

Aine Brady- Deputy President Welfare Candidate 2024/25.

My name is Aine Brady. I'm a final year PE and Irish student. I'm an avid and keen GAA enthusiast, having coached fresher ladies football teams. I have also spent my past four years as Class rep for my course. This year I have taken on the responsibility of PESS rep which allows me to sit on Student Council.

What I hope to bring to the table as Deputy President- Welfare Officer is a more wholesome student experience through encompassing three simple words as Gaeilge, Comhluadar (Company), Craic agus Ceangal (Connection). I want to ensure that all UL students enjoy every aspect of college life through not only surviving the experience but thriving in it. This is why I have the three Cs. I want more students to make use of the services available and get more connected (Ceangal). I want students to get more involved in Clubs and societies to help them find their place and people on campus (Comhluadar) which will make their college experience so much better. The final aim of my campaign is CRAIC as I want to enable students to enjoy their time in UL as much as possible.

Physical and Mental Wellbeing.

I think our physical and mental wellbeing is something that we all deal with it and everyone has their own experience. My belief which comes from my background in PE is that physical activity is of vital importance, and it has such a positive impact on how we feel about ourselves. This is why I hope to put more of an emphasis on physical activity initiatives when elected as Deputy President- Welfare Officer. To achieve this, I will;

- #Let'sMoveCampaign. One of my goals is to create a running/ walking club that will primarily promote getting out and getting active regardless of your fitness ability. It'll be a group that will be open to anyone, and it will set a foundation of creating a more positive relationship for people with Physical Activity. (CEANGAL)
- I will build on the positive work that has already been done by the current student officer team by carrying on the running of workshops that give us more of an insight into mental health, and overall wellbeing. I want to promote more of an awareness and education on these matters so students have the tools they need to deal with such issues may they arise.
- I will create an open feedback channel for students to tell me what kind of events and activities they want to see when it comes to physical and mental wellbeing.

Sexual Wellbeing

With the use of dating apps such as Tinder, Bumble and Grindr, and casual hookups which are all natural parts of Campus life, we need to be able to have fun but also practice safe sex.

Within this current climate, STIs are becoming more prevalent, and this is why safe sex is now more important than ever and I want to make sure everyone is fully informed on how to practice safe and fun sex.

- Help students learn about their options for free STI testing and foster an equal approach to sexual health for everyone.
- Campaign for more training and workshops on consent.
- Emotional abuse is the most common form of abuse for young women, so I want to campaign and create a more of an awareness of what an abusive relationship is through workshops.

Accommodation and Finance.

As a student, managing your finances and expenses can be a stressful time along with trying to balance your academic and social life. Students need supports and I believe the university can do more in this area. This is why I will;

- Canvass and challenge the University on the increasing number of UL students and aim to put a cap on the continued increase of student numbers until more accommodation is made available.
- Make more supports available for Commuter students through improving and facilitating the Commuter Hub
- Organise more workshops on how to manage money as a college student with the increasing costs of living.
- Lobby the University to provide an Erasmus grant model for students on unpaid placements.

Drugs and Alcohol.

We all know that for some, drug and alcohol use are a very prevalent part of college life and that this is unlikely to change. What I will do is increase an awareness around the use of drugs and the consumption of alcohol to ensure students are fully informed about the risks associated with drug use. As Deputy President- Welfare Rep, I will;

- Organise more sober events on campus to increase Inclusivity.
- Promote more education and awareness around spiking through the running of workshops.
- Facilitate events on the use of drugs and what impact they can have.

Issued by Ciara McCarthy, Campaign Manager for Áine Brady.