

Grizedale

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.

President

Dom Casoria & Emma Gowling

Manifesto

Hey!

Dom and Emma here bothering you again. We are running to be re-elected as **YOUR** Grizedale president(s). We took over as the current presidents in an election in June. We planned your Freshers week with events constantly changing until arrivals due to Miss Rona. We planned the best Freshers week possible and we have spearheaded the JCR into a more organised structure. Being presidents of this wonderful college has been a privilege and we hope you have seen our dedication to our community.

A little about us: Dom is a Politics student and Emma is an Economics student. We have both been on the JCR since our first year. Dom has been Socials, Community Inclusion and now President. Whilst Emma has been Vice-President Welfare, Democracy & Finance Officer and now President. We have an extensive amount of experience and knowledge, holding 5 JCR roles collectively. Outside JCR activities, Emma spent the coronavirus lockdown working for a foodbank, whilst Dom has been the elected NUS Delegate for Lancaster University twice, President of the Jewish Society and involved with the Welsh Society.

We have wanted to do the best events for you. We sincerely apologise that this year has not been how any of us predicted - Coronavirus has firmly halted many JCR activities. Behind the scenes we have been working with the SCR to try and plan a Winter Ball, music events during fresher's week and a hog roast. However, endless changing guidelines have caused event cancellations. Although, this year has been unusual, we hope you have had the best possible time and enjoyed what our team has put on for you.

If we are elected, we have three areas to focus on:

College community inclusion:

We have worked incredibly hard to make our college inclusive and a home to all of our students – no matter their differences/backgrounds. We are proud

of our JCR record on inclusion. As presidents, we have tried to change the internal culture of the JCR to make everyone feel welcome. We proudly have 13/15 of our officers who identify with a liberation group, which we hope continues.

- If re-elected, we will hold an Annual General Meeting (AGM) to review our byelaws. To do this, we will work with the Democracy & Finance Officer and our aim will be to change our officer role titles. We will change the Welfare Officer titles to men's+ welfare, women's+ welfare, men's+ sport and women's+ sport Officer(s). **This change is a simple but effective way to make sure our college is truly inclusive.**
 - - Equally, we already have a planned campaign with the social media team to **highlight minority students** in the college and a resource pack for different types of discrimination.

Making sure YOUR VOICE is HEARD:

If re-elected we will do a **student consultation** alongside our AGM to get students views on what the JCR could do for them and what we need to improve on. Since being elected, we have never missed a SU/Presidents meeting and have made sure Grizedale has excellent representation at all levels. We have a strong relationship with our SCR and work closely alongside them and other presidents to represent students and plan events.

- Continuing to liaise with the SU to make sure adequate support is available.

Student Support & Events:

Since the start of term, the JCR has held **Welfare drop-in** sessions. These were started after we wanted welfare drop-ins for fresher's week. These have importantly continued and as presidents we will work with the next VP to make sure these continue. Student mental health is so important and its crucial to have presidents that focus on mental health, which we have done and will do.

- We will work with the VP Socials to facilitate any events and be ready to hold a **SPRING BALL AND HOG ROAST!** (*dependent on guidelines*).

We took over as presidents during so much uncertainty. We have learnt and steadied the ship during coronavirus. We have set our budget for the year and we know what works. **The JCR has stable leadership**, and we will **continue to provide that stability** for the college.

We hope we can welcome you back at the start of the new year as re-elected presidents, a new JCR, less restrictions and a hog roast!! We have put so much of our hearts into the JCR and hope to continue doing so.

Thank you for reading and please vote for us to be **re-elected**.

Lots of love,
D & E x

(Dom and Emma are running to job share the position of president)

Zheng Yi Zheng

Manifesto

Dear friends, my name is Yi Zheng . I am running for the position of president of the college. I hope to get your support. Compared with other students, I have the following advantages:

First: I have a clear advantage in language, because I speak Mandarin, Cantonese and English. I think this can help me communicate with you.

