

Vote Maddie for Welfare!

A bit about me:

Hi, I'm Maddie and I am running for Welfare Officer. I am a first year Business Management and Marketing student, but have been at Leeds for two years now as I did a different course last year. Outside of uni, I am a dancer and run the social media of a company I work for back home.



Ideas I would like to implement:

- ◆ A weekly drop in session for anyone who is struggling or has any concerns or queries, with an option to remain anonymous as well.
- ◆ Welfare Wednesday posts on social media and emailed out to business students on topics such as dealing with university stress, safety on nights out, or advice on university in general.
- ◆ I would like to collaborate with the social sec to introduce well-being socials such as coffee meet ups, day trips etc, allowing people to socialise without the pressure of going out.

◆ Create a 'starter pack' booklet to give out to freshers when they first join uni, with advice on first year, dealing with anxiety, or awareness of the mental health services available to them.

Why I would love to be the LUBS Welfare Officer:

I consider myself to be a friendly, approachable person who would help anyone who is struggling. Having been through the stress of changing courses last year, I would have loved to talk to a student about the concerns I was having, and therefore I would be honored to be that person for someone else, whether that be needing advice, or just a rant! Mental health is very important to me; I would be so grateful to be the individual who helps make a person's university experience better.

Why I believe I am best suited to the role:

As a student who changed courses last year, I understand how daunting and scary university can become when you don't like your course. Making me an ideal person anyone can approach with concerns about the course or university in general.

At school, I was the 'well-being prefect', so I have training in dealing with mental health issues and would be more than happy to talk to anyone who is struggling.

I have had many leadership positions throughout school, so feel I can help enhance the LUBS programme to make it the best!