

Buchanan Welfare Document

The Welfare Team would like to welcome you to Buchanan! My name is Sofia and I will be your Welfare Co-ordinator for 2017-18. Myself and the committee are so excited to have you on board, and we are looking forward to all the work that we will be doing together!

This is a document to give you more information on the support that exists in Buchanan that aims to help if needed during your work! Throughout the year, we hope to do the following things;

- Set up events with the aim of taking time for yourself. But most importantly, to help you take a moment from your busy schedule and enjoy the company of the other people in the society.
- Set up supports in the form of an anonymous Google forum to post any concerns that you may have
- My contact number which can be used at any time - 07711904952

We understand that the pressures of university work and extra-curricular activities can be tricky but we want to ensure that you **get the most out of your time at Buchanan!** Societies are part of university life but it is important that they serve as a **complementary feature** to your degree and, thus should be enjoyed.

At Buchanan, we are firmly in the belief that communication is key; whether it is in voicing your ideas about a research project, or whether it is because you don't feel like yourself – A problem shared is a problem halved!

- **Stress:**
 - o Everyone experiences it at all times of their university career– whether it is the stress of settling in and making friends, making the 50% , research or graduating and going into the real world (yikes)! In these cases, when everyone seems to be breezing through their work, we recognize that it is hard to reach out to someone.
- **Power dynamics:**
 - o You will be working in groups with passionate people and at times they may become highly pressured. It is important to remember that Buchanan is committed to a fun, interactive but **overall SAFE space** where you can voice your opinions.
 - o If at times you find uneasy about the behavior of another member of Buchanan, you can either contact me directly or enter the anonymous forum to get support.

Remember that if in any doubt – do NOT forget to reach out to other and ask for help. Remember that we want you to have the best time as part of Buchanan and get the most out of it as possible!

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