

Students' Union VP Sport and Health Report – November 2024

Attend BUCS Award 2024



I had the privilege of attending the BUCS (British Universities & Colleges Sport) Awards for 2024. This event was a true celebration of dedication, leadership, and outstanding contributions to university sports.

"Attending the BUCS Awards conference was an incredible learning experience. I had the chance to meet and network with over a hundred sabbatical officers, sports professionals, coaches, and fellow club organizers. The conversations and sessions offered insights into the practical aspects of running sports clubs—everything from coordinating club activities to effectively managing resources and motivating team

members. I gained valuable strategies on improving club operations, fostering teamwork, and building a more inclusive and supportive environment for all members. This experience has truly equipped me with new ideas and methods to bring back to my own club and implement successfully

The objective of attending the BUCS Awards conference was to gain practical insights and strategies for enhancing sports club operations. Through networking with sabbatical officers, sports professionals, and fellow organizers, I aimed to learn effective methods for coordinating activities, managing resources, and fostering an inclusive, motivated team environment. The knowledge gained will be applied to improve my club's operations and member experience

The UK's No.1 Equality, Diversity, and Inclusion (EDI) Summit for Sport,



known as the Include Summit, primarily aims to drive inclusivity and address the inequalities still present across the sports sector. Held over two days, the summit seeks to inspire actionable change by gathering industry leaders, EDI advocates, sports bodies, and influential voices in sports to discuss a variety of pressing issues—from enhancing diversity

in sports leadership and participation to addressing gender and neurodiversity inclusion

Additional themes at the event include the impact of external challenges such as COVID-19 and the cost-of-living crisis, which have increased barriers to participation in sports for disadvantaged groups. The Include Summit also underscores the importance of joint efforts among sports organizations to achieve sustained EDI progress across all levels of the sports sector.

The objective of the Include Summit is to advance Equality, Diversity, and Inclusion (EDI) within the sports sector by addressing persistent inequalities and fostering inclusive practices. Through discussions among industry leaders, EDI advocates, and sports organizations, the summit aims to inspire actionable change on critical issues like diverse representation in leadership, gender and neurodiversity inclusion, and the impact of external challenges such as COVID-19 and the cost-of-living crisis. The summit emphasizes collaborative efforts to create sustainable EDI improvements across all levels of sports

National lobby day NUS:



I had the privilege of participating in the recent meeting organized by the National Union of Students (NUS) with Members of Parliament (MPs) at Westminster Hall. I had the honor of representing my university at this significant event. The discussions focused on critical issues impacting students across the UK, and it was an invaluable opportunity to engage with policymakers and advocate for meaningful change. I am grateful for the experience and look forward to continuing to work towards the betterment of the student. The objective of National Lobby Day, organized by the National Union of Students (NUS), was to engage directly with Members of Parliament to address key issues affecting students across the UK. This event aimed to facilitate dialogue between students and policymakers, advocating for meaningful changes to improve the student experience and support their needs nationwide.

Southwest Sabbatical Day 2024

Objectives



Southwest Sabbatical Day 2024 marks a significant milestone for the Southwest Sabbatical Officer Network (SWSON), a pioneering alliance founded to unite elected student leaders across the Southwest. This collaborative network, co-founded with the President of the UWE Students' Union, aims to:

1. **Amplify the Student Voice:** By strengthening collective student representation, SWSON empowers student leaders to advocate effectively on regional and national stages.
2. **Promote Collaboration and Best Practices:** The network facilitates shared learning and collaboration on initiatives that address vital student issues, from mental health and academic support to inclusivity and climate action.
3. **Build Unified Campaigns:** Through cohesive, cross-institutional campaigns, SWSON drives impactful responses to challenges that resonate across communities and with key stakeholders.
4. **Empower Students through Representation:** SWSON's mission is to provide cohesive, influential representation, championing student needs and enhancing their university experience across the region

Objectives of my manifesto

1. Inclusive sporting events,

3. Awareness about the sports clubs and university.

4. Promoting physical and mental wellness.

5. Enhancing sports facilities and programs.

No. 1 Inclusivity

As part of my commitment to fostering an inclusive environment within our campus, I made inclusivity a top priority in my manifesto. My first major initiative was to honor Black History Month by organizing a sports-themed event that highlighted and celebrated Black culture

1. Objective of the Event

- Foster awareness and appreciation for Black contributions to sports and society.

- Encourage diverse student participation by inviting students from various societies.
- Strengthen campus unity by promoting a shared celebration of diversity.
- A showcase of Black athletes who have made significant contributions to sports.
- Discussions and presentations on Black history and cultural heritage.
- Inclusive activities that encouraged participation from students of all backgrounds.

This collaboration not only enriched the event but also provided students from different backgrounds with the opportunity to connect and learn from each other in a supportive environment.

No. 2 Awareness about sports

One of the central pillars of my manifesto was increasing awareness among students about sports clubs and other extracurricular activities available on campus. Recognizing that many students were unaware of the rich variety of opportunities offered, I focused on an awareness campaign that a large number of students across all Campus sites. This report details the initiatives I implemented, including social media outreach, in-person engagement, and Freshers' Week events, which significantly increased participation and visibility of campus activities.

1. Objective

The objective of my awareness campaign was to ensure that a substantial majority of students were well-informed about:

- Available sports clubs and other recreational activities.
- The benefits of joining these clubs for personal growth, networking, and community building.
- How to get involved, including where and when activities took place.

2. Campaign Strategies and Execution

A. Social Media Outreach

To meet students where they are most active, I launched a targeted social media campaign:

- Instagram Campaign: Created regular posts, stories, and reels highlighting different sports clubs and events. This content included visuals, testimonials from club members, and club-specific information to engage viewers effectively.

Social media analytics indicate that our Instagram outreach reached a significant number of students taking part in sport, as indicated by likes, comments, and shares on our posts.

B. Freshers' Week Events

Freshers' Week presented a prime opportunity to engage with new students directly:

- Information Booths: Set up booths across all campuses where students could learn about sports clubs and other extracurricular options. Each booth had club representatives who provided detailed information and answered questions.

Through these initiatives, Freshers' Week engagement reached approximately 80% of new students.

C. Face-to-Face Engagement

Personal connection can make a lasting impression, so I made a conscious effort to approach students in person:

- Campus Walkthroughs and Open Days: I spent several times across all campuses, engaging students in high-traffic areas such as libraries, cafeterias, and common rooms. I distributed informational leaflets, answered questions, and provided guidance on how to join specific clubs.

This direct approach allowed me to reach students personally, particularly those who may not follow social media.

Inclusivity

- **Diversity and Inclusion Training:** Implement mandatory diversity and inclusion training for all coaches, athletes, and staff. This will create a more welcoming and respectful environment for everyone.

- **Adaptive Sports Programs:** Develop and expand programs for athletes with disabilities, ensuring they have equal opportunities to participate in sports.
- **LGBTQ+ Inclusion:** Create a safe and inclusive space for LGBTQ+ athletes by implementing policies and training that promote acceptance and understanding.

A. Mental Wellness

The Mental Wellness Initiative is a collaborative effort between Vice President Welfare and myself, Me Both, to promote mental health awareness and provide support resources to our student body. This report outlines our proposed plan to address mental wellness concerns through workshops and counselling services.

Goals

1. **Increase awareness:** Raise awareness about mental health issues and reduce stigma surrounding seeking help.
2. **Provide support:** Offer accessible and confidential counselling services to students in need.
3. **Promote well-being:** Organize workshops on stress management, mindfulness, and other mental health topics.

Proposed Actions

- **Workshops:**
 - **Stress Management:** Strategies for coping with academic and personal pressures.
 - **Mindfulness and Meditation:** Techniques for reducing anxiety and improving focus.
 - **Sleep Hygiene:** Tips for maintaining healthy sleep patterns.

- **Healthy Relationships:** Building strong and supportive relationships.
- **Time Management:** Effective strategies for balancing school, work, and personal life.
- **Counselling Services:**
 - **Confidential Counselling:** One-on-one sessions with trained counsellors.
 - **Group Counselling:** Support groups for students facing similar challenges.
 - **Referral Services:** Connecting students to external mental health resources.
- **Mental Health Awareness Programs:** Organize workshops and seminars to educate athletes, coaches, and staff about mental health issues and how to seek help.

Enhancing Sports Facilities and Programs.

As part of my manifesto, I pledged to improve sports facilities and programs on campus. This report outlines the initial steps taken and future plans to achieve this goal.

Current Initiatives

- **Glenside Campus:** We are currently working on installing a new basketball hoop pole to provide students with an additional sports facility.
- **Bowar Ashton Campus:** We are exploring the possibility of establishing partnerships with gym facilities to cater to the fitness needs of students on this campus.
- **Sports Clubs:** We are actively engaging with various sports clubs on campus to understand their needs and identify areas where we can provide support and resources.

Future plans

- **Facility Upgrades:** Continue to explore upgrades to existing sports facilities, such as repairing damaged equipment and improving court surfaces.
- **Equipment Procurement:** Explore opportunities for funding for the purchase of new sports equipment to enhance the overall sports experience for students.
- **Inter-Campus Competitions:** We will organize inter-campus sports competitions to foster a sense of camaraderie and healthy competition among students from different campuses.
- **Collaborations with Local Sports Organizations:** We will explore partnerships with local sports organizations to offer specialized training programs and opportunities for students.
- **Accessibility Upgrades:** Ensure that all sports facilities are accessible to people with disabilities by installing ramps, elevators, and other necessary accommodations.