Student Council Motion Proposal

# Your Policy Motion Title Goes Here:

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| Policy Number: | For SU Use Only | Policy Date | For SU Use Only |
| Policy Proposer: (Include name and student number) | Harry Lonsdale 15001561 |
| Policy Seconder: (Include name and student number) | Andrew Aldis 15002519 |

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| Summary: |
| I would like to propose a motion for the creation of a wellbeing space for students and staff where they can relax and rest in quiet.  |

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| Student Council Notes the Following Facts: |
| * There is currently no real space at the University where students can go to relax in the day.
* There is a large stigma around mental health currently at the university.
* There is a small outdoor garden which is deemed as a place to relax but not a welcoming area.
* The University offers ‘fancy a cuppa?’ service but it is currently located in first point which has a busy footfall and not a great place to relax.
* CASE STUDY – UEA (University of East Anglia) has dedicated a room for students to relax and sleep if they are stressed. This room is dark and peaceful offering time to rest.
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| Student Council Holds the Viewpoint That: |
| * Students and staff have full on days and it is important that there is space for them to relax and re-energy themselves throughout the day rather than a busy canteen.
* Students and staff that commute to the university don’t have time to go home and relax in a comfortable space in-between lectures.
* When stressful deadlines come up and especially dissertation time, there is nowhere students can go to take their mind of things apart from used spaces.
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| Student Council Resolves to Take the Following Action(s): |
| * To start talks with the University and Students Union to see how this matter could be approached.
* To think about where this could fit on ST Johns Campus for logistical reasons.
* Find out what students really want in order to relax if that be sensory or comfort for example.
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