



AGENDA
UWA Student Guild
Welfare & Advocacy Committee
5th April 2016

Meeting to commence 4pm
Venue: Meeting Room 1 (1st Floor, South Wing)

1 WELCOME AND OPENING

- 1.1 Welcome and Acknowledgement of Country
- 1.2 Attendance, Apologies and Proxies

Committee Members:

Emily Law (Welfare Officer) [Chair]	welfare@guild.uwa.edu.au
Maddie Mulholland (Guild President)	president@guild.uwa.edu.au
Emma Boogaerdt (Education Council President)	ed@guild.uwa.edu.au
Patrice Mitchell (Student Assist Manager)	patrice.mitchell@guild.uwa.edu.au
Katherine Haag (Student Assist)	katherine.haag@guild.uwa.edu.au
Charles Viska (Ordinary Guild Councillor)	vp@guild.uwa.edu.au
Steph Munro (Ordinary Guild Councillor)	stephanie.munro16@guild.uwa.edu.au
Reece Gherardi (Ordinary Guild Councillor)	reece.gherardi16@guild.uwa.edu.au
Chris Hendrickson (Ordinary Committee Member)	hendo.63@hotmail.com
Pheobe Ho (Ordinary Committee Member)	pac-ocm1@guild.uwa.edu.au

Standing Invites:

Daniel Ortlepp (Welfare Deputy)	21140001@student.uwa.edu.au
Hannah Matthews (Education Secretary)	vp-pac@guild.uwa.edu.au
Lina El Rakhawy (Education Vice-President)	ed-ocm2@guild.uwa.edu.au

2 WELFARE WEEK

- Each semester week 12
 - Semester One: 23rd – 26th May
 - Semester Two: 24th – 27th October
- Monday: Physical Welfare
 - Food & Nutrition
 - Free breakfast and lunch to be provided
 - Food Pantry advertisement [see below]
 - Emily to contact Kate Fleming and HSS regarding guest speakers on nutrition/eating disorders
 - Exercise
 - Emily to talk to Torey about sport collaboration (Frisbees and footballs)
 - PESA
 - Massage/Podiatry
- Tuesday: De-Stress & Rights
 - PAW – puppies yay!
 - Bubble wrap
 - Face painting/Colouring-in/mindful activities
- Wednesday: Mental Health & Alcohol and Drugs
 - HPU guest speakers and surveys
 - Emily to contact Access Collective for collaboration opportunities
- Thursday: Screw Day/Sex(uality) and Consent – Emma

- HPU/REACH Health checks
- STI/preventive information
- Emily to talk to Laura about Women's Department collaboration
- Melbourne and Sydney run a similar 'Rad Sex and Consent Week'
 - Advertised as "The Sex Ed you never got in school"
 - Consent workshops
 - How to make your own sex toys
 - Mapping periods
 - Workshops run by Transgender Victoria
 - Centre Against Sexual Assault
 - HIV/AIDS
 - Introductions to asexuality
 - Race and relationships
 - Sexuality and sexual health
 - Fuckability (workshop on disability, sex, power and kink)
 - Program has been taken up by Monash and La Trobe University
- Student Assist to roster an officer for each day of Welfare Week
- Emily to contact FacSocs regarding collaboration and grants
- Nedlands/Albany/QEII to have their own welfare drops and communication of all plans/information

3 WELFARE PROJECTS

3.1 Yoga/Pilates/Mindful UWA

- Push advertisement to more Postgraduate students
- Timetable of ways to chill out – De-Stress Calendar
 - Guild weekly yoga and pilates
 - Saturday morning free yoga run by Sports
 - Staff Tai Chi
- Patrice to look into possible collaboration with UWA Meditation by the river
- Volunteering running Mindful UWA program with free weekly meditation
- Yoga mats and towels to be advertised and lent out by the Guild

3.2 Mental Health (drop-ins)

- Keep open in Refectory courtyard
- Roster of Welfare members each week
- Low-barrier environment and approachable by students in need
- Materials to be provided regarding all Guild and University services
- Resources wall in the student center of Welfare/Student Assist material
- To be advertised Guild weekly
- Flyer drops possibility – if cleaned up at the end of the day

