

Welfare: You & Your Members

Mehj Ahmed - Welfare & International Officer

Sinéad Booth - Representation & Campaigns (Welfare)

Objectives

By the end of this session you should be able to:

- ▶ Understand who your members are
- ▶ Gain an understanding of how make your club or society more inclusive
- ▶ Better understand students welfare needs and how you can give and get support
- ▶ Know where to refer students to and when

Who are your members?

What percentage of students at UCL do you think are:

- ▶ Women
- ▶ Disabled
- ▶ Black and Minority Ethnic
- ▶ Postgraduate
- ▶ Overseas

Who are your members?

39,473 Students

22,088 Women Students **58%**

4,085 Disabled Students **11%**

18,666 Black and Minority Ethnic Students **49%**

Lesbian, Gay, Bisexual & Trans+ Students

20,467 Postgraduate Students **53%**

11,429 Overseas Students **29%**

Barriers to accessing Clubs and Societies

Women Students

- ▶ No segregated events
- ▶ Zero Tolerance of Sexual Harassment - Training is compulsory



Women's Officer
Justine Canady
WO@uclu.org

Disabled

Physical Disability:

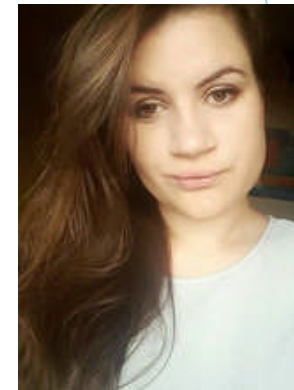
- ▶ Choose an **accessible venue**, is there an induction loop / is it wheelchair accessible.
- ▶ **Ask** if people have any access needs
- ▶ **Engage** with the student directly, speak clearly and allow them to see your lips.

Hidden disability:

- ▶ **Sensory sensitivity**, particularly to light and sound
- ▶ Provide **written information**
- ▶ **Social interaction** can be daunting

Lesbian, Gay, Bisexual & Trans+ Students

- ▶ Homophobia, Transphobia or other oppressions are not tolerated at UCL and UCLU. Serious actions will be taken.
- ▶ Sports Clubs: Every single sports club signed up to Pride In Sport. Stay involved.
- ▶ Always make a conscious effort to reach out
- ▶ Non-binary students - don't assume a member's gender or pronouns, ask them how they would like to be addressed



**Lesbian, Gay, Bi-sexual and
Trans+ Students' Officer**

Sarah George

Black and Minority Ethnic Students

- ▶ Racial discrimination is illegal. Call your members out and take it very seriously.
- ▶ Encourage BME students to run for committee positions
- ▶ Diversify your events, always promote them as 'Welcome to All'
- ▶ Black History Month is in October, get educated, get involved and encourage your members to do the same!



**Black and Minority Ethnic
Student's Officer**

Ayo Olatunji

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UCLU
University College London Union

Wider barriers

What other barriers can you think of?

- ▶ Financial Problems
- ▶ Members with caring responsibilities
- ▶ Non-drinking members

WELFARE FOR ALL

UCLU
University College London Union

Welfare affects us all

1 in 4 students at UCL experience mental health problems at university

NUS Survey - 54% of students who suffer from mental health problems did not seek help

Should I be concerned?

What behaviours would lead you to be concerned about a member?

- ▶ Have they become **more withdrawn** than usual?
- ▶ Have they been **avoiding social interactions** or events?
- ▶ Have there been **significant changes in their eating habits**?
- ▶ Have they **not been taking care of themselves recently**?
- ▶ Do they seem **lethargic or preoccupied**?
- ▶ Been **drinking excessively**?
- ▶ Fixating **over university work**?

How can you help?

Do:

- ▶ Listen
- ▶ Offer reassurance
- ▶ Stay calm
- ▶ Be patient
- ▶ Try not to make assumptions
- ▶ Keep social contact
- ▶ Inform them how to seek help when they're ready

Don't:

- ▶ Force someone to talk to you
- ▶ Force someone to get help
- ▶ See a health care professional, for someone else
- ▶ Be judgemental
- ▶ Say 'at least'
- ▶ Be a fixer

Further support

UCL Student Psychological Services

Website: www.ucl.ac.uk/student-psychological-services/index

Address: 3 Taviton St, London WC1H 0BT

Telephone: 020 7679 1487

UCL Student Disability Services

Website: www.ucl.ac.uk/disability

Drop-in: Mondays and Wednesdays 2pm-4pm

Address: Student Support Centre, Institute of Education, Bedford Square

Telephone: 020 7679 0100

UCLU Rights & Advice Centre

Website: <http://uclu.org/services/rights-advice-centre>

Drop-in: Mondays, Tuesdays, Thursdays & Fridays 11am-1pm and 2pm-4pm held in the address below

Address: 1st Floor Bloomsbury Theatre, 15 Gordon Street
London WC1H 0AH

UCL Student Funding Team

Tel: +44 (0)20 7679 0004

Email: studentfunding@ucl.ac.uk

Address: Gower St, Chadwick Building

Now it's your turn - Case Study

- ▶ A member of your club/society has confided in you about their financial stresses. You are constantly worried about them and don't know how best to support them.

Turn to the person beside you and discuss the following:

- What would be your immediate response?
- How would you help them to come up with a resolution?
- Who would you signpost them to?

Learning Objectives

Do you now feel able to

- ▶ Understand who your members are
- ▶ Gain an understanding of how make your club or society more inclusive
- ▶ Better understand students welfare needs and how you can give and get support
- ▶ Know where to refer students to and when

Any questions?

- ▶ Welfare and International Officer, UCLU
WIO@uclu.org
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- ▶ **Sinéad Booth**
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