

# Wellbeing and community officer



## Timothy Martin

BSc Psychology (third year)

### Why do you want to do this role?

Through my time at UEL, I have understood the importance of actively engaging with effective wellbeing support services as well as finding support amongst my peers. Both are essential parts of a positive education experience. I want this role because I know I can carry it out effectively and have the experience and knowledge to do so.

### Why should students vote for you?

Being a student of Psychology I understand empirically the importance of Wellbeing and Community, as well as having theoretical and applicable knowledge of how to help better standards of wellbeing support and strategies for students. I have a special interest in Organisational Psychology meaning I have a fundamental base of knowledge of organisational structures such as universities, how to challenge them, and inevitably better them. Having lived in East London all my life I understand what community can and should look like for us, there is room for improvement in creating a stronger community across our schools, for both home and international students.

### What are your main priorities?

During my time in office, I hope to address as many issues and promote as much positive change as I can however it's important to identify a few concrete ambitions for the year. The following ideas have been identified through observation of existing issues and possibilities for improvement.

- **Improving Common Spaces**  
It is no secret that we have insufficient space for downtime, I want to consult the student body and identify what we need from and in common/break rooms be it leisure or productivity, as well encourage the introduction of student lead common rooms and paid roles.
- **Academic Advisor System**  
Whether this is more closely checking or mandating the amount of contact hours you have with an academic advisor, I think it's extremely important we have a member of academic staff or otherwise be someone we can rely on throughout our university experience for both academic support and to help carry the burden.
- **Multicultural Sharing and Mental Health Support**  
Our university is home to so much diversity rich in cultural differences and varying upbringings, and during the next year I want to facilitate days in which we can share our respective cultures, foods, practices, and ways of communication. Introducing workshops for mental health like yoga or boxing, enlist the help of signposting services and further tailor the mental health support system at UEL to better meet the needs and demands of us as students. One thing I know for sure is that students also need more access to financial support in times of strife, the first step of this is making students aware of bursaries both internal and external and securing any funding we can to provide more support from charitable organisations.