

# Health and Wellbeing Volunteer Officer

*The Health and Wellbeing Volunteer Officer shall sit on the Union's Executive Council, alongside the Sabbatical Officers, representing and championing the rights and views of all 17,000+ students at the University of Stirling.*

The University of Stirling Sports Union Health and Wellbeing Volunteer Officer is a fixed-term 12-month voluntary elected role, operating within the Sports Union Zone. The Volunteer Officer roles are designed to be flexible and fit around your studies, with all core responsibilities taking no more than 10 hours a month.

All newly elected Volunteer Officers will begin their roles on 1<sup>st</sup> June 2023, and will be supported with induction and training throughout.

If you have any questions regarding this, please email Natalie Hay, Democracy & Representation Coordinator, [natalie.hay@stir.ac.uk](mailto:natalie.hay@stir.ac.uk).

## Am I eligible to stand for Health and Wellbeing Volunteer Officer?

For the Volunteer Officer roles, you need to be a matriculated University of Stirling student at the time of the Union Elections, and until June 2024 at least.

## What does the Health and Wellbeing Volunteer Officer role involve?

- To be responsible for the promotion of physical, mental, social and sexual wellbeing to all students, both online and at targeted events, including working with local/national organisations to facilitate and promote campaigns.
- To work alongside the relevant Sabbatical Officers and Union staff at developing and promoting appropriate campaigns designed to improve mental and physical health.
- To work across all four Zones to advocate the positive outcomes of sport and physical activity to the student body.
- To work with the Sports President and other Sports Union Executive to help organise the end-of-year Sports Ball.
- Deliver change projects and campaigns based on your manifesto.
- Ensure the implementation of, and adherence to, an effective [Equality, Diversity and Inclusion policy](#).
- Attend all appropriate training events and conferences to ensure familiarity with their role and current issues affecting students.

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### Key Students' Union Meetings

General Meetings

Executive Council

Sports Zone (and sub-committee)

## Who will I be working with?

The Volunteer Officers will be working with a wide range of internal and external relationships, these include:

<b>Students</b>	<b>Students' Union</b>	<b>University</b>	<b>External</b>
Students	Sports President	Sports Centre	Local Organisations
Sports Zone Members	Sabbatical Officers	Student Support	NUS
Sports Volunteer Officers	Sports Development Coordinator		
Sport Clubs	Union Staff		

## What are the benefits of the role?

- Achieve political, social and educational change that will have a lasting impact on the student experience at the University of Stirling.
- Gain in-depth knowledge of the Students' Union, the University of Stirling, and the Higher Education sector.
- Training and personal development opportunities tailored to the individual role.
- Gain experience of leading, developing and supporting campaigns for change and shaping the students' experience at Stirling.
- Develop transferable skills, such as networking, project management, and professional communication, whilst also gaining experience in leading a student-led organisation.
- The Volunteer Officer role will also be documented on your academic transcript.

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## Where can I get further information about the role?

If you have any questions regarding this role, you can contact the following people for more information:

- **Murray Bushell**, Sports President 2022/23 ([sports.union@stir.ac.uk](mailto:sports.union@stir.ac.uk))
- **Sophie Charlton**, Sports Development Coordinator ([sophie.charlton@stir.ac.uk](mailto:sophie.charlton@stir.ac.uk))

## I want to stand for Health and Wellbeing Volunteer Officer, what next?

### 1. Submit Nomination

Nominations will open at **10:00 GMT on 31<sup>st</sup> January 2023**, you can submit your nomination online through [stirlingstudentunion/elections](https://stirlingstudentunion/elections) where you'll be asked to provide:

- a. Your candidate photo
- b. Your manifesto
- c. Download, complete and return the Officer Code of Conduct form to [natalie.hay@stir.ac.uk](mailto:natalie.hay@stir.ac.uk)

The deadline for you to complete your nomination is **12:00 GMT on 14<sup>th</sup> February 2023**.

### 2. Nomination Confirmation

Once your nomination has been submitted and you have returned your completed Officer Code of Conduct form, we will confirm your nomination via email.

### 3. Candidate Briefing

Following the close of nominations, you will be invited to a Candidate Briefing where the Deputy Returning Officer shall communicate all important information to you on the Election process and answer any questions. If you cannot attend this meeting, you can send a representative on your behalf.

### 4. Candidate Support

There is support available to all candidates, including access to a range of candidate guides which can be found [here](#).

We would also encourage Volunteer Officer Candidates to arrange a time to speak with the current Sabbatical Officer or a member of staff within the Students' Union. You can arrange this one-to-one meeting via the [Union Elections Booking page](#). You can use this meeting to find out more about the Volunteer Officer role, and the Students' Union can offer advice on your manifesto and campaign planning while answering any of your questions.

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5. **Campaigning and Voting Period**

Campaigning begins at **10:00 GMT on the 21<sup>st</sup> of February**. Voting then opens at **10:00 GMT on the 28<sup>th</sup> of February** and closes at **17:00 GMT on the 2<sup>nd</sup> of March** with results being announced the following day.

*If you have any questions regarding the Elections more generally, please email Natalie Hay, Democracy & Representation Coordinator, [natalie.hay@stir.ac.uk](mailto:natalie.hay@stir.ac.uk).*

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