

# Cartmel

**RON** will be a candidate for all positions. Re Open Nominations – allows voters to 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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### Sobia Siddiq

#### Manifesto

Hi, I'm Sobia and I'm a 2<sup>nd</sup> year Psychology BSc student from Manchester. I'm running for President after being Vice President Socials & Events this past year because I want to continue to give back to the Cartmel college community as best I can.

Cartmel College means a lot to me - it's a place that has made me feel so incredibly welcome, worthwhile and safe for the first time in my life. When I started at university I hadn't really known what it meant to be a part of a community that cared so much and to be surrounded by people that were so likeminded and genuine. Within my first term here I had fallen in love with the college and its student body – a community of young people that were supportive and friendly from the get-go. That's what I want to bring to every Cartmelian.

Struggling with mental illness myself, my key focus as president will be ensuring that not only sufficient but *proficient* mental health services and support are always available to every student. Cartmel is lucky to have a team of porters that are crisis trained as well as a brilliant college advisory team that cares deeply for its students, but I want to make sure we're all *aware* of that support. I will work towards ensuring our own JCR is mental health trained so they are as well equipped as possible to support their fellow students, as well as making sure that every Cartmelian understands the different support options available to them and the wider resources at their disposal: JCR welfare officers, college wellbeing support and university level support. I myself am mental health and safeguarding trained and know how hugely beneficial that can be to supporting others. I want to continue to support the college sport welfare officers and make sure that mental health support is provided and accessible wherever possible. I want to improve upon our signposting as a college and ensure that every Cartmelian feels valued, heard and understood. I will be a

president, alongside a JCR, that not only listens but empathises and offers effective support.

I want Cartmel to be entirely student centred and I know our SCR echoes this; this past year as VP Socials & Events has allowed me to form strong working relationships with our SCR and I know that these bonds are fantastic groundwork for ensuring that the student voice is heard on all levels. If elected president I'd like to focus on holding the student voice at the heart of our work as a JCR and further ensuring true representation within the college. What do you want to see your college fees go towards? What can we do to improve Barker or the music rooms? What can we do to further enhance your experiences as a Cartmelian? In a university as large as ours it's easy to feel lost or unheard but I want to champion the opinions of fellow students and facilitate a JCR that acts as a bridge between Cartmelians and the university as a whole.

If elected President, I'd also really like to focus on transparency between the JCR and our college community – I want every Cartmelian to understand and feel included in the decision making process. I'd like to encourage the wider college to feel as though they can attend meetings to observe how we work and I'd like to put in place a weekly Instagram/Facebook/Griffin post that summarises what is discussed in JCR meetings. I think it's hugely important that as president and a member of the JCR, I make decisions that you can hold me accountable for and that are in the best interest of the *whole* college. The best way to do this is by fostering an open and transparent relationship with every Cartmelian.

Going forward, I'd love to continue with our regular events like BYOM sessions and Patriots parties, but more importantly to be informed by what you want – you should be at the heart of everything we do and I hope you trust me to be the president that ensures that.

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## International Welfare Officer

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### Ttanya Sachdev

#### Manifesto

I'm Ttanya Sachdev and I am running for the position of Cartmel's International Welfare Officer. I'm the current International Welfare Officer, and I'm a second-year Business Administration student. I am from Tanzania - but due to COVID-19, I haven't been home for a whole year! I'm approachable, friendly, and passionate about students' wellbeing.

I would normally start by saying that moving to university (especially if you're an international student) is difficult, but we all know that. But this year, with both the stress of moving and the pandemic, things are even more stressful. As an international student, I was unable to go home during lockdown. During this time, I learned a lot about myself and recognize that it was a difficult situation for many. By having this experience, I also

understand how other students are feeling and how we, as a college, could best support them.

As the current International Welfare Officer, these are the things I have accomplished with the welfare team: -

- Supported students' mental health by running weekly drop-in session based on distraction to promote talking (i.e. clay, colouring, knitting, tea etc.). During the pandemic we run virtual BYOM (Bring your own mug), which has been very popular.
  - Worked alongside the welfare team to raise awareness of different wellbeing issues such as Movember.
  - During quarantine, I have helped to create the weekly welfare social media posts.
  - In Welcome Week, I organised a bake-off competition, which was a great way to help flat mates get to know each other.
  - I was in charge of organising the Lunar New Year event. As a collaboration with Pendle College, the British Chinese Society, and the Hong Kong Society, the event was open to anyone and, as it taught us all a lot about the culture, it was a success.
  - Supported by-law changes in the JCR.

I'm running for International Welfare Officer again because I want to ensure that these events and wellbeing sessions still take place as they have a really positive impact on students' mental health. From being on the JCR this year, not only have I learnt a lot, but I've seen the importance of always reaching out and finding ways to start up difficult conversations.

