



Abhainn for JCR Welfare Officer

[plain text manifesto.docx](#)

Who am I and why I should be your JCR welfare officer?

- Hi I'm Abhainn (pronounced A-Winn) (she / her)
- I'm a first-year Political science and social policy student
- I'm from the Mourne mountains and I'm running to be your 2024/25 JCR welfare officer.

Welfare is not only relevant to my degree but has been ever present in my life helping me along my path .

Utilising welfare counselling services and therapy services throughout my life lead me to provide a peer counselling service (listening Ear) leading a team of 17 prefects to become counsellors throughout the school.

Providing this counselling aswell as utilising these tools myself created a understanding of how individualised the needs of counselling are aswell as how important nuance and confidentiality are in the 1 on 1 space , which I'll be providing in my office hours . This passion for providing a safe inclusive space made me expand my horizons to my student council , as student council president I implemented sensory rooms to create a place for neurodivergent people and other to de stimulate or study in peace . I also worked to make sure the wellbeing of all groups was covered whether that was through my free period product initiative or bringing making halal and vegan options to our canteen . Welfare to me is not only having our physiological needs met but our self-actualisation needs also which is why as welfare officer I want to use my skills and experience to help trinity hall be a space where people can thrive in both their mental and physical health and do so by centring student welfare in every aspect of JCR and Halls life .

What will I do as Welfare officer ?

To create a welfare centric space at trinity hall I will implement welfare policy in every aspect of JCR which will create a welcoming and accommodating space which will promote the utilisation of all resources at trinity hall .

ENTS working with the ents officer we will provide more alcohol-free ice breaker events creating alcohol free space to form connections. I hope to work with the ents officer and the DISABILITY officer to introduce silent discos to the events agenda so you can party in sensory safe space with freedom to choose the music(and most importantly volume).

LGBTIQIA+ hope to work with our incoming LGBTQIA+ officers to expand contraceptive products provided in halls to include non-contraceptive safe sex products also(dental dams and std test kit forms).

SPORTS and being outdoors are a amazing way to boost our mental and physical wellbeing . So, I hope to work with our sports officer to create more outdoor events like nature walks , outdoor yoga and a community run club to combine nature and physical nurture to care for body and soul .

INTERNATIONAL being in a new country for Uni can be a uniquely isolating experience which is why I hope to create international potluck evenings so international students can find solidarity within each other aswell as culture nights to make sure there is integration of international and national students .

Similarly, I want to put on “bricfeasta pobail” with the SCÉIM flats , Irish speakers and those wanting to learn Irish to create an all-abilities Irish speaking space to meet eat and learn .

What will I do as Welfare officer?

STUDENTS UNION I will work closely with hamza (SU welfare officer) to make sure halls welfare issues are included in the grand scheme of the SU as our educational and accommodation are intertwined under the university .

FORUM, I want to trial an anonymous submission forum that goes straight to the welfare team so we can be informed of any issues in your building , concerns , questions you like answered on the IG , menstrual product restocks or STI outbreaks . Any more serious issues reported would indicate a wider issue within halls and prompt immediate comprehensive intervention.

OFFICE HOURS AND ROLE my role as welfare is to act as a bridge between the welfare team and the JCR to bring welfare to every aspect of halls life . I will also provide office hours as a safe confidential space to listen to any issues the incoming first years are having , provide advice or just cozy company.

WELFARE TEAM I hope to get to know my welfares so I can help organise and delegate in ways most suitable to the individuals on my team and their skill sets . Forming deep bonds with them so we can create an internal welfare support network to help distribute the workload and protect each other's wellbeing as well as the non-welfare halls residents .