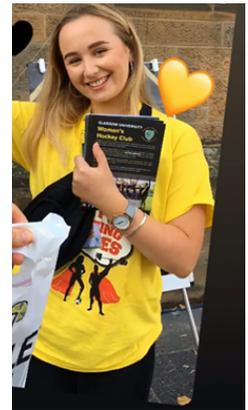


GUSA Council Member - Nomination Form & Manifesto 2021/22

Position	Welfare Convenor	
Nominee:	Name:	Milly Leggett
	Club:	Glasgow University Women's Hockey Club
Nominator:	Name:	Sarah Hanley
	Club:	Glasgow University Women's Hockey Club
Seconder:	Name:	Laura Duncan
	Club:	Glasgow University Tennis Club



If elected as the GUSA Welfare convenor 2021/22, I will continue to promote the current, successful initiatives such as LGBTQ+ History Month, Gym Buddy Scheme, Studio 1 Safe Space, Exam Destress and Wellness Webinars. In addition to these campaigns, I would aim to tackle this role from three key areas, by increasing education, promoting awareness, and supporting all GUSA athletes.

Increasing Education: I believe there is a need to bridge the gap between CTS, Club Welfare Convenors and GUSA. In September, I would therefore hold a Zoom with all Club Committees and get them on board with both the GUSA welfare initiatives for the year and go through the 'Welfare Officer Guide Book', providing them with sign posting and safeguarding guides on campus and in the community, training available throughout the year to their club, details of successful initiatives from previous club welfare convenors, and informing them on the GUSA Equality and Diversity Policy. In addition, I believe it is imperative for all individuals to have a basic understanding of physical and mental health, and it should be acknowledged that some topics may be daunting to learn. I would ensure each month GUSA welfare has a specific welfare topic which would be shared as a resource within clubs, ranging from anxiety within sport, eating disorders, getting girls back into sport, promoting sustainability, and the importance of getting outdoors, thereby providing a greater opportunity to learn and encourage a wider discussion surrounding mental and physical wellbeing within sport.

Awareness: I believe passionately that we should celebrate our successes within GUSA in order to grow. I would introduce #WelfareWednesdays, acknowledging individuals and clubs who go above and beyond to improve their welfare provisions. I believe recognition is key to inspiring other clubs and improving GUSA's commitment to welfare. Furthermore, I would raise awareness of the amazing work GUSA's chosen charity of the year are doing. I would work alongside the Events/ Fundraising and Outreach Convenors to collectively organise a GUSA wide fundraiser, (perhaps similar to the GUHC's 4K for £4K). In doing so, supporting the chosen charity further, raising awareness of their services and resources and attempting to break down the stigma of reaching out for help.

Support for All: I firmly believe that every student coming to Glasgow should have the opportunity to participate in sport. I will ensure all GUSA clubs have disability support measures in place and are able to signpost athletes to clubs in the wider community if required. I believe that having structure to club welfare convenors roles would increase their productivity throughout the year. I will hold annual meetings with clubs, aiming to agree two projects to accomplish by the end of the year, and a next step for their future welfare convenor to pick up from. In addition to this, I will assign drop- in sessions every week, building better club relations and providing an opportunity to resolve any emerging issues and provide additional resources on specific issues if required. Finally, I would seek to build upon our existing welfare provisions and training in place for freshers' week. In addition to 'Mind your mate' and 'Let's talk about sexual violence' and equality and diversity training, I would ensure the introduction of specific training for team leaders, thereby increasing our helpers' knowledge and confidence, enabling them to better signpost and look out for new first years and assist their fellow teammates in potentially new and challenging situations throughout the week.