Second: I have a wealth of work experience in similar jobs. I have participated in the planning of many charity activities and group activities. I am also very good in organization and planning, and I am familiar with the school regulations, which also brings me many scholarship Opportunity, I hope that through my experience, I can help you win this type of scholarship opportunity

Third: I have enough patience for work and are willing to innovate. I think this is undoubtedly an advantage during the presidential campaign, because I think students need a fresh life model and a happier learning environment. I am willing to listen to you Ideas and integrate them into our school life.

Fourth: I have obtained some professional certifications and successes in financial accounting and entrepreneurship, and have established good relationships with most of Lancaster's merchants. I hope to bring more convenience and benefits to your student life.

Of course, the position of the President is not easy. The President is responsible for the JCR Exec as a whole. This includes the overseeing of JCR Exec finance, campaigns, meetings and socials. These tasks are undoubtedly tedious and challenging. But I believe I am ready to provide you with services and make your life in the college more enthusiastic and happy. Please support me to make me president and vote for me.

James Humphreys

Manifesto

This is the third manifesto I have written to nominate myself for Grizedale JCR, for the third position in as many years.

In 2019, I was proud to be Grizedale's Men's Welfare and Community Officer. In this role, I threw myself in and helped deliver incredible events, including helping to plan our hit Extrav party – End of The World – and numerous other welfare related events.

In 2020, I stepped up to be the VP Education & Welfare, a position that involved me continuing to plan events, while also supporting three other welfare officers. Before COVID hit, we as a welfare team ran some fantastic events, such as a Fifa night, a film and face-pack night, and an incredibly successful mental health campaign – Welfare Wednesdays. I also planned and ran one of the largest free food events run by the JCR – our Chinese New Year event with free Chinese food!

From January, I took the lead on freshers week, working with the JCR to plan the week. This wasn't the freshers week that we wanted for you, but in spite of the curveballs thrown at us by COVID, we managed to deliver a freshers week which managed to integrate the freshers into our college while hopefully having a bit of fun in the process! One crucial part of fresher's week is the students who volunteer as freshers reps to help the freshers have a great freshers week. As part of this, I coordinated all of the Fresher's Rep interviews and training, along with communicating important information to them, allocating them to your houses and setting up ways that you could speak to your reps – all socially distanced!

My two years on the JCR up to now has taught me so many important lessons; ones which will be directly applicable if you vote for me to be your next Grizedale president. The key principle of the JCR is collaboration – collaborating with the college management, the student's union, and your fellow JCR members. My time on the JCR has given me extensive contact with the student's union and college management, along with the other JCR members naturally. Not all of that contact was necessarily positive, and this is a good thing! Agreement is not always a given, and disagreement is something against which I have come up against, and come out of the other side with a compromise beneficial for Grizedale. That is what you want your president to do – their utmost to fight for the college, even in the face of difficulties.

I love my college – the word pride does not fully encompass how thrilled I was when I got the email saying I was in Grizedale College, a feeling I know that I share with all of you. I enjoy being on the JCR; coming up with events and campaign ideas and working with likeminded people is an absolute joy, and one that I would absolutely hope to continue in 2021.

A little bit about me, I'm 21 and from Manchester. I'm a third year Computer Science student doing a 4 year course – which means that electing me would ensure that you have a college president for the entirety of the year 2021. Outside of the JCR I play lacrosse for the university, and am the vice-captain for the first team. Naturally, my time playing lacrosse at Lancaster has taught me the importance of good teamwork and given me a determination to get the best result possible – both qualities which will be essential in being the best president for Grizedale.

If you vote for me, I will continue to fight for your issues. As someone who also lives on campus in the college, I have also had to deal with this new dreadful mailing system. I have been fighting against it from its inception, and I will continue to campaign for a return to the pre-centralised mail system.

