

Emily Madden - Deputy President, Welfare Officer Candidate Progress not Perfection



Hi, I'm Emily Madden and I'd like your vote to be your future Welfare Officer for UL Student Life.

I am currently in final year in Biomedical Sciences here at UL and over my four years studying, I have aspired to run for Welfare Officer! You might recognise me from the University of Limerick's Instagram, where I have been representing the students of UL for the last two years. I have been the Disability Representative for Student Affairs since 2020 too. I have been lucky enough to be on the Committee for Swim Club for four years, with this year being voted in as Chairperson of the club. Leading the club, I have learned vital skills helping me be the ideal candidate for this role. My foremost initiative is Inclusion and Safety, I want UL to be more all-encompassing. I will work hard to make UL a safe place for all students!

I'm looking for Progress not Perfection!

What is my Plan?

Sex Health!

- Education

I want UL students to be better educated around sexual health in order to encourage and enjoy safe sex! I want to have a weekly Q&A on the Instagram so students can ask any questions about sex anonymously and be given support.

I want to deflate the stigma around talking about sex! We should be actively encouraging safe sex and feel comfortable about asking questions. I want to continue the "sex quiz" and hopefully run more events to make it fun to learn about sexual health.

- Awareness

I will be encouraging free monthly STI checks and more education around STI's. I want rapid HIV testing on campus and to make testing more regular. I will be advocating for free PrEP to everyone as opposed to those in the high risk category.

- Pregnancy and Child Support

I believe there needs to be more support for students who are pregnant during their time at college. Staff and Lecturers need to be aware of the supports in place to help their students as best they can. Students who have children must be supported so they can fulfil their education to the best of their ability.

Drug Safety!

- Awareness and Support Around Spiking

I want a support system in UL for students who experience spiking on a night out. There is no information available to help students. At the moment if a student is spiked, they have to decide on their own to go the hospital where they would have to wait hours to get their bloods tested. I would like the UL Doctor on campus to be able to take bloods to send off for Spike testing. We need to be aware of this issue and we need information to assist students affected.

- Education & Mental Health

I want to educate students about effects of drugs, mentally and physically. I want to make a safe place for students to enquire about effects of drugs, either for their friends or themselves if needed. Together, we can change the stigma surrounding the drug culture in UL, maintain awareness and educate students.

I want to promote information about how to care for people who have taken too much drugs or alcohol. As a lifeguard, I have found my background in first aid very comforting, and I want to host First Aid Courses and include drug and alcohol safety.

Mental health!

- Continue Mental Health Education and Information Workshops

I want to continue the great work Seán has encouraged for mental health on campus. Education about Mental Health is very important, and I want to continue to support students in this area.

- Further Therapy for Students

UL has therapy sessions for students which is a great resource. However, the wait time and number of sessions a student can receive could be improved in my opinion. I propose having individual quick drop-in sessions, and possibly introducing group sessions too to provide more help for students, with their consent.

Welfare for all Students!

- Inclusion!

UL needs to be inclusive so I will be advocating for additional and more modern Disability Supports! Students and staff must be educated and made aware of the supports in place. There are plenty of supports but many people with long term illness and invisible disabilities don't even know they are eligible.

I want to encourage the inclusion of Non-Binary/Gender Neutral Bathrooms in the SU and around campus. Everyone deserves to be recognised and feel safe on campus.

- Sexual Harassment & Abuse Awareness

I want to promote a safe place for students of all genders to come forward to get help with Sexual Harassment. We should all feel comfortable and safe on campus, and off campus.

I want to continue the great work that the Student Union has put in place surrounding Consent. Unfortunately, sexual abuse can happen to anyone, and I want to make sure students get the help and guidance they need.

- **Supporter for Additional Parking and Renter Rights**

I would like to see if it is possible to include extra parking on campus for students. I think it goes without saying, but with the increase in rent, more and more students will be commuting to college.

For students who rent, I want to advertise renter rights so students know their place and can support for themselves!

- **Advocate for Clubs and Societies Involvement**

Coming from Monaghan to Limerick, its fair to say I didn't know many people. Loneliness is no joke and Clubs and Societies really encouraged me to come out of my shell and have honestly made me the person I am today. I want to promote the advantages of joining C&S for all students.

- **Campaign for Free Period Products and Period Education**

I want to continue the free period products campaign but also provide workshops for period education. I want to bring awareness to illnesses linked to periods and provide support for students, such as PCOS. All genders should be educated about periods, not just the individuals who have them!

I would like to be your voice, your supporter, your Welfare Officer!

*I, Ciara Manning (Campaign Manager) fully support the campaign of
Emily Madden for Welfare Officer*