

# Wellbeing and Inclusivity officer manifesto

## About me:

Hi everyone,

Let me introduce myself, I am Tia, a BSc Animal Behaviour and Training (with Canine) student, going into my final year in the 2026/27 academic year. Something not many people know about me is that I am a care leaver, which is partly why I'm running for the wellbeing and inclusivity officer position, as I have seen first hand, and second hand, how hard uni and everyday life is when faced with physical or mental barriers, but I am also running for this role as I am passionate about helping fellow students (and staff) to feel safe, happy, heard and included on campus.

## My aims:

- - Implementing a regular wellbeing day or week (separate from Wellfest), filled with activities to improve wellbeing, and mental and physical health.
- - Having frequent tips on how to manage everyday stress, posted around campus/ via emails
- - Putting a spotlight specific mental health and diversity awareness weeks/ months.
- - Having an open email for students to discuss issues with me to then help them create a plan to relieve/ deal with some of these issues.

Physical health, mental health, and wellbeing are incredibly important things to learn about and look after, especially at university, as it is a massive change from normal high school, sixth form/ college life. Therefore, I aim to encourage hartpury to prioritise and support the (mental and physical) health and wellbeing of their students, and accessibility on campus. Additionally, university can feel so lonely at times, because of this I will also be campaigning to introduce more social events, like karaoke night in the loft, or more frequent games/ quiz/ crafts nights, so that all students, including those not on campus, can get together and socialise with other people that aren't on the same course.

Other big stressors faced by uni students, is the cost-of-living crisis, and finding a place to live for the next uni year, thus I aim to encourage the provision of frequent budgeting and effective meal prep tips and providing a guide to students offering help with finding accommodation.

## Current work within the SU:

Over this past year I have had the privilege to be part of the student union in the form of being a student rep, where I have made sure to gather as much feedback as I can from my fellow students, and pass any concerns on in meetings to help get them resolved. Additionally, I am also part of the student council, where I join meetings to discuss the potential creation of new clubs and societies. I have enjoyed both roles so far, and I am passionate in helping other students, in the university, feel safe, happy, and included on campus and make sure that they know they are not alone at university.