



Faculty Voice Committee (FVC) and Liberation, Equality, Diversity and Inclusion Committee (LEDIC)
 October 28th 2019, 1pm – 3pm

1.1 Welcome, apologies and absences, including newly elected members	Fraser Luther Yarwood	<i>To note</i>	
1.2 Terms of reference*	Fraser Luther Yarwood	<i>To note</i>	
1.3 Minutes of the last meeting	Fraser Luther Yarwood	<i>To approve</i>	115/19
1.4 Actions & matters arising from last meeting	Fraser Luther Yarwood	<i>To discuss</i>	116/19
2.1 Deputy President Election results	Emma Howes	<i>To note</i>	
2.2 EDI in AHSS	Amanda Campbell-White	<i>To discuss</i>	
2.3 Committee-ments	Emma Howes	<i>To discuss</i>	
3. Faculty Rep Updates <i>All representatives to discuss their projects and campaigns</i>	All Faculty Reps	<i>To discuss</i>	117/19 117a/19
4. Campaign Rep updates <i>All representatives to discuss their projects and campaigns</i>	All Campaign Reps	<i>To discuss</i>	118/19
5. Executive Officer reports <i>Update on campaigns, projects, policy and ideas</i>			
5.1 President	Matt Hayes	<i>To discuss</i>	119/19
5.2 Vice President (Business)	Mary Copsey	<i>To discuss</i>	120/19 120a/19
5.3 Vice President (Arts, Humanities & Social Sciences)	Amanda Campbell-White	<i>To discuss</i>	121/19 121a-d/19
5.4 Vice President (Health, Education, Medicine & Social Care)	Fraser Luther-Yarwood	<i>To discuss</i>	122/19
5.5 Vice President (Science & Engineering)	Siobhan Fouche	<i>To discuss</i>	123/19
6. Big Ideas* <i>New ideas to be discussed and taken forward</i>			
7. New Policies* <i>A discussion of any recently passed policy</i>			
8. Budget <i>An update on the budget / new requests</i>			
8.1 Budget Request: Selfie Sticks	Damien Francis	<i>To approve</i>	124/19
8.2 Budget Request: ARUMindful	Mary Copsey	<i>To approve</i>	125/19 125a/19
8.3 Budget Request: Survivor Support	Siobhan Fouche	<i>To approve</i>	126/19
8.4 Budget Request: Sustainability Summit	Fraser Luther Yarwood and Siobhan Fouche	<i>To approve</i>	127/19
8.5: Budget Request: Nottingham Conference	Fraser Luther Yarwood	<i>To approve</i>	128/19

9. Any Other Business			
9.1 Executive committee budget includes £1000 ring fenced for conferences; NUS conference information can be found at www.nusconnect.org.uk/conferences/nus-conferences	Emma Howes	<i>To note</i>	
9.2 NSS Charities	Emma Howes	<i>To discuss</i>	
Date of next meeting			
TBC			

*Starred items will only be discussed if there are items under these headings

Executive Committee (FVC and LEDIC) Minutes; September 2019

Item		Action																																																																					
1.	<p>1.1 Attendance P = Present, Ap = Apologies, A = Absent</p> <p>1.1.1 Members</p> <table border="1"> <tr><td>Matt Hayes (Chair)</td><td>President</td><td>P</td></tr> <tr><td>Kerdisha Ali-Arab</td><td>Women's Rep (Cambridge)</td><td>A</td></tr> <tr><td>Angela Atuahene</td><td>Women's Rep (Chelmsford)</td><td>P</td></tr> <tr><td>Amanda Campbell-White</td><td>Vice President: Arts, Humanities and Social Sciences</td><td>P</td></tr> <tr><td>Mary Copsey</td><td>Vice President: Business and Law</td><td>Ap</td></tr> <tr><td>Gold Dominic</td><td>International Students' Rep (Chelmsford)</td><td>A</td></tr> <tr><td>Keeva Doyle</td><td>Trans Students' Rep (Cambridge)</td><td>A</td></tr> <tr><td>Siobhan Fouche</td><td>Vice President: Science and Engineering</td><td>P</td></tr> <tr><td>Damien Francis</td><td>B&L Faculty Rep (Chelmsford)</td><td>Ap</td></tr> <tr><td>Luca Girardi</td><td>LGBT+ Students' Rep (Cambridge)</td><td>Ap</td></tr> <tr><td>Ganesh Gupta</td><td>BME Students' Rep (Cambridge)</td><td>P</td></tr> <tr><td>Jose Hermosilla</td><td>S&E Faculty Rep (Chelmsford)</td><td>A</td></tr> <tr><td>Ashleigh Jackson</td><td>HEMS Faculty Rep (Chelmsford)</td><td>P</td></tr> <tr><td>Marta Kalista</td><td>HEMS Faculty Rep (Peterborough)</td><td>A</td></tr> <tr><td>Anna Kiss</td><td>International Students' Rep (Cambridge)</td><td>A</td></tr> <tr><td>Tiegan Lawson</td><td>HEMS Faculty Rep (Cambridge)</td><td>Ap</td></tr> <tr><td>Imogen Lay</td><td>HEMS Faculty Rep (Chelmsford)</td><td>P</td></tr> <tr><td>Emily Long</td><td>S&E Faculty Rep (Cambridge)</td><td>A</td></tr> <tr><td>Fraser Luther-Yarwood</td><td>Vice President: Health, Education, Medicine and Social Care</td><td>P</td></tr> <tr><td>Alessia Mevoli</td><td>B&L Faculty Rep (Cambridge)</td><td>Ap</td></tr> <tr><td>Sarah Strachan</td><td>AHSS Faculty Rep (Cambridge)</td><td>P</td></tr> </table> <p>1.1.2 Observers</p> <table border="1"> <tr><td>Emma Howes</td><td>Engagement Manager</td><td>P</td></tr> <tr><td>Hannah Belcher</td><td>Campaigns and Academic Enhancement Coordinator</td><td>P</td></tr> </table> <p>1.2 Terms of Reference* There have been no changes to the terms of reference</p> <p>1.3 Minutes of the last meeting – The minutes were accepted as an accurate reflection of the meeting. To add: Sarah Strachan arrived late.</p>	Matt Hayes (Chair)	President	P	Kerdisha Ali-Arab	Women's Rep (Cambridge)	A	Angela Atuahene	Women's Rep (Chelmsford)	P	Amanda Campbell-White	Vice President: Arts, Humanities and Social Sciences	P	Mary Copsey	Vice President: Business and Law	Ap	Gold Dominic	International Students' Rep (Chelmsford)	A	Keeva Doyle	Trans Students' Rep (Cambridge)	A	Siobhan Fouche	Vice President: Science and Engineering	P	Damien Francis	B&L Faculty Rep (Chelmsford)	Ap	Luca Girardi	LGBT+ Students' Rep (Cambridge)	Ap	Ganesh Gupta	BME Students' Rep (Cambridge)	P	Jose Hermosilla	S&E Faculty Rep (Chelmsford)	A	Ashleigh Jackson	HEMS Faculty Rep (Chelmsford)	P	Marta Kalista	HEMS Faculty Rep (Peterborough)	A	Anna Kiss	International Students' Rep (Cambridge)	A	Tiegan Lawson	HEMS Faculty Rep (Cambridge)	Ap	Imogen Lay	HEMS Faculty Rep (Chelmsford)	P	Emily Long	S&E Faculty Rep (Cambridge)	A	Fraser Luther-Yarwood	Vice President: Health, Education, Medicine and Social Care	P	Alessia Mevoli	B&L Faculty Rep (Cambridge)	Ap	Sarah Strachan	AHSS Faculty Rep (Cambridge)	P	Emma Howes	Engagement Manager	P	Hannah Belcher	Campaigns and Academic Enhancement Coordinator	P	
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107/19