If elected for the position, I would love to introduce the following ideas and events:

- After the success of Lunar New Year, I'd love to run the event again, collaborating with the Hong Kong Society and the British Chinese Society. Not only did they make amazing food, but they taught us so much about the cultural holiday and traditions and I am hoping we could learn even more.
- There are so many cultural holidays which we may be unaware of, but that are very important to others. I want to find a way to ensure we celebrate as many cultural holiday as possible, so we can continue learning about different cultures and create an open, inclusive environment for everyone. The welcoming and diverse community of Cartmel is a great strength of the college and is something I'd love to develop further.
  - Introduce new campaigns to raise awareness of mental health and other issues. It is essential that we can destigmatise mental health, as 1 in 4 people struggle with mental health each year, and currently, with the pandemic, many more have been affected. I also aim to signpost students to the right services and help in any other ways that are useful to individual students.
- Where I come from, talking about mental health issues is considered as taboo, and I believe this is the case for many international students. I want to be someone students feel comfortable to talk to about their problems and concerns. Alongside

the weekly drop-in sessions, I want to run an international drop-in session, so students are aware that there is something there for them in case they do want to talk to anyone at home.

Overall, as International Welfare Officer, I would aim to continue running the events and campaigns currently in place to the best of my abilities and see what more I can add to support the students. By ensuring that Cartmel is a supportive place, where everyone has a voice and can be listened to, I hope to welcome both old and new members to the college community, helping them in their daily life, and particularly during these stressful times.

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

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## **Social Secretary**

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Reopen Nominations

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## **Events Technician**

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### **Benjamin Leadbitter**

Manifesto

Having worked on multiple shows and productions, including stage managing a few, at school for the past 5/6 years has given me a great understanding for the practical and technical elements of running events. More recently I have spent this year as a Social Sec on the cartmel JCR, helping run events - in particular managing the lights and sounds for these events. These experiences have also taught me to keep calm when under extreme pressure, allowing me to take on challenges that arise at the last minute (which is especially useful when it comes to technology that likes to randomly stop working)– allowing me to deal with them and solve them effectively in a short space of time. I am also organised and work well with other people; capable of completing delegated tasks on time and before deadlines.

Thank you for the opportunity to apply for a position of Events technician and rerunning for the Cartmel JCR; and reading my application. I would love to be able to contribute to this college as it is such an important part of the uni experience at Lancaster.

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## Sports Officer

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### Helena Lee-Boaler

#### Manifesto

Hello, I'm Helena, I'm a first-year in Cartmel.

I want to run for Sports Officer to encourage more people to get involved in sports across university life. I think that once you find a sport that you enjoy it is an amazing thing to be a part of and is a good way to make friends and feel part of a community. My enjoyment of sport and exercise has grown through lockdown, and I have found that it has really helped my mental health and overall well-being. Furthermore, I've found that joining a sports society has given me a sense of community at university and a reason to get out of my room.

If I were elected for this role, I would hope to put on events (once lockdown and restrictions ease) to encourage groups of people within the college to get out and exercise together: such as arranging walks and runs which would allow people to get active and meet people all at the same time. I would also hope to put on some exercise classes within the college as another way of getting people to meet and get active. I hope that by putting on a variety of different activities it would encourage more people to get involved. My ambition is to make sports fun and accessible to all - not just those who are naturally sporty.

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### Emily Howarth

#### Manifesto

I would like to stand as Cartmel sports officer again as I believe myself and the other sports officer have had a successful year. I have always had a keen interest in sports from a young age, being a part of as many teams as possible, including playing football for Bolton Wanderers and most recently Accrington Stanley. I believe I can accurately represent other Cartmel students and make their voices count. I am very approachable and happy to talk to whoever comes to me for help or with new ideas. I would then do my best to make appropriate changes to improve all students sporting experiences. An example would be making sure college sports can go ahead in the current situation.

Previously I held the position of PE subject prefect and charity prefect at sixth form college, and also Cartmel Sports Officer, therefore I have experience in listening and voicing students concerns, whilst also being able to organize events such as patriots.

I believe the current organization of Cartmel sports is good, however I would like to increase the promotion of netball, football and bar sports so that more people are aware of timings and locations. This would lead to greater support from the college at games, social distanced of course. I am optimistic that we can keep college sports running this year, and having already been pushing for sports to continue, I am aware of how difficult it can be.

The Patriots cup is an incredible opportunity for people to get involved in sports they may never have thought to play, whilst also proving that Cartmel are the best college. I played a crucial role in the organisation of this event and I hope to continue the winning streak we have and make this year the best year yet.

I also hope to potentially develop a weekly workout session. Whether it be online or in Barker House. We had great feedback during welcome week so I believe it would be a great opportunity for people to keep active during the pandemic. As a keen footballer who is completing a gym instructor qualification, I believe I could motivate people to try out and improve their fitness.

Finally, I would love to organize events to raise money for the sports teams to fund new kits or equipment, which would hopefully motivate players and encourage new players to join, increasing our chances of winning the Carter shield and Patriots cup.

Thankyou for your time and consideration. If you have any questions or concerns please don't hesitate to contact me on Social Media.

Emily x

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**Vice President Democracy and Finance Officer**

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## **George Watkins**

### Manifesto

Hi, I'm George, the current Vice President: Democracy and Finance. I'm now in my third and final year studying BSc Accounting and Finance. I have been helping represent Cartmel since my first year. Through football where last season I was top scorer for the Cartmel 'B' Team and more recently in this role last term. I want to continue serving my college for my final year at Lancaster.

As part of my role next year I want to create sessions for Cartmelians to put forward their ideas and having their say in improving student democracy. This will happen on a college level, by helping to improve our by-laws for future JCR's to benefit from. Additionally, through being able to contribute towards improving democratic processes at the Students' Union level, where I will serve on the Students' Union Democracy Committee.

