

Imperial College Union

Deputy President (Welfare) Report

A report by Marissa Lewis

Stress Less Spring

Stress Less is a programme of free events run to help students combat stress in the Spring exam period and includes things such as mindfulness meditation sessions, arts and crafts and laughter yoga. A full run-down of events can be found online on the What's On pages and the site <https://www.imperialcollegeunion.org/your-union/campaigns/stress-less>. I've been involved in helping develop the programme of events, produce the materials and help with publicity.

CWB

The second meeting of the Community and Welfare Board was held on Thursday 5 December; in the meeting the campaign budget for Coppafeel! was approved – this is a scheme to deliver shower hangers into Halls of Residence and around departments which instruct people how to check themselves for breast and testicular cancer.

Halls Committee meeting

I arranged the first meeting of representatives from the different Halls Committees last term to distribute briefing materials for condom reps, discuss the new cleaning provision and to appoint a Halls representative to the Community and Welfare Board.

Residential review

I am on the panel of a full-scale review of the residences that is being led by Professor Debra Humphries, Vice Provost (Education). The panel is set to hear evidence from different parties and then come up with recommendations on the future of residential experience over the next term. So far, this has involved a tour of the residences and preliminary discussions about the terms of reference for the project. As well as being on the panel, I've been helping the Union put together the evidence we would like to submit for consideration.

Mental health talks

I was on the panel for the Mental Health Awareness talk, run by ICSM's welfare officer – it answered questions from students about well-being amongst medical students and professional/academic implications of both mental illness and seeking help.

Alongside the Counselling Service, Disability Advisory Service and Union Advice Centre, I provided part of a talk to Biology students about mental health and support available for students struggling with mental health. We're planning on providing a similar talk to Biomedical and Graduate-Entry medical students in the next month, with a view of offering this talk to all departments in the future.

SES

Council

14 January 2014

The Student Experience Survey has now closed and I'm in the process of analysing the data. A response document will be made and I will present the findings of the survey at the Annual Student Welfare Seminar at the end of the month.

Trustee interviews

I was on the interview panel to choose the two appointed student trustees who will sit on the Trustee Board. The panel chose two candidates who will take up their positions on the Trustee Board after being ratified in January.

Leave

I was on leave from December 18 2013 – January 6 2014.