1.4 Actions Arising

ITEM	ACTION	OWNER	UPDATE
Carried over actions: 2018/19			
6.2	ACW to investigate lack of tutor support for dissertation students in BA Film and Media	ACW	Complete.
7.2	MH to raise concerns about placement student access to counselling services at the Wellbeing Steering Group	MH	Ongoing – to be raised at next meeting
7.5	MH to explore examples of good practice at other SUs relating to the Equal Access to Education Policy.	MH	Contacts made. Ongoing
7.8	MH to raise 'inclusivity training' as a suggestion for sports team welfare officers	FLY	FLY to confirm with James Cudmore
7.8	MT to share resources for sports coaches relating to inclusivity when completed.	MT	No longer relevant.
9.	FLY & BM to raise concerns about presentation marking processes in HEMS FPT meeting.	FLY / BM	Complete. Has been addressed with individual heads of school.
Carried over actions: July 2019			
2.1	MH to seek updates on roll out of Crisp Packet recycling trial.	MH	Complete. 1 per campus in place as a trial.
2.4	MH to arrange contact between GG and NUS support opportunities	MH	Complete. GG has been in contact with contacts at NUS
3.1.3	MC to meet with DF to discuss lecture capture projects	MC	Ongoing
3.1.3	SF to meet with MC to discuss lecture capture projects	SF	Ongoing
5.2.3	SS to explore options for free condoms.	SS	Complete. Sources established at 'Diverse'.
6.1.1	MC and GD to discuss international student support options	MC	Ongoing
New Actions: August 2019			
2.1	EH to add Deputy President Election to next Executive Committee agenda.	EH	Completed. To be undertaken online.
5.1	EH to create online vote for bye-law changes.	EH	Completed.
6.1	MH to circulate paper on ARU Budget Cuts.	MH	Completed. Available on SU website.
7.1.1	MH to circulate plans to measure KPIS for Drug Harm Reduction Campaign.	MH	Ongoing.
7.1.1	MH to share exec page link with executive committee members.	MH	EH to add all Exec members to Facebook group

5.	<p>5.1 Executive Officer Reports</p> <p>5.1.1 President (Verbal Update)</p> <p>Fresher's has been very busy.</p> <p>We have secured a supplier for drugs harm reduction kits</p> <p>Sat on board of governors and exciting developments are happening soon!</p>	
109/19 111/19	<p>5.1.2 VP: Business and Law</p> <p>MH: Taken as read</p>	
112/19	<p>5.1.3 VP: Arts, Humanities and Social Sciences</p> <p>Raise the bar protest was good. Another one will take place tomorrow HEL 1-2pm to maintain momentum – please share information. We do not want the university to think we will now give up. I have launched a survey on 'A Bloody Mess'. The design work from the comms team is great – please share and fill in. We have 165 pledge so far. The survey has received 33 responses since 5pm yesterday.</p> <p>5.1.4 VP: Health, Education, Medicine and Social Care</p> <p>The university has declared a climate emergency!</p> <p>The rent report is with the comms team to carry out design work for publication. Meetings are planned with MPs for Chelmsford and Cambridge.</p> <p>I attended BUCS conference and discussed the issue of trans inclusion in sport. I am in touch with the NUS Trans officer there to address poor performance in this area.</p> <p>5.1.5 VP: Science and Engineering</p> <p>No update at this time</p>	
6.	<p>6.1 Campaign and Faculty Rep Updates</p> <p>6.1.1 Campaign Reps</p> <p>IL: I attended FPT with AJ. Looking at childcare and support for students on placement. Looking at network support options with education and placement students. Will work with FLY on this.</p> <p>6.1.2 Faculty Reps</p> <p>No Updates</p>	
7.	<p>7.1 Budget</p> <p>No updates</p>	
10.	<p>10.1 AOB:</p> <p>EH: Course Rep, PGR Rep and vacant Exec roles are now open for nominations until 4th October (next Friday). Please consider course rep roles where relevant and encourage others to stand. There is an anonymous recommend a friend button and nomination button at www.angliastudent.com/election</p> <p>EH: Please meet with Hannah to complete project plans and confirm your ideas – she is a great support to clarify your ideas and objectives.</p> <p>MH: Please respond to the deputy president election as soon as possible.</p> <p>Date of next meeting TBD.</p>	

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Carried over actions: July 2019			
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Carried Over Actions: August 2019			
7.1.1	MH to circulate plans to measure KPIS for Drug Harm Reduction Campaign.	MH	Ongoing.
8.1.1	HB to put in a 1:1 with GG and Activities to plan Black History Month.	HB	Ongoing
New Actions: September 2019			
2.1	EH to complete email election for Deputy President	EH	Complete
4.1	SS to share information on Christmas 'adoption' scheme with Officers	SS	
4.1	FLY to meet with CP to discuss Christmas volunteering opportunities	FLY	

EXECUTIVE COMMITTEE UPDATE

FACULTY REPS

Campaigns, projects and other work

AHSS Faculty Rep (Cambridge): Sarah Strachan

HEMS Faculty Rep (Cambridge): Tiegán Lawson

HEMS Faculty Rep (Cambridge): Beth Miller

HEMS Faculty Rep (Chelmsford): Imogen Lay
<ul style="list-style-type: none"> • Had a meeting with Rachel to create a plan for a student survey around disability support in HEMS • Exploring options around childcare support for placement students with Catherine Lee (teamed with Ashleigh). Discussion at FPT (Sep 19th) • Meeting with Sports to discuss more HEMS students in sport (with Ashleigh)

HEMS Faculty Rep (Chelmsford): Ashleigh Jackson
<ul style="list-style-type: none"> • Exploring childcare funding and support options for placement students in HEMS. (With Imogen. FPT 19th Sept) • Meeting with Sports development to engage HEMS students especially nursing (with imogen) • Meeting with Heads of School for nursing (with Imogen, 19th Sept)

HEMS Faculty Rep (Peterborough): Marta Kalista

B&L Faculty Rep (Chelmsford): Damien Francis

B&L Faculty Rep (Cambridge): Alessia Mevoli

S&E Faculty Rep (Cambridge): Em Long

S&E Faculty Rep (Chelmsford): Jose Hermosilla

Project Plan

2019/2020

CAMPAIGN PROJECT PLAN

Project Title	Start Date	End Date
	Oct '19	

Lead Officer/Rep	Damien Francis	Officer Support	
Staff Support	Hannah Belcher	Exec Support	

Aim	Evidence	Objectives	Measure Success
<i>What is the purpose and broad activity of the campaign?</i>	<i>How do you know the activity/campaign is needed?</i>	<i>What are the specific objectives of this campaign? What will it achieve?</i>	<i>How will you know if it's been a success?</i>
Improve the teaching experiences and reduce the negative effects staff reductions and staff resources are having on students	Staff have less budget for CPD	Provide evidence re decreased front facing staff and more stressed staff and the effects on students education	The university will look into its teaching staff and the report will be considered at the education committee.
	Staff have decreased but there's an increase in number of PhDs teaching.	Campaign for further accreditations and make these free for students	
	Talking to students – they have expressed discontent	Quicker linked resources and more awareness of better resources that we have	
	Data collection from various reports	Investigate whether they are meeting their strategic plan. Whether they're overspending and hold them to account.	

