

Welfare & Equality Officer

2018/2019

Semester 1

Orientation week- Limerick & Thurles Campus

Health & Wellness Week-
Hamper competition &
PositiviTEA stand,

Mental Health Week-
PositiviTEA stand, colouring
stations, stressball workshop,
Tree of Hope planting, shine
a light on the river, light
for life, reflect & remember

Keep Calm Week- Positivity
packs

Thurles & Limerick Open
Days

Christmas for the homeless

Semester 2

Athena Swan
meeting

Rag week events

MIDAS
lecture attendance

Placement appeal
meeting

Positivity week-
Stress hacks hamper
competition,
positiviTEA stand

BICS



Positive Mental Health Week

Monday	Tuesday	Wednesday	Thursday
Wellness Morning	Wellness	Mental Health Day	Thoughtful Thursday
Positive Flanker Campaign	Organic Wellness Nutrition	Tea of Hope Planning	London Arts of Graffiti
Organic Wellness Application	Herbal Tea Stand	Podcast and E-newsletter	Shine Ball Workshop
Colouring Adults	Colouring Children	Music From the Last Man Standing	Music From the First Man
Shine a Light on the 'Knee' Event!	Light for Life! Support GLL	Open Mic Night	Wash Our World Campaign

Try to be a rainbow in someone else's cloud - Maya Angelou



Positivity Week

MONDAY
<ul style="list-style-type: none"> 10:00 - Organizational Meeting 11:00 - Project Meeting 12:00 - Lunch 13:00 - Meeting 14:00 - Meeting 15:00 - Meeting 16:00 - Meeting 17:00 - Meeting 18:00 - Meeting
TUESDAY
