

MIRIAM FOR WELFARE



Hi everyone! My name is **Miriam Greenwood** (she/her) and I'm running to be next year's welfare officer! I come from the beautiful city of **Madrid** in Spain and study Biological and Biomedical Sciences. I've had the most amazing first year in halls where I've met many incredible people and made great memories.

I am aware that this is an exceptionally demanding role, however, I strongly believe that with my **optimistic** and **calm** disposition, and my willingness to help others, welfare officer is a duty for which I'm well suited for.

Experience:

- I have **worked in summer camps** ensuring the **wellbeing of campers** since the age of **14**. I was made responsible of making sure that new campers **adjusted correctly** to their new environment, and was in charge of reporting any possible cases of **emotional distress**, as well as providing a **fun and caring environment**. This has provided me with invaluable training in **recognising dangerous** situations and providing a **safe space**.
- I was a **mentor** in my last **two years** of secondary school, tasked with guiding groups of students in the years below me in their academic pursuits, as well as ensuring their **wellbeing** and referring them to other services when seen fit.
- I have actively taken part in **debates and discussions** both **nationally** and **internationally** on the topics of **equality and mental health**. This includes being awarded **best speaker** at a **United Nations Entity for Gender Equality and the Empowerment of Women** conference and finalist at the Pre-university Debate league **CICAE** on the topic of **mental health in the school system**, as well as debates and competitions alongside the historical society in college. These experiences have provided me with the essential skill of **developing a loud voice** that I will use to **defend** the **interests and welfare** of all halls residents.
- I have also worked alongside a variety of **volunteer organisations** both in school and on a personal level, in **foodbanks, animal shelters, camps and tutoring**. I have also worked volunteering with the VDP program during my first semester of college.

Sexual health:

- **Sexual health is a crucial part** of the first year of college. I look forward to continue bringing the **consent and inclusive LGBTQ+ sex workshops** to halls during arrival weekend, as a way to homogenise sex ed between residents. I would also like to add information on the different types of **contraception and medical care available to students in the Trinity Health Centre**. Furthermore, I would like to implement workshops centred around **healthy relationships** and being able to recognise **early signs of abuse** in romantic relationships.
- I also plan to work with publications so that these topics aren't forgotten by **maintaining engagement** on the **Welfare Instagram page**.

Support:

- I believe that providing support to all residents, especially in the first few weeks, is essential . It is possible to achieve this by establishing **stronger relationships between the welfare team and their corresponding houses**. This can be made possible by **increasing the amount of events** in each house, and the **activity** in the **house group chats**. This way residents can more **smoothly communicate** with their welfare team and can alert of any problems which the welfare team can tend to. I also hope to work alongside publications officer in making the **welfare team more accessible** and well known.
- I additionally aspire to hold **extra office hours** during the first few weeks in aid of those students who might be finding it harder to adapt.

Socialising:

- Socialising is huge part of our wellbeing, and **making friends** your first year of college is a **major concern for many incoming first years**. Events like the wine and cheese and welfare breakfasts this year were great for socialising and I would like to **implement more house mixers** to establish friendships with **people you live close to**.
- I also plan to work alongside the sports and ents officer to make use of the amazing facilities we have in Oldham house, such as the ping pong and pool table to organise **welfare tournaments for charity**.
- I hope to also **increase the use** of the wonderful **garden** we have in halls, alongside with more **wellness focused activities**, such as movie nights , arts and crafts and yoga.
- Finally, as an **international student** I plan to work alongside the international officer, in hopes of **making halls a more active place in the weekends**, when it can feel the loneliest as many Irish residents go back home.