I have really enjoyed the support that Cartmel has given me in the past two years and has made my time at Lancaster so enjoyable. Therefore, nothing would make me happier than being able to continue to give back to the Cartmel community by being voted as your VP: Democracy and Finance.

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## **Vice President Socials and Events**

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## **Audred Visaya**

### Manifesto

Moving colleges from Bowland to Cartmel was the only natural solution after a whole first year of seeing how great the events are in this college compared to the others. The reasons I am running for VP Socials and Events extend far further than just loving the role – watching and working very closely with current members of the JCR, I know I'd be an excellent candidate with everything that I have learnt and am willing to bring to the table. I helped out with the technical lighting and sound setups of some of the college's biggest events last year, such as the Patriots After-Party (where Barker House Farm was turned into a club for a night) and the hugely successful Speed-Dating and Open Mic nights. Despite the current circumstances, I have ideas that would call back to those times, such as a recorded blind dating show, edited for every week, and improving on our regular events as soon as we can use Barker again, like a post-COVID club night.

I'd love to continue to help with the Open Mic nights, which would without a doubt be a weekly staple, as it was gaining traction last year before the restrictions came down; I want to develop and improve on our identity as a music college. Whether it was album releases or a nice ambient background to an evening, there were big plans for Open Mics, and I want to be able to help people showcase their talent or give them a larger platform for more people to hear it.

One of the biggest things that I want to try to bring about is promoting basketball, and more niche sports, further than what the university currently offers, which this year seems to only be a first team and a Saturday recreation league. I want to work alongside the sports officers to make exercise and fulfilment through sport something that is accessible to all, focussing on including the BAME and LGBTQ+ communities that are often excluded from sport. The lopsided netball court outside of the engineering building is poor, with its lack of lines and one hoop constantly wet and muddy. Even if it could not be an official university-acknowledged college vs. college event, using the newly extended sports hall as a space for a tournament that the players would manage and that people could watch is an idea that's had a huge amount of interest and feels important in making more marginalised members of our college community feel heard and understood – just looking at the people who turn up to pickup games makes it obvious how diverse a sport like basketball is.

Though there are many events to hold for people who have already settled into university, I am also more than familiar with the feeling of not wanting to try something new in the first few weeks of being in Lancaster. I know friends feel this way and, after speaking to some older students, that people here have taken to socialising with a more cautious approach. Isolation has slowed down this process of settling in even more so. As a result, I'd love to organise events that invite not only the usual crowd of outgoing quizmasters, but those who aren't brave enough yet to sign up for matchmaking and yet are brilliant in the kitchen, or those terrible at bar sports but eager to learn and try new things.

If elected VP Socials & Events, I hope to continue to hold events that you want to see – I want to listen to the student voice and work towards improving our college identity as dynamic and fun-loving. I want to focus on accessibility and pure fun for all Cartmelians.

Whether it was during helping out with events and painting banners for Cartmel last year (someone has stolen the griffin I poured my heart into and I want it back) or ultimately turncoating Bowland, I have long known that this is the best college in the university, and I want to put on events to keep that record going.

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# Ritik Bhari

## Manifesto

Hi everyone my name is Ritik and I am currently a Part 2 Economics and Politics student, from London. Before coming to Cartmel as a fresher 3 years ago, I was daunted by the thought that I would feel unwelcome and wouldn't fit into the university lifestyle. This was something that I realised wasn't the case, as I made friends and had some memorable experiences through the events Cartmel organised at the time. Looking back, I want all students to feel like Cartmel College is their home, a place where they belong. This is why I have chosen to run for VP Socials and Events.

When I told my friends I am applying for this role I, there was one common question everyone said- "There's a pandemic happening-what will you even do!?" I want to make the most of the current situation by treating it as an opportunity rather than a hurdle. Yes, things will be very different than what the norm has been, but this doesn't mean they have to be boring. I want to take this opportunity to build upon the platform which this year's JCR have established, and keep organising more online events which mean the most amount of people benefit from Cartmel's events. Building an online community is vital to Cartmel being even more inclusive in their events and socials. I would never want any person to feel as if they aren't being catered to- university should be a great experience for everyone.

This isn't to say there will only be online events for the next academic year! I would love to explore the possibilities of more in-person events with the rest of the JCR, keeping a strict focus on health and safety alongside student satisfaction! Having had previous experience in event management, through my position as Head Student in my Sixth form, I know the importance of leadership when organising events. One of my favourite memories of Sixth form is the fulfillment and joy I had after organising the Leavers Prom. Even though organising anything will have a stressful journey, I know the importance of keeping my eye on the end destination.

Events and Socials at university should not be limited to late nights and parties. Keeping with the precedent set by this year's JCR, I want to make events which cater to the diverse nature of Cartmel's students. I would love to explore the possibilities of collaborating with societies to hold events which cater to the different backgrounds, skills and ethnicities within Cartmel today. I believe strongly that the best way in which we can become a strong family unit is to be inclusive.

