



Welfare Officer Manifesto

Hi! My name is Finn Baneham and I would love to be the next Welfare Officer in Halls. I'm studying Drama and Theatre and I'm from Wexford.

My Experience

- **Meitheal Leader:** As a meitheal leader in 6th year, I welcomed first years into the school and looked after any issues that arose in the class. I also organised fun activities for them to help them settle into secondary school.
- **Wellbeing Committee:** As a representative, from the student council, on the Wellbeing Committee in my secondary school, I gave students a voice on what the school could do to benefit their wellbeing.

What do I want to do as Welfare Officer?

- Help residents with the **transition to college** and life away from home.
- Make Halls a space for people to be able to relax and take care of themselves and each other.
- Focus on connecting with residents and giving them opportunities to connect with each other.
- Show residents that they can look after themselves while also enjoying the fun of college life.
- Maintain a high level of engagement with residents throughout the year.

Mental Wellbeing

Mental Wellbeing is one of my priorities and needs to be supported. I aim to:

- Create a space to act as a “mindful area” where Halls residents can have a quiet space to retreat to.

- Host weekly wellbeing hours where people can partake in activities such as meditation.
- Make an Instagram page for residents to submit anonymous messages of gratitude.

Physical Health

Physical health is also extremely important, and I hope to work with the future sports officer to promote its importance for welfare by:

- Giving opportunities for residents to participate in a variety of physical activity.
- Spread awareness to the importance of high-quality sleep for health.
- Provide healthy and easy recipes for residents to follow.

Sexual Health and Safety

I will work to continue the current education and awareness practices concerning sexual health and safety that already exist in Halls and work with future residents and the welfare team to make any improvements that may be needed. I would also like to hold talks safety and awareness in pubs/clubs.

Other Ideas

- Make a podcast to give new residents an idea of life in Halls and in college.
- Host regular events that focus on building connections with other residents through fun.
- Have regular meetings and talks with residents, giving them an opportunity to give suggestions and have an input in their own welfare in Halls.

I believe I am a good fit for the role of Welfare Officer and hope that you can see that from my ideas and my experience!