

# UL STUDENT LIFE

BELONG TO  
THE PACK

## Student Executive Committee Report

<b>Role/Position:</b>	Welfare Officer
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<b>Date:</b>	14/10/2024
<b>Audience:</b>	UL Student Council Executive
<b>Action:</b>	Approve

# Goals

<b>Main Goals</b>	<b>Progress</b> (What have you achieved since the last Council Meeting)
<b>Wellbeing hub</b>	940 students were engaged at this years wellbeing hub during freshers week night time events. The wellbeing hub promotes drug awareness about spiking and from a harm reduction approach. 800 anti spiking cup covers were handed out over the 3 nights whilst also talking to students about drug awareness.
<b>Sexual health</b>	10,000 condoms distributed since orientation week. How to use a condom video with over 40,000 views which was released on the Sunday of freshers week to educate students to ensure the risk of STI's transmitted and potential pregnancy's were minimised.

# Other Achievements

<b>Achievement</b>	<b>Details of Achievement</b>
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<b><i>Welfare content</i></b>	150k views on instagram across all content released during freshers and orientation relating to students welfare. Videos released were in relation to consent, correctly putting a condom on, looking after yourself and others, as well as an educational post regarding drug use, risks and their effects.
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## Attendance at Events/Meetings & Actions

### Taken/Agreed

Event/Meeting	Actions Taken / Agreed
<b><i>Governing authority</i></b>	Attended and presented UL student life's report in governing authority.
<b><i>Student health centre</i></b>	Looking at the student health centre from the perspective of improvement. This will be done using focus groups. These will be released in the next few weeks. Organising how they will need to be structured and to get the best approach to these groups.

# Student Engagement

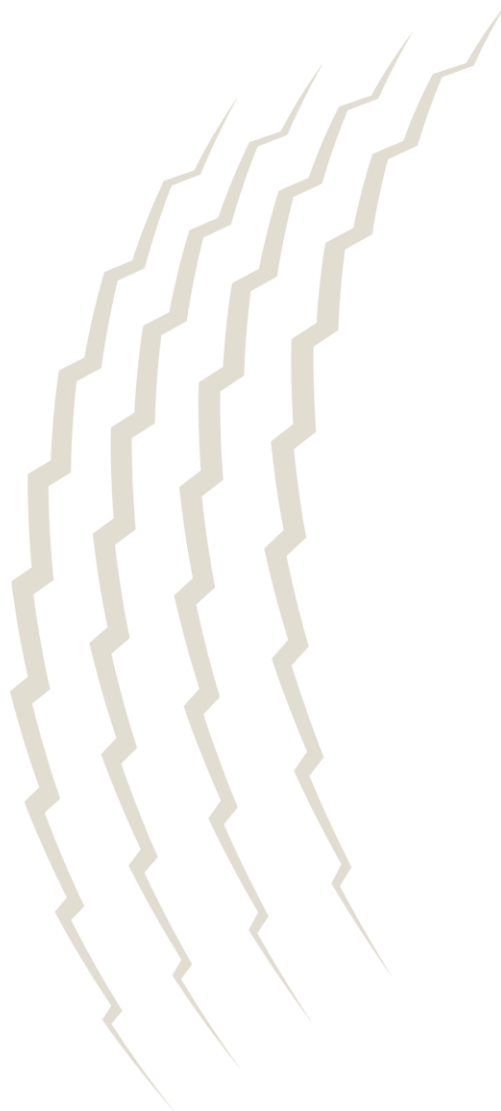
Type of Engagement	Purpose and Anything to Report
<i>Wellbeing hub</i>	940 students engaged. Promoting harm reduction and anti spiking measures before all of the courtyard nighttime events during freshers week.
<i>Orientation</i>	Full officer team spoke in the concert hall to all incoming students. Building awareness as to who we are and what we do.
<i>Flourish fest</i>	<p>Flourish Fest brought key university services together in one place so you could casually drop in, chat, and engage with them on your own terms. We had everyone from student health services, counselling, and wellbeing, to mature student supports, gambling and substance support services, the disability office, financial advisors, all there to chat to students.</p> <p>To enhance the atmosphere I also was handing out fruit on the day as well as UL music society with music to match the vibes.</p>
<i>Stitch and bitch</i>	Welfare officer and Communities officer initiative. We hosted a crafting afternoon where people could come

	with no skill level to an expert in crafting, giving them a space to mingle and chat about how they were feeling after starting into/ back to college life.
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## Media & External Engagement

Engagement Type (Press [Name], Organisation [Name], etc.)	Purpose and Anything to Report
<i>Goshh strategic planning process</i>	A session discussing Goshh as an organisation, what they do well and what can be improved upon.
<i>Midwest regional drugs and alcohol forum strategic plan launch</i>	Attended a launch of the new strategic plan which is structured for anyone in the Midwest area. This plan broke down the approach taken to come to the actions they are going to take and when they want to achieve their goals by.
<i>Leinster house visit</i>	Spoke with Minister O'Donovan regarding the budget prior to release, highlighting what supports are necessary and needed in universities. Emphasis

was placed on student numbers rising and lack of accommodation for these students.



# Plans Before Next Council Meeting

Action / Work Area	What do you plan to achieve?
<i>Governing authority</i>	Drafting and submitting report for next governing authority meeting.
<i>Drugs and alcohol fair</i>	6 <sup>th</sup> of November a drugs and alcohol fair will be held to educate students on the risks of drug use taking a harm reduction approach. Destigmatising games will be there on the day trying to put a fun spin on the harsh reality of their effects and risks.
<i>RSA shuttle bus</i>	<p>A simulator bus will be on campus October 16<sup>th</sup> from 10am-4am for students to try out different interactive simulations. I will be there giving a hand and promoting it on the day.</p> <ul style="list-style-type: none"> <li>· Practice your driving and hazard perception skills on car, motorbike or bicycle state-of-the-art simulators and VR experiences.</li> <li>· Experience first-hand the dangers of driving and texting and driver fatigue.</li> </ul>

- Try the brake reaction timer to see how driving environments and speed affect your braking distances.
- Learn about tyre safety. Tyres are your only contact with the road