COVID may have caused significant issues with our plans, but one key thing I will push hard for a return of is our free food events – starting with our legendary Hog Roast. As soon as we are able to start doing these events we will try to do them. I loved being on campus in my first year, and I desperately want all of you to have an equally good experience,

despite current events. A vote for me is a vote for your student experience; a vote for a return to normality.

Vice President of Socials and Events

Katie Johnson

Manifesto

Hello! I'm Katie, a third year Politics student and one of your current Socials Officers! I was elected onto the JCR back in June and since then I've loved getting involved in organising events. Now I'd love to take on more responsibility with a more leading role as VP Socials & Events!

Taking on a role with greater responsibility will undoubtedly be challenging, however I believe I am equipped with the skills it will take. I currently balance my JCR role with a VP Socials position on the 93% Club Lancaster exec, meaning I'm comfortable in organising and hosting events, especially if they're covid-friendly!

I joined the JCR to give everyone the same opportunities GZ has given me, and because I wanted to contribute to the community spirit within the college. There are 3 main priorities I have to make sure that this year is the best it can possibly be, that cater for everyone. These are:

1. Continue to work with the college welfare services and JCR welfare team to host events that are inclusive and accessible for everyone. It's important now more than ever to make sure we look after each other, and most importantly, take care of ourselves.
2. Collaborate with the Socials Officers of other colleges to host some different, more exciting events! Making friends across campus is difficult this year, so some collaborative socials might be the beginning of some new friendships, or at least instil some college rivalry!
3. Work with the circumstances to ensure that we don't miss out on some GZ and Lancaster traditions, from Winter Ball and Extrav to our infamous hog roast. We might not be able to celebrate in the usual way, but we can embrace the new normal and adapt to the circumstances whilst keeping hopeful that we can bring back our events better than ever!

I'm determined that we can make the best out of a challenging year, by building a community that cares for everyone and hosting socials to be proud of, maintaining our reputation as the social college on campus. Hopefully one day we can party together again, but until then, let's have fun and take care of each other!

Vice President of Education and Welfare

Sophie Empson

Manifesto

Hi, my name is Sophie Empson and I am a second-year international management student. I am running for the role of VP of Education and Welfare because I have loved my college from the day I started and want to start giving back.

I am currently your democracy and finance officer and I've been doing a lot of work in the background for this first term for budgeting and purchasing your house packs. I have been on the intro week committee too so I have experience already with working with the JCR as well as part of the team.

I am also an academic rep for my course this year which means I have already started to gain feedback from students on my course on how we can improve things there. I hope to do the same as VP of Education and Welfare. I want to be a friendly face within the college that you can turn to if you have any problems, no matter what they are. I have previously lived in a different country and only moved back to the UK a few months before starting university so I understand how that can be nerve-wracking and I hope to help anyone that is struggling with that.

Furthermore, as VP of Education and Welfare, I will be running a small team of officers, women's welfare, men's welfare, and the community inclusion officer. I have plenty of experience in working as a team, whether it be within my course for projects or the jobs I've had working within the hospitality industry. I also believe that my management based degree will help me with running the team as effectively as possible.

Additionally, I am an outgoing person so I won't be afraid to speak up with any issues that you bring to me within meetings with just the JCR but also the ones with the SCR. I also know a lot about the college system so I will be able to point you in the right direction if you need further help after having spoken to me.

Being your VP of Education and Welfare also involves planning welfare events each term based around different themes as well as social media campaigns. I do have previous experience in planning events from completing my Baden Powell challenge for guides as well as being a basketball coach for primary school children when I was in high school. During my term as Democracy and Finance officer I have worked closely with our current VP of Education and Welfare which has given me an insight into the role which would make me the change to that role even easier.

In the current circumstances, with the uncertainty of COVID and navigating online learning, welfare is more important than ever. This means that the support system of the college needs to be more apparent than ever and that is what I aim to do.

