

## Manifesto for Welfare Officer – Mabel Hawthorne

### About Me:

I am currently in my second year of the BA(Hons) Contemporary Dance course. I also did my foundation year here so have been part of the Trinity Laban community for three years now! When I'm not dancing, you can always find me glued to my kindle! I also love to travel and hope to spend as much time travelling around the world as possible after university.

### My Goals:

I believe that there needs to be an improved level of communication between teachers and students regarding physical and mental health issues. This is a sentiment that has been reflected by both students and faculty members. I would work closely with both groups to find an ideal middle ground. This would also involve having a medical file available to hand over to ambulances immediately for students that often require professional medical help.

I want to create a portal on Moodle where students can anonymously submit things they are struggling with, and I can create an information sheet to help. This would include resources inside and outside of the university.

I want to introduce mental health spaces throughout the faculty buildings. Creating a comfy and calm atmosphere, complete with sensory toys, headphones and lots of information resources available. I have heard from lots of students that there is nowhere to go when they are feeling overwhelmed, and I hope to rectify this.

I would love to introduce dance psychotherapist workshops into Laban and Laurie Grove and music therapy workshops into Trinity. I believe that it is so important that we have the resources to use our skills as healing elements for ourselves.

I have heard from students that there are issues with the current counselling services available and I will work to rectify this, as well as helping to create a follow up system after the counselling sessions are complete.

### My Promises:

I will always be ready to help, no matter what the issue is. Whether that's having a chat and just listening or helping you find more professional help, I will always make sure you have the tools to get help.

I promise to always be involved and invested in the Student Union team and advocate for the general welfare of all students at Trinity Laban.

I promise to push for sustainability throughout the three faculties and constantly advocate for the environment.

### Why would I be a good asset to the Student Union?

I care deeply about the welfare of others, and I strongly believe that I can help make Trinity Laban a better and more inclusive space.

I hope to advocate for the dance and musical theatre students within the Student Union as well and create a larger outreach towards these two faculties.

Any questions or ideas please contact me: [mabel.h21@edu.trinitylaban.ac.uk](mailto:mabel.h21@edu.trinitylaban.ac.uk)