



Wellbeing Officer

About volunteering with SUSU:

The Union's mission: **unlocking the potential and enriching the life of every student. As a student-led organisation the hard work and dedication of our student volunteers is vital to our mission.**

As a Student Officer, you will be responsible for promoting particular issues or causes to students. Your role will be to be a key point of contact on this issue between students and the Union. This might mean seeking out their feedback, promoting relevant events or activities, or just being a visible point of contact.

You will have regular 1:1 meetings with your relevant Sabbatical Officer who will be able to support and advise you in the work that you want to do. We provide full training at the beginning of the year as well as advice and support as you continue in your role. You will gain a wealth of experience through your voluntary role with SUSU, experience that you can use to improve your future employability while receiving recognition for the work you accomplish.

While volunteering with the Union as Wellbeing Officer, your role in this mission is described below.

The main purpose of your role:

- 1)** Work to prioritise student mental health within the Union and University
- 2)** To promote a healthy lifestyle amongst students
- 3)** To support students with private housing issues

The main responsibilities of your role:

Work to prioritise student mental health within the Union and University

- Promote and signpost the support services offered by the Union and University to all students
- To seek student feedback on mental health support and act on the feedback received, working with the VP Welfare & Community
- To lobby the University to prioritise student mental health



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To promote a healthy lifestyle amongst students

- Raise awareness of maintaining a healthy lifestyle amongst students
- Be a key contact between relevant societies and the VP Welfare & Community
- Work with the VP Welfare & Community on awareness raising campaigns such as Expect Respect

To support students with private housing issues

- To work to appropriately inform and signpost students about housing options, including working on events such as The Housing Fayre
- Ensure that there is relevant advisory information on housing, working with relevant Union staff and the VP Welfare & Community
- Oversee SUSU Lettings 'Find a Housemate' page

Where can you find guidance?

Sabbatical Officer:

vpwelfare@soton.ac.uk

Activities Team:

activities@susu.org

How to nominate for the role:

In order to stand as a candidate, you will need to submit a short statement letting everyone know why they should vote for you. You don't need to have any previous experience so simply focus on what you will achieve if elected.

Log in to our website at www.susu.org/elections and fill out the nominations form. There is no need to create a new account, just use your University credentials.

For any queries about the election, please contact us at elections@susu.org



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Time Commitment and Expectations

There will be times throughout the year where you may be called on to help promote and spread awareness for SUSU campaigns. There will be key meetings that you must attend and you must attend relevant SUSU meetings.

If at any point you find that you are struggling to balance voluntary work with your studies we understand that your degree must come first. Please, come and speak to us and we will always try our best to make things easier.