	Lack of engagement – e.g. hardly any students are refreshers fair - Stacy East's feedback.	Campaign to increase tuition time	
	Not having the time to teach all the subjects – missing out on valuable teaching time. Poor results on financial management and financial reporting.	Write a report about all the findings	
	TO DO: Contact admissions to see about entry requirements?		
	TO DO: Ask other students and course reps etc		

Deliverables	Key Stakeholders	Departments Involved in Delivery
<i>What will the outputs of the project be (an event, a Facebook group)</i>	<i>Who will play a big part in your campaign?</i>	<i>Are there any specific Students' Union departments/teams that you would like to be involved?</i>
Week 7 - Course rep open session - Refreshments	Dan Berger	Campaigns
Write a report – sent ot Dan Berger, faculty Education Committee, Partnership Meetings, FEC meetings		

Detailed Timeline & budget				
Dates activity	Activity	Action	Who's doing it	Cost
<i>When?</i>	<i>What?</i>	<i>List what needs to happen for your activity to take place</i>	<i>Who is responsible?</i>	<i>How much money will this cost?</i>

Consultation/Approval	Date	
Campaigns Coordinator		
Executive Committee		
Students		

EXECUTIVE COMMITTEE UPDATE

CAMPAIGN REPS

Campaigns, projects and other work

Trans Students' Rep (Cambridge): Ethan Dredge

International Rep (Chelmsford): Gold Dominic

International Rep (Cambridge): Anna Kiss
<p>Completed:</p> <ul style="list-style-type: none"> -Sent out upcoming events and reminders about it -Helped students with their questions (Visa, societies, etc.) <p>Things I want to do in the future:</p> <ul style="list-style-type: none"> -International food day -Continue to help students with their questions -Continue to keep them updated

Women's Rep (Cambridge): Kerdisha Ali-Arab

Women's Rep (Chelmsford): Angela Atuahene

BME Students' Rep (Cambridge): Ganesh Gupta

BME Students' Rep (Chelmsford): Obinna Ogbbankwa

LGBT+ Students' Rep (Cambridge): Luca Girardi

LGBT+ Students' Rep (Chelmsford): Andrew Taylor

Disabled Students' Rep (Cambridge): Emma Scriven

Disabled Students' Rep (Chelmsford): Caroline Hill

EXECUTIVE COMMITTEE UPDATE

MATT HAYES - PRESIDENT

My campaigns, policy and other work

**My campaigns**

Refugee Scholarship Scheme	In progress
<i>Actions updated: 16/8/19</i> <ul style="list-style-type: none"> • Begun the initial stages of sector research. • Spoken to some other unions whose institutions offer these. • Had a conversation with Aletta (DVC) who suggested attempting to utilise the Alumni network to secure funding. 	

Mental Health	In Progress
<i>Actions updated: 16/8/19</i> <ul style="list-style-type: none"> • Reviewed the recommendations from the Let's Be Honest report and identified points which we were unsure had been implemented • This list was then taken to a meeting with Andrea Cheshire (Director - Student Services) where we managed to talk through most of them. 	

Drug Harm Reduction	In Progress
<i>Actions updated: 16/8/19</i> <ul style="list-style-type: none"> • Encountered issue whereby EZ Test Kits website would only accept € and our company cards are locked to £. • Currently exploring other avenues but there seems to be a distinct lack of companies based in the UK who sell single use testing kits. 	

Other relevant updates

Actions updated: 16/8/19

- Attended two conferences which were both great opportunities to network, reflect and learn.
- Met with officers from Cambridge University Students' Union (CUSU) to discuss collaboration.

EXECUTIVE COMMITTEE UPDATE

MARY COPSEY - VICE PRESIDENT (BUSINESS & LAW)

My campaigns, policy and other work



My Officer update

Hi Everyone!

Unfortunately, I am unable to attend exec today as I am on annual leave. Please contact me if you have any questions or would like to get involved in any of the campaigns or projects that I am working on.

Brexit campaign

Working on

Since the last exec I have:

- This month I hosted an instagram takeover on the 14th and 15th of October.
- I published 3 articles and social media pushes on the following; No To No Deal campaign, the people's vote and brexit support.
- I have met up with a variety of students throughout the month to gather student feedback on the deliverables taken from the Brexit project campaign and presented this feedback to the university challenging them to make the reasonable adjustments and changes that students have requested.

Campaign wins and progress:

- The university **HAVE IMPLEMENTED** the safe-zone app as a support mechanism for students to use as protection against hate crime.
- The university **HAVE AGREED** provide additional legal support through the international office.
- The university **HAVE** adopt a system like Queen's University Belfast which provides clear and concise information on student support regarding brexit.
- The students union **RAN a** registration vote drive on both cambridge and chelmsford campus.
- The international office **HAVE AGREED** to run settlement support workshops throughout trimester one.

Brexit:Impact on Education (ACTIVE POLICY)

Link to policy:

<https://www.angliastudent.com/pageassets/represent/thegroupchat/april19/Minor-amendment-GC1919-Policy-submission-Brexit-Policy-The-Group-Chat-April.pdf>

ARUaccessible?

Working on

****As the Brexit Campaign is currently my priority this campaign will be fully launched in november****

Please review the draft project plan that I have attached to my report and submit any questions or amendments that you may have.

Other relevant updates

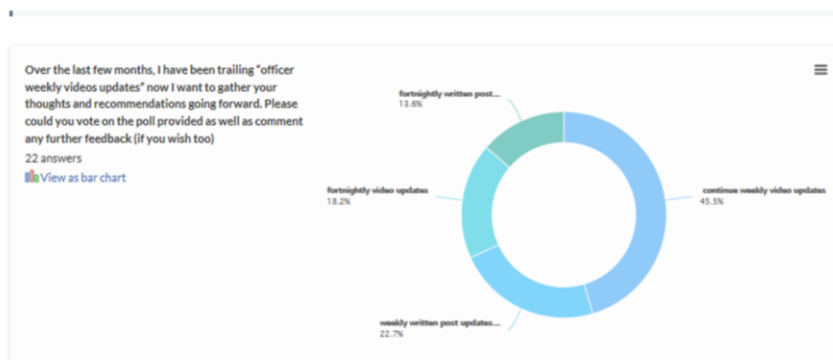
I launched the #ARUmindful project (a project within the teams break-the-cycle mental health campaign) as part of this launch the officers and I handed out tea and coffee, biscuits and fruit in our student spaces as part of Mental Health Day. Following this, I also ran two ARUmindful: let's talk about mental health sessions on both campuses.

I have submitted a budget request, please review and vote.

Over the course of October, I was involved in supporting the rep team by delivering at least 10 rep election presentations as well as this I also assisted the volunteering team by hosting and participating with in some of their events during volunteering week.

Officer visibility

Recently reviewed my officer weekly videos by launching an online poll for students to complete. I have attached a small sample of the results so far and will conduct a social media push to gather more student insight.



