

TRUSTEE BOARD

Title:	Trustee Board Report (Deputy President Welfare)
Agenda item:	11
Action requested:	<p>Please select one: For discussion Items such as annual reports over which the Committee is given an opportunity to pose questions and discuss.</p>
Executive Summary:	<p>Please summarise:</p> <ul style="list-style-type: none"> • Brief update of work so far and ideas/aims for the upcoming year • The aim of the paper is to discuss plans for the upcoming year and highlight some of the challenges I face, in order to seek support, advice and guidance from the board of trustees. • The summary section is for information and the year ahead section is for discussion although no decisions are required. •
Summary of recommendations:	<p>Please use bullet points</p> <ul style="list-style-type: none"> • N/A

Trustee Board Report (Deputy President Welfare)

Summary

Since taking up the position of DPW in August I have:

- Started making connections to achieve my goals (external and internal)
- Carried out a training needs analysis for hall wardens, leading to a review of their training
- Secured a free trial of Black Bullion (a financial education tool) and have started working with College to offer it to key people
- Introduced safe space posters in the bars
- Secured the purchase of Consent Matters (online consent and relationship education program) and worked closely with college to begin tackling the issue of sexual assault
- Started analysis on interruption of studies data
- Blogged about relevant student issues such as alcohol, drugs and sex
- Have helped shape the information on the student space website
- Helped the advice centre to create a money guide
- Created a link between mental health first aid trainers at the Union and the College
- Provisionally planned campaigns for the year ahead
- Secured a place for mental health charities at fresher's fair
- Interviewed sub-wardens for a number of halls

Whilst, I have started to lay the groundwork for a number of projects, I feel my work is lacking in definite action and I would like advice and support in order to realise my goals. The majority of my work has been around mental health and culture change at present.

Challenges

I have faced a number of challenges during my time as DPW, most notably, resistance from College on the issue of sexual assault and consent training. Additionally, I predict time and logistical constraints will be recurring challenges throughout the year.

The year ahead

As discussed earlier this year during the residential, my 'boulders' for the year are:

1. Mental Health
2. Culture Change
3. Finance
4. GP and Support

1. Mental Health

I have laid the groundwork for my projects on mental health over the upcoming year through discussions and planning with a number of key people within College. My work will be roughly divided into student facing and college facing actions. A large portion of the student facing actions will consist of four campaigns throughout the year: Stress Less/Healthy Brain, Suicide Awareness, Eating Disorder Awareness and Welfare Wednesdays.

The stress less campaign has been run in previous years and aims to help students manage study stress in a healthier manner. I propose that this year a number of changes are made to the campaign:

- Changing the timeframe so that it doesn't coincide with exams
- One of the weeks to incorporate the Healthy Brain campaign (a joint initiative between DPCS and DPW, with the support of a neuroscience PHD student)
- Rebranding stress less as it implies that it is about reducing rather than managing stress - I require some guidance on this

I aim to run suicide awareness campaign towards the end of December. I have made connections with CALM and Mind who will be able to support this. The aim of the campaign is to de-stigmatise suicide and suicidal ideation in addition to signposting people to appropriate support. The campaign will also aim to offer guidance/signposting to those who have lost people to suicide.

Eating Disorder Awareness Week (EDAW) occurs on the last week of February each year. B-eat, the national eating disorder charity, leads a campaign for EDAW each year. I aim to run an EDAW with the support of B-eat and other charities such as Men Get Eating Disorders Too.

I hope to increase communication and contact with students over the coming year. I propose that this is achieved by a fortnightly campaign, Welfare Wednesdays. The aim of Welfare Wednesdays will be to interact with students and find out about the issues impacting them in addition to offering the guidance and support.

In addition to campaigns, I aim to deliver crisis cards (in partnership with the mental health advisory service), a support service roadmap and returning from interruption of studies support. I also aim to work with the Imperial College Health Centre to develop a reminder text service for patients with mental health difficulties (similar to the one used for patients with diabetes and asthma).

The college facing work that I aim to do includes improving training and support for wardens/tutors and to support/guide College in creating synergy between support services.

2. Culture Change

The aim of this 'boulder' is to tackle the competitive and ruthless culture of Imperial in addition to tackling lad and drug cultures that exist within the student community. So far I have achieved some small wins, with the distribution of safe space posters in the bars and purchase of Consent Matters. However, there are a number of obstacles that I need to overcome. For example, challenging drinking and drug culture is a complex issue and ideally would begin whilst the students are in school. Tackling the competitive nature of Imperial requires a shift in attitudes across the staff population as well as encouraging students to engage in personal development as opposed to competition. Offering a wide range of extra curricular activities is simply not enough to tackle the competitive perfectionism that exists in the College community. However, I am struggling to develop a firm action based plan to tackle this.

Tackling the lad culture and sexism/discrimination that exists on campus is high on the agenda of both the College and the Union. Certain departments and members of staff have strongly communicated that discriminatory behaviour is not acceptable at Imperial, notably, I was asked to talk to first year Life science students about what is expected of members of the Imperial community. Additionally, the wardening teams played the consent is everything video in their introduction talks. However, there is a great deal of work required to fully tackle lad culture on campus. I aim to convince college to start developing an overarching strategy to deal with sexual assault and deliver consent education next academic year however I have faced resistance to this in the higher levels of College. I aim to develop a strategic approach to tackling this and to turn discussion into action.

3. Finance

I have met Louise Menard, the student financial support manager, who has agreed to conduct some research into the financial situation of students from middle to high income households. My aim is to deliver a campaign around the inadequacy of student finance for these students. Nonetheless, I acknowledge that this will be an incredibly challenging campaign that reaches beyond the remit of College.

Moreover, I aim to increase awareness of the student support fund and help students to understand money and student finance. I would like to produce a money guide and deliver education sessions. I have secured a free trial of Black Bullion (an online financial education tool) for 50 students, however, research and planning is required to deliver this to the right audience. If the trial succeeds, I aim to encourage College to invest in Black Bullion or develop their own version.

4. GP and Support

Subsequent to a number of meetings with college and the Imperial College Health Centre (IHC) the aim of my GP boulder has been reformed from GP choice to helping support the IHC. I would value input and advice from the Trustee board on how this can be achieved.