



HAPPY CAMPUS, HAPPY GILMORE

Maeve4Welfare

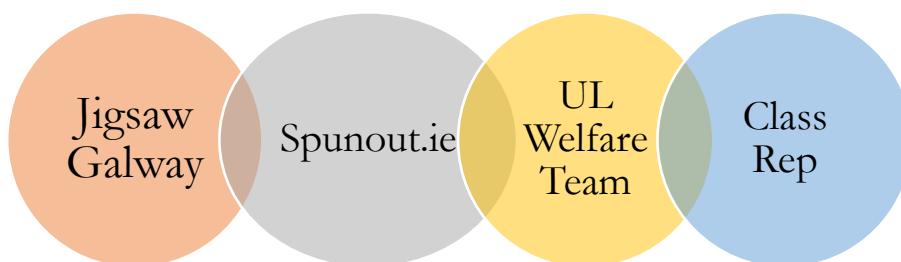
My name is Maeve Gilmore, and I am from Galway. I am a fourth year Psychology and Sociology Student, and I am running to be your next Student Welfare Officer. Advocating young people's issues is something I am truly passionate about and have dedicated most of my life (and my FYP!) to through different organisations. I am an enthusiastic, dedicated worker who thrives on helping and listening to challenges others may face. I will not promise that I have all the answers, but I will promise to work hard to find something or someone who does.

@Maeve4Welfare

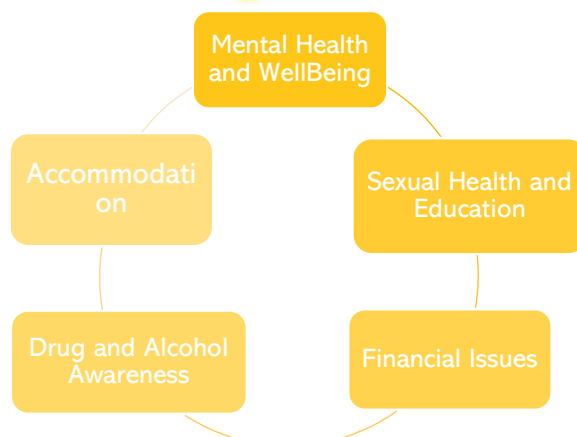
#happycampushappygilmore

My Experience for the Role

See end for more information



My Plans



Mental Health and Wellbeing

- ♣ The UL ÉIST waiting lists need to be addressed. I will put pressure on UL to provide adequate funding for the supports and encourage the collaboration of OUTREACH services from Local Mental health Services to deal with backlog while fighting for more funding in the long run.
- ♣ I will facilitate workshops on how to care and support for loved ones who may be experiencing mental health difficulties (Modelled similarly to JigsawsOneGoodAdultCampaign) and help destigmatised these conversations with our friends
- ♣ As university is a hectic time for many students between academics, parttime jobs, applications and new experiences, I want to spread understanding about BURNOUT and Emotional BURNOUT. The “grind” we see from social media influencers isn’t always glamorous and can severely impede our physical and mental health, let alone our academics. I will run campaigns on raising awareness about BURNOUT and supporting workshops like effective planning and Self-Esteem promotion to help combat this.
- ♣ I am aware that as we move back into “normality,” people may be at different levels of sociability which can lead to many feeling socially anxious and loneliness. Thus, I want to provide a diversity of events on campus to encourage students to re-join socialisation at their own comfort. Events like Alcohol-free events, pool tournaments or maybe even a cheeky Taylor Swift Appreciation night...

Sexual Health and Education

- ♣ As female contraception becomes free for women 17-25 as of August 2022, it is important that UL student become knowledgeable and have a readily available resource explaining the different types of contraception before they see a doctor and discuss it in a dialogue.
- ♣ Free STI testing needs to be reinstated in the UL Health Centre. STI’s are rampant around universities because of inaccessibility to service and not enough information addressing the issue. As we fail to address the prominent across campuses, it constructs stigma that if you do catch one, it can feel very isolating. I want to promote Saucy, safe sex that we can openly discuss STI testing and treatment.
- ♣ Sexual Violence:
 - Sexual Violence will be a key factor in my planning if I get elected and we need to take major actions as a nation and as a society in prevention and in response to these horrifying ordeals. Security needs to be intensified in campus with more SOS stations placed around campus along with videos showcasing how to use them and what they do. It is vital these tutorials should be continuously shown throughout a student’s time in UL, not just freshers’ week in first year. Furthermore, address that security should walk around campus as just driving around is not enough
 - I will continue on the great work done by previous welfare officers in terms of facilitating consent workshops and expand them and promote that they become mandatory to all clubs and societies.
 - I would facilitate the opportunity for UL students to take part in the Sexual Harassment Bystander training like UCC to learn how to identify and protect other students

