



VISION STATEMENT

Candidate's Name	Sara Kopacz
Candidate Team Name	
<p>Hi, I'm Sara, and I want to be your next Student Wellbeing Officer. ❤️</p> <p>I'm passionate about making wellbeing support accessible and inclusive for every student. Through my roles as the Chair of the dance club, Sports Council Rep, Course Rep, and during my placement year as a Wellbeing Development Assistant at Man Met Sport, I helped deliver initiatives such as Let's Get Glowing (women only wellbeing event) and Zone Out for University Mental Health Day. These experiences showed me how powerful student led wellbeing spaces can be when they're welcoming, affordable, and community focused.</p> <p>As a student myself, I've seen and felt first hand how demanding university life can be academically, socially, and emotionally. Wellbeing really matters to me as it impacts every part of our lives, regardless of background or circumstance. I pride myself on being trustworthy, proactive, and action driven and I want to help make MMU feel like a community where you feel supported no matter where you currently are with your mental and physical health. ❤️</p> <p>Through my time on the dance committee over the past three years, I've also led fundraising initiatives for charities including Teenage Cancer Trust and Macmillan Cancer Support, raising over £4,500 overall, reinforcing my belief in compassion, community, and using student spaces to create meaningful impact!</p> <p>I know real change doesn't always happen overnight, which is why I want to both continue the brilliant work of previous officers and introduce new ideas, with student voices at the centre of every decision.</p> <p>If elected, I will continue to:</p> <ul style="list-style-type: none"> • Tackle the cost-of-living crisis by continuing initiatives such as the Union Cupboard and improving awareness of existing support services so every student knows what's available. • Keep the conversations around men's mental health and period poverty going, following on from current officers. • Represent students on accommodation issues, including halls, private housing, and landlord concerns, ensuring students feel supported and listened to. • Lead and support campaigns on wider community issues affecting students and work closely with students to improve wellbeing across campus. <p>If elected, I will also want to:</p> <ul style="list-style-type: none"> • Develop wellbeing focused revision and exam-season spaces with free tea/coffee, and general breakfast club vibes! 	



- Work with the **Bee Network** to improve accessibility to **student travel passes** and better support commuting students further.
- I'd love to create **inclusive events and communities** similar to the Girlhood community in Manchester (but for students at Man Met) offering low cost/free wellbeing focused spaces where students can meet like minded people, feel supported, and build genuine connections across campus as **community is key** in helping you succeed (FACTS!)

I hope that I can be your next Wellbeing officer!

Sara xx

