

VOTE JESS FOR WELFARE SEC!

Hey! I'm Jess, a second-year dental student, and I've swam on performance the last 2 years. Physical and mental wellbeing is extremely important and can be challenging at uni. I want to promote this as welfare sec as the best society is a happy society!



Reasons to vote for me:

- ♥ I am an approachable person who will talk to anyone (half of my lectures are literally on small talk) and know how important it is to feel valued- I am here to listen and talk about your problems.
- ♥ I want to make sure everyone, especially new freshers, enjoy this society as much as I do. Socials may be overwhelming at first, so it is important to know it is a supportive environment, even if you get challenged as a silly fresher!
- ♥ Going into third year I have a good grasp on Uni life so am confident to help with problems regarding SWP or just settling in. I am just a message or a coffee date away. I get limited holiday so will be in Leeds most of the time, so always here to support.
- ♥ I regularly attend training, and, despite performance preconceptions, I am partial to a Wednesday night social and trip to mischief. I feel I come across as a relaxed person and a familiar face people will be comfortable talking to (performance ARE NOT boring!!)



Goals:

- ♥ **Welfare families** -This helped me in first year to meet people during covid and want to give the freshers the same experience. I want to push for a second welfare family meet up later on in the year so people who did not initially go to socials and feel it is too late have another opportunity to get involved.
- ♥ **Squad social** - work with social secs to organise a squad meal/social at the start of the year so freshers get to know who they will be training with straight away. Hopefully this will encourage new members to get involved in competitions and (more importantly) Wednesday nights.
- ♥ **Welfare dropbox and survey**- Continue the welfare dropbox so if you want to raise concerns anonymously there is a supportive system to do so. I want to start a monthly survey to check in on mental health with an option to request welfare secs to reach out to you, as approaching committee might be daunting.
- ♥ **SWP academic support**- set up a scheme where you can give your details and what course you do, year abroad etc for other members to contact you for advice, hopefully relieving academic stress.
- ♥ **Non-drinking socials** – include all members of SWP, particularly continuing the yoga which will help us busy people destress. I also want to run casual meetups such as going for brunch allowing the different squads to meet and have a gossip; I get this at the end of the lane in training but not with the rest of the society. Especially for social members who won't get to bond with a training squad- want to share the SWP love to as many as possible!