Financial Issues

- ♣ Student budgets are far from lucrative, and I know that any small inconvenience can have a major financial impact for weeks. I want to approach local businesses, like garages to lobby them to provide student discounts for essential services like car services, tyre changes etc.

- ♣ I want to establish a hygiene bank on campus, similarly to the food pantry already in operation, that will be filled bi-weekly to help financially strung students to live effectively.
- ♣ Currently, you are unable to receive a car parking permit in many student estates because of the length of a student lease. I plan to collaborate with UL, Limerick City Council, and landlords to address this issue and react to the targeted and unfair ticket fining of students in these estates.

Drug and Alcohol Awareness

- ♣ I do not condone the use of drugs for students, but I will not ignore the fact that students use these substances. I will establish a campaign around “Safe Sessioning” and it will be a resource with accurate information about the substances so that students can be educated about the substances.
- ♣ I will expand on this to develop a resource for taking care of someone who has potentially taken or drank too many substances.
- ♣ With the rise of younger people facing addiction issues, I will advocate for addictive services to be established in UL to support for the students who may need this. I will liaison with local AA groups to potentially hold AA meetings in Castletroy area to enable staff and students to avail of them in the locality.
- ♣ Work closely with the pubs and clubs in Limerick to address the issue of spiking by raising their awareness to the issue and work collaboratively to formulate prevent plans.

Accommodation

- ♣ I will strongly condemn the expansion of student intake in UL as the resources are not developed and I will urge the officials in UL to address the accommodation shortage before expanding as it is not optimal for students or staff.
- ♣ I pledge to keep landlord accountable against extortionate rents and deposit matters and stop the exploitation of students and enable students to become knowledgeable of their rights and support them in claims to the Rental Tenancy Board.
- ♣ I will promise to join in the national campaign to lobby the government for sustainable accommodation and support for students as it is a massive entity for achieving in their studies
- ♣ I will put pressure on UL to re-evaluate the staff: student car park ratios to facilitate the increased number of student intake in the previous years.

Details of Experience

Jigsaw Galway Youth Advocate (2016-2022)

Jigsaw is a national Early intervention Mental health service for young people 12-25yrs old.

- ♣ Various extensions with organisational change, COVID extensions and subcommittee commitments
- ♣ Monthly meetings with the organisation planning and policies and giving feedback as a young person
- ♣ Represented Jigsaw Galway at events like open days and fundraiser and media publications
- ♣ National Sub Committees: Youth Research Committee, Interview Board and Youth Reference Committee
- ♣ A member of the Youth led steering consultation with the HSE that informed them how the pandemic affected young people’s mental health.
- ♣ Qualified to facilitate Mental Health Education workshops through JigsawCommunity Champions.

SpunOut.ie Action Panellist (2019-2022)

Ireland's leading youth information website to help create an Ireland where young people aged between 16 and 25 are empowered with the information they need to live active, happy, and healthy lives.

- ♣ Vocalise issues and opinions of young people to help institute change.
- ♣ Create campaigns to education readers around topics like mental health, sexual education and other concerns facing young people.
- ♣ Lobbying with public officials and make media appearances to facilitate the youth voice.
- ♣ Currently sitting the UCC bystander training programme facilitated by SpunOut.ie

<https://spunout.ie/staff/maeve-gilmore>

UL Welfare Team (First, Third and Fourth Year)

- ♣ Assisting the elected student Welfare Officer with ideas and implementing plans through campaigns to provide and address the welfare of UL students.

Class Rep (Second Year)

- ♣ A point of contact to liaison my class's concerns to lectures
- ♣ Main organiser of course nights out and bonding events

Issued by Róisín Byrne, Campaign Manager for Maeve Gilmore