



UCL LACROSSE

WELFARE HANDBOOK

2020/21

CONTACTS

WITHIN THE CLUB

Your committee is here to support you, whether that's at training, matches or beyond.

Your first port of call should be your welfare officers (AJ and Gabi), they're trained to help you with any welfare concerns. You can contact them via email, or simply send them a message through Facebook messenger. They will also be regularly checking the welfare form available on the Facebook group.

Remember that the entire committee has been elected because they care about and want to support the club, including every individual in it, so please take advantage of the systems of support within our club.

BEYOND THE CLUB

Student Services and Wellbeing

Here, you can access counselling, drop-in sessions, find disability support, suicide prevention and advice about staying safe in London.

Union Advice Service

The advice service can assist you with academic issues, housing, money and debt, wellbeing, sexual misconduct and hate crime.

Student Psychological and Counselling Services

This service can help you access counselling, internal and external, provide self help resources and assist with crisis support.

Student Disability Services

The disability service can provide financial support, academic support, counselling and accommodation and support.

UCL Report + Support

Here, you can report bullying, harassment and sexual misconduct.

Student Funding Team

The service provides funding and accommodation support, as well as self help resources.

WOMEN'S WELFARE OFFICER

Gabriela Sarosiek
 Gabriela.sarosiek.18@ucl.ac.uk
[Facebook contact](#)

MEN'S WELFARE OFFICER

AJ Suvan
 Andrew.suvan.18@ucl.ac.uk
[Facebook contact](#)

WELFARE ISSUES

WHAT CAN I RECEIVE SUPPORT WITH?

We will support you to the best of our ability with any issues, whether that be through a friendly chat or directing you to the correct service, but to give you an idea of the breadth of issues with which you can receive support:

- Mental and physical health concerns
- Concerns regarding behaviour during socials
- Issues regarding lack of inclusivity or accessibility to UCL Lacrosse in any form
- Concerned about a teammate or friend
- Experienced or witnessed sexual harrassment
- Personal issues such as bereavement, financial stress etc

You are free to speak with us regarding any issues, but hopefully this gives you a sense of the myriad of concerns with which you can seek help from Lacrosse.



WELFARE ISSUES

WORRIED ABOUT A FRIEND?

It can be distressing to see a friend or teammate struggling in any way, so we encourage you to share your concerns sensitively so we can direct them to the appropriate services.

PHYSICAL HEALTH

Maintaining physical health is important, and there's plenty of options to stay active around our training sessions and matches. The union offers student memberships at **Bloomsbury Gym**, and other local gyms such as **theGym** and **Pure Gym** offer discounts for students.

Don't forget there's lots of outdoor spaces around campus to stay active, such as Regent's Park.

MENTAL HEALTH

Everyone has mental health- whether it's good or bad. If you're struggling, please reach out so we can guide you to the correct services to get help. We don't tolerate stigmatising mental health, and treat anyone reaching out with full confidentiality.

CONCERNS ABOUT JOINING A SOCIETY

ACCESSIBILITY

We offer memberships at various price points, and have club equipment available to reduce the cost of participating.

If you have particular accessibility requirements, reach out to your welfare officer and we will ensure the club can accommodate you. We're committed to making sure everyone can take part in Lacrosse.

BULLYING/HARASSMENT

We have signed the **Zero Tolerance to Sexual Harassment pledge** and are **Pride in Sport accredited**, so if you experience any form of harassment please reach out and it will be dealt with appropriately. We also elect **Pride in Sport reps** who are happy to help with any related issues.

We don't tolerate any form of harassment or bullying, so please don't be afraid to speak out.

ALCOHOL CONCERNS

There's no denying it - sports team socials can feature alcohol, but we are proud to have plenty of non-drinking members who fully engage in all our club activity. We host plenty of non-alcohol socials as an integral part of our club to ensure everyone is comfortable taking part. If you feel excluded as a non-drinker please reach out to your welfare officer.

If you're concerned about your own alcohol intake, or that of someone around you, don't be afraid to speak up as your welfare officer can signpost you to helpful services.

EMERGENCY

WHAT TO DO IN CASE OF EMERGENCY

In any case of emergency, call **999**. If you urgently need help or advice, but are not in a non-life threatening situation, call **111**.

If you require emergency help whilst on campus, the number to call is **020 7679 2222**. If you're calling from a campus landline, the extension is **222**. To contact campus security in a non-emergency, call **020 7679 2108**.

FINAL COMMENTS

We take welfare very seriously as a club; we feel passionately about the community we build within UCL Lacrosse, and hope you feel a part of it at all times.

We hope this guide supports you in your own personal wellbeing, or in reaching out for help.

Please refer back to it if you have questions about available services or concerns during your experience in the club, and please feel free to reach out to AJ or Gabi at any time, even if all you need is a friendly conversation.