- Collaboration with Access Collective to make a proposal about possibly getting a room in the second floor of Guild in the future

3.3 Food Pantry/Food Drops

- Emily to meet with Patrice and Katherine to confirm budget and purchase
- Renamed to 'Food Pantry'
- 'Foodbank' organisation deemed unfavourable compared to Coles
 - Expired – image of the guild
 - Distance, price and audience
- Students to collect items from Student Assist office, only being required to provide their student number for records
- Publicise downstairs in Student Central (similar to emergency loans)
- Does not replace by free food events throughout the year

- Amount of food given out is determined case by case, rather than set packs
- Advertise with Pantry accepting donations from organisations and students
 - 70% of students below poverty line, if you're one of the 30% please donate
- Offer FacSocs and clubs to donate the money from charity events to this cause/Student Assist/Welfare instead of external organisations
- Emily to contact Coles, IGA, Lawleys etc to for possible collaboration, donations and sponsorship
- Maddie to sort out Guild credit card access
- ALVA and Dentistry food drops (fresh fruits/biscuits etc) during folio weeks
 - Emily to look into – talk to Honny (coordinated the first round of food drops)

3.4 Sleep Out/Homelessness

- Collaboration between Welfare and PAC for Social Justice Week – coordinated by Hannah Matthews
- Sleep Out on Oak Lawn
- Raise awareness of student homelessness
- Hannah and Emily to contact Volunteering for collaboration
- May 9th as proposed date

3.5 Promotion

- Social media – Emily to talk to Elise and Sarah regarding strategies
- Offering a variety of methods for people sharing their experiences
 - Online and in person
 - Low-barrier, easily accessible
- Weekly section in guild weekly
 - Maddie – blurb welfare and education
- Emily to talk to FacSocs about inclusion in their newsletters
- Emily to email lecturers and unit coordinators for advertisement of services to students
- Calendar to be drafted with strategy for regular posts

3.6 Healthy Eating & Disorders

- HSS collaboration
- Contact dieticians
 - Kate Fleming
 - Emily to obtain other contact from Maddie

3.7 R U Okay? Day

- HPU collaboration with guest speakers
- Build-in marketing for Mental Health Mind Map
- Flyer drop on the day
- Lead-up to R U Okay? Day – weekly ongoing seminars about mental health to be run with speakers from HPU

4 WELFARE/EDUCATION CAMPAIGNS

4.1 Know Your Rights

- A guide created by the Education Action Network – Emma and Lina
 - Academic rights
 - Working rights
 - Paid work
 - Unpaid internships
 - Vac-work
 - Volunteering
 - International student rights
- ECOMS speaker workshop about commerce internships and rights
- Unions speakers invited to promotion events

- Smaller, more targeted events at study/common spaces
 - Business school
 - Med (harassment in hospitals)
 - Clough
- Panel discussion on broad casual employment

5 HPU PROJECTS

5.1 Zest for Life

- Project done in 2015
- Identifying students at risk of suicide
- How the university can better support students
- Extracurricular tend to be less at risk to suicide
- Maddie to follow up and see if the Guild needs to do more

5.2 LDAG (Local Drug Action Group)

- Support systems for students and families of students
- Minimizing the harm and effects of the drugs/alcohol
- Run through Curtin, participating in a survey in study drugs and how they affect students
- Investigating if there is a link between (eg. 3 hour exams and study drug usage) – if there are problems in the way that the university teaches
- Student Resilience Project (Non-Guild project)
 - Peoples mental health/expectations changes from when they first start Uni vs their whole degree
 - Initial meeting – Emily to come with Maddie to talk about Guild collaboration

6 GRANTS

6.1 Applying for grants/In kind support

- FacSocs can apply for grants
- In the past, grants have only been for activities done during welfare week
- Emily to speak to Tom about budget

6.2 STRIVE Grants

- \$3000 grants
- In 2015:
 - Artificial grass
 - Umbrellas
 - Chill-out furniture
- Apply up to 4 times a year
- Grants are not for services – rather materials

