



KIRSTY ARNAUD **(SHE/HER)** **WELFARE CONVENOR**

Hiya! My name is Kirsty, I'm in my third year of studying politics and this is my second year of being involved with the QMU. As having previously undertaken the role of Campaigns Convenor, I'm really keen to transfer some of the skills I've learnt to the role of Welfare Convenor. Campaigns has always worked closely with Welfare, which has provided me a massive insight. As well as being involved in cross-campus discussions of Welfare, I have worked with local and national mental health organisations. My ambition for this role is to explore new areas of welfare previous and work with organisations which are representative of our members.

Manifesto:

I have broken down my manifesto into the two aspects of welfare; support and prevention:

Support:

- I would like to re-absorb the Welfare responsibilities back from Campaigns. This would include providing the support services for gender-based/intimate partner violence, provision of free menstruation products and contraception and working local sexual health services to support for those affected by STI/Ds. I would like to reintroduce accessible and discrete testing also.**
- I aim to introduce free, accessible, and frequent mental health drop-in sessions ran by local mental health support charities, similar to the Gender-based violence support sessions we are currently providing.**
 - I want to continue working with local intimate partner violence support and prevention organisations and evolve on the support we already provide. By working with more intersectional services I aim to ensure we deliver inclusive service and promote safe organisations for our members. Promoting both mental health drop in sessions and intimate partner violence drop ins is also something I will continue to work on.**



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I aim to explore relevant welfare issues facing students, especially substance and alcohol abuse. I am interested in working at a cross-campus level to reintroduce measures of drug harm reduction and work with local organisations to provide support to affected students.

- I would like to work more with the counselling and wellbeing services at the University as well as local organisations to explore the idea of peer support groups for mental wellbeing and creating informal safe spaces for our members to discuss mental wellbeing in a group environment.**

Prevention:

- Running casual, informal, accessible and affordable safe space events for students to find a sense of community on-campus and challenge loneliness in our community. I intend to run distress events during exam times and explore the idea of sober events – I aim to collaborate with creative and exercise-based societies on campus to consider this further.**

- I commit to being actively involved in the current sexual violence prevention and continue to support campaigns by providing my insight from prior experience. This will include lobbying the University to implement the Emily Test and engaging with the appropriate networks to support us. I intend to continue to work closely with the student bodies and ensure a cross-campus approach is at the heart of this campaign.**

- Promoting mental health support services and destigmatising content more visually throughout the building and across our social media by using all the wonderful Canva and social media skills I learnt as Campaigns Convenor.**

- Ensure that those whose responsibility it is to look after the wellbeing of our board members and student members are fulfilling their role. This includes providing appropriate training of our board members and creating an inclusive, fun environment for everyone.**

- Workshops: although these have seen limited success in the past, I believe running workshops to make mental health and wellbeing training accessible is really important if we intend to challenge stigma and provide adequate support for our community. I will attempt to engage with students as much as possible to promote these and consider ways in which we can improve their functioning.**