

2024-25

Constitution of Students' Union UCL

Arts for Mental Health Society

1. Name

- 1.1. The name of the club/society shall be Students' Union UCL [Arts for Mental Health Society](#).
- 1.2. The Club/Society shall be affiliated to Students' Union UCL.

2. Statement of Intent

- 2.1. The constitution, regulations, management and conduct of the club/society shall abide by all Students' Union UCL policy, and shall be bound by the [Students' Union UCL Memorandum & Articles of Association](#), [Byelaws](#), [Club and Society Regulations](#) and the club and society procedures and guidance – laid out in the '[how to guides](#)'.
- 2.2. The club/society stresses that it abides by Students' Union UCL Equal Opportunities Policies, and that club/society regulations pertaining to membership of the club/society or election to the club/society shall not contravene this policy.
- 2.3. The Club and Society Regulations can be found on the following webpage:
<http://studentsunionucl.org/content/president-and-treasurer-hub/rules-and-regulations>.

3. Committee

- 3.1. President
 - 3.1.1. The Presidents' primary role is laid out in section 5.7 of the Club and Society Regulations.
- 3.2. Treasurer
 - 3.2.1. The treasurer's primary role is laid out in section 5.8 of the Club and Society Regulations.
- 3.3. Welfare Officer
 - 3.3.1. The Welfare Officers' primary role is laid out in section 5.9 of the Club and Society Regulations.
- 3.4. Additional Committee Members

3.4.1. Publicity officer

- 3.4.1.1. Shall hold office from the day after the end of Term3, until the last day of Term3 in the following academic year.
 - 3.4.1.2. Shall be responsible for regular update of the society's website with relevant and current information. Collaborate with other departments to gather content for updates.
 - 3.4.1.3. Shall develop and execute a social media strategy, with a focus on Instagram, to increase the society's online presence. Monitor trends, engage with followers, and respond to comments and messages promptly. Use analytics tools to track social media performance and adjust strategies accordingly.
 - 3.4.1.4. Shall design visually appealing infographics for events, campaigns, and other relevant content. Communicate complex information in a clear and concise manner through graphic elements. Ensure consistency in branding and messaging across all infographics.
- 3.5. Management of the club/society shall be vested in the club/society committee which will endeavour to meet regularly during term time (excluding UCL reading weeks) to organise and evaluate club/society activities.
- 3.6. The committee members shall perform the roles as described in section 5 of the Students' Union UCL Club and Society Regulations.
- 3.7. Committee members are elected to represent the interests and well-being of club/society members and are accountable to their members. If club/society members are not satisfied by the performance of their representative officers, they may call for a motion of no-confidence in line with the Students' Union UCL Club and Society Regulations.

4. Terms, Aims and Objectives

- 4.1. The club/society shall hold the following as its aims and objectives.
- 4.2. The club/society shall strive to fulfil these aims and objectives in the course of the academic year as its commitment to its membership.
- 4.3. The core activities of the club/society shall be:

4.3.1. Art & Mental Health Related Workshops

Our workshops blend the expressive nature of art with the profound impact it can have on mental well-being. These carefully curated sessions provide a platform for individuals to engage in a

therapeutic journey, fostering a harmonious connection between artistic expression and mental health.

-Exploration Through Art:

Our workshops are designed to create a safe and supportive environment for participants to explore their emotions, experiences, and aspirations through various artistic mediums. From visual arts to creative writing, each session encourages introspection and the development of emotional resilience.

-Community and Connection:

Beyond individual expression, Arts for Mental Health workshops foster a sense of community and shared experience. Participants are encouraged to connect with one another, share insights, and build a supportive network. The workshops culminate in follow-up sessions where participants can reunite to collect their completed creations, providing an opportunity for socializing, reflection, and the sharing of personal experiences.

4.3.2 Art & Mental Health Related Talks

Our talks feature distinguished guests from the intersection of art and psychology. We invite psychology professionals, scholars, mental health NGO representatives, and art therapy practitioners to share insights into their recent research, publications, career development, and volunteer experiences. Covered topics will include the science behind art therapy or the role of creativity in managing stress. The talks serve as a bridge between academic research, practical application, and volunteer efforts, fostering a comprehensive understanding of the impact of art on mental well-being. These talks provide a valuable platform for knowledge exchange and foster a deeper understanding of the symbiotic relationship between art and mental health.

- 4.4. In addition, the club/society shall also strive to organise other activities for its members where possible:

4.4.1 Art Exhibition

During our visits to art exhibitions, we'll navigate through thought-provoking exhibits, discussing the emotional impact of various artworks and their potential relevance to mental well-being. Participants will have the opportunity to share their interpretations, fostering meaningful conversations about the profound connection between art and our inner worlds.

4.4.2 Cinematic Wellness Nights.

Movies have the ability to evoke emotions, inspire empathy, and provide an escape into different worlds. Our Cinematic Wellness Nights provide a unique opportunity to unwind and connect through the powerful medium of film. We aim to create an atmosphere that encourages reflection and dialogue, fostering a deeper understanding of the complexities of mental well-being.

- 4.5. This constitution shall be binding on the club/society officers and shall only be altered by consent of two-thirds majority of the full members present at a club/society general meeting. The Activities Executive shall approve any such alterations.
- 4.6. This constitution has been approved and accepted as the Constitution for the Students' Union UCL [Arts for Mental Health Society](#). By signing this document, the President and Treasurer have declared that they have read and abide by the Students' Union UCL Club and Society Regulations.

President	Name: Yilin Wang
	Signature: Yilin Wang
	Date: 26/06/2024
Treasurer	Name: Jingru Qu
	Signature: Jingru Qu
	Date: 26/06/2024