As part of officer viability I also arranged a meeting with my two faculty reps in gather and exchange their thoughts, feedback and project ideas.

University meetings that I have attended this month

Business and Law Faculty Partnership Team Meeting
Brexit Planning Group
Student Education committee
Academic Regulations Subcommittee

Officers Fortnightly Meeting

Project Plan

2019/2020

CAMPAIGN PROJECT PLAN

Project Title	Start Date	End Date
ARUaccessible?	August	On-going

Lead Officer/Rep	Mary Copsey	Officer Support	
Staff Support	Hannah/Emma/Comms	Exec Support	

Aim	Evidence	Objectives	Measure Success
<i>What is the purpose and broad activity of the campaign?</i>	<i>How do you know the activity/campaign is needed?</i>	<i>What are the specific objectives of this campaign? What will it achieve?</i>	<i>How will you know if it's been a success?</i>
Signage on campus	Evidence based feedback (social platforms, student meet ups, student complaints and mentioned at the Group Chat)	<p>The university will introduce inclusive and clear signage on campus.</p> <p>Students and staff will have the visual aids to support mobility needs around our campuses</p> <p>International students will feel a sense of belonging</p>	<ul style="list-style-type: none"> - Email trail with written confirmation of agreement. - Students and staff will feel supported
Access on campus	Evidence based feedback (social platforms, student meet ups, student complaints and mentioned at the Group Chat)	<p>Recommendations will be implemented from the ARUaccessible report.</p> <p>The campus will be accessible for everyone</p>	<ul style="list-style-type: none"> - Students and staff will be able to access all of our campuses stressful - Students and staff will feel supported. .

References of evidence

Oxford SU Disabilities Campaign believes the future is equal, inclusive, and accessible - <https://www.oxfordsu.org/campaigns/disabilities/>
Access Sussex- <https://www.sussexstudent.com/campaigns/access-sussex/> access.sussex@sussexstudent.com
CUSU - <https://www.disabled.cusu.cam.ac.uk/accessibility-pledge/>

Union visit – UEA has a pathway created to provide an accessible route on campus.

Deliverables	Key Stakeholders	Departments Involved in Delivery
<i>What will the outputs of the project be (an event, a Facebook group)</i>	<i>Who will play a big part in your campaign?</i>	<i>Are there any specific Students' Union departments/teams that you would like to be involved?</i>
Create a ARUaccessible network ARU SU pledge ARU pledge ARUaccessible report ARUaccessible campus audit students view Union visits	Students	Activities team
	Estates and facilities	Rep team
	Union	Volunteering
	Disabled students rep, international rep and any other members of exec who are interested	Advice
		Any team that interacts with students on a regular basis. Question to staff? – Any student feedback on accessibility on campus/attending events/signage on campus.
		Comms to support design university signage and general campaign marketing.

Consultation/Approval	Date	
Campaigns Coordinator		
Executive Committee		
Students		

Detailed Timeline & budget				
Dates activity	Activity	Action	Who's doing it	Cost
<i>When?</i>	<i>What?</i>	<i>List what needs to happen for your activity to take place</i>	<i>Who is responsible?</i>	<i>How much money will this cost?</i>
Week BG 28th October	Create design briefs	Mal to create designs	Comms and Mary	0
October- current	Meetings with estates and facilities about signage and access on campus	<ul style="list-style-type: none"> - Meet with the appropriate individual to discuss ARUaccessible - Create an action plan - Input into the campus master plans - Lobby university to hire a accessibility officer 	Mary and Hannah	tbc

4th November	Launch App notification	Send a 'check out the ARUaccessible campaign notification on SU app	8th November	Bee
4th November	Launch photo tag campaign on Instagram	Mary to take photo	31st October	Mary take content Bee to publish
4th November	Shareable images	Mal to create design	4th November	Mal
Week BG 4th November	Social media push 1wk to encourage photos to be taken	Mary to take pictures and promote	15th November	Bee to publish
Week BG 4th November	ARUaccessible? Poster for boycott	Mal to create design	8th November	Mal
14th November	Article to be written – why this campaign is important and how to get involved.	Mary to write	11th November	Mary to write Bee to publish
18th	Submit the ARUSUpledge with deisgn brief	Create an ARUSUpledge for our events and generals activity		Mary, comms and activities

2nd December-3rd	Instagram take over	Boycott social media takeover		Mary to create content Bee to publish
2nd-5th December	Social media push	Student stoires to be posted across the week "this is not accessible" 5 second student videos		Mary to send content Bee to publish
December	Submit the ARUSUpledge with deisgn brief	Create an ARUSUpledge for our events and generals activity		Mary, comms and activities
December	Publish ARUSUpledge onto the website	Mary, comms and activities to provide content.		Bee to publish.
January - March	Create draft for ARUaccessible report	Mary write draft	March	Mary and Hannah/rose
2nd March	Proof read ARUaccessible? report	Team to proof read the report	13th March	Hannah/rose and Bethan and officers
19th March	Second round of proof-reading	Team to proofread	26th march	Hannah/rose and Bethan and officers

3rd April	report and design brief submitted to comms	Mary to send visuals (am email outlining report theme)	3rd April	Mary to send Mal to design
3rd April – 15th May (6weeks)	Design PDF	Mal to create report	15th May	Mal
18th May	Publish to website	Upload PDF to issue and webpage	19th May	Mal and Bee
19th-23rd May	Social media sharing	All staff with social media to retweet and repost from the main account. Mary to come up with messaging to go out.	12th May	Mary to create content Comms to share widely
18th May	Article launching the report	Mary to write article	12th May	Comms to publish

EXECUTIVE COMMITTEE UPDATE

AMANDA CAMPBELL-WHITE - VICE PRESIDENT (ARTS, HUMANITIES & SOCIAL SCIENCES)

My campaigns, policy and other work



My campaigns

A Bloody Mess	In Progress
<p>Pledges Page update - we are on 172 responses https://forms.gle/6i7vvpc9ZNRkS5R97! But really need more so please urge all to help push this further! The link to the pledge page is here: https://forms.gle/6i7vvpc9ZNRkS5R97</p> <p>The survey is now live! We're on 63 responses so far! Which is great but again, need more! I am aiming for at least 250 responses in total!</p> <p>Some of you may be wondering, what does this have to do with me? I'm not affected so it's not my problem? By ignoring and not helping to fight this form of poverty and struggle you're adding to the problem. We can all be responsible to make sure that people are safe during their menstruation, we can all fight and push the tax associated with these products and we can all make sure that everyone has access to their education and social life!</p>	

Raise The Bar ARU	In Progress
<p>The university weekly meetings have all happened and are finished for now. This working group was not the decision making body but merely a way from the us as the SU and the university to come up with an agreement and proposal together on what the offering will look like from us! I think we have nearly won this long battle - I will update as soon as there is any news//confirmation I will update. Hoping that the final proposal//business case will go to VCG soon (they are the top dogs who will make the final decision).</p> <p>One of the actions from the campaign so far has been regular weekly protests in the Helmore canteen on the Cambridge campus, the first protest was a fantastic turnout of students shouting, singing, and making their voices heard! We gathered a lot of attention from other students and staff across the university. I can not thank all these students enough for their continued support and commitment towards helping with this campaign from creating banners, coming to the occupations and getting students to fill out the bar snap survey.</p>	

How can I get involved??