If I was elected as VP of Education and Welfare, here are a few things I would like to implement:

- I will make sure that everyone is aware of how to get the right support when they need it. This will involve an Instagram highlight which contains helpful information on where to get contact details if you need it. Including the contact details of the CAT team and well as those of the welfare team

- I will also make sure that people know the resources we have available within the college. We currently have pregnancy tests, sanitary towels, tampons, and condoms which are all free of charge should you need them at any time.
- I will keep up the social media campaigns educating people on current events, useful tips and tricks as well as all religious holidays

I hope that you vote for me as your next VP of Education and Welfare so that I can help you in any way I can.

Social and Events Officers

Grace McWhirter

Manifesto

Hi, my name is Grace McWhirter and I am a second year Biology student. I am running for Social and Events Officer because I believe in the importance of socialising and forming friendships. I think that this year, more than any, it is vital to communicate and plan events as it gives us something positive to look forward to. In the current climate, our emotional and social wellbeing is a priority. By taking part in events, even if they are not in their usual format, many people feel their spirits rise and the effects of stress are reduced. This is the perfect opportunity to represent my college in this way.

As a student ambassador for Biology, I have previous experience of managing events through the form of open days. My role was to be organised in directing people to lecture theatres and answering any questions perspective students had about the course. I had to do this in a refined, confident way to get my point across. As a result, I am also skilled at public speaking. Quite often, we were placed in teams to accomplish a certain task, like guiding a group from one building to another. Working as a team, the other ambassadors and I would endeavour to transition the group as smoothly and quickly as possible. Due to this, teamwork is a credential of mine. In sixth form, I volunteered at my local hospital serving refreshments and chatting to the elderly patients. It was important to make the first move when communicating with them and steer the discussion in a healthy way. As a by-product, I have developed my leadership skills in taking control of a situation and creating positive outcomes. As a person, I am lively and have a friendly demeanour. This skillset will stand me in good stead as a Social and Events Officer.

If I was a Social and Events Officer, I would:

- Create fun, safe and carefree spaces to be yourself amongst your peers that anyone can access
- Host and plan different events catered to, and inclusive of, a wide range of people

- Listen to any feedback or ideas for previous or future socials and try to implement ideas to improve the experience for everyone
- Provide a platform to get to know others from your college better with the aim of giving you the power in regard to how much you want to interact and connect
- Be supportive of every level of confidence when interacting socially
- Provide direction and leadership when organising events

Whilst the year is not what anyone would expect it to be, I endeavour to make the most out of it. This includes putting together different social online functions and fun themed nights to take part in alone and with your flats. I would like the chance to represent my college and be able to give back. This is a perfect opportunity to do so.

Hopefully I will see you all soon!

Community Inclusion Officer

Harvey Masters

Manifesto

My name is Harvey, a proud gay 20-year-old fresher studying Physics. I am loud, flamboyant and extremely extroverted. Despite how that may be portrayed, I have a huge heart and extreme passion for people, their beliefs, rights and inclusivity. As Community Inclusion Officer for Grizedale, I intend to create a wider and more inclusive environment for all. I aim to celebrate all cultures and backgrounds with college-wide events, improve access to available support, introduce a student-led newsletter and increase student interaction with the JCR.

-Create a wider and more inclusive environment for all. The current climate leads to inevitable gaps in participation and inclusion within the college; everyone is feeling lonelier than ever before. I believe we should work together as a college to represent the diversity within one community and show the strength that can come from that.

-Create a collaborative art piece organised by the JCR. I think first year Grizedale students should have an opportunity to stamp the college with their personality, whether it was a billboard, photo or video, that would display the vibrant range of people we have attending this year.

-Overhaul access to signposted help and communities online. I know that it is difficult to find likeminded people and locate services already available at university. For example, I found the "Safe Home Base" ally network after 15 minutes of searching through inclusion documentation on the website. I found that there are limited positions held, especially

within science departments. I aim to integrate this service better, increase awareness and aim to have at least one member of the ally network for every subject.

