee positions which helped me grow my organization and communication skills. Most of my work has been focused on wellbeing: I have held a role on Student's Representative Council (SRC) and on the Wellbeing Subcommittee. I have shown my passion for student health throughout the years and have gained the skillset to go headfirst into the job and enact real, lasting change within student life.

I hope that by seeing my experience and reading my proposed policies you see me as the best candidate, and you **vote Emma for Director of Wellbeing on March 5th and 6th**.

Experience

- **Wellbeing Subcommittee Chair**
 - Organize the weekly agenda and meeting structure
 - Gained skills in leadership and initiative
- **SRC Member for Student Health**
 - Co-Organized Take Care week to promote Raisin safety through publicity on social media channels.
 - Re-designed the Help Hub of the Union Website
 - Began work on raising awareness of Wellbeing services beyond first years
 - Worked to solidify the specifics of the new role, allowing for an easier handover for future representatives
- **Mental Health Representative- Wellbeing Subcommittee**
 - Coordinated Wellbeing Week and chaired the planning committee
 - Assisted in the redesign of the Student Health Calendar

- Ran successful campaigns on Seasonal Affective Disorder Awareness and Body Positivity
- **Other:**
 - Sustainable Style St Andrews- Creative Director, oversaw the creative image of the society through social media and publicity and organized events for Fashion Revolution Week
 - Inklight- Journal Sub-Editor and Member without Portfolio, assisted in the creation of the yearly journal, the seasonal zines, and helped organize Pound Poems.
 - Populus- Hall Representative, organized hall events and assisted with marketing.

Wellbeing

- **Create Events with the Careers Centre to help Alleviate Job Anxiety**
 - Leaving students' mental health can suffer due to fear of what comes next. I plan to work with the Careers team to set up a series of workshops that offer advice on how to take care of yourself during the transition period and tips on definitive actions to take to negate this worry.
- **Increase the Union's Environmental Action**
 - I believe that the wellbeing of students is inherently tied to the wellbeing of our planet, and with the increase in eco-anxiety amongst students, the Union needs to be more transparent and active in its efforts. The Association already does great work on environmental issues, and I promise to continue those efforts and lessen the environmental impact of the Union.
- **Run More Collaborative Wellbeing Events with an Array of Societies**
 - Wellbeing is open to anyone of any gender, interest, or background and that needs to be apparent through our events. While we create some wonderful events, they need to diversify to appeal to a wider demographic.
- **Create More Streamlined Process to Defer Exams if Needed**
 - If someone must defer exams for health reasons, they should be able to do so easily without adding more stress to their situation. I plan on creating a more streamlined process for deferring online so that at the time, a student can focus on their health.
- **Advocate for "Ask for Angela" being implemented in town bars**
 - "Ask for Angela" is a campaign that helps you safely and discreetly get home from a bar if someone there is making you feel uncomfortable or unsafe. After a former DoWell implemented it 2019, the campaign has been an important addition to the Union's safety protocols. However, the Union is not the only place for nights out in St Andrews and I believe the bars in town could benefit from the campaign and use it to create a safer town for locals and students alike.

Equal Opportunities

- **Continue Support and Inclusion of Mature Students among Student Life**

- Those who come to university at an older age should feel welcome amidst student life and within the Union. I will continue to work to support the inclusion of Lifers within societies, events, and St Andrews traditions.
- **Run Workshops during Fresher's Week to help International Students adjust**
 - I intend on offering Union workshops to International Students so that topics such as banking, phone plans, and grades can be covered. This will also serve as an opportunity for these students to learn about the NHS and how to register with a GP, rather than having them wait until they need a doctor to learn this.
- **Make Information about Student Services Available to those Living Out of Halls**
 - We do excellent work to make sure those living in halls have full access to the array of student health resources, but I plan on extending this service to those in non-university housing by working with the Accommodation Subcommittee and Letting Agencies.
- **Encourage Societies to Host Events in Accessible Venues**
 - I plan on enforcing societies to always opt for venues that are accessible to those with a physical disability whenever possible. I understand St Andrews is a small town and venues can often be limited, but no one should be barred from attending an event due to physical limitations.

Democracy

- **Continue to provide Elections Support prior to the Nominations Period**
 - I would like to expand on the Elections Skills Workshops that were introduced this semester, and offer multiple, shorter sessions throughout February for candidates to have access to the skills they need. Alongside this, I hope to publish statements from current Councilors/School Presidents in December. This allows potential candidates to have more direct information on the roles prior to semester two and allows them to consider it more in depth.
- **Enforce an Eco-friendlier Election Season**
 - Campaigning materials, such as stickers, generate large amounts of waste and quite a lot of them end up as litter. As the Director of Wellbeing is the Senior Elections Officer, I plan on limiting the number of non-recyclable materials used in elections and pushing for more online presence within election season.
- **Create Wellbeing Office Hours**
 - I want the conversation around student wellbeing to be something that everyone can feel involved in and want everyone to feel heard. By holding an office hour, I will give the opportunity to those outside of the Wellbeing Subcommittee to voice their opinions on the way the Union handles wellbeing.

Though these are my campaign points, I also want to ensure that as Director of Wellbeing, I am a listening ear for concerns you have about the Union. Wellbeing is a necessity for students, and if there is a way you think I can better it, I want to hear. I will remain open to feedback and concerns and will keep this at the core of my work. The position is created to advocate for **you**, and I intend to do so to the best of my ability.