Social media takeover

Students have been creating signs and taking over social media posting on why they want an SU led bar! Using the campaign hashtag #RaiseTheBarARU , tagging myself and the university in their posts! This has really helped with the progression of the university meetings and them taking the bar situation more seriously than ever!

Mental Health (Team Campaign) - BWW proposal	In Progress
I have written my Big White Wall proposal - the officer team are currently looking at it for final checks before it goes to the Wellbeing Steering group at the end of this month.	

Other relevant updates

Actions updated: 14/09/18

General update:

- FPT: I was not happy with my last FPT, I raised the issue with the Dean of the faculty.

Issues raised at FPT included:

Deadnames at graduations. Had students within AHSS faculty who are Trans or Non-binary who wanted to attend their graduation but due to the university not calling out their real names (names they wish to be identified with) at graduation they have been using their deadnames (legal name on their birth certificate and name that will appear on their graduation certificate) ... understandably, we realise that the name on the graduation certificate must be their legal name from their birth certificate (I still don't personally agree with this but it's the legal law) but to not announce their real name at the ceremony as they come up on stage is not right or fair. What can faculty do to make sure that our future graduates feel included and able to come to graduation in the future??

Project Plan

2019/2020

CAMPAIGN PROJECT PLAN

Project Title	Start Date	End Date
Raise The Bar ARU	20/07/2019	End of year in office

Lead Officer/Rep	Amanda	Officer Support	Matt Hayes
Staff Support	John V	Exec Support	idk

Aim	Evidence	Objectives	Measure Success
<i>What is the purpose and broad activity of the campaign?</i>	<i>How do you know the activity/campaign is needed?</i>	<i>What are the specific objectives of this campaign? What will it achieve?</i>	<i>How will you know if it's been a success?</i>
For ARU to commit to giving us a space and funding for a permanent commercial space//bar on Cambridge campus	<p>Helmore sit in//occupation</p> <p>Bar proposal//business case paper</p> <p>Facebook comments: "In a time when there are significant concerns about students ability to afford their rents (and the activities some are having to engage in to keep a roof over their heads to be able to study), it is beyond disgusting that the university appears to favour its commercial ties with certain overpriced venues and pubs over the need for a student led and managed, affordable, safe, licensed bar/food outlet, such as that already successfully running in Chelmsford, right here on our Cambridge campus. The Coslett cafe and student common</p>	<p>The university will say they commit to giving us a space for the SU bar//commercial space</p> <p>The university will see my proposal/business case paper</p>	<p>The university will give us the space we want</p> <p>The university will commit to giving us funding</p> <p>The university will accept my paper and commit.</p>

	<p>room above would be the perfect location for such a venture. This space could, and should, be the vibrant heart of the student social spaces on campus in Cambridge. If the university is truly concerned about falling student numbers, the presence of a student bar, with good quality, affordable food available would be so much more attractive to potential students that any tinkering around the edges the university may wish to engage in. Give current and future students a lively, inspiring, affordable venue, that is run by and for them, where they know they won't get ripped off, and they will want to gather there, to spend their money there, eat, socialise and find the beating heart of student life at the university there. As things stand this is something Cambridge campus lacks ... there is no heart .. you look around the campus and yeah, it's an ok place to study, but it's buzz has long since buzzed off into town. It's high time Cambridge campus got a heart transplant in the form of a students union bar!"</p> <p>The University have set up the café/bar working group!</p>		
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Consultation/Approval	Date	
Campaigns Coordinator		
Executive Committee		
Students		

Deliverables	Key Stakeholders	Departments Involved in Delivery
<i>What will the outputs of the project be (an event, a Facebook group)</i> <ul style="list-style-type: none"> - Helmore sit in/occupation - Bar proposal//business plan paper 	<i>Who will play a big part in your campaign?</i>	<i>Are there any specific Students' Union departments/teams that you would like to be involved?</i> CEO and SMT Officers Comms Commerical team Activities team
	Students	
	Students' union	
	Student services	
	Exec	
	AHSS faculty	
	HEMS faculty	
	FSE faculty	
	VC	
	DVC group	

Detailed Timeline & budget				
Dates	Activity	Action	Who's doing it	Cost
<i>When?</i>	<i>What?</i>	<i>List what needs to happen for your activity to take place</i>	<i>Who is responsible?</i>	<i>How much money will this cost?</i>
Aug	Comms plan / design brief into Bee	Meeting with Bee and sending her them	Amanda	N/A
Aug	Create FB event for occupation	event on facebook of the occupation, co host SU	Amanda / Matt	N/A
Sep	Sit in / occupation	<p>Talk to arts and crafts society about crafting afternoon to create banners and signs</p> <p>create notice for occupation and message on my anglia dashboard</p> <p>email security about occupation and that there may be some noise within the canteen or through helmore street as we are talking to students CC in Bee</p>	Amanda	N/A
Dec	Proposal paper taken to VC, and USU.		John / Amanda / Matt	

Project Plan

2019/2020

CAMPAIGN PROJECT PLAN

Project Title	Start Date	End Date
A Bloody Mess	20/07/2019	End of year in office

Lead Officer/Rep	Amanda	Officer Support	
Staff Support		Exec Support	Tiegan

Aim	Evidence	Objectives	Measure Success
<i>What is the purpose and broad activity of the campaign?</i>	<i>How do you know the activity/campaign is needed?</i>	<i>What are the specific objectives of this campaign? What will it achieve?</i>	<i>How will you know if it's been a success?</i>
End period Poverty at aru	<p>Pledges: Created a pledge page on google forms. So far there are 145 pledges from staff and students across aru who are in support of this initiative. Hoping more pledges will be collected over the next couple of months. These pledges will be used as evidence to take to the university within my proposal paper</p> <p>Survey: A survey has been created to gather some ARU specific data. A lot of research online is great but need something that directly showcases the</p>	<ol style="list-style-type: none"> 1. To implement a system to ensure all students have access to free sanitary products. 2. For Universities to further support students who are suffering through period poverty. 3. To destigmatise menstruation to ensure period poverty can be spoken about safely. 4. To implement a system that ensures staff are aware of the implications that revolve around period poverty 	<p>The university will accept my paper.</p> <p>Some recommendations from the paper will be accepted and these will be implemented. These include, but are not limited to: Help Yourself scheme, Developing a sanitary box crisis provision for staff and students, To implement a system that ensures staff are aware of the implications that revolve around period poverty, Vouchers provided by the Doctor etc.</p> <p>The university will fund menstrual products for staff and students in the future across the whole university</p>

Consultation/Approval		Date	
Campaigns Coordinator			
Executive Committee			
Students			
	experiences of students at our university. Again. Data from this will be taken to the university as evidence within my proposal paper.		The university will bring conversations around period poverty as part of their wellbeing steering group//wellbeing strategy

Deliverables	Key Stakeholders	Departments Involved in Delivery
<i>What will the outputs of the project be (an event, a Facebook group)</i> <ul style="list-style-type: none"> - Pledge page - Survey - Bloody Brunch event - Providing menstrual products for students and staff 	<i>Who will play a big part in your campaign?</i>	<i>Are there any specific Students' Union departments/teams that you would like to be involved?</i>
	Students	Comms Officers Activities
	Students' union	
	Student services	
	Exec	
	VCG group	
	AHSS faculty	
	HEMS faculty	
	FSE faculty	

Detailed Timeline & budget				
Dates activity	Activity	Action	Who's doing it	Cost
<i>When?</i>	<i>What?</i>	<i>List what needs to happen for your activity to take place</i>	<i>Who is responsible?</i>	<i>How much money will this cost?</i>
August	Comms plan / design brief into Bee	Meeting with Bee and sending her them	Amanda	N/A
End of August	Article for website	Amanda write article about campaign	Amanda	N/A
September	Survey	Survey finished and ready to collect evidence	Amanda and maybe help from other officers	N/A
November	Bloody Brunch	Host a red themed meet up. Red smoothies, red velvet cake and anything else that's red! - No strings attached	Amanda/activities	N/A
December	Survey closed	Survey ending to then start gathering the data	Hannah	N/A
Beginning of Feb	Pledge page closed	Using the pledges to write up proposal paper for the university	Amanda	N/A
March	Have all the data gathered	Evidence collected to then add to proposal paper to take to the uni	Hannah and Amanda	N/A
End of march/ April	Proposal paper taken to student wellbeing steering group	Matt and Siobhan take paper to meeting	Matt and Siobhan	N/A

Project Plan

2019/2020

CAMPAIGN PROJECT PLAN

Project Title	Start Date	End Date
Best Night Out	September 2019	June 2020

Lead Officer/Rep	Amanda	Officer Support	Matt
Staff Support	Tom Manville (SU) David Walmsley (Student Services)	Exec Support	

Aim	Evidence	Objectives	Measure Success
<i>What is the purpose and broad activity of the campaign?</i>	<i>How do you know the activity/campaign is needed?</i>	<i>What are the specific objectives of this campaign? What will it achieve?</i>	<i>How will you know if it's been a success?</i>
Provide safe and fun nights for students whilst educating them of the support, resources available to them surrounding sexual	<ul style="list-style-type: none"> Students using the reporting tool and university campaign 'Unsilenced' : https://web(anglia.ac.uk)/anet/student_services/unsilenced/index.phtml <p>There has been an increase in awareness, the official launch date for the unsilenced campaign will be in October as part of national hate crime week. Student services are keen for me to continue this work alongside the unsilenced campaign</p>	Student will be more aware of the support, resources available to them surrounding sexual harassment, sexual health and	Students will go to the Best Night Out events (Lantern making session and Lantern walk).

<p>harassment, sexual health and drug harm reduction.</p>	<p>- 28% of ARU students go to see the counselling and wellbeing team for other (includes relationships and health). This is taken from David Walmsley Wellbeing PowerPoint at the Course leaders conference presentation 2019.</p> <p>gathered data from various external sources</p> <ul style="list-style-type: none"> - Direct from gov.uk, number of 20-24 year olds who attended sexual health services increased by 67,000* people from 2013-2017. (*Rounded up amount). - In a recent NUS survey, 39% of students surveyed supported that they currently used drugs. - Quoting Nus taking the hit report: respondents were least likely to report using drugs in student union venue such their bars. - Revolt sexual assault group: of students surveyed 62% said they had been sexually assaulted/harassed. - A third of female students in Britain have endured a sexual assault or unwanted advances at university, stark new research conducted for The Telegraph shows. <p>https://www.nusconnect.org.uk/articles/report-on-sexual-violence-in-further-education</p>	<p>drug harm reduction.</p> <p>Article on website about the work I have been doing the SRWG on the Unsilenced campaign</p> <p>Creating sexual health packs</p>	<p>Students will be aware of the Unsilenced campaign</p> <p>Students will have access to the Best Night Out sexual health packs</p>
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Deliverables	Key Stakeholders	Departments Involved in Delivery
<i>What will the outputs of the project be (an event, a Facebook group)</i>	<i>Who will play a big part in your campaign?</i>	<i>Are there any specific Students' Union departments/teams that you would like to be involved?</i>
Lantern making	Activities team	Comms Activities
	Comms	
	SU	
Lantern walk	Students	
	David Walmsey/Student Services	

Consultation/Approval	Date	
Campaigns Coordinator		
Executive Committee		
Students		

Detailed Timeline & budget				
Dates activity	Activity	Action	Who's doing it	Cost
<i>When?</i>	<i>What?</i>	<i>List what needs to happen for your activity to take place</i>	<i>Who is responsible?</i>	<i>How much money will this cost?</i>
December	Comms plan	Meeting with Bee to go through comms plan	Amanda / Bee	N/A
January	Order the stuff for Sexual Violence Week	Ordering products for the week in Feb and products to make lanterns	Amanda / Emma	£150 for the week
February	Sexual Violence Week	Run a lantern making session Run the Lantern walk	Amanda (maybe Siobhan wants to be involved??) Activities Team Arts and Crafts society Student services	

Project Plan

2019/2020

CAMPAIGN PROJECT PLAN

Project Title	Start Date	End Date
Big White Wall		

Lead Officer/Rep	Amanda	Officer Support	All the team (Team campaign).
Staff Support	Hannah	Exec Support	

Aim	Evidence	Objectives	Measure Success
<i>What is the purpose and broad activity of the campaign?</i>	<i>How do you know the activity/campaign is needed?</i>	<i>What are the specific objectives of this campaign? What will it achieve?</i>	<i>How will you know if it's been a success?</i>
The purpose of the campaign is to ensure that students have further wellbeing and mental health support	<p>From the let's be honest report recommendations (which still have not been completed by the university)</p> <p>Mental health was on all officer manifestos which highlights the needs across all faculties</p> <p>BWW has been implemented across other institutions across the country</p>	<p>Write a proposal to take to the university so they can implement Big White wall and work on the lets ben honest recommendations that have not been done</p> <p>Proposal to be taken to the wellbeing steering group</p>	<p>Some of the lets be honest recommendations will have been completed</p> <p>The university will have implemented Big White Wall across the institution</p> <p>The university will have accepted my proposal people within the wellbeing steering group</p>

Consultation/Approval	Date	
Campaigns Coordinator		
Executive Committee		
Students		

Deliverables	Key Stakeholders	Departments Involved in Delivery
<i>What will the outputs of the project be (an event, a Facebook group)</i> Proposal paper written	<i>Who will play a big part in your campaign?</i>	<i>Are there any specific Students' Union departments/teams that you would like to be involved?</i>
	Student services	
Proposal paper taken to wellbeing steering group	SU	
Proposal paper accepted and Big White Wall implemented by ARU	Students	

Detailed Timeline & budget				
Dates activity	Activity	Action	Who's doing it	Cost
<i>When?</i>	<i>What?</i>	<i>List what needs to happen for your activity to take place</i>	<i>Who is responsible?</i>	<i>How much money will this cost?</i>
SEE TEAM PROJECT PLAN – ITS DETAILED IN THERE				

EXECUTIVE COMMITTEE UPDATE

FRASER LUTHER-YARWOOD - VICE PRESIDENT (HEALTH, EDUCATION, MEDICINE & SOCIAL CARE)

My campaigns, policy and other work



My campaigns

RENT	In Progress
<p><i>We have taken the rent report to both Vicky Ford (Chelmsford MP) and Daniel Zeichner (Cambridge MP)</i></p> <p><i>We will now try and set up a working group with key staff within the university to act on the recommendations of the rent report</i></p>	

Men's Mental Health	In Progress
<p><i>I have had a meeting with James Mace who runs 'Walk and Talk 4 Men' We was discussing the logistics of having a similar set up on campus</i></p> <p><i>I have had a meeting with Lucas from the Cambridge counselling and wellbeing team and we will be looking to do a video Q&A between myself and both the councillors which should hopefully be done around the time of International Men's Day!</i></p> <p><i>I will be having a meeting with Tom from the Chelmsford team to have a similar discussion</i></p> <p><i>We will also look to be using resources and guidance from campaigns such as CALM, Ladbible 'U ok M8' and Walk and Talk 4 Men</i></p>	

Sustainability	In Progress
<p><i>On the 9th October there was the 1st of a series of Sustainability workshops looking at sustainability in education which was hosted by the GSI. Dates of upcoming workshops are the 28th Oct, 30th Oct and 1st Nov. We will be looking to do some in Chelmsford</i></p> <p><i>The next piece of research is the Sustainability skills survey supported by NUS. The survey will be open from 21st October - 10th November</i></p>	

On November 4th I will be travelling up to Sheffield for the NUS Sustainability Summit

On the 29th November and 2nd November we are taking part in 2 Tree planting events. 1 on campus and 1 with the local council.

In April 2020, ARU and ARUSU will be hosting the responsible futures support day where other unions can come along to find out about the changes we have made, what can be done to become more sustainable and what they can get involved with.

Paramedic support package	In Progress
<p><i>This issue was raised with Daniel Zeichner (Cambridge) and he was keen to act on it</i></p> <p><i>We received a response from the College of Paramedics and unfortunately they are not in a position to provide any funding support for the campaign but have expressed interest in supporting in other ways.</i></p> <p><i>This issue was then taken to the council of Deans and their response suggested that the exclusion of paramedic students from funding was a typo.</i></p> <p><i>We received a response from the Department for Education stating that paramedic students have access to Student Finance England as the other courses do and because they were not part of the funding reform in 2017 they do not get the same access to the LSF and there are not any current plans to review this.</i></p> <p><i>An open letter will be written, signed and then sent to Health Education England supporting the idea of providing funding for Paramedic students.</i></p>	

Peterborough	In Progress
<p><i>As of September the advice team will be doing scheduled advice drop in sessions for students in Peterborough</i></p> <p><i>I am currently working on getting a society space in Peterborough so societies have somewhere to store their equipment.</i></p> <p><i>There is currently a calendar which staff have been able to sign up for days up in Peterborough so now we are able to have at least 1 SU member of staff in Peterborough per week</i></p> <p><i>We will be replacing the outdated promo in Peterborough and putting in more updated information on how they can contact us and when we will be in Peterborough.</i></p>	

Other relevant updates

Open Library (In Progress)

The trial for this is over so now we are going to be looking at the responses of the trial to determine the next steps of having food in the library

Athena Swan (Complete)

HEMS faculty has a school specific Athena Swan group to prepare for our Athena Swan submission which has now been completed and sent to panel

International Nurses' Day! (Not Started)

Just like last year i would like to hold some International Nurses' Day activities on all three campuses and work with the faculty as well

PhD and PG support (In Progress)

At the moment some of the things i am working on with PGR students is free printing, Bitesize CPD for supervisors and supporting student lecturers to be able to separate being a student with being a lecturer.

Society of the Month (In Progress)

October sees the first round of VOTM and SOTM for the academic year, once the first award of the year is given out i will handover this campaign to the activities team for them to take forward.

Policy updates

Against NHS Cuts (In Progress)

This issue was raised with Daniel Zeichner (Cambridge) and he was keen to act on it

We received a response from the College of Paramedics and unfortunately they are not in a position to provide any funding support for the campaign but have expressed interest in supporting in other ways.

This issue was then taken to the council of Deans and their response suggested that the exclusion of paramedic students from funding was a typo.

We received a response from the Department for Education stating that paramedic students have access to Student Finance England as the other courses do and because they were not part of the funding reform in 2017 they do not get the same access to the LSF and there are not any current plans

to review this.

An open letter will be written, signed and then sent to Health Education England supporting the idea of providing funding for Paramedic students.

Part of the team mental health campaign is to look at additional support during out of officer hours which will be to the benefit of placement students.

I have recently had a conversation with our Deputy Dean Catherine Lee and we are getting a group together to create a draft proposal to have a nursery on site to support those who need childcare support and will give our education students an opportunity to gain practise hours. We will be going through everyone to make sure that this gets done properly and to make sure the funding is available to us.

Sustainability Awareness (In Progress)

On the 9th October there was the 1st of a series of Sustainability workshops looking at sustainability in education which was hosted by the GSI. Dates of upcoming workshops are the 28th Oct, 30th Oct and 1st Nov. We will be looking to do some in Chelmsford

The next piece of research is the Sustainability skills survey supported by NUS. The survey will be open from 21st October - 10th November

On November 4th I will be travelling up to Sheffield for the NUS Sustainability Summit

On the 29th November and 2nd November we are taking part in 2 Tree planting events. 1 on campus and 1 with the local council.

In April 2020, ARU and ARUSU will be hosting the responsible futures support day where other unions can come along to find out about the changes we have made, what can be done to become more sustainable and what they can get involved with.

I also plan on having sustainability added to the union strategy.

Wheels in Motion (Complete)

Following discussions asking about no access to parking on campus i found out the decision was influenced by limited spaces and prior policy agreements with the local council. The university has updated their travel page to include the links to the ARU student only lift sharing app.

<i>The discounts available to students are now accessible through the actual shop itself where discounts are between 10%-15% which are also promoted now on the website to the correct location instead of the app that no longer exists.</i>

Trans inclusion in Sport (In Progress)
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<i>I have having a catch up with the BUCS Officers and am waiting to hear the statement from the BUCS CEO following recent interest from other SUs and NUS.</i>

<i>The NUS trans offer is setting up a group for Officers who have campaigns specifically around BUCS issues, i will be part of this group looking to lobby for changes in BUCS.</i>
--

Action updates

Exec action updates

<i>I have had my meeting with Chris about volunteering opportunities over the Christmas period and</i>
--

Campaigns Budget Request

Please submit alongside project plan or update

Name: Damien Francis

Role:

B&L Faculty Rep

Dates:

Date of Executive

Committee:

Which campaign is this for?: ALL

What are you delivering?	Estimated Cost	What you need and why you need it:
https://www.ebay.co.uk/itm/Anker-Bluetooth-Selfie-Stick-Highly-Extendable-and-Compact-Handheld-Monopod-with/283188956372?epid=22024379484&hash=item41ef608cd4:g:s1wAAOSwg9Rbsf4J	£18.43 X2	Self Evident
Total Requested	=£36.86	

#ARUmindful budget request proposal

The ARUmindful project aims to support student mental health by providing tools to evoke mindfulness and enable student wellbeing by creating an ARUmindful tool kit that will be placed in your SU spaces and the SU advice and counselling and wellbeing waiting rooms. This project is part of the wider team campaign called "Break-the-Cycle taking action to support student mental health.

What is Mindfulness?

Mindfulness is a mental state achieved by focusing your mind on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations, used as a therapeutic technique [1].

