

Manifesto, Amy Keane.

My name is Amy Keane and I am a fourth year arts student studying Politics and Public Administration. I am originally from Mayo but over the last four years I have really made UL and Castletroy my home. Throughout the last four years I have experienced both highs and lows being a UL student. I have participated in student life in every way by living around UL, socialising, joining clubs and societies and of course spending endless hours in the library! I have seen what UL can be for students during good times and bad times i.e.. pre, during and post pandemic. I have been talking about becoming UL Welfare Officer since the very beginning of my time in UL and now it is time to put my money where my moth is! I am determined to create a SU which is centred around the student experience and optimising this for UL students.

My mission is to use my student experience and role as welfare officer to make sure UL prioritises student health and well being in every sense.

Key Manifesto Points

1. Reducing the cost of visiting the UL health centre.
2. Make all parking free and available to UL students.
3. Increase the availability of mental health services available for students on campus.
4. Provide greater support for students looking for accommodation and dealing with landlords.

I am standing for election because I am passionate about advocating for the welfare of UL students. I enjoy hearing what students have to say and this has informed my manifesto promises, I have developed my points based off what I have heard from UL students.

Health Centre Costs

- Firstly I want to reduce the cost of attending the UL student health centre and bring it in line with other neighbouring universities. Right now the UL health centre is the most expensive university health centre in the Shannon/South West region. Students in both UCC and NUIG attend the university doctor for free, students in Mary I and MTU are charged €10 per visit and students in TUS are charged €15 per visit. Meanwhile students in UL are paying €30 per visit to see the university doctor and are paying €20

for phone consultations. I want to see UL reduce the price of doctors visits to €10 per visit in order to match the prices of other universities in the region.

- I would also like to see the university health centre offering emergency contraception to students at a reduced rate. This is done in other universities such as UCC so I will campaign to have UL match this and make emergency contraception more accessible to students.

Mental Health

- I want to work with the university to extend the availability of counselling services provided by Eist. Currently, students are given six free counselling sessions one of which is an assessment session. It is rare that people suffering with their mental health is recovered after only six one hour sessions. I agree with the provision of six free sessions but after that I think students should be offered reduced price counselling costing no more than €25 so that they can have consistent counselling in order to adequately address their mental health struggles
- More male counsellors hired by Eist. Currently there are no male counsellors or assistant psychologists on staff at UL counselling services. This creates a barrier for young men accessing mental health services. I also want to do more to raise awareness around mens mental health and include more Student Life services which would make accessing help easier and less daunting for male students.
- I also want to see UL counselling services begin to provide addiction counselling in a stigma free environment.
- I want to raise awareness of all aspects of mental health across campus including mental illness through a bigger and better mental health week.

Sexual Wellbeing and Relationships

- I want to keep growing S.H.A.G week to promote sexual health and wellbeing on campus in a fun and inclusive way
- I want to have days on campus dedicated to mass STI testing. This will remind students to get checked and create a stigma free attitude on campus.
- I will continue to support Anytime of the Month to have widespread availability of free period products on campus.
- I also want to have training for students and student life staff in spotting signs of abusive relationships.

Accommodation and Finance

- I want to lobby the university to introduce free parking for all UL students. There is currently a great inequality in the parking offered to staff and students. With more

students than ever commuting as a result of the accommodation crisis it is important the university do something to ease the burden on commuters. I want to see the abolition of staff only car parks and introduce equal access to free parking across campus.

- I will continue to work with the university to come up with a solution to the accommodation crisis.
- I want to raise awareness of the renting process and tenants rights by having a dedicated 'Student House Hunting Week'
- I also want to create a space for students to voice renting and landlord concerns with the welfare officer. I will have monthly clinics where students can raise concerns.
- I also want to provide more information on the renting situations for international students before they arrive in Limerick.
- Finally, I want to raise greater awareness of the financial support available to students and offer workshops on grants and applying for financial assistance.

I want to use my skills and experience developed through national and international youth advocacy work to deliver on the promises made in my manifesto. Most importantly I want to pay attention to student voices and use my position as welfare officer to deliver the outcomes most needed and wanted by UL students.

Over the last four years I have experienced the highs and lows of being a UL student and it is this UL experience and love for the UL community which has motivated me to run for the position of welfare officer. I will bring this genuine interest in student experience and the UL community with me in my role if elected welfare officer.

Issued by Orla Murphy, campaign manager for Amy Keane.