

AGM Report 2021

Head of Student Wellbeing – Teodor Mitsev

Hello and welcome to my AGM written report where I will be updating you on what I have been up to this year and on my key manifesto points. If you want to ask me anything about what I've been up to, feel free to email me at su.welfare@solent.ac.uk

Manifesto Points:

BLM sessions and open talks:

For Black History Month sessions with Mindful Healthcare are taking place on the 22nd October, featuring talks by psychologists, poets and students. Titled 'One Amongst Many', the event aims to highlight the effects of racism and how it can be dealt with. Due to the effects of COVID-19, the campaign has changed to an online focus and planning for future physical events has been postponed indefinitely. (If possible, in the near future there will be an arrangement with a guest speaker on topics such as systematic racism and history of racism at the Jane Austin lecture theatre but due to COVID I wasn't able to provide any more information related to specific dates.)

Introduce a voting system for the policy register:

The Union's Ideas board allows students to vote on policy changes that they would like to see within the Union, as well as introduce policies for students to vote on.

Psychological and general first aid free training:

Over the past few months, your Students' Union has been working closely with one of our partners to devise a Mental Health training course that will help students to spot the early signs of poor wellbeing in themselves and others. It's called "Mentality".

We're inviting different groups that we feel will benefit from this course including Course Representatives, Society members, faculty representatives etc. The training is now open to all students as we had more codes available in the end and I've planned to promote it to all different student groups so they can benefit from a free mental health session. There is an ongoing plan that currently aims for the training to be utilised for peer mentoring scheme. The leaders of this project will be our Head of Student Engagement and the Head of Student Experience of the University. As a project lead on the Mentality training I'm fully supporting them throughout the process of planning and developing the project. The mentality training is currently provided to around 350 students and there are about 150 codes available.

First aid workshops and trainings are postponed due to the regulations as the training would not be that effective without a physical touch.

Providing more opportunities to be vocal about your housing experience:

I've designed and shared a guide created by me and the housing advisor of the university Pollyanne that spreads awareness around housing measures and COVID. The guide was published in the last issue of our SU magazine PULSE and it's available to all students.

I've also designed and shared to social media materials explaining how to deal with your accommodation providers and housing in general that are posted on my office Instagram account.

Mental Health Social Media campaign.

1. Planned and organised an event on the 16th February. (Fern and me)
2. Got the Mental Health Team to present their services and answer questions from students. (me)
3. Got some organisations and charities to make a personalised short video for Solent Students so we can use it as part of the campaign. (me)
4. The Mindful Society will participate as well so we can spread more awareness on the topic. (Fern)

The event went live and had a fair interaction in terms of student bodies. Due to flight changes related to my returning back to the UK I was unable to run the event with Fern but overall, the organisation and the impact we had was great.

What else I have been doing:

Officer Training:

Successfully trained my officers and supported them with their ideas and campaigns. Get their projects and campaigns communicated with the right departments of the University and help them develop more.

Trans Inclusion Policy update:

1. I connected Luke (Trans officer) with the Head of Student Experience and the had a meeting to discuss the policy.
1. We had a conversation about his personal experience as a representative of this community so we can learn and make Solent even more accepting.
2. Brought the topic on a Safe Guarding Committee where it was discussed with multiple departments and the VCG and they were happy with the updates on the policy.

Helped some 3rd year film students with their FMP:

1. Had a discussion with Martin Hughes (Lecturer Video Production) that some 3rd year students require work with a client for their FMP.
2. Discussed the possibility for the SU to become one of the clients.
3. Arranged a meeting with him and the students
4. Created a professional brief for our enquiries

I've been allocated a group to work with and we are currently having regular sessions weekly where I support them and help them progress through their short film. The sessions occur every Thursday at 2pm and the project should be finalised by mid-March.

Guarantor Scheme:

Another Student officer project that I'm currently supporting.

1. Had a discussion with our Housing Officer as this was one of his campaign ideas.
2. Helped him draft a project proposal and helped with the planning process
3. Organised a meeting to discuss a debt policy update as this project may fall under it.

The project was approved by the leadership team of the SU and has been communicated with the University. A meeting with the Head of Student Experience and the university housing advisor is organised and scheduled on Friday 26th of February.

Government support and NUS:

Worked with the team and the university so we can assure that the students are looked after and they receive a reasonable treatment according to the situation: Grants, policy updates, bursaries, access to information and facilities. I've supported the NUS national campaign Students Deserve Better alongside with my colleagues.

Events created by "Mindful Healthcare" supported by the SU including:

17th December 2020 - "The most wonderful time of the year" can also be the most stressful, anxiety-inducing and lonely time for students. This month's event looks at the various stresses that are emphasised during the holidays and how we can work through them.

21st January 2021 - Observing the tradition of Dry January, we're addressing our relationship with alcohol and understanding its effects on our mood and mental health.

18th February 2021 - Love isn't meant to hurt! In this event we discuss society's tendency to normalise abusive relationships, toxic dynamics and feeling the need to find your "other half."

18th March 2021 - For Eating Disorder Awareness Month we explore the relationship young people have with food, body image, exercise and diet culture.

15th April 2021 - This month we're encouraging open conversations and more education on the experiences of students with learning disabilities and its link with mental health issues.

20th May 2021 - Medical students & mental health. Discussing psychology education within the medical profession. How to address your own mental health and that of your future patients.

Workshop Wednesdays:

Halloween makeup master class live Facebook session.

LGBTQ+ History Month:

I've created and shared a LGBTQ+ playlist on Spotify so we can celebrate and represent the community. The playlist was created in a collaboration with Radio Sonar and that way we've expanded our inclusivity by engaging out societies in some of our projects.

LGBTQ+ Film Fest:

I've worked with a platform called "Lesflix" that provides students and organisation with a 1-month free access to their organised LGBTQ+ dedicated programs for the month. Those will be going out for student on our socials soon.