7 OTHER BUSINESS

- Coin Drops (Chris Hendrickson)
 - Collection boxes in cafes and common spaces on campus
 - Collaborate with FacSocs
 - FacSoc competition for raising money/awareness
 - Variety of charities offered
 - Monthly goal and descriptions of each charity
 - Tried in 2015 Social Justice Week

8 NEXT MEETING

- Hopefully in 3 weeks! Thank you guys so much! <3 :)



AGENDA
UWA Student Guild
Welfare & Advocacy Committee
9th May 2016

Meeting to commence 12pm
Venue: Meeting Room 1 (1st Floor, South Wing)

1 WELCOME AND OPENING

- 1.1 Welcome
- 1.2 Apologies

Committee Members:

Emily Law (Welfare Officer) [Chair]	welfare@guild.uwa.edu.au
Maddie Mulholland (Guild President)	president@guild.uwa.edu.au
Emma Boogaerdt (Education Council President)	ed@guild.uwa.edu.au
Patrice Mitchell (Student Assist Manager)	patrice.mitchell@guild.uwa.edu.au
Charles Viska (Ordinary Guild Councillor)	vp@guild.uwa.edu.au
Steph Munro (Ordinary Guild Councillor)	stephanie.munro16@guild.uwa.edu.au
Chris Hendrickson (Ordinary Committee Member)	hendo.63@hotmail.com
Pheobe Ho (Ordinary Committee Member)	pac-ocm1@guild.uwa.edu.au

Standing Invites:

Hannah Matthews (Education Secretary)	vp-pac@guild.uwa.edu.au
Dennis Venning (Environment Department Officer)	environment@guild.uwa.edu.au

2 WELFARE WEEK

- 2.1 Monday: Physical Welfare
 - 2.1.1 Healthy Breakfast

ACTION: Emily to talk to Blackstone about collaboration with their Wellness Week

- 2.1.2 Eating Disorders/Nutrition speakers

Kate Fleming unable to come

ACTION: Pheobe to continue to talk to Sue

- 2.1.3 Massages

Curtin Physio faculty unable to provide their services

ACTION: Emily to send through information for Maddie for poster

ACTION: Chris to ask his physio contacts

\$30ph for 2 hours of massages - \$120 per day

ACTION: Emily to ask Dentistry what day would suit them best

- 2.2 Tuesday: De-Stress and Rights
 - 2.2.1 Animals – PAW

All sorted! EMP submitted

ACTION: Emily to talk to Kasey about PLI grant

- 2.2.2 Mindful/Chill-out Activities

Chill-out furniture under marquee on Oak Lawn with mindful activities

- 2.2.3 Know Your Rights

Emma is doing an Education stall at ALVA

ACTION: Emily to talk to Emma and Lina about collaboration

2.2.4 Swap Meet

ACTION: Emily to talk to Kasey and Siobhan about logistics and communication

2.2.5 Pillow Fight!

ACTION: Emily to purchase pillows with ISS representative Jacky

2.2.6 Relay for Life

EMAS is hosting a pancake breakfast and is launching their Relay campaign

ACTION: Emily to talk to Matt Schild

2.2.7 HPU

Time: 12:45-2:15pm

Location: Faculty of Law Courtyard

Activities: BAIT and Five Ways to Wellbeing: Mental Health Pledging

Peeps: 4-6x BAIT and 4-6x FFS (no training required)

2.2.8 Panel/Guest speakers

ECOMS collaboration with HPU and the Access Collective

Mental health panel discussion

ACTION: Emily to talk to Brad and Ashleigh about location/services

2.3 Wednesday: Mental Health and Alcohol & Drugs

2.2.8 Welfare Rights & Advocacy Services
(Tenancy & Centrelink Legal Education)

ACTION: Patrice to talk to WRAS about changing time to 12-2pm Wednesday

Centrelink Seminar:

- What they can claim;
- How to make a claim;
- How to maintain a claim; and
- How to address frequently faced issues within the system.

