

Welfare Committee Meeting 2 – 01/11/22

Agenda:

- Close gap between mature students and services
 - Services promotion
 - Removing stigma around Mental Health
 - Suicide prevention
 - Depression help
 - Language barrier for counselling/services
 - Mental health plays
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- Close gap between mature students and services:
 - Workshop for mature students in January, for January intakes (Hafsah and Vijay):
 - What to expect as a mature student
 - Job hunting
 - Student officers
 - SU services
 - Careers + placements
 - Library services
 - Other (for parents - Hafsah)
 - Change the word “mature” in mature students (Hafsah and Vijay)
 - Get ahead service for mature students – so something similar to Get ahead but in person instead of online
 - Services promotion – Sana
 - Removing stigma around Mental Health (May Mental Health Month):
 - Drop-in session in lectures explaining what Mental Health is (Sana)
 - Plays for each Mental Health condition (Hafsah and Natalie – Wellbeing coordinator)
 - Art therapy (Hafsah and Natalie)
 - Suicide prevention
 - Post explaining what suicide is and how to prevent it – in different languages (Somaia and Sana)
 - Suicidal story on the Cosy Corner with Sana Podcast?
 - Involve clubs societies
 - January time
 - Language barrier for counselling/services
 - Research for which languages students would prefer for counselling (Isha, Somaia and Sajid)
 - Helpline numbers stickers for accommodations (Lily)