-Introduction of a student led newsletter. There should be more transparency of what the JCR is achieving and what efforts are going into increasing inclusion. The last report of this kind that I could find was from October 2018. A way to improve this issue would be to introduce a newsletter where we invite different minority groups to talk about current changes, or changes they wish to make. The newsletter could be great opportunity to highlight international and local news, provide a platform for underrepresented students to inform their peers, connect with others and create a forum where concerns and suggestions can be voiced.

-Cultural awareness events. To make all students feel at home in Grizedale, we should celebrate multiple events throughout the year to honour the vast array of cultures within the college such as Chinese New Year, Black History Month, Pride Month, Rosh Hashanah, Diwali and many more. It provides opportunities to share cultures, educate and celebrate together as a community; these could also be incorporated within the newsletter.

I have battled with my mental health for a long time, and it has always been the people around me in my community that have pulled me to better mental spaces. No matter where I am in the world, I have felt at my best when I feel part of a community, when I feel I belong. Therefore, having a sense of togetherness is so important to me, not only does it help people feel included and represented, but it can also have an immensely positive impact on mental wellbeing.

I have gained a lot of experience in the recent years of my life; I lived and worked in Australia for a year, before returning home to work for the student support team at Coventry University, while also working with Voluntary Services Overseas (VSO).

At Coventry University I helped a lot of students with common struggles and IT issues. I was also mental health first-aid trained and would be a first point of contact for students or staff that were having difficulty dealing with stress or anxiety at work, school or home.

I worked with VSO to help develop a sustainable development plan to improve the quality of sexual and academic education and gender equality in the 36 countries that VSO operate in. I focused on a township in Nepal called Dhading, where literacy rates are low, and women who attend education are expected to stop at 16 to marry and have children. I raised £1400 towards my project, and planned to travel there summer of 2020 to put that plan into action, unfortunately this was cancelled due to COVID.

My personal experiences, open-mindedness and passion for change balanced effectively with ethics and moral code is just the start of why I should be elected for this position, and I would love to see what we can achieve as a team.

Democracy and Finance Officer

Reopen Nominations

Manifesto

If you wish to cast a vote, but do not want to vote for any of the other remaining candidates for this position, then you can express your desire to reopen the nominations process. If any position is not filled by a candidate, but instead Reopen nominations is declared the winner, there will be a fresh opportunity for candidates to be nominated and the election for the position in question to be re-run.

Media and Communications Officers

Rachel Holroyd

Manifesto

Hi I'm Rachel Holroyd and I want to continue being Grizedale's Communications Officer for this academic year! I'm a second year studying Advertising and Marketing Management and have already been Communications Officer on the JCR since June and was on the Grizedale Intro Week Committee from March 2020, helping to plan welcome week. I am also a member of Grizedale netball and enjoy baking, sudoku puzzles and gin!

As Communications Officer, I will be responsible for communicating with college members, running the Grizedale social media channels, responding to enquiries, and working with the rest of the JCR to publicise events and create campaigns. I have really enjoyed doing this over the summer and have a strong connection with the other JCR members, which is why I'm running for this role again.

My marketing degree subject fits well with this role and will help to make sure everybody is aware of college events and information. This year I am doing modules in Social Media Marketing and Digital Marketing, which will be especially helpful during the current pandemic with so many college members attending university online. I also did Design as my minor subject last year and have always had a keen interest in it, so I hope to use this knowledge and creativity to keep the Grizedale publications engaging. My experience using graphics software such as Canva will also be a great help in designing effective publications.

Grizedale Communications Officers are becoming increasingly important as people rely more on information and activities being posted online. As the only current JCR officer running for this role, I would be able to keep current Grizedale campaigns going smoothly and assist new members where required. I would say that I'm naturally organised and aware of the bigger picture, meaning I will be able to keep up with the tight deadlines of this role, make sure everything is updated regularly, and communicate information well in advance. So far as Communications Officer, I have proved to stay on top of the workload and respond to requests quickly, and I intend to continue doing so.

