

University of Limerick Students' Union Sabbatical Officer Reports to Council

Academic Year	2017/2018
Date	06/10/2017
Position:	Welfare Officer
Name:	Roberta Harrington
Profile Picture:	

Introduction To Report and Updates Since Last Council

R.I.P. Sophie Coll – Forever in our hearts.

This week's report deals mainly with the fast approaching mental health awareness week. I hope that the week will be uplifting, insightful and informative for students not only suffering from mental illness/poor mental health but also to help students maintain positive mental health now and in the future. Your support for all events would be greatly appreciated as student representatives.

Mental health week –

Please see attached posters.



STUDENTS' UNION

Mental Health Week

Monday
MIND YOUR MENTAL HEALTH
 Workshop 9-11:30am SU Room 3

SKINNYGAZ OF TRIAGE METHOD
 A talk on Positive Mental Health
 5-6pm Upstairs ULSU

Tuesday
WORLD MENTAL HEALTH DAY
THE FOOD REVOLUTION
 Changing your relationship with food and body image 1-2pm SU Room 3

LIGHT UP LIMERICK
 Campus Walk 7:15pm SU Courtyard

Wednesday
WELLNESS DAY
 Freebies, external services and music
 All Day SU Courtyard

ROSANNA DAVISON
 Cookery Demo 4pm UCH

BRESSIE
 A Talk with Bressie and his mate
 Jeffery 7pm UCH

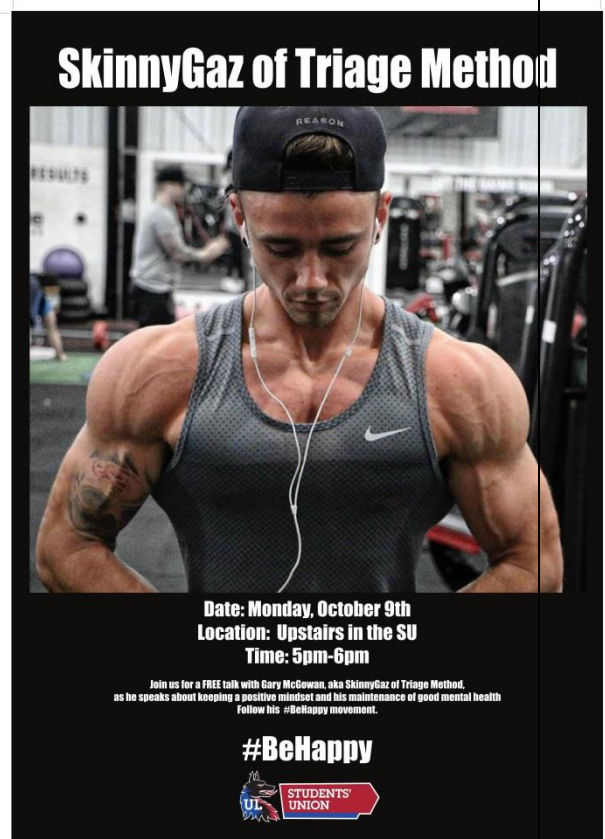
Thursday
MINDING YOUR MENTAL HEALTH IN THE WORKPLACE
 5:30-6:30pm GEMS 0-016

AMS! UL

YOGA
 6:30-8pm PESS Sports Hall

Friday
MOVIE NIGHT AND FREE PIZZA
'SILVER LININGS PLAYBOOK'
 6:30pm GEMS 0-016

ALL WEEK:
 The Den in the SU = Chill Out room
 (You'll just have to come in and see for yourself)
"What's Your Happy?"
 Come and let us know on our wall in the courtyard all week



SkinnyGaz of Triage Method

Date: Monday, October 9th
Location: Upstairs in the SU
Time: 5pm-6pm

Join us for a FREE talk with Gary McDermott, aka SkinnyGaz of Triage Method, as he speaks about keeping a positive mindset and his maintenance of good mental health. Follow his #BeHappy movement.

#BeHappy

STUDENTS' UNION

LIGHT UP LIMERICK

On World Mental Health Day
Tuesday, October 10th
Starting from ULSU Courtyard
@7:15pm

"Standing Together & Shining a Light on Mental Health"

1 in 4 will experience a mental health problem at some point in their lives.

Today, 450 million people worldwide have a mental health problem and yet some still see this as a taboo.

The walk will begin at ULSU Courtyard, and will then continue over the living bridge towards KBS fountain, where lanterns will be lit as a sign of **hope, remembrance, strength and unity**.

"Standing Together on World Mental Health Day."