I believe I am full of innovative and exciting ideas for this role. Furthermore, I am always looking for student feedback and suggestions, and would always be willing to listen to what the students want to do! In my picture, I am posing at a Summer Event which was organised by a 3rd party in Lancaster. Anyone who remembers this- I promise you any events I organise will not result in you sitting on the wet grass (unless you want to , of course).

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## Alex Oswald

### Manifesto

I'm Alex, and I'm studying English Literature with Creative Writing. Given the nature of my degree, I care a great deal about creativity and expression in all walks of life. I have a very broad spectrum of interests and hobbies, ranging from geeky science-fiction books and films to cooking and fitness. In my spare time, you'll most likely find me reading, writing and playing music or watching the same tv show for the fifth time in a row whilst sipping on herbal tea. I'm very talkative, enthusiastic and absolutely love being around lots of people. As someone who likes to geek out about anything I find remotely interesting, I find it incredibly easy to talk to people and make new friends. As a result of this, I've encountered and learned from a diverse range of people with different cultures, interests, personalities and struggles. I'd make a good student representative because, from my experience of knowing lots of different people, I feel as though I can organise events which cater to everyone's wants and needs whilst still being an absolute blast. I also care about the student experience a lot and want to ensure that everyone in Cartmel feels as though they are being warmly welcomed and that they are part of a college they can be proud of.

I would also consider myself experienced in the field of socials and events due to my experience as a semi-professional musician. As a saxophonist, I tend to play mostly jazz and I've played professionally in jazz bars and other venues across Greater Manchester for the past four years of my life. However, I also sing and was in a rock band for a while. Recently, I've had to be one of the organisers for a lot of these events and would consider myself pretty good at it. I believe that this has given me many relevant skills, including leadership, social skills and the ability to express my creativity to large audiences. The latter is something which I consider to be an essential in the position I am applying for.

As previously mentioned, I have a lot of hobbies and interests, but one in particular is travelling. In the past few years, I've been to many different places including European countries, America, and I even lived in China for a month. I think this is important to note because the things I have learned and the skills I have gained are very relevant and essential to this position. For example, I have a good understanding of different cultures and can therefore meet any cultural needs in the events I will organise. Furthermore, I can adapt to different environments, whether that be social or physical, very quickly and am prepared to learn anything that is required of me.

In terms of leadership, I have a solid balance of knowing when to take control and knowing when to work in a team. As part of the previously mentioned music events which I have organised, finding this balance is something which is quite a challenge to achieve, and I feel as though my experience has refined both my leadership and teamwork skills to a level which is suitable for this position; I am a very strong and capable leader who can take matters into their own hands, as well as someone who can listen and is open to different ideas.

I think that social events play a crucial part in how much a person enjoys university. If I am to be elected, I will ensure that the college events such as the winter ball and college extravaganza are not just fun, but full of unique opportunities to socialise and share talent with one another. If I am to achieve this position, I aim to set up a system where I ask everyone in Cartmel what they want to get out of these events to create events that are truly what the students want. I will also make it my mission to make these events inclusive to all, with the aim of transforming Cartmel into a close family where everyone can feel as though they are in a college that knows them.

Overall, I think I am right for this position, because I love people and want to ensure that everyone in Cartmel has a fantastic experience with the college events. Moreover, if I am appointed this position, I will listen to everyone and make sure that your wants and needs are fulfilled in these events.

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## **Vice President Education and Welfare**

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### **Ellie Jones**

#### **Manifesto**

Hi all! I'm Ellie Jones and I'm currently a first-year Law student, and my pronouns are she/her. I'm very proud to be a Cartmelian, and I've felt so welcomed by the community!

Not only do I think it is important that the roles of Education and Welfare are combined, I truly believe that it is essential that they are focused on equally. I'm very strong in my opinion that for us to really take advantage of our education, we must first know how to take care of ourselves both physically, mentally and emotionally. Now more than ever our education feels isolated and very much contained within the four walls of our rooms, so I think it is absolutely imperative that we can get out of them in the safest, and most relaxing, way as possible. It is not enough sometimes to walk to the library and take our work with us; our work often follows us everywhere in the form of stress, anxiety, looming deadlines and in many other ways. My key ideas would help to take some metaphorical (and literal!) weight off of everyone's shoulders to ensure everyone's personal welfare goals can be tackled sufficiently.

Talk-It-Out Tuesdays: Not only is the alliterative nature of this rather satisfying (any opportunity that arises must be taken!), but I hope that this will also help to satisfy the questions, queries and general worries of other Cartmelians. I think this could be operated through a buddy-system where students can opt in to support other students (maybe who are also on the same course) who want some friendly advice on coping methods, or even perhaps as an opportunity to just talk to someone else who

understands and can fully empathise with the situation. I hope this would be beneficial for all students; it would be particularly great if perhaps year 2 and 3 students would be willing to buddy-up with a year 1 student. This would also hopefully help people to make social connections despite feeling that in the current situation, with the regulations we must abide by, there is perhaps less of an opportunity to be social.

Wednesday Wisdom: Again, apologies for the alliteration but I really believe this will help to remind us all of what we can expect within the week to help us all out. This idea would, hopefully, take form in a weekly email where students will be able to submit their top tips and advice on anything study-related; whether this would be advice on exam preparation, study skills, general tips for making work more manageable or even exam distress tips I think this would be an easily accessible way for everyone to engage in some new inspiration. Personally, I have a bit of penchant for organisation tips: any way to make my folders neater, my notes prettier or my mind clearer is always a good way to get me excited about de-cluttering my workspace!