I wish to use this role to create a stronger community feel at Grizedale, especially during this time where people can't interact as easily and are more in need of support. By increasing

the exposure of college events and welfare activities in a way that is accessible to everyone, more people will be able to get involved with the college. This should bring people together and allow us to live up to the 'sociable college' name. To do this, I will:

- Include more entertaining and informative posts on social media to encourage positivity and get people involved with the college, despite not currently being able to have a normal university experience. These will include welfare advice, JCR recommendations, and college activities to get involved in.
- Create more visually appealing publications, making the channels enjoyable as well as informative. This will attract people and encourage them to read our posts, allowing members to get more involved with the college.
- Continue to include alternative text for images on social media for those who use a screen reader.
- Ensure that text within images is large, clear, and in a contrasting colour to the background to make it easier for those with reading difficulties.

Thank you for taking the time to read my manifesto. Please consider voting for me in week 8 – I would really appreciate it! 😊

Niamh Williams

Manifesto

Niamh Williams – Media and Communications Officer

Hello! My name is Niamh Williams and I am currently in my second year studying Marketing. I believe that my degree and past experiences make me the perfect candidate for the position. I have worked as a Social Media Manager for a non-profit organisation which focuses on sustainability and donating to charity for over a year now and have been an Academic Representative since my first year. This shows that not only will I be able ensure a two-way communication between the Students' Union and you but also, I truly do care about what students think and I ensure to give students what they want.

My Aim: To Ensure Grizedale Is the Home Away from Home

I am passionate about creating an online space for Grizedale students to keep updated with any college news and to get involved, especially with COVID-19 keeping everyone reliant on technology. This year has been tough for many, especially as students are facing this alarming time away from home, so I would ensure that students are able to take part in events whether that is online or offline.

To achieve my aim, I will:

1. **Break communication barriers between students and the Student Union.**

I have been involved with regular Staff Student Consultative Committees meetings with my department and collecting feedback for those meetings. I then used this feedback in Faculty Forum meetings with the Student Union. So, I would focus on finding out what you want to see at your Students' Union and college through surveys, social media and talking to students around campus to then report my findings to the JCR so that your views can be reported to the SU.

2. Create an enjoyable environment online to host activities for the students.

As we are spending so much time online for our course, I believe that it is crucial to create a fun space for students to have a break away from the academics. Therefore, I would create weekly tasks for students to get involved with or host activities online for students to enjoy. These activities could be for you to enjoy alone or with your flatmates. I have helped organise events in the past such as weddings, birthday parties, etc. and with my extensive knowledge of social media through being a Social Media Manager, I believe I would be able to blend these skills well.

3. Ensure that students are well-supported by their college.

Through frequent promotion and communication with all students who are on-campus and off-campus, I will ensure that all services such as mental health, wellbeing and academic will be displayed on social media. This will mean that students can acknowledge efforts made by the college and feel looked after.

4. Embrace and implement various cultures into weekly communications and attract media attention for Student Union events that celebrate these differences.

By empowering events for communities such as BAME groups, LGBTQ+ and others, this will allow students to feel at home and supported while being away from home, thus improving your experience at the university. I believe it is important to educate others of these cultures so that we can enjoy university together.

Thank you for your time and I pledge to do my best and hope to serve you soon 😊

Women's Welfare Officer (reserved for self-defining woman+)

Jade Dobinson-Evans

Manifesto

Hi, my name is Jade, and I'd love to be your Women's Welfare Officer! I'd like to focus on three issues that are very important to me: fighting loneliness, and offering a first port for mental health support and private welfare issues that you may not feel comfortable discussing with your friends or flatmates.

