

## **Cartmel College JCR Exec**

**RON** will be a candidate for all positions. Re Open Nominations – allows voters state they do not feel any of the current candidates standing are suitable for the role and would like to re-open nominations.

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### **President**

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**Harrison Stewart**

#### **Manifesto**

Hi, I'm Harrison (he/him), a second year Law with Politics student and I'm running for President of Cartmel College for 2023. Should I be elected, my focus will predominantly be on the following three things: revitalising, representing, and reinforcing.

##### **Revitalising**

I aim to revitalise the college spirit and put a real sense of community spirit and passion back into Cartmel. One way I would achieve this is through a welcome week that particularly engages with aspects of the college that it may not have done before, such as Sports, where I would set up a smaller fresher's fair in Barkers that is exclusive to Cartmel sports teams, so that the new wave of students are introduced to our wonderful teams from the get-go.

Another way in which I would achieve this is through the overseeing of an incredible Patriots weekend that is as inclusive as possible, ensuring that even those who don't particularly engage in Sports can get behind the college and support their community. I would ensure that every event, from Trev's Quiz to the A's Netball match, is profusely advertised and documented on our social media platforms in an effort to make sure that everyone in the college and the wider university has the opportunity to get behind Cartmel.

A third way I would achieve this is through a complete redesign of our merchandise store. For too long Cartmel students have only been offered plain, boring hoodies – I want my fellow students to have access to more fashionable merchandise, such as Bucket Hats, 'American varsity' style jumpers and quarter zips.

##### **Representing**

Representation is arguably the most crucial aspect of a JCR President. I completely recognise this and my determination to give Cartmel the voice it deserves is unmatched.

My experience in student representation is vast and I've played an integral part in it throughout every chapter of my educational life. In school I chaired my school council; in college I held the most senior position of representation in my faculty and now, at Lancaster, I hold several positions across the University. You'll most likely know me as Cartmel's Media and Communications Officer, but I'm also an Academic Representative for the Law School and sit as one of only two undergraduate students on the LUSU Board of

Trustees where I debate and discuss crucial matters on behalf of the student body of Lancaster. If anyone can advocate for the view of their fellow student, it's me, and I intend to do exactly that in every communication I have within Cartmel and the wider University.

A way in which I'd gather the thoughts and opinions of my peers is through the hosting of a weekly drop-in session in Barkers. Here, I would encourage and welcome members of the college to give their opinions on matters predominantly relating to the college – this could be, for example, through feedback on the work of the JCR, or ideas about things they'd like to see more or less of across the college. I would take these things to the relevant bodies, be it the JCR, the SCR or even the wider Student's Union, and ensure that they are abundantly discussed and, most importantly, acted upon.

### Reinforcing

My time on the JCR has taught me many things, one of which is that a President is nothing without the officers on their executive. The JCR Executive must be encouraged to flourish both collectively and individually within each role and if I were to be elected, I would reinforce each officer's ambitions, work, and welfare. I would establish an effective, positive team ethic that would be reflected in its output, ensuring that your JCR is working at its absolute best to provide the greatest college experience across campus.

It is clear that I have the experience, passion, and drive to oversee an executive that takes Cartmel higher. With these key principles, I strive to do just that.

Thankyou for taking the time to read my manifesto.

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**International Welfare Officer**

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**Chantal Ndibo**

**Manifesto**

Hi!

My name is Chantal, a second-year Business Economics Student. I'm from Kenya and I am running for the position of Cartmel's International Welfare Officer.

As an international student, I understand the struggles of moving to the UK for University as well as the benefits that come with it. As the welfare officer, I believe I will be able to come up with activities to support international students and provide support in anything you may need. I would like to ensure that Cartmel is a supportive place, where everyone can have a voice and be listened to. I would also like to create a space where international students can feel like they are a part of a community (a home away from home!).

Thank you for reading my manifesto - I hope you will vote for me as Cartmel's International Welfare Officer!

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**Efe Imoyin-Omene**

**Manifesto**

To be added.

**Amalie Jones**

**Manifesto**

The job of Media and Communications Officer within Cartmel's JCR is an important role. As a Fine Art student, I understand how crucial visual advertising is for promoting events and capturing an audience. As a member of Cartmel College, I have seen and experienced the extensive range of events that makes Lancaster's collegiate system so inclusive and exciting. I would love this opportunity to be a part of creating and promoting these experiences.

What I will use this role to achieve and changes I want to bring

I hope to make the Cartmel social media page a continually exciting source of new and current opportunities that will reach those who may not know about them. When giving information instantly and concisely to fit a short social media post, I believe the creative qualities which draw the student audience attention shouldn't be compromised. With an eye for detail, I would make the visual style of each post attention grabbing, fitting and passionate about each opportunity and reflective of Cartmel's college spirit.

I would also love to integrate more photographs from the previous events into as many posts as possible. This feature gives more insight to students new to the event or university life in a welcoming and impactful way. I personally found that Cartmel's sport events and Extrav's community spirit were shown through this and therefore should be extended to each event and opportunity.

Why I am suited to this role

I love to take any opportunity to be creative and work towards a brief, not only a skill necessary for my future career but a passion of mine. I have previous experience of publishing posts for the Instagram page of an architectural firm and have studied marketing in my first year. I would love to become more involved in the university and its promotions. This opportunity will allow myself to do this whilst utilising my creative skills.

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## **Welfare Officer (Men's +)**

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**Reece Griffiths**

### **Manifesto**

**Mens health and welfare is no talked about enough or made aware. Lets change that.**

Men are the most likely to suffer medical health issues and the least likely to talk about them. In addition, 40% of men are likely to never speak up about mental health. My aim and core principle is to change this by providing a safe, inclusive environment where an open, honest conversation can begin and help will be offered.

### **What I will do:**

- 1) Give time to anyone who wants to talk** - making myself available to help anyone with any problem, no matter how big or small. I will listen.
- 2) Offer weekly drop in sessions** - these will be held in a quiet, safe space where people will be able to just drop in and chat about anything they need help with.
- 3) Spread awareness on key issues and raise awareness** - I will do this by inviting outside speakers in for certain topics and promoting issues and conversations about topics which aren't perhaps the easiest to talk about.

### **How will I do this:**

- 1) By always being available to talk.**
- 2) By always being available to listen.**
- 3) By never judging or discriminating against anyone, keeping an open mind to help provide you with the best help possible.**

### **So why me:**

I strongly believe that talking or at least knowing someone is there for you can make a huge difference. I came to understand the need for talking through my own experiences. I realised that, that person isn't always there. I want to create an inclusive environment where people feel comfortable to be able to talk or at least know someone is there for them that isn't just paid to be there but actually cares.

I promise to work my absolute hardest to create a community within Cartmel where everyone can feel safe enough to talk about their issues no matter what they are or who you are.

Everybody deserves to be listened to and be offered help. That is what I want to offer you - that person you can turn to when you want to talk about something or need someone to listen.

I hope to provide a place for all to express themselves and be themselves, especially you. Because, men, we do need help and someone to listen every now and then, I aim to do that in a way where you should always feel welcome and valued.

Thank you.

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## Sports Officer

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**Jasmine Savill**

### **Manifesto**

Hi, I'm Jasmine. I am a first year accounting and management student. I am a member of the Rugby Society and I hope to join the Barbell Society soon. I'm team driven and competitive but also a good sport. I would like to think I'm great for the role as I'm determined, committed and confident not only that but I am already one of the sports officers.

My main objectives if elected include increasing the amount of Cartmel teams available to join and to introduce at the beginning of the year; a sports "speed dating" in which both new and returning students can ask questions to existing sports teams and also have small taster sessions to help undecided students choose which teams they want to try out for. This makes it less daunting than having to turn up to an entire team waiting to assess your abilities which will hopefully increase intake.

I also would like to host an event called the Balls event to encourage students to sign up for the Carter Shield. It would be an introduction session where each student would get to try out sports to decide whether or not you want to join the teams for the competitions by doing tasters in bouncy balls (basketball), odd shaped balls (rugby) or maybe even table balls (table tennis).

I would like to help students engage in a healthy lifestyle, which is often difficult to keep up with in the average students' daily life. This includes uploading healthy recipes to our social media, including high protein, vegetarian and vegan recipes on a budget. In addition to this, I would like to help more students feel more comfortable in gym environments by setting up gym groups this started on week 5 3 weeks into my role already.

Once a month on a Sunday or Saturday, each college will partake in a capture the flag competition where we leave our flags in our college bars and by the end of the day whoever has the most college flags wins. This would be a fun and competitive idea for inter-college activities and healthy rivalry would be encouraged.

