

# UPSU VICE PRESIDENT WELFARE AND DIVERSITY

## Tilda Fraser

### 2018-19 Manifesto

My manifesto focuses on empowering students and equipping them with resources to maintain their own wellbeing:

#### 1. Students Supporting Students

Students prefer seeking advice from other students: I will utilize existing student networks to create student-led supporters. Offering training to students, on how to effectively signpost fellow students to mental, physical and sexual health services.

#### 2. Student Mental Health

Physical activity increases mood and moderates mental illness: I will improve student mental health by increasing the number of students referred to the sports and fitness services on campus, for treatment of mental health issues. 'Need a drink or need to talk?' moments of mental distress often result in drinking. Sometimes you don't need a pint, you need confidential support. I will distribute posters for 24-hour mental health hotlines around UPSU and in UP halls of residence.

#### 3. Liberation at the heart of UPSU

Form a committee that connects representatives from liberation groups (LGBTQ+, BAME, Women, & Disabled students), allowing them to work together and feedback directly to VP of Welfare & Diversity. This will strengthen their voice and ability to impact decisions.