It also isn't lost on me that sometimes it is just as important that education occurs outside of our course material, which is why I also think it is equally important that frequent emails to discuss and learn more about the diversity of the communities that we all live in and amongst are made available. Our understanding and respect of those around us will not only make Cartmel a happier learning and living environment, but a stronger one too. By furthering education and understanding of diversity I hope this would improve the welfare of many communities within our wonderful college.

Since Year 7 I have had a keen interest in the importance of education; Malala Yousafzai was a huge inspiration to me, and her story alone taught me the importance of never taking my education for granted. I think it is important to stress that all of us are so lucky to be able to access higher education here at Lancaster (particularly in Cartmel!). Now more than ever we must embrace our education to every possible extent; we must not let restrictions stop us from achieving what we want and asking for what we need. I would love to represent this very philosophy as Cartmel's VP Education and Welfare Officer. Anxieties, mindfulness, health, motivation, education and achievement should never be believed to be trivial, or one less important than the other. They must balance each other out, and hopefully I can help many of you to find this balance by balancing my own responsibilities as YOUR VP Education and Welfare Officer.

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## **Luke Halpin**

### **Manifesto**

Hi, I am Luke my pronouns are he/him, and I am running to be Cartmel's Vice-President for Education & Welfare for 2021.

As a bit of background on me, I am a second year Software Engineering student and I am currently occupying the role of VP Education & Welfare after being co-opted in June when

the previous VP graduated. In the role I helped organise a very unique welcome week, which consisted of organising the welcome reps and helping out at events, and have also been trying to run weekly welfare drop ins (though the current situation has made it a bit of a challenge).

I am also (at the time of writing as our elections are also coming up) a welfare officer in the LGBTQ+ Forum, in fact I am the Faith Officer, which is a role that I helped to create in June to support people of faith who are LGBTQ+. This has been another unique experience, trying to create the role and get connected with the various religious societies, while unable to meet anyone in person. This has been a challenge but it is one that I enjoy and continue to persist with.

I am also a member of the fencing club and was on the second team last year which was another great experience of getting involved with the student community.

The reason I am running is because I want to try and make a difference in the college. Since being co-opted, one of the things I have done is create an accessibility action plan for the college to help make events and online content accessible to all members of the college. This is something I very much enjoyed doing. As someone who is LGBTQ+ and also a student with disabilities, I am very aware of how important it is for things to be inclusive and accessible. That is why I am very passionate about these topics and making people feel like they can be who they are without having to make compromises to fit in, and I think I have a unique perspective to help ensure this happens.

I think I would be good for the role due to the fact that not only do I have experience doing it, but also because I am very familiar with working as part of a team, from fencing to being on the LGBTQ+ Forum exec. Because of this I would be well suited to working with the whole JCR and SCR and also working with the JCR welfare officers team, to make the most of the opportunity being elected would give.

I am also well organised and able to keep on top of the demanding schedule that comes with studying a degree and being on JCR.

However, I would say my most important attribute for this role is that I am able to listen, which while sounding like a fairly unimpressive skill, is actually the most important aspect of any position that includes welfare in its remit. Because it is not just about hearing what someone is telling you, but also making sure they know that you are taking it in and that you want to help them and get them the support they need.

If I were to be elected I would want to focus on continuing to work on making the college as inclusive and accessible as possible. One step in this would be making it so that the accessibility action plan is implemented into the bylaws as something that has to be upheld and followed for the benefit of the college. I would also like to work with the Academic reps, as unsurprisingly, students' wellbeing often has cross over with the academic side of life. To expand on this I would want to create a welfare role in the JCR dedicated to working with the Academic reps and providing advice and support to students on things specific to academic life and they would also be responsible for ensuring that when the university hears from the academic reps, they are also hearing about the students wellbeing and how departments can improve this aspect of university.

Overall I think I would be good for the role as quite simply, I care about making sure that everyone is able to enjoy their time at university and not feel excluded or less able to take

part, and I think that we should be trying to think about all aspects of student life when trying to accomplish this.

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## Welfare Officer (Women/Non-Binary)

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### Chandni Mistry

#### Manifesto

Hello everyone! =) My name is Chandni Mistry, I am medical student applying for the role to become your Welfare officer.

I am very excited by this opportunity, I value representing and managing all of your concerns and views in order to make our university experience fun and inclusive.

#### *(Why you should vote for me) : As your welfare officer, I would aim to ensure:*

- o I advocate your views, ensure they are inclusively represented and fairly voiced.
- o Focus on mental health – especially during the lockdown and pandemic, I understand it can become lonely and uncomfortable. Further, I would aim to ensure everyone stays reasonably upbeat when isolating via exciting virtual activities.
- o Ensure everyone can make their voice heard and express their opinion, issues, areas of improvement and personal accounts via interactions in group chats, online calls as well as surveys.
- o Attend and submit items for discussion to allow engagement
- o Empower an active change with an impartial view
- o Endeavour to allow more opportunities to gather feedback on general concerns via online anonymous surveys to ensure that we are overcoming barriers effectively in an open and confidential manner

I believe I am well placed to be able to appeal to a wide range of audiences through my very personal accounts of mentoring which include numerous charitable endeavours such as providing voluntary services to various students on dealing with stress to those who are struggling with mental health. Whilst it is very important to address emotional aspects related to the pandemic, as a member of BAME I can understand social differences. Therefore, I believe the role will allow me to make a holistic approach with the pandemic

with the aim of providing support in a non-judgemental environment. Further, my experiences as health and safety co-ordinator, covid-19 Officer i believe I can contribute to this role with a greater understanding. I look forward to working with everyone empowering a friendly, nurturing university environment.

