



Emily Whelan

Senator Zone Representative

Zone: Student Life Zone

The details in this report reflect progress made within the Zone since the last meeting of Union Senate, which took place on _____.

Minutes of previous meetings can be found on our website here: _____

Attendance Summary

Absence with Apologies:

Absence without Apologies:

Progress Report

Summary of work
actioned by the
Student Leaders:

HOUSING OFFICER CHIRA TOCHIA –

- Has spoken to citizens bureau who have passed on her complaint to trading standards about how posh pads manage their deposits.
- She has also created a questionnaire to be shared with international students (possibly PG) regarding how they find accommodation before coming to Southampton.
- Chira also has a meeting with the law housing clinic about drafting a template between the tenant and landlord for subletting if students are away for short periods of up to one semester.

WELLBEING OFFICER EMILY WHELAN -

- Has been posting on our Student Life leaders Facebook group and inviting people to like the page. We now have over 100 likes on the page.
- Posting information regarding the support available to students in an attempt to make these services more visible.
- Researching and learning more about meningitis so we can inform students of the risks and the availability of jabs etc. Planning to release a campaign of graphics and information at the beginning of next semester.

NIGHTLINE OFFICER CHARLOTTE SAMWAYS –

- Nightline hosted their volunteer training days which were reported to be a success.

CLUBS AND SOCS REP DAVID STANLEY –

<p>Progress towards the Zone's Goal:</p>	<ul style="list-style-type: none"> • Aims to focus on meningitis awareness – 1 • Aims to focus on Homesickness, especially destigmatising – 0 • Aims to focus on increasing visibility of support services – 1 • Aim to increase the number of volunteers for Nightline - 1 • Aim to help students to sublet driveways – 0
<p>Progress: 0/1/2/3</p>	<ul style="list-style-type: none"> • Work alongside Cluttr – 2 • Run a questionnaire, aimed at PGs and international students to learn about how they source housing – 2

Pictures/links to blog posts relating to the work in the above section:

SUSU Student Life Zone Student Leaders ...
Published by Emily Whelan [?] · 9 November at 11:37 · 🌐

With Remembrance Day just around the corner I wanted to take the time to teach you all a little about something that affects many service personnel. However, anyone can suffer.

Post Traumatic Stress Disorder or PTSD is an anxiety disorder resulting from a very stressful, frightening or distressing event.

Someone suffering from PTSD often relives the traumatic event in flashbacks and nightmares. It can also manifest itself in physical symptoms such as pain, sweating, feeling sick or shaking. PTSD sufferers will usually attempt to avoid any situation that reminds them of their trauma. This can lead the sufferer to feel guilty and isolated.

However, PTSD can be successfully treated and it is important to reach out if you feel you or someone you know is suffering. You should seek help if you or someone you know is still having problems more than 4 weeks after the traumatic experience occurred.

Each week, I'm going to post something that I hope you can learn something from. Be it, information about a specific mental health condition, some tips on dealing with common uni issues or something else. If there is something you would like me to focus my post on for next week, feel free to drop me a message!

Emily, your Wellbeing Officer 🌸🌸

SUPPORT
STUDENT LIFE – 02380598180
SAMARITANS – 116 123
ENABLING SERVICES- 02380597726



SUSU Student Life Zone Student Leaders ...
Published by Emily Whelan [?] · 8 November at 15:10 · 🌐

It's official! It's freezing and wintry!!

Although, I love the festive season for so many reasons, (mainly the fact I can watch ELF and listen to Michael Bublé on repeat without objection) it can also definitely take a toll on our mental health.

Personally, I find I am always more downbeat when the winter comes round, mostly due to the lack of sunlight and thus, a lack of serotonin! A serotonin deficiency can lead people to feel depressed, irritable and many other unfavourable things! I've set myself the goal of going for a 30 minute walk everyday whilst it is still light in an attempt to boost my mood! I would also encourage you all set yourself a manageable target for each day to improve your wellbeing, be it eating 5 pieces of fruit and veg or practising yoga or meditation, anything you can do is positive!

Please please please, don't feel there is nobody to talk to about things you are going through, be it feeling down due to the winter or absolutely anything else.

SUSU's advice centre is available for advice on things that impact your student experience, such as finance, housing and more. They hold a drop in between

Enabling services have a drop in everyday between 1-3pm for mental health issues, disability and learning difficulty support and more.

Nightline is a volunteer run night-time (8pm-8am) confidential information and advice hotline. This is great if you don't feel comfortable speaking face to face with someone, or you want your concerns to be kept anonymous!

Student Life are a 24 hour service for students and they deal with so many things, be it homesickness, flat arguments and basically anything else that will make your experience at uni a better one.

The help and support available is amazing and I would definitely encourage you to use it for any issues you may experience.

Emily, your Wellbeing Officer 🌸

SUSU Student Life Zone Student Leaders ...
added 5 new photos.
Published by Emily Whelan [?] · Just now · 🌐

This week is NHS national self care week.

I want to encourage you all to take at least 10 minutes a day purely for you. Do something that allows you to feel calm and at peace, be it a face mask, a meditation session or baking.

Taking time out each day helps to keep us grounded, boosts our self esteem and increases self knowledge.

Maybe this week you could try something new! Perhaps you have wanted to try yoga for a while or thought about going for a country walk! Make this week the week you make it happen!

I'd love to know what methods of self care you all like! Leave a comment below of what helps you! It may inspire someone else to try it this!!



147 People reached

32 Engagements

[Boost Post](#)

<p>Future Plans/AOB</p> <ul style="list-style-type: none"> • Emily Whelan to commission graphics for meningitis awareness and plan a campaign for the first week of semester 2. • Emily Whelan to draft a campaign regarding homesickness. • Charlotte Samways to work on increasing volunteers for Nightline and look into incentives for them. • Chira Tochia to investigate possibilities of renting out student driveways. • Chira Tochia to work alongside our new partner, Cluttr to promote house harmony. • David Stanley to contact clubs and societies about what their immediate needs are. • Charlotte Samways to investigate how Nightline has been running so far this year.
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Additional Comments:

