



Vice President Health Social Care, Education and Medical Science

For the attention of:	FVC/LEDIC	Taking place on:	28/09/17
Name:	Eliza Torres	Action:	To note
Summary: <i>This paper provides an update on the work of the Executive Committee member</i>			
Priority campaign(s) and objective(s)			
<ol style="list-style-type: none"> Let's Be Honest: To improve mental health services on campus, encourage the ARU community to have more honest conversations about mental health and equip them to support one another. We will be rolling out our "You are irreplaceable" campaign to support this Monthly distress events To allow all ARU students access to free event and space to relax and take a break from daily stresses of life Monthly drop ins- To ensure all students are able to express and raise any questions, comments or concerns regarding their course, module, faculty etc. Cultural GIAG – Empower students to share their love of their culture with the ARU community and bring a bit of home to ARU. Family day – Aims to cater to mature students and students whom 9-5 working hours don't allow them to access services that they need. Whilst also providing an open house / bring your family to uni fun activities day. 			
Progress on priority campaign(s)			
<ol style="list-style-type: none"> Monthly distress events -The aim of this campaign is to extend last year's distress fest into a more frequent occurrence on both small and large scales. -How I am going to achieve this aim is through working out the events and dates so that as many students as possible can attend. -What I have done so far I have collaborated with student services on one event and we will be running another together. I have some dates and places already insight so please check out the attachments. There is also a budget break down for what is needed and why. -What my next steps are to put all of these in the staffs calendars, set up events pages on the website and get the communications out there so everyone can join in on the fun! Black History Month <ul style="list-style-type: none"> The aim of this campaign is to empower students through representation and a celebration of culture. Last years first ever black history month was large and we aim to have the same kind of buzz. I will achieve this through running successful and student lead events for the month. So far I have worked closely with Katie P, to get other administrators in the University to get involved. We have had by in and have had our most expensive expenses for BHM covered! There is a calendar of events out and weekly events happening. I 			In progress

also have NUS president Shakira Martin in to speak as well as Lionheartfelt a TEDX and BBC international speaker.

- Booked all the needed rooms, made adjustments and finalized the times.
- A variety of societies are involved and excited to partake!
- ACS will be hosting a fashion show and Katie and I have been working closely on everything to ensure it's a success.

Monthly drop- ins

- - As Vice President of two different faculties I appreciate and embrace the fact that each faculty has their own students with different individual needs. Bearing this in mind I would like to host monthly drop in sessions allocated to different key areas dependent upon which campus I am on. The chat would be a time where you could express questions, concerns, happiness or any other feelings regarding your course. I will do my best to improve and help change things that are widely and deeply felt by students within the FHSCE and FMS student body.
- The drop in sessions would also be a time where students can come in and generally meet other students within their faculties and relax. I am aware that some students won't be able to make day time hours, due to this I will also try and host evening sessions so as its more inclusive and accessible.

Cultural GIAG

- The idea behind this is that I was homesick and I thought that it would be great to have GIAG activities centered on learning about different cultures. Students teaching others about their cultures, doing some activities and enjoying great food from around the world. I thought it would be a great way for students to embrace where they are from and to share it with the ARU community.
- Ive been working with communications to get the adverts together and the type of language we will use.
- Looking for authentic cuisine for the event so students truly are able to have a taste of "Home or Nigeria".
- Waiting on the budget to see how much money I will have for the event, food and activities. Thus determining the scale I am able to deliver at.

3. Family day: the one stop shop

Work in progress, I will update better once I get the other campaigns rolling and out. From the talks I have had with different faculty members there is a major buy in to this and im really excited/ looking forward to working more on this to roll it out for term 2!

In progress

Day to day updates

Freshers was crazy! And I was able to attend all three on the different campuses!! Rep talks are now upon us and were encouraging students to stand for Election. Met with student services which is how I was able to collaborate with them on

- *If you want extra information please feel free to contact me *



Project name	Cultural G.I.A.G
Project manager	Eliza Torres, VP (Health, Social Care, Education and Medical Science)
Project sponsor	TBC
Date agreed	TBC
Agreed by	TBC

Project brief

The project brief is a summary of the purpose of a project and what it will achieve. It identifies key elements of the project and the steps that will be followed to reach the objectives. The brief initiates project activity and allows the work to move forward.

This project aims to bring about cultural awareness and a love for diversity. This would be an opportunity for students to be empowered to share their culture with the ARU student community and to allow others to learn more about their respective cultures. The students will pick up their boarding pass tickets for the event and have individual mock passports as well. The passports will be stamped upon entrance to the event once the student has attended all 3 events and received the respective stamps, they will be invited to attend a party in celebration of their completion. The certificates will declare that they are world travelers etc. At the start of the event there will be fact sharing, activities, learning of two phrases in the particular language, games and food.

Project overview

A brief description of the overall purpose and need for the work. Why does this project need to be done and why now?

The overall purpose of this G.I.A.G is to help international students and home students feel like they have been able to bring their culture and share in a love of their culture with other ARU community members. This project needs to be done because it perfectly fits in with goal four which is to proactively support students to thrive in an inclusive and welcoming environment and goal five which aims to create opportunities and deliver activities that make students proud to be part of the ARU community.

Aims and objectives

<i>Broad statements of intent about what the project is trying to achieve.</i>	<i>List the tangible outcomes and benefits that will be achieved. They should be specific and measurable etc. We should be able to refer back to these at the end of the project to check whether the work has been successful.</i>	<i>How will you measure success?</i>
	Student involvement	Brief feedback survey

Inclusivity and appreciation for diversity		

Scope

Several sentences outlining what is within the scope of the project and what is not. If necessary this section should clarify the boundary between this project and other work to ensure there is no overlap or duplication.

This section should clarify what is specifically excluded from the activity.

This is a chance for cultural exchange, fun and a chance for students to feel empowered to share their culture. This isn't a diversity and inclusion workshop, although the aims of the event are to promote diversity and inclusion.

Deliverables

List the outputs of the project.

Student engagement, student satisfaction, ARU pride, sense of community and diversity empowerment.

Key stakeholders

This should list all parties (internal and external) with an interest in this piece of work.

Sabbatical team, Melanie bird, some members from student services and other members of staff that I have met and spoken with.

Project team: roles and responsibilities

<i>List all those who have a role to play in the project.</i>	<i>Include a summary of their responsibilities.</i>
Activities team	They run GIAG so their input and assistance would be needed and welcomed.
Representation coordinators	To ensure the students are a part of helping to create the event and that their voices are heard, through contacting various clubs and societies.

Sabbatical team	Provide help when they are able and I am in need of assistance and possible help running the event in Cambridge as well.
Communications team	They would help me create the boarding passes and passports to ensure ARU branding is all over it/ that it is fun and inviting! They will also ideally help with the creation of flyers to help promote the events.

Implications for the organisation

Include here any impact this area of work may have on other parts of the organisation.

The impact that this project could have on students is huge! We are a part of a diverse community and as a university and union we aim to be inclusive and celebrate diversity. This would be a prime event to showcase just that and to all the while empower students to share their culture with the ARU community during a time other than Global week festivities. Also it could be a way for prejudice, barriers and stereo-typing of cultures could be broken down. We would be learning from each other creating an exchange of ideas and information.

Risks

<i>Outline any potential issues or barriers (internal and external).</i>	<i>Include a summary of how these might be mitigated.</i>
Food allergies	Take every precaution to ensure foods are properly labeled with any potential food allergens listed
Someone could trip and fall down the stairs in Tindal	Ensure that sign posts are in place for designated exit and entry points. As well as warning of the dangers of stairs and lifts.
Someone could be triggered by the event	Taking lots of student feedback into consideration and allowing students to play a direct role in creating these events so that cultural appropriation and stereo-types are not making others feel disrespected.
Someone could choke	Ensure that sign post are available showing the Heimlich maneuver and possibly having someone trained in first aide in attendance. Also tell people to take care when chewing and eating their food.

Costs

As well as direct costs this should include an estimate of the staff resource required and the amount of time from each person/area.

A guesstimate approximation of how much the event would cost would be around five hundred pounds. Due to the fact that there will need to be at least two members of staff and the resources needed to ensure the event is ran well and to good quality standards. Some costs associated with the event would be food, drink and supplies for activities.



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**** Met with comms and got the ball rolling, im looking at the first event to be on the 8th of December. To allow for time and planning to be properly done ☺

Monthly de-stress events:

2017/2018

Green= Both campuses

Purple = Chelmsford

Yellow= Cambridge

Date:	Details:	Reasoning:	Cost Chelmsford:	Cost Cambridge:
September 26 th 3-5pm Welcome tent	Speed Friending	This would ideally be ran during welcome weeks to help new students meet new or current students. It would be a fun spin on speed dating in that you are meeting new people and it is a unique way to make friends. It helps reduce the stress of meeting new people due to the low pressure fun environment. Enabling students to share common interest based off of topic conversations. Domestic students will be partnered with international students and have five minutes to chat. Meeting new people also helps with student mental health and wellbeing.	Free tea/ coffee Pizza £ 100 (Tony)	
October week of 23 rd 7pm- 8pm Sawyers Gym	Fitness under the stars in conjunction with wellness week (Tom)	PHOKUS (Promoting Healthy Options through Knowledge, Understanding and Service). This idea was first seen at the university of Furman in South Carolina USA. It would be a great opportunity for all students and specifically commuter students that attend evening classes, to have a free event with free fitness classes and a quiet area to have	Socs Yoga, Meditation or dance with Ruskin House £Free	Same

		some tea or a snack before heading home.		
November 14 th Mab/ Hel open access	Healthy Lunches: Sandwich, water, fruit, snack x2 Fruit and water (£300) Tony ask about a sponsor Stem and glory?	Lots of students don't get the opportunity to eat properly because of lack of money, time and stress. This would be a promotion of the importance of good nutrition.	£3.39 sandwich, snack and drink (100 students £339) 24 case of water £5 120£ , Fruit TBD	
December 5 th 12- 1 pm	LUSH cosmetics chelmsford@lush.co.uk Cambridge@lush.co.uk	Encourages relaxation by creating your own bath bomb. Students get to use aroma therapy to help improve their moods.	100 students @£2 Each = £200	100 bath bombs @£1.95 = £195
January TBT* Sawyers gym	Fresh check day/ SU drop in info session	Is an event that is run throughout the USA as a way to bring awareness to mental health resources and coping strategies. There would be free food, prizes, interactive booths and free merchandise. It's a way to check in and engage with students, seeing if they are well and if there is anything we can signpost them to for help or assistance.	Carnival type theme: (Tom) £500	
February 9 th 12pm	Bouncy castle and popcorn info@megainflatables.co.uk office@megainflatables.co.uk Stem and glory sponsorship, free popcorn?	Everyone loves a Bouncy Castle and what more than this fantastic Bouncy Castle with Disco theme and comes complete with Disco Light and Sound System.	From £120 Disco bounce £120 popcorn machine =£240 (Film movie viewing, involve them. DEMI)	Venue: Court yard (Ask estates, Sandy Lynam)
March Chelmsford *Support*	Art in mind (Hannah Belcher)	Aims to be an exhibition full of student submissions regarding the theme of mental health. It would ideally raise awareness in conjunction with our team campaign as well as create an open platform for conversations regarding hope and help through tough times in the university community.	TBC Tea, coffee and little cakes £ Not that expensive Venue: Chelmsford Transportation: Mini bus	
April after Easter 12-2pm	Earth Day celebration	-Essex recycling activities. -Photos -Earth tattoos -Talk on sustainability -Allotment GIAG		

May	De- stress fest		TBC	TBC
Budget needed guestimate :			£1700	

Destress events new list of possible events

<https://si.gmu.edu/destress-fest/>

- I. **High Five-** Stop by the campus tent etc on your way to or from class and grab some free donuts, cookies and information about transport, student services and union services.
- II. **Portrait your final-** Stop by and draw or paint a picture of how your finals are going. Hot chocolate and marshmallows will be given.
- III. **Research rescue-** Need help researching your final papers? Need to know how to properly cite? Stop by the lobby of the library for tea and coffee, have your last minute research questions answered by library staff and study skills plus.
- IV. **Late night carts-** Provides snacks to help you study for finals (7:30-8:30pm) Closer to submissions.
- V. **Sanity quest-** Search and look for your sanity during finals. A scavenger hunt where you work with friends to win free prizes.
- VI. **90s Throwback-** Come on out to relax and reminisce about the 90s with candy, colouring, board games and music. (March grand opening?*)