We understand that it's easy to lose focus on what is going on in the world around us and that it is easy to lose touch with the way our body is feeling. Which, means we end up working and studying 24/7 and may lose track of how our lifestyles impact on our emotions and importantly impact our mental health [1].

And how does mindfulness support mental wellbeing?

Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience and to see how we can become entangled in that stream in ways that are not helpful.

It is important for us to step back and take time out from studying and working commitments for personal self-care. By using mindfulness tools and techniques allow us to stand back from our thoughts and start to see their patterns as well as notice signs of stress or anxiety earlier and helps us deal with them better [2].

How does the ARUmindful box assist with mindfulness

The ARUmindful box will contain a variety of sensory items, stress and anxiety releasing items and mindfulness materials for students to use as an aid to support their mental health. The tools provided within this box can support a student to recognise their own 'body awareness' (known as proprioception) the feedback our brains receive from our bodies which enables those to gain a sense of what we feel in the moment and how our body reacts to different situations [3].

High amounts of stress can negatively impact learning, memory, behaviour, and in both our physical and mental health [4] and following this, we know that students can experience stress, anxiety and high amounts of pressure while studying at university [3]. Mindfulness-based practices have been promoted as a promising way to reduce stress and anxiety in students and improve their academic and behavioural outcomes.

Current studies suggest that students that use mindfulness tools show improvements in cognitive skills and in social and emotional behaviours that are positively related to academic achievement [5]. Further research shows that by applying these techniques can foster self-control, or the ability to plan, control, direct, and sustain one's attention, emotions, and behaviour. Self-control enables students to regulate their behavioural, emotional, cognitive, and attentional resources so that they can accomplish a learning goal by facilitating persistent focus, reduced stress, decreased aggressive behaviour, improved cognitive performance, and enhanced resilience. [5]

We as a student's union we believe that students should feel supported throughout their studies the mindfulness boxes provide a calm space where students can connect how they are feeling emotionally and mentally and understand how their body acts in response to that.

Mary Copsey

Vice President (Faculty of Business and Law)

Pronoun: She/her

ARU Students' Union

List of References

- [1] <https://www.dictionary.com/>
- [2] <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- [3] <https://www.educationalplaycare.com/blog/sensory-play-important-development/>
- [4] <https://www.mindful.org/mindfulness-in-education/>
- [5] <https://www.transformingeducation.org/wp-content/uploads/2019/01/2019-BCRC-Mindfulness-Brief.pdf>

Campaigns Budget Form

Please submit alongside project plan or update

Name:

Mary Copsey

Role:

Vice President Business and Law

Dates:

Which campaign is this for?: Mindfulness box for our student spaces -Cambridge and Chelmsford

Date of Executive Committee: 28th October

What You Need:	Estimated Cost	Why You Need This:	Amount Approved	Amount Spent	Items Purchased	Date Spent
Mini Soft Squeeze Toy, Fidget Hand Toy for Stress Relief 40 Pack £11.99	£11.99	Animal stress fidget toys (20 per campus)				
Set of 3 A4 Colour Therapy Adult Colouring Books, Botanical, Birds & Nouveau Designs, Set (2X = 11.98)	£11.98	3 colours books per a campus for adult colour therapy				
20 Pack colouring pens (2X = 4.98)	£4.98	colouring pens for each campus				
30 Professional Colour Therapy Colouring Pencil Crayons (2X = £7.18)	£7.18	colouring pencils for each campus				
Stress Less Cards - 50 Inspirational Mindfulness & Meditation Exercises Helps Relieve Stress, Anxiety Natural Relaxation, Insomnia & Sleep Aid (2x = 19.78)	£19.78	Stress Less Cards deck contains 50 extremely effective exercises to help you relieve stress and deal with anxiety whenever you need it the most. Easy for everyone to use, these powerful techniques can be quickly memorized and used in any situation				
Empowering Questions Cards - 52 cards for meditation, writing, or any other empowering process you like Examine your deeper self, discover your inner strength and bring more energy into your life. (2x = 19.78)	£19.78	52 cards with empowering getting to know yourself questions and self help questions The pack of cards also contains the following themes, empower yourself, regain lost confidence, discover the new you and choose your own progress.				
The Little Book of Mindfulness: 10 minutes a day to less stress, more peace (2x = 11.98)	£11.98	A book full of 10minute techniques to a calmer mind-set				

Mindfulness Plain & Simple (2x = £6.00)	£6.00	A book on mindfulness - addressing stress and anxiety				
Wintao Storage Box, Collapsible Linen Fabric Clothing Storage Basket Bins Toy Box Organizer with Lids for Books and More, Grey, 3 Sizes-Large (27.98) non-plastic easy to flat pack (grey in colour)	£27.98	2 storage boxes (non-plastic fabric material and easy to store) least hazardous as has no sharp edges and grey in colour so it is neutral				
Fidget Hand Spinner Toy, Stress Reducer Ultra Durable High Speed Ceramic Bearing Fidget Finger (White Red) (X4 = 11.88)	£11.88	fidget spinners for mindfulness box				
Speed Cube Set, Magic Cube Bundle Sticker and Stickless Speed Cube Smooth Twist Cube 3D Puzzle Game, 2 Pack(X2 = 15.98)	£15.98	rubix cubes for mindfulness box				
Fiddle Kit - 5 Genuine Tangles (14.75)	£14.75	tangles for mindfulness box				
12pc Spring Slinky Rainbow (3.95)	£3.95	slinky for mindfulness box				
Yo-Yo, Pack of 12 (2.26)	£2.26	yo-yo's for mindfulness box				
18 Pack Fidget Toys Sensory Toys for Stress Relief Fiddle Toys Stress Balls adults with a Gift Bag (2x = 33.98)	£33.98	mindfulness giftbag				
Martello A5 Mega Puzzle Time Travel Puzzle Books - Crossword, Word Search Brain Teaser Books 1 & 2 (X4 = 15.96)	£15.96	2 puzzle books for each campus				
Total Requested	£220.41		£0.00	£0.00		

Campaigns Budget Form

Please submit alongside project plan or update

Name: Siobhan Fouche

Dates: Ongoing

campaign is

this for?: Survivor Support

Role: VP (S&E)

Date of Executive Committee: 28/10/2019

[illegible]

Campaigns Budget Form

Please submit alongside project plan or update

Name:

Fraser

Role:

VP HEMS

Dates:

4/11/2019 - 13/11/2019

Which campaign is this for?:

Sustainability campaign

Date of Executive Committee:

28/10/2019

What are you delivering?	Estimated Cost	What you need and why you need it:	Amount Approved	Amount Spent	Items Purchased	Date Purchased
Sustainability Summit	£342.75	Travel and summit tickets for Fraser and Siobhan				
Total Requested	£342.75		£0.00	£0.00		
Variation between Amount Approved and Amount Spent:						£0.00

Campaigns Budget Form

Please submit alongside project plan or update

Name: Fraser Role: VP HEMS

Dates: 4/11/2019 - 13/11/2019

Which campaign is this for?: Sustainability campaign Date of Executive Committee: 28/10/2019

What are you delivering?	Estimated Cost	What you need and why you need it:	Amount Approved	Amount Spent	Items Purchased	Date Purchased
Nottingham Conference	£76.50	Travel				
Total Requested	£76.50		£0.00	£0.00		

Variation between Amount
Approved and Amount Spent: £0.00