The sports page currently does not communicate or advertise Cartmell's sporting achievement therefore if elected I would increase advertising of each of our teams and competitions that take place, constantly showing our wins and try outs for each event. Along with increasing the communication between the college sports teams and students, I would also like to increase the communication between the colleges to arrange small events like capture the flag.

In conclusion, if elected I want to increase communication and advertising on all scales to help reduce pressure on events like trying out for teams, helping new students with reducing anxiety around entering new environments in the sporting community and helping Cartmell stay active, confident and healthy.

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## **Women's+ Welfare Officer**

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**Charlotte Williams**

### **Manifesto**

Introduction:

Hi, my names Charlotte and I am a second-year student studying Drama and Creative Writing. Currently, I am already part of the JCR, and I am one of the Media and Comm's officers, this time I would love to be the Woman's Welfare Officer.

Why I want to apply for this role:

Being Cartmel's Woman's Welfare Officer is very important to me because I would love the opportunity to help all women across the college and make sure they're okay. For me, I want to improve awareness of any issues that are brought to me. Being the Media and Comm's Officer previously helped me already to raise awareness of certain issues such as designing the Welfare Drop-In sessions; therefore, I would love to be part of these Welfare Drop-In sessions so that I can help women and they have someone to confide in. I am a huge feminist and believe in Women's rights and I want to be there for the women and bring awareness to any male-dominated problems or just any problems. I want no woman to feel uncomfortable. I want people to have a safe space and open up to me so they know that their not alone.

Why confide in me?

It's important to me that you feel safe telling me your problems. Making sure that everyone is safe and happy and just okay in general is something that I want to achieve, this is why I'm always there for my friends and family if they ever need somebody to talk to, I will always be there for them. In these situations, my friends would describe me as a good listener, calm, approachable and give good advice. I am always here if you just want a chat, I love a good chat! I am very hard-working and reliable, I will be there for you, and I will work closely with the other Welfare teams to put events on and make you feel safe and your Uni experience more enjoyable.

Experience:

As I mentioned previously, I want to be there for people and bring attention to mental health I have worked with the charity 'Mind'. I raised £200 for them through putting up stalls and doing tombola's. This charity is very important to me because it ensures that mental health is looked on and not just brushed aside. Mental health should be something that people speak about freely and I want to ensure that people feel safe talking about this. I want the environment to be safe and friendly.

My policies:



- I would want to team up with Lufeministsociety and host events with them.
- I would want to arrange talks about diversity and feeling safer on campus.
- Look into having free sanity products in the toilets.
- Increase engagement with consent and work with the other Welfare Officer's with this.
- Would want social activities such as board games nights for a nice distraction from everything and to calm your mind.

#### Engagement:

- I want to raise awareness as much as possible, therefore I would want to work with the Media and Comm's Officer to make posts for the Welfare Drop-Ins and the events that I would like to host. Therefore, I would want this all over the social media pages so that when people don't know where to turn to they can go onto Cartmel's Instagram page and find it all there.
- I am very aware that not everybody has social media, so I want to be inclusive and expand the engagement by again teaming up with the Media and Comm's Officer and make posters and stick them up so that everyone can see them.
- I would write articles for the Griffin's Magazine to promote my events and let people know where to go if they need help.
- Also, I would like to get in touch with the Officer's at Cartmel to send emails across to all Cartmel students so it's inclusive.

Nevertheless, my overall aim is to make sure that people have places to turn to when they need advice and are never alone. I want to let people know that I am here to talk to or just to enjoy the events hosted as it will be a nice break.

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## Education Officer

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**Aisha Nassor**

### **Manifesto**

Hi, I'm Aisha, a 2nd year BSc Psychology major from London. I am running for Education and Welfare Officer this year because I want to continue to influence the support provided within the college, as well as aid further inclusion. As Education and Welfare officer, I would aim to support the JCR by providing more academic support and acting as a friendly face for all students.

My current position as a welfare officer in Cartmel, as well as other positions throughout the university, such as Academic Rep and Peer Mentor have allowed me to become well equipped to deal with issues and represent my cohort in a fair manner. These roles have provided me with a closer look at departments and an insight into the challenges students face academically across all years. This provides me a unique perspective into the student outlook and would allow me to provide the best academic support and advice, complementing my current role as a welfare officer. This puts me in the unique position of having both roles to refer to when dealing with academic and welfare issues. My previous position of Lead Academic Rep has also given me valuable leadership skills which are vital to this role, all these positions providing me the necessary experience for this role.

If elected into this role, I plan to continue the work of the previous JCR and provide events that cater to every individual, providing chill events in welcome week and bi-weekly welfare check ins alongside the other welfare officers. I also plan to ensure Cartmel feels like a safe space for students of all backgrounds through the continuation of events that cater to everyone, and working together with LCOs and forums to ensure students know they have support within the college and university.

I also plan to continue the great relationship our JCR has with our Senior Common Room. Working alongside the SCR would ensure the success of student-involved schemes, such as the international buddy system. Joint welfare events with the SCR would give students an avenue to know where to go for support within their college. This includes ensuring off-campus students know what resources are available to them and know Cartmel is always open.

Additionally, I would like to encourage students to become familiar with programmes the university has set up to encourage academic achievement, as well as push more

extracurriculars they can become involved with alongside their studies, working together with the sports officers and students union to ensure this. This will include advertisement through the Griffin, bi-weekly drop in sessions, and guides for students. As well as this, if elected into this role, I plan to hold events in the summer term to ensure exam stress relief that we all need, listening to students about various aspects of university life and ensuring inclusion in all senses.

Ultimately, I hope to create a welcoming atmosphere and encourage students' involvement in activities outside their studies.

Thank you for the opportunity to apply!

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## **Vice-President**

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### **Amelia Entwistle**

#### **Manifesto**

Hi! My name is Amelia, and I am running to be Cartmel's Vice President. I am a third-year BA Human Geography student, and current Cartmel JCR Sports Officer. I have decided to run for the VP position as Cartmel College has been a huge part of my life during university and in my final year, I want to give back to the community and make sure those in the college currently enjoy the amazing experiences I have had the privilege of having.

#### **My experience**

During sixth form, I was part of the tech team that ran events and shows. This gave me a basic knowledge of tech so I can help and teach the socials secs. Also working with a team to ensure an event or show ran smoothly meant that I learnt how important lines of communication are to ensure everyone is on the same page.

Outside of University I currently work for Cartmel Racecourse in the summer as part of a large events team. Working there has taught me several skills, especially how to deal with large numbers of people attending events. How to re-visit or alter plans, if necessary, and the need to communicate clearly to others including those who are not directly in your team.

I am also part of the Cartmel College Netball Team and I have played team sports most of my life. Being so used to working in a team has allowed me to easily build relationships and learn how a team of different individuals can work together to achieve their goals.

Currently, I am your JCR sports officer, meaning that I have had experience of being on the JCR team. During my time on the JCR, I have received several pieces of training which have helped me greatly during my time on the JCR. I have also worked closely with the current President on organising extras and fresher's week, both of which were hugely successful. The knowledge and experience that I gained from being so involved in such events means that I can go straight into the role of VP having already a good understanding of what it takes for things to be a success.

Overall, I have experience both within and outside of the JCR which I feel makes me perfect for the role of VP as I could successfully run and organise college events using knowledge gained from past events along with what I have learnt from other experiences to make sure all events are as successful as possible. I also have plenty of experience of working as part of a team, and events teams more specifically, meaning that I can work effectively with others in the JCR. Furthermore, in my time on the JCR I have worked closely with and supported the current President, and I would continue doing the same for the new President, as I realise how important it is for the President to be supported not only by the VP but also the JCR.

#### **My goals as VP**

If I am lucky enough to be given the position of VP, my main goal is to improve and maintain engagement to big events as it is at these events you see the Cartmel community come together. To do this it is important that we have events that are as inclusive as possible, for example, many of the sober events during freshers were very popular. Therefore, working with the welfare officers I would like to do more of these kinds of events to ensure we reach out to all in the college.

I would also like to do events with the college sports teams more frequently, working with the sports officers to run collaborative socials. It also offers those who wish to join one of the teams to come along and meet others on the teams. Patriot's is also a huge event in the college calendar, and with my love of sports this is one of my favourite events of the year and so I want to make sure that it is an event that people can participate in and enjoy as much as I did.

Extrav and Winter Ball are also two events which bring the college together. Extrav is a big part of the year as it ends the year in the best way. This year I want to continue to make extravs bigger and better and create an event that is enjoyed by all.

Thank you for reading my manifesto!