This year, Coronavirus has brought issues that we really could not predict, and I'm sure that a lot of us have felt more isolated and alone this year than ever. I want to be there for

everyone who feels like they don't have anyone to turn to. I want to have an 'open inbox policy' via social media- you'll be able to message me at any time, and I'll get back to you as soon as I can- because I know that mental health issues don't stick to the regular '9-to-5'.

I've been through different parts of the mental health services that Lancaster offers myself, and I struggled to know which one would work best for me. I want to be able to help you figure out which service is best for you, by helping you navigate what's available. And I'll be here for anyone that needs someone to talk, but doesn't want to go to a wellbeing or mental health service. Every issue is important, and I want people to be able to turn to me if they feel like their problem isn't 'enough' to be seen by one of the services, because every problem is 'enough', and I'll tell you so!

I'm also not going to lose sight of other issues that aren't brought about by Coronavirus. Sometimes girls just need another girl to talk to! That 'open inbox policy' is there not just for mental health, but for all forms of wellbeing. And if you're struggling with something private and you feel awkward talking about it with your friends, I promise that I will be there to help instead.

Please vote for me, and I hope to see you soon as your Women's Welfare Officer!

Alice Sutcliffe

Manifesto

Hi, I'm Alice Sutcliffe and I am currently in my second year studying Geography. I am running for Women's Welfare for Grizedale as I believe that the importance of the role has significantly increased throughout the course of the COVID 19 pandemic. Mental health is a topic which is becoming talked about more and more, resulting in the need for colleges to ensure that there is adequate support and events available for students whilst they are at university. My personality allows me to fulfil this role I am a chatty and caring person who constantly wants to help and meet new people.

I am a trustee of a Mental Health Charity, called Youth Mental Health Matters, which has been set up for 3 years now. The charity aims to educate both pupils and staff on mental health and offer advice on where to get support. We have created resources that we have presented in schools and have encouraged schools to set up 'well-being ambassadors' within schools whose aims are to create safe spaces and put on events at lunchtimes to give students the option to go to an area where a member of staff would be present to talk to. We have also held annual conferences and invited schools to attend to continue promoting conversations around mental health. We gained the support of local council members and the Mayor of Greater Manchester as it is such a prominent issue and they have attended and spoken at our conferences! I truly believe that by talking about mental health more, the stigma is reduced which would enable people to feel more comfortable when seeking help. In addition to this, I am currently undergoing training for a charity called 'Shout' which would allow me to volunteer for them and provide support to others when they are in desperate times.

If I was to be women's welfare for Grizedale I would:

- Ensure that there is a safe and non-judgemental space available for people to talk about how they are feeling, whether it is about financial troubles, friendship concerns or how you feel within yourself I will always be there to listen to you and provide care and support
- Host zoom calls to allow people to meet and have a chat about how everyone is, in an attempt to reduce loneliness and provide support for one another throughout this pandemic
- Create pamper packages for flats so us girls can have a relaxing night every once and a while and provide a list of film suggestions for people to watch whilst chilling out
- Listen to people's suggestions and ideas about any welfare events and voice your concerns
- I will also ensure that those from the BAME community and LGBTQ+ community feel safe at university and will listen to suggestions about improvements or events that they wish to put forward
- In regards to sexual health, I will ensure that there is a platform and a safe place available for you to talk about any concerns that you have
- For those that have disabilities, I will work with you to make sure that the university and college are providing you with enough support
- As a geographer, I completely understand the importance of protecting our planet and environment, which is why I will run campaigns in order to help reduce waste and promote activities that will contribute to protecting the globe from further climate change.

I completely understand that these are unprecedented times, everyone is going to have good and bad days but the important thing is to understand that you are not alone. As your women's welfare, I would do my very best to try and put a smile on your face and then lead you in the right direction to get any extra support if you may need it.

Hopefully see you all soon!