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## **Molly Anderson**

### Manifesto

I have been a Welfare Officer in Cartmel College since January 2020 and have loved being part of the JCR team! If I get re-elected, I will continue to work with the other officers to support the college as the friendly, safe and inspiring community that we are all proud to be a part of.

As Womens + Welfare Officer, I would strive to be an affable and helpful presence in the college, there to help anyone who needs someone to talk to and a be a first port of call, able to direct you to further support within the college and the university as a whole.

It is a difficult time for everyone at the moment, a time of great uncertainty in this new lockdown. I aim to work with the rest of the JCR to organise whatever events we can to combat loneliness and homesickness at this time.

As someone who suffers with diagnosed mental health issues myself, I understand how much of a struggle university can be at the best of times and am aware that everyone is dealing with their own issues. To that end, I want to stress how important it would be for me – if I could continue in this role – to offer support and guidance to other students with regards to mental health and wellbeing throughout the year ahead.

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## **Welfare Officer (Men/Non-Binary)**

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## **Bradley Winstanley**

### Manifesto

Hello, my name is Bradley Winstanley, and I'm in my 2nd year studying Politics, and Sociology. I have memories across University that I'll never forget, and memories that so many of us can relate to from attending a dodgy Wednesday night at Craftys for the cheap drinks from having a search party in Sugarhouse to find your friends to just making poor student meals that are just meals to forget.

2020 hasn't been the year everyone expected, and I can understand it's been such a challenging time for students across Cartmel. So, if you feel worried, stressed or if you feel

any other way, that's perfectly ok as you're not alone as there is a whole connection of students who feel this way. Let me emphasise how important it is speaking to somebody about how you're feeling, because yes it can be hard as you feel like you don't want to burden people, but those people simply care about you, they want what's best for you, and you'll feel so much better once you share your feelings. I care about students across Cartmel there is a strong community spirit across the college where you soon become familiar with fellow college members. It makes Cartmel amazing as you really do feel as if you're a valuable member of the college. Despite Covid-19 making everything more difficult, I want to ensure the men's welfare team remains an inclusive, welcoming by supporting those who need support, those who need someone to turn out to let out their concerns, or simply that someone who you just have a general chat with. I want there to be a supportive men's welfare team that people can easily access, understand the service is always available for them to ensure they can always receive the most helpful support whenever they need it as if I'm elected as the men's welfare officer, that is something I can promise you; it's the least you deserve especially when times are tough.

I believe I'm the right person for the men's welfare role as I will do everything I can to ensure the men's welfare team is there for you by pledging to offer the welcoming support that is already out there by the current men's welfare officer whilst developing new ways to improve the support we offer. I want your feedback on how we can improve the service offered to you, so I'll be asking for people to submit comments, and complete short surveys online on what you think of the service as you can shape our team as your feedback is always the most valuable ways we can improve. I want to improve accessibility, and the advertising of the men's welfare team by having a regularly updated welfare team page across social media with links, advice, and information about the men's welfare team on how to access our service, and what we can offer for you. Also, for our dedicated social media pages I want to share other forms of support out there, such as the Lancaster nightline, Samaritans phone number to ensure there is so much support out there for everybody. Suspension of face to face activity will not hinder the men's welfare service as I'll ensure I'm available for Microsoft Team calls, can be contacted through email, contacted directly on social media, and when we can do so again, open up support in person through individual meetings to group events opening up the men's welfare service across Cartmel. To prepare myself for such a role, I involved myself in the Look After Your Mate workshop where I will apply the ideas I learnt to the men's welfare team allowing me to improve the support I can offer you. Finally, I want the welfare team to come together to discuss new ideas, and think about the service we offer to you by using the feedback you have provided for us.

Finally, I want to end what I have to say by thanking you for reading my manifesto that looks more like an essay as I promise you if you elect me for the men's welfare officer, I will implement the pledges I made to you by offering you the greatest service we can during these difficult times, and leaving you with this simple take home message, the men's welfare team will always be here for you as nothing is too big or little as at the end of the day, I want to hear what you have to say!

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# Communications Officer

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## Sam Wilson

### Manifesto

I'm Sam, I am your current Media and Communication Officer and a third year doing Biomedicine. I decided that I want to rerun for the role as I wish to continue the work that I have already been undergoing this year. Cartmel College has done so much for me over my time at university and I want to give back to the college as much as I can, making sure that everyone in it has the best experience they can. I feel as though I can best achieve this through the JCR. Communication for the college is key, especially in recent times where everything has become more digital.

