

# Vote

# Katie Hermon

## Wellbeing Officer 2018-19 9th-15th March



Safety,  
Wellbeing  
and a  
Katie for All

### Hi! I'm Katie and I'm running for Wellbeing Officer!

During my time at MMU, I have used most of the wellbeing services at one point or another. Because of this I know a lot about what services are available to students and have many ideas about how these services can be improved and worked on. I am currently in my final year of Design in the School of Art and working part time in the Union... you might know me from the Opportunities office!

I am always working hard to make the student experience better; whether that's through sport or if you need a shoulder to cry on. If voted to be Wellbeing Officer, I have many plans to help students access the fantastic services already on offer, but also lots of ideas to help you have a safe, supported and happy university experience.

#### Your Connections.

- Creating links with different departments and other student officers, incorporating wellbeing services and mental health for young people into all the work that the Union does for students.
- Wellbeing 'Activators' to work with the Union and Societies and Development officer.
- Make strong links with Sport, promoting healthy diet and exercise as a strategy for positive mental health (Active Campus and MMU Sport)
- Work closely with Student Support Officers and the Education officer to promote faculty-specific support and guidance, as well as to make the exceptional factors process more accessible to all students who access wellbeing services.

#### Your Accessibility.

- Increased accessibility to wellbeing services (extended open door hours, campaigning for even more counselling staff, making 'Advice' more visible across both campus'.
- Workshops to promote a healthy work/life balance and relieving stress, anxiety, exam pressure as well as unexpected pressures from major life events (gardening, community projects, forest school etc).
- Explore and review how Accommodation is allocated, looking into whether 'bursary students' are able to elect for a higher priority for budget accommodation.
- Monthly student online Q&A sessions, bringing attention to current student issues

#### Your Health.

- Wellbeing handbook offered to all students.
- Run a 'NightSafe' campaign and explore ways that MMU students can be protected on nights out/have somewhere to go when things go wrong when on a night out.
- Better access to student-specific doctor, GP and healthcare access, including Sexual Health clinics.



*These are only a few of my ideas, if you see me out and about campaigning stop me and talk to me!*



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