

DPW Council report, January 2017

Following up

Since the last Council I have spent much of my time chasing people up about actions they have agreed to take, these include:

- College regarding the personal tutor recommendations
- Imperial College Health Centre regarding text message reminders for patients with mental health conditions
- Following up with students who want to run campaigns
- College regarding the trial of Consent Matters – there is currently a technological challenge stalling this

Under Pressure

Under Pressure took place on the final week of term. We gave out over 150 'Christmas presents' that contained some tips for self help alongside items for sensory grounding. Additionally we gave out a large number of booklets from Mind on topics such as managing student life, relaxation and coping with stress. Students engaged positively with our self care tree, which they filled with stress management tips and self-care pledges – these have been typed up and will be shared on social media throughout the year. I am currently in the process of planning the next Under Pressure week with them aim to build on, and expand the reach of, what has already been achieved.

Director of Student Services

I have been involved in the selection process for the Director of Student Services. This involved shortlisting candidates prior to the Christmas break and interviewing candidates in January. Along with Luke I have organised a student panel to meet with the preferred candidates.

Interruption of studies (IOS)

I have met with David Ashton, Academic registrar, to discuss the implementation of changes to IOS protocols and creating a clear IOS handbook. We are due to meet in February with the Director of Student Support and the head of Disability Advisory Service to begin this work.

Crisis Cards

- I will be meeting with the Director of Student Support to develop a proposal for getting emergency contact details printed onto College ID cards
- I am working with marketing to design a coaster to be put in hall rooms that are printed with helpful and emergency contacts

Training

- Full Mental Health First Aid training will be given to a number of wardens and sub-wardens this term
- Sky and I are developing training for Welfare Officers, CU Presidents and Liberation officers fill the gaps this year. A doodle poll has been sent out to set dates for training

- I am working on developing a comprehensive training package for all Welfare officers, Liberation Officers and CU Presidents to be delivered upon entry to the role next academic year. This will include training that was asked for at community and welfare board such as First aid, Mental Health First Aid, signposting and campaigns training,
- Mental Health First Aid Training for Officers and relevant clubs and societies will be taking place as soon as the in house trainers have availability

Silwood

I am supporting Silwood to access the Hall Equipment Fund to improve the facilities at Silwood and to help fund some community activities.

Campaigns

- We have contacted Andrew Tranter to help us undertake a campaigns review
- I hope to form a campaigns committee for Under Pressure as part of this review
- I am currently planning for Eating Disorder Awareness Week
- I will work to offer IQ support with LGBT History Month, if and when required
- I have helped Daniel Ogbonna (BME Officer) to promote his event in metric in celebration of Black Music

Other Business

- I have spoken at Wellbeing talks hosted by Counselling
- I have signposted and referred to students to the appropriate support
- I am supporting a student group to create a wellbeing app through ACT NOW!
- I have consulted with Mentality about the creation of a Mental Health Liberation Officer
- I have contributed to the development of the Union Strategy
- I have been in contact with Student Financial Support to access bursary data in order to support the work proposed by Rhidian.
- I am working with the Director of Student Support to bid for the HEFCE *Catalyst Fund: Student safeguarding on campus*.