

Let’s Talk… Vote Taryn for VP Welfare

Hi I’m Taryn and I’m a 4th year student in English and Film & Screen Studies. I have been working with the SU since my 1st year as a part of a society committee and in the last year have also become a society committee representative and take part in council meetings.

I am running for VP Welfare as I have struggled with my own health issues whilst at university and I want to help students, like me, get the necessary support in order for them to continue on in their course.

To me, improving the welfare of our students is vital and cannot be overlooked.

**My main goals for this role will be:**

* To provide more time/space for the Mental Health/Assist services on Waterside campus so there is a 50/50 cover for both campuses at minimum.
* Create events every month promoting mental health awareness on campus to help #endthestigma.
* Create physical safe spaces on campus for students who may struggle with personal overwhelming factors that come with studying.
* Work with Sports and Societies on increasing #giveitago activities throughout the year that can promote physical and mental wellbeing.
* Create regular feedback groups where students can come and talk about specific issues of university life and work to resolve these.

**Areas of Interest:**

* Running mental health awareness events/campaigns, in the past my MH campaign as part of Game Changers won a Changemaker Award (2018).
* Working on my own self care opportunities and hobbies.
* Volunteer in my spare time for GirlGuiding in a Rainbows group (5-7 year olds).