Men's Welfare Officer (reserved for self-defining man+)

Manan Ladda

Manifesto

Hi, my name is Manan Ladda and I am running for the position of Men's welfare and community because I love interacting with people, socializing, helping, and listening to others. I believe learning is a continuous process and I have always tried to learn new things, seek knowledge, and evolve myself into a better individual.

I have experience of being the Men's welfare officer for a year in the JCR organizing events and also in my school and my home country and have developed the skills of listening and understanding people. I believe these make me an ideal candidate.

If elected I would aim to:

- Organise an equal number of fun nights and relaxation nights.
- Organise events that welcome everyone and make them feel comfortable.
- Try to create an environment that makes everyone feel open to sharing the problems and no one feels alone.

I think these aims will have a positive impact on Grizedale college and its students.

Thank you for reading my manifesto and feel free to get in contact with me to ask me any questions about my ideas by contacting me at

Women's Sports Officer (reserved for self-defining woman+)

Reopen Nominations

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Men's Sports Officer (reserved for self-defining man+)

Justin Lee

Manifesto

My name is Justin Lee and I'd like to re-apply for Grizedale College's men's sports officer

Firstly a bit about myself I'm a business management student going into my final year and I am the current Grizedale Mens sports officer. I have been part of Grizedale football team since my first day at university. I was the Ds captain in my second year and currently the Cs captain and on top of that I was also part of the bar sports team during my second year, so I've got a good understanding on the college sport system.

With this role I believe that I will be able to make some changes to improve sport for everyone, especially under these unprecedented circumstances with Covid-19

As we all know the start of the year hasn't been ideal, especially since lockdown as all sports have been cancelled. I hope to help and improve upon the current situations and work with different individuals, so when sport can restart everyone will be able to enjoy without anyone excluded.

Another problem that I have seen is that college sport is generally very underfunded, I'm hoping to work out some sponsorship for the clubs in order to improve everyone's experience.

One of my most treasured experiences in my first year is warriors, and due to the ongoing pandemic warriors was cancelled last year, therefore I'd love to participate in the planning process so everyone can enjoy it as much as possible.

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Media and Tech Officer

Shankar "Shank" Hore

Manifesto

Sup everyone! My name's Shankar but most people call me "Shank". I'm a third-year Management and IT student, who is currently the Socials and Tech Officer for Grizedale. This year I'm hoping to be elected for the new Media and Tech role for the JCR. Here are some of the proposals I have in mind for the forthcoming year:

- Making use of GZ bar when it's open with events such as the popular "Our Bar, Your Tunes", where you get to vote for your favourite bangers!
- Celebrating more diverse nights and events such as Diwali, St Patrick's Day and Oktoberfest!
- Creating an exclusive Grizedale Discord server for Discord game nights where you can chill with your friends and interact with your college mates or even meet new ones!
- Working, as part of the Media coms team, closely with the Socials team to ensure that events are advertised sufficiently and run smoothly.
- Consulting different societies on campus to use their insights to help produce effective campaigns for you guys to interact with.
- Allocating the majority of Grizedale's social budget towards more giveaways and goodies for you guys.
- Producing a ton of fun nights that you can enjoy in your flat, as per Covid regulations, be it a DJ set, a Grizzle Quizzle or some themed nights where you can make asses of yourself with your flatmates! <3

Having already served in the JCR for the past year, I have experience with the duties undertaken by the JCR; already having hosted several events with the Socials team including, "Our Bar, Your Tunes", our Valentine's "Take Me Out" event, and I was also responsible for the production of our infamous "Grizzle Quizzles" during Freshers' Week.

Despite this being a new role within the JCR, I believe studying MIT and already having served as Socials and Tech Officer has prepared me for this tech-oriented role, as I've had training from LUSU in both finance and tech. I also frequently use Adobe Photoshop,

Illustrator, AfterEffects and StreamLabs, which I can use in the role to create content for all of you, but I am always willing to learn more to benefit the college that I love.