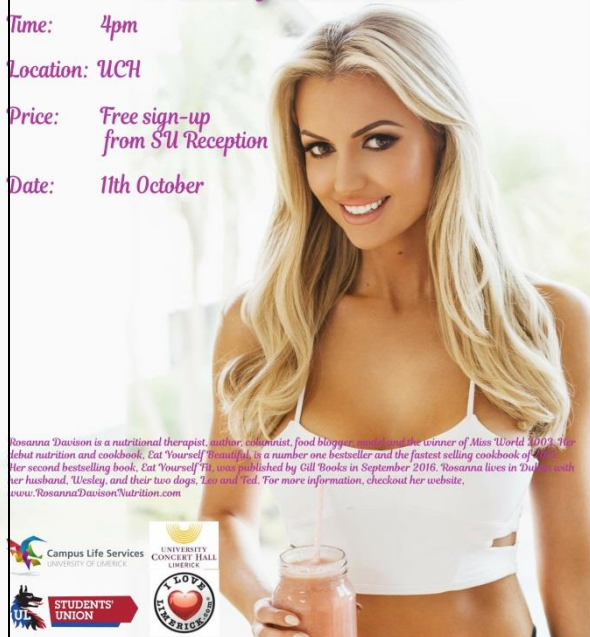
Eat Yourself Fit With Rosanna Davison A Cooking Demonstration

Time: 4pm

Location: UCH

Price: Free sign-up
from SU Reception

Date: 11th October



Rosanna Davison is a nutritional therapist, author, columnist, food blogger and the winner of Miss World 2009. Her debut nutrition and cookbook, *Eat Yourself Beautiful*, is a number one bestseller and the fastest selling cookbook of 2015. Her second bestselling book, *Eat Yourself Fit*, was published by Gill Books in September 2016. Rosanna lives in Dublin with her husband, Wesley, and their two dogs, Leo and Ted. For more information, checkout her website, www.RosannaDavisonNutrition.com



A Talk With Bressie & His Mate, Jeffery

University Concert Hall
11th October- 7pm

FREE Sign-Up at SU Reception
as part of Mental Health Week



S.U. Finances

Budget Expenditure

Biscuits for GROW Programme
The Food Revolution – payment of workshop speaker
Yoga Instructor 50 euro
SkinnyGaz – token of appreciation
Mental Health week posters for all events

Short Term Objectives and Update

- **Critical Incident Report** – A working group has been assigned to this. There is a very lax critical incident report in place as of now – this is being addressed. The student death protocol will then be included in this.
- **UMASS twinning project** – Another video conference to take place on Wednesday 18th October. Having attended safeTALK and the introduction of the new GROW programme, an information document will be put together to inform our counterparts of this under the heading Student health and wellbeing.

Long Term Objectives and Update

- **Student Engagement/Familiarity of Sabbats by students**: Travelling SU will begin next week. One sabbat and 2 staff members will go each week to either North Campus or Kemmy. Soup will be given out between 12 and 2 by the travelling SU.
- **Student Health and wellbeing**: Yoga and Meditation with Yoga Soc in the PESS building on Thursday October 12th in a bid to help students relax, unwind and distress. Promotion of Parkrun on Saturday mornings on Wolves FB page – may engage students in exercise.
- **Gender neutral bathrooms on campus** – Proposal has been approved and quite an amount of media coverage has surfaced on this matter. The voice of Limerick and the Leader both saw coverage of this.
- **Mental Health** – GROW and ULSU began their certified 4 week education programme on Thursday 5th Oct in the SU. Feedback from students was extremely positive. Free tea/coffee was provided as a way of socialising thereafter.
- **STI Clinics** – met with Bernadette Walsh. Ensured she will contact the HSE to have a mobile STI clinic on campus once in each semester. No date has been confirmed for semester 1 as of yet.
- **Bus Service to Supermarket** – LIDL have kindly agreed to begin running a bus service to their nearby store for students on Monday evenings. This will run from Monday 16th October and will collect at all villages.

This is a very important service for students and we are glad that it is starting soon.

Meetings Attended (With External Bodies / Of Note)

SafeTALK training.

Met with counselling dept ahead of mental health week.

Meeting with accommodation owner to address student concerns.

Meeting with GROW.

Meeting with Crowe Howarth re governance changes in the university.

Met with Student Access and Affairs re widen access programme for students who need to work part time and study.

Numerous other university meetings.

GIFTS RECEIVED (R.R.P of over €50)

EXPENSES CLAIMED

AOB

Sponsorship received from LIDL for Rosanna Davison cookery demonstration ingredients.

Signed by the Officer: *Roberta Harrington*

Submitted to the Chairperson on the *06/10/2017*

Verified by a member of the Executive Oversight Committee:

WOLVES