



Welfare & Advocacy Committee Meeting Minutes

10/1/19

1.0 WELCOME AND OPENING – Thursday 10/01/19 1.30pm

- 1.1 **Attendance:** Maddie Hedderwick (Chair), Conrad Hogg, Lincoln Aspinall, Pu Xuan Wu
- 1.2 **Apologies:** Saleem Al Odeh, Khairunnisa Shahrin
- 1.3 **Proxies:** Annabel Heyward (for Katherine Haag)
- 1.4 **Invitee:** Mike Anderson, Lauren Espinoza

2.0 CONFIRMATION OF PREVIOUS MINUTES

- Confirmed by previous committee.

3.0 BUSINESS COMPLETED VIA CIRCULAR

- Nil.

4.0 BUSINESS ARISING FROM PREVIOUS MINUTES

- Nil.

5.0 AGENDA ITEMS

5.1 Co-opting Access Officers

- Co-opting Access Officers approved by the committee.

5.2 Piscoferi Fine Foods

- Maddie has been in contact with Piscoferi Fine Foods who have offered to make regular donations to the Guild Food Pantry. First drop off by the end of this week 11/01/19.
- They have also offered to conduct regular cooking sessions as they are eager to support students. Proposed starting date at the beginning of semester and during Welfare Week. Lincoln made the suggestions that recipes could be provided that match the ingredients supplied in the food pantry.

5.3 Healthy Wellbeing Guides

- The department are preparing Healthy Wellbeing Guides, in time for O-Week. Focus not specially on 2019 services, instead on more general ideas for getting through University with health in mind. E.g. mini map of fresh food on campus, recipes etc.
- Access Department advised that an App is currently being developed to help with accessibility around the University. E.g. parking, lifts, ramp access.

5.4 Lived Experience Project Partnership



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- Welfare and Access Departments are partnering with this project. As there has been a dynamic shift in focus, both departments will be involved but Access will take the lead on the mental health focus.

5.5 PJ Day

- PJ Day 12th March 2019. There will be activities on the Oak Lawn, engagement online and on campus encouraged. The focus of the event will be to promote good sleep, sleep hygiene, debunking myths etc. Support from the Sleep Science School with information being provided.
- More advertising is required after receiving feedback from last year's event, therefore this will be a focus. Focus on recruiting staff to get involved by wearing PJs also.
- A possible sponsorship with Peter Alexander being explored.

5.6 Welfare Department projects outline

- Fridge for Food Pantry – looking for a possible donation of a fridge
- Free cereal station in Ref – possibility of toast also
- Bread for food pantry continuing in 2019
- Guild notice boards revamp – positive vibes wall, welfare noticeboard
- Dog walking on campus – possible semester 1 start, regular stress relief, socialising
- International Students Welfare packs – possibility of getting translated into languages other than English.

5.7 Headspace on Campus

- Research into Headspace on campus is continuing, this is a long-term project.

5.8 Food Pantry Collection boxes

- Maddie will be creating a roster for the collection of food pantry collection boxes across campus. This will also be the case for the collection of bread once semester 1 starts.

5.9 Mental health events motion/policy

- Equity and diversity project. Motion to be moved at next Guild Council in January.

6.0 GENERAL BUSINESS



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- Nil.

7.0 CLOSE AND NEXT MEETING

7.1 Next meeting provisionally set for February

- Maddie to send calendar request for week of the 11th of February 2019.

7.2 Meeting closed at 2.16pm



Meeting Agenda

UWA Student Guild

Welfare & Advocacy Committee

Date: Tuesday 9th July 2019

Location: Meeting Room 1

1 WELCOME AND OPENING

1.1 Acknowledgement of Country

1.2 Attendance & Proxies

1.3 Apologies

- Paige Larsen
- Max Tran

2 CONFIRMATION OF PREVIOUS MINUTES

3 WELFARE UPDATE

3.1 Semester 1 Review

- talked about the transition of role, and update on welfare committee
- the successes and failures of welfare week semester 1
- how to accommodate more campuses in welfare week semester 2

3.2 Semester 2 Events

- mental health comedy night
- national mental health week – collaborates with welfare week
- r u ok day plan
- shut up and study night
- critical review of the health services

4 STUDENT ASSIST UPDATE

- who is responsible for the wellbeing volunteers
- update with the food pantry and bread run roster been taken over by the welfare department

5 WELLBEING STRATEGIC PLAN

5.1 Headspace Partnership

- where will they be setting up and how often will their services be provided

6 GENERAL DISCUSSION ON MAJOR CHALLENGES AND HOW GUILD CAN ASSIST

- more communication on the guild Facebook page
- more regular wellbeing tips posting more consistently for easier access to the wellbeing department

7 OTHER COMMITTEE BUSINESS

7.1 Recipe Book and Cooking Classes

7.2 Bread Station in the Ref.

8 CLOSE AND NEXT MEETING