What we still need for Black History Month:	The cost:
Food from the jerk station	£250 *£200 covered by international office
Lionheartfelt Poet BME empowerment	£250 *Full amount covered by Student Services
Light refreshments for both speaker events	£ 60
Catering sundries (Paper plates, cups, cutlery and napkins)	£40
Snacks for the themed movie night (More than 25 students expected to attend)	£30
What we need for Cultural GIAG: 30 people + will be expected to attend	The cost:
Food	£150
Drink	£ 50
Communications (Posters, adverts, inflatables)	£ 150 adverts, £100 universal inflatables
Monthly Destress events : These events are expected to have between 50+ student attending and this builds on from our overall Mental Health team Campaign.	The cost:
Speed Friending	£40
Fitness under the stars	£free
Snacks on us	£300
Lush Bath bombs	£395
Fresh Check day	£500
Arts and crafts	£100*
Art in mind	£100*
Earth day celebration (Sustainability)	£50 *
Total estimated:	£ 2000

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 Social media Maya Angelou	2 Social media - Langhston Hughes	3 Social media - W.E.B. Dubois	4 L/S- Eliza & Johanna Day activity - Society lead, Jerk station food catering Night Activity - Speaker LionHeartfelt Poet Social media - Harriet Tubman	5 Social media - Martin Luther king	6 Social media - Charles drew	7 Social media - Booker T Washington
8 Social media - Madame C.J Walker-	9 Social media - Mary Mcleod Betune	10 Social media - Patricia Bath	11 Social media - Bessie Coleman	12 L/S- Eliza & Katie P Day activity - Celebration of African women speaker NUS President Shakira Martin and Sidra Naeem Night activity - ACS Fashion show Social media - Cecilia Anim	13 Social media - Phyll opoku- Gyimah	14 Social media -Stacy Brown- Philpot
15 Social media -Torrence Boone	16 Social media -Lenna Nair	17 Social media - Minouche Shafik	18 L/S- Eliza and Katie Day activity - Student impact project Social media -Comfort Momoh	19 Lead- ACS Night activity - Screening of movie <i>Get Out</i> followed by an open discussion after Social media -Floella Benjamin	20 Social media -Kanya King	21 Social media -Sir Trevor McDonald
22 Social media -Linton Johnson	23 Social media - Baroness Rosalind Howells	24 Social media -Dianne Abbott	25 L/S-ACS & Eliza Night activity - Closing celebration of black history month by ACS Social media -Vanessa L. Williams	26 Social media -Sarah Breedlove	27 Social media -Lynette Woodard	28 Social media - Jessie Williams

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
29 Social media- Malcolm X	30 Social media- Michelle Obama	31 Social media- Oludah Equiano				

Notes	Room QUE101- ACTIVITY SIZE : 100 ROOM CAPACITY 140
	SAL004- ACTIVITY SIZE : 100 ROOM CAPACITY : 200 Key words
	L/S= Lead and Support
	ACS- African Caribbean society
	Blue siding on a particular day means the location is Chelmsford campus and green means the event will occur on both the Cambridge and Chelmsford campus.

Wednesday	Thursday
<p>October 4th – Lionheartfelt is a TEDx speaker, award winning poet and international spoken word performer here to display the struggles in black men expressing their emotions and still appearing 'masculine' and comfortable in their own expression. He has lots of spoken word poetry that he believes would be a great angle to empower the students through representation.</p> <p>Room for day activities and time: Mezzanine and MAB117 12:00-4:00pm 4:00-5:00PM Food from Jerk Station</p> <p>Room for evening activity and time: QUE101 6:00pm – 7:30pm</p>	<p>October 12th- Shakira Martin will present on women’s empowerment for a half hour followed by Sidra Naeem who will present a talk called “Are Muslim Women Oppressed? Fact or Fiction”. This talk will be one hour followed by questions.</p> <p>Room for day activities: QUE101 11:00am-2:00pm</p> <p>Room for evening activity: SAL004 5:00pm for set up 7:00-10:00pm</p>
<p>October 18th-</p> <p>Room for activities: MAB Foyer all day</p>	<p>October 19th- Movie night</p> <p>Room for evening: MAB 016 7:00-10:00pm</p>
<p>October 25th – Closing celebration</p> <p>Room and time for evening activity: MAB 114 5:00-8:00pm</p>	

12:00-12:30pm	12:30-1:00pm	1:00-1:30pm	1:30-2:00pm	2:00-2:30pm	2:30-3:00pm	3:00-3:30pm	3:30-4:00pm
International society Chelmsford**	African society Cambridge**	Bollywood society Cambridge**	Glory campus Chelmsford**	African Caribbean Society Chelmsford**	African Caribbean society Cambridge**	Ruskin house**	Closing remarks and reminders for the month to come

** Tentative

*** Food from the jerk station will be served at 1:00