I feel as though I have demonstrated previously that I have adequate skills to fulfil the role in terms of organising comms schedules, creating graphics and videos and being an easy point for college members to get in touch with through the social media pages. In addition to this, I also run my own photography and videography business and have in the past worked with companies like the national lottery fund to create websites for projects. During my time this year on the JCR I have also worked with other members when creating events such as helping the VP Socials and Events with some of the organisation of the post patriots party using my links with the university from working at Grizedale Bar.

My aims for the upcoming academic year would be to continue to grow both the Instagram and Facebook page, to allow us to have a constant flow of information both to do with the college but also the wider university. To reintroduce the Cartmel College twitter as a form of communication. To continue to increase accessibility to content through closed captioning and alt text of documents. I would also like to try and create more campaigns with groups from outside of the college, be it societies or others in conjunction with both the VP welfare and education and the VP socials and events. As I already have an understanding of the role and the avenues in which to undertake projects, I feel as though it means if I were to be elected again that there would be no gap in communication and the transition for the second media and comms officer would be seamless.

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## Irina Yankova

### Manifesto

The week before coming to university in my first year, my anxiety levels were at their all-time highs. I don't know if it was the new environment or the fear of growing up or even just leaving my friends and family. Leaving what's been my home for so long.

Cartmel College has grown to be my home away from home, the place full of friendly faces, bright smiles and unconditional support. I met my closest friends at uni in Cartmel, the people who I drink my morning coffee with and the people to whom I rant about the annoying group work that I must get done. Being a welcome rep this year and ensuring the freshers in our college feel supported and welcome, was my way to try to give back to the community.

But, what better way to give back to that community, that family, than by doing something I love and am passionate about?

Visual arts have always had a special place in my existence and while I still love drawing and sketching, the last few years have been crucial for my development in graphic design. This growing and improving process included personal projects, uni assignments and volunteering in organisations such as Enactus LU, Interact Club and GLOW Bulgaria.

Of course, such as any other learning process, it's always a work in progress. I hope I will get the chance to learn and grow even more as your new Media & Communications Officer. It will be a pleasure to be one of the people who keep our community going and keep the members of Cartmel informed and engaged with the college events.

- A really excited, second-year Marketing & Design student.

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## **Alice Chapman**

### **Manifesto**

Hiya, my name is Alice, I am currently first year, studying for a degree in German and Maths and I'm originally from Essex. I am a huge sports fan, and love practising art in my spare time.

#### Why I wanted to apply:

I am applying for this role because of how much it affects everyone in the college, and how important it is to make sure that everyone is informed about all of the events taking place. Especially during the current situation, it has become even more important to keep everyone up to date through channels such as social media (something I would say I am quite experienced at – maybe too much so), and making everything as accessible as possible to every member of the college. It would be great for me to be helping out with the college, and I really feel as though I could make a difference to a lot of people here.

#### What I would be bringing to the role:

I would consider myself someone who is enthusiastic when given a task, and hard-working when it comes to delivering particular projects. I am keen when it comes to design and art, so would be invested in making sure everything is clear and easy to follow. I am well organised and am able to clarify everything that I do, something that I believe is important when trying to convey a lot of information. I would be happy to talk to anyone in the

college, if they needed help or had any suggestions when it came to improving the situation as a whole.

My priorities for the role:

My main goals would be to make sure that everyone in the college was kept well informed about the events that were going on, and ensure that I used as many means as possible to do so. Accessibility is so important to make sure that each member of the college feels involved and included with everything, and that no one is left un-informed. It can be quite stressful trying to find out when certain events are happening, and what each event actually consists of, so a main priority would also be to try and alleviate some of those stresses through an accessible platform, whether that be through social media, or in person (Covid permitting).

I hope everyone is staying safe, and thank you for taking the time to read what I have to say!

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## Magazine Editor

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### Andrew Williams

Manifesto

*Andrew Williams for Cartmel Magazine Editor*

A spectre is haunting Alexandra Park — the spectre of Cartmel College magazine. All the powers of old student media have entered into a holy alliance to exorcise this spectre: SCAN and Bailrigg, LA1TV and Take 2, The Tab, and University management police-spies.

Two things result from this fact:

1. Cartmel College is already acknowledged by all University powers to be itself a power.
2. It is high time that Cartmelians should openly, in the face of the whole world, publish their views, their aims, their tendencies, and meet this nursery tale of the Spectre of Cartmel College with a manifesto of the college itself.

My pledges

- *Revive "The Griffin" for the age of COVID*
- *Embrace the opportunity to experiment with design*
- *Set the scope to anything and everything*
- *Populate it with your contributions*

2020 has a good claim to the strangest and most difficult year in this university's history. You, the reader of this "manifesto", has been subject unwillingly to this peculiar time. If you are a first-year, your experience so far has probably been a pandemic-induced lockdown on campus. For the older students, it has meant a total collapse of normality and the devastation of social lives. Loneliness, isolation, and the callousness of the authorities have made the past few weeks difficult for everyone. I am no exception.

In my years at Lancaster, the Cartmel College magazine – known as "The Griffin" – has been woefully underutilised as a platform for the news, views, and creativity of Cartmelians. It is effectively a blank slate. A magazine uninhibited by tradition or by any real restrictions on content. The potential that The Griffin has is vast and I want you to elect me to be the one to do something potentially wonderful with it.

Who is Andrew Williams?