Tenancy Seminar

- breaking lease agreements;
- dealing with bond disputes; and
- understanding the obligations and rights of a tenant

2.3.2 Resources and Strategies

ACTION: Emily to talk to Elise and Patrice about information/resources to provide

2.3.3 HPU

Time: 12:00-2:15pm

Location: Oak Lawn

Activities: BAIT and Think Drink Extravaganza (Standard Drink Pouring)

Peeps: 4-6x BAIT and 4-6x FFS

2.3.4 Mathematics Union

ACTION: Emily to talk to MU about their 'Figure Painting' event

2.3.5 University Engineers' Club Mindfulness workshop

ACTION: Emily to talk to UEC about grants

UEC initially planning for Semester 2, however will use Sem 1 to test waters and improve

2.4 Thursday: Sex(uality) and Consent

2.4.1 Health Checks

ACTION: Emily to talk to REACH to confirm their time from 10am-2pm

ACTION: Emily to talk to SARC about possible collaboration

2.4.2 Workshops/Information

ACTION: Emily to talk to Laura about Women's Department Collaboration

2.4.2 Cancer Council Biggest Breakfast
EMAS to run an event for the Biggest Breakfast at 10am

2.5 General

UWAPC – Photography Club – to take photos

ACTION: Emily to talk to UWAPC about dates and times

3 WELFARE PROJECTS

3.1 Resource Walls

ACTION: Emily to talk to Patrice and Elise about materials/relevant information

ACTION: Emily to talk to Maddie about De-Stress Calendar dates/timetable

3.2 Food Pantry

ACTION: Patrice and Emily to talk to Elise about a communication plan

Everything ready to go!

\$1000 additional grant provided (thanks Hannah!)

3.3 Social Justice Week

Monday:

- Poems on Oak
- UWADU – Women's debate

Tuesday:

- Social justice club carnival
- Students For Refugees stall
- Evening: Winter sleep out
- Collection bins, blankets, donations

Wednesday:

- African Union – discussion evening
- UWADU – animal ethics debate

Thursday:

- McCusker panel – indigenous issues & welfare and legal rights
- Engineers Without Borders – hunger games (game of strife, guest speaker and hunger banquet)
- UWADU – queer department

3.4 Coin Drops

ACTION: Chris, Em and Dennis to figure out logistics

ACTION: Emily to talk to Catering and Tavern about aesthetics

Suggestions so far:

- Clubs and FacSocs to pitch their charity of the month
- Meg: Homelessness donations
- Dennis: effective altruism – local
- Schistosomiasis Control Initiative

4 HPU PROJECTS

No updates to date

5 GRANTS

Blackstone – Breakfast on Monday

UEC – Mindfulness

PAW – insurance

6 OTHER BUSINESS

ACTION: Emily to set up a communications plan with Sarah

ACTION: Emily to meet with Deputies

Welfare department Facebook page ideas for posts:

- Current services that are offered on campus
 - Counselling
 - Student assist
 - Loans
 - UniAccess
 - Housing support
- Relevant articles
- Research (within university) – mental health education, physical health education)
- Relevant policy changes – non controversial - Government and University
- General events

Regular posts

Promote if certain clubs are doing welfare events

Student testimonials

Exam timetables

ACTION: Emily to talk to Emma and Student Assist to do a FAQ for exams

Student Assist hours discussed

ACTION: Patrice to talk to Kelvin about registration forms being redone

Concerns from finance about emergency loans to be dealt on a case-by-case basis

7 NEXT MEETING

TBC



AGENDA
UWA Student Guild
Welfare & Advocacy Committee
11th August 2016

Meeting to commence 1pm
Venue: Meeting Room 1 (1st Floor, South Wing)

1 WELCOME AND OPENING

1.1 Welcome

1.2 Apologies

Emma Boogaerdt (Education Council President) ed@guild.uwa.edu.au

Reece Gherardi (Pride Officer) reece.gherardi16@guild.uwa.edu.au

Stephanie Munro stephanie.munro16@guild.uwa.edu.au

Bronwyn Milkins bronwyn.milkins@uwa.edu.au

Emma Boyne (HPU Project Officer) emma.boyne@uwa.edu.au

Hannah Matthews (PAC VP) 21295853@student.uwa.edu.au

Attendees:

Maddie Mulholland (Guild President) president@guild.uwa.edu.au

Patrice Mitchell (Student Assist Manager) patrice.mitchell@guild.uwa.edu.au

Charles Viska (Ordinary Guild Councillor) vp@guild.uwa.edu.au

Chris Hendrickson (Ordinary Committee Member) hendo.63@hotmail.com

Pheobe Ho (Ordinary Committee Member) pac-ocm1@guild.uwa.edu.au

Guest Invitee:

Ella Brook (HPU Project Officer) ella.brook@uwa.edu.au

2 WELFARE WEEK SEMESTER 2

ACTION - Confirm if we are calling it Mental Health Week or Welfare Week?

2.1 Monday: Physical Welfare

2.1.1 Healthy Breakfast

ACTION – Emily to contact Fac Socs

Discuss menu - Fruit/bread/granola/omelettes

2.1.2 Eating Disorders speakers

Want it to be more sensitive than last

ACTION - Book law lecture

Ask HPU, students and experts to be part of panel

Pheobe can ask clinicians

2.1.3 Free Food (to be collected the day before from local bakeries/etc)

ACTION – Patrice to ask finance for Not for Profit Cert
Promotion of food pantry
Pick up from local bakeries in morning
Location - Maybe Student Assist/welfare department can have a table together.

2.1.4 Messages

ACTION – Ask Blackstone and Guild Volunteering

2.2 Tuesday: De-Stress and Rights

2.2.1 Animals – PAW

Confirmed with Reece

2.2.2 Mindful/Chill-out Activities

Ref Courtyard with Student Assist
Popcorn machine
Mindfulness coloring
Giant games
Beanbags
HPU- 5 ways to wellbeing

2.2.3 Know Your Rights

TBC with Emma

2.3 Wednesday: Mental Health and Alcohol & Drugs

2.3.1 Panel/Guest speakers

Emma to confirm speakers
Access collective involved?
Phoebe to confirm – Angela from North Metro Mental Health

2.3.2 Resources and Strategies

Emily compiling flyers- How to study with mental health, how to get a job etc.
Library initiative – how to find books with a sensitive topic
Leaked college textbook online?
Info for religious LGBT students- you are more than your religion

2.4 Thursday: Student Poverty (PAC Collab) & Health Checks

2.4.1 Health Checks

Reach confirmed by Emily –
HPU – Pitstop – TBC (Might not be able to attend due to other commitments)

2.4.2 Workshops/Information

Ask Fac Socs
HSS contact –Healthy eating

2.4.2 PAC Stunt

Student Poverty (PAC Collab) TBC

2.5 Other Campus

2.5.1 QEII –

Bec Penco – Massages

2.5.2 ALVA

Massages

2.5.3 Albany

ACTION - Contact Albany campus – pick up initiatives, offer funding etc

3 WELFARE PROJECTS

3.1 Resource Walls

Welfare related in student centre

In progress

ACTION ask Honny or Afira where?

3.2 Food Pantry

Spent \$444.59 so far

Also received donations

Coms plan – posters, FB etc

3.3 Coin Collection

In progress

ACTION – Chris to speak with Jack

Go towards Prosh and Relay then other on campus charities.

ACTION - Speak with Madeline (creative)

3.4 R U Ok Day

Start from weeks running up to R U OK day

Ongoing awareness

Emily's decals may be used ?

3.4.1 Material drops (Lecture Theatre flyer drops)

Posters, stickers

IT in lectures

3.4.2 Any relevant event ideas

Large canvas with painted handprints on say R U OK
Student Assist / Pride/ Welfare to have a presence on day

4 OTHER BUSINESS

Market for welfare/mental health week – A frames at entrances

Patrice stated that the Textbook grant money is now depleted - monetary grants can be given for textbooks - Approved by committee.

Discussed support for parents campus. Chris to speak with Peter (PSA)

5 NEXT MEETING

Emily to confirm