I am a third-year History and Politics student and a former resident of House 54. My pronouns are he/him. I've been around the block as far as student journalism is concerned. I was News Editor for SCAN for three months, and since January I've co-edited the independent publication Spineless. I've also contributed to The Tab and subtext and I've broken real news that ended up in The Times and Private Eye. I take journalism seriously – I'm a student member of the National Union of Journalists (NUJ) and I've even delivered a talk on how to use the Freedom of Information Act effectively. I know my way around a keyboard and now I want to take on a new challenge.

What will The Griffin of the Great Pandemic look like?

It would be remiss of me not to pay due credit to the current co-opted Editor, who has produced two editions of The Griffin so far this term. He has shown that the magazine can work in online-only form and has the potential to thrive.

In terms of brass tacks, it would be impracticable for the magazine to be in anything but online form at present, which opens as many doors as it closes. Costs of production are therefore reduced to practically nil, and it also means that there are no creative restrictions on content other than what fits on an A4/A5 pdf.

As Editor, I would focus on 1) design and 2) interesting written content. I want the magazine to be as expansive as possible, covering all topics, be it news, features, interviews, poetry, literature, science, advice, letters, reviews, or satire. Nothing should be off the metaphorical menu. I would work towards, at the least, a termly edition of high quality, although I am open to producing special editions for special occasions.

How do you intend to go about this?

First of all, I'd look close to home. It's Cartmel's magazine, so I'd love for Cartmelians to contribute with whatever they see fit. Hopefully the offer to write for the magazine will be pushed out through the normal channels, and I'd try rather hard to make the offer more appealing than usual. I will of course write myself but being the sole writer-editor can be a lonely life. I'd tap into my network of friends from across the Lancaster University

community to create interesting content for my fellow College members to enjoy. Beyond that I would reach out beyond the University community to find interesting people to talk to and maybe even contribute to the publication.

I hope you'll consider supporting me with your vote.

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## **Tom Roberts**

### Manifesto

Hi I'm Tom!

I'm a 2nd year history student and I'm running to be your Magazine Editor for 2021!

In 2021 I want to make The Griffin magazine more relevant and get more people in the college involved in its production! The Griffin is a magazine for all Cartmel students, so I want Cartmel students to get involved if they've got anything they're passionate to speak about!

If I'm re-elected, I will:

- Release the Griffin monthly so that it is relevant and provides information for current issues and events regarding the college
- Provide the magazine with a clear structure, with regular sections in every issue, such as an Events section, so that you can easily see all of the upcoming events hosted by the JCR and the Student's Union!
- Include a monthly Arts section to track the latest releases in the charts, cinema, theatre and television! Hopefully I'll also be able to include performances and events at the Dukes and the Storey. The arts have been crucial for helping many of us get through this crisis, and I want to celebrate the importance of this culture!
- Create a survey to discover student's perceptions of the magazine and hear your suggestions about what to include in the Griffin - what do you want to see in your college magazine?
- Interview JCR/SCR members (if they're comfortable with this) and feature these in the magazine - I'm passionate about increasing communication between the College Executive team and the rest of Cartmel, by helping you get to know your JCR and especially the SCR better!
- Celebrate the diversity of the college - I want to produce special editions of The Griffin (similar to the Black History month issue), such as a Pride Month issue to honour LGBTQ+ historical figures and changemakers. As a member of the LGBTQ+ community, I'm passionate to learn more of this history (I'll admit my current knowledge isn't as good as I feel it should be!) and then feature this in the magazine.

Despite only joining the JCR in July, I've released 2 issues of the magazine (edition no. 3 will be arriving very shortly), a 12-page Welcome Week activity booklet and organised Cartmel's Murder Mystery Event in Welcome Week! The Murder Mystery was such a fun event to organise and run and I plan to run it again in the New Year if people are interested - hopefully as a face-to-face, more interactive event rather than a virtual one.

When I joined the JCR, the role of Magazine Editor was vacant and if I'm honest, I didn't even realise we had a college magazine. Over the past few months I've worked hard to produce The Griffin on a monthly basis and worked with Jo, the College Manager, to have the magazine sent to every Cartmel student via email rather than having paper copies distributed in communal kitchens once a term. I felt that the most important issue was to ensure that the Griffin reached all college members and not just those that lived on campus. I also wanted to increase the frequency of issues from one to multiple per term, so the content was more relevant to every month. I was faithful to my aims this term, and if I am re-elected I will deliver on the promises I've made in my manifesto.

This term has definitely involved me finding my feet with the magazine but I have gained so much experience from the role and I'm so pleased with the work I've produced - especially the Welcome Week Booklet.

With a global pandemic and so many restrictions, the JCR knew that Welcome Week wasn't going to be the week that everyone was hoping for, but we still wanted to make it the best it could be. The Welcome Booklet in the kitchens was just a small way of trying to make your first couple of weeks that little bit easier and more fun with activities and things to keep you entertained. I dedicated a lot of time over the summer to producing the booklet to a high standard for Cartmel students and I really hope it made a difference to your first few weeks!

I would love the opportunity to serve the college as Magazine Editor for a full year and expand The Griffin - I'm so excited for what the new term holds, when hopefully I can continue developing the Griffin and making it something that is uniquely Cartmel!

Thanks for reading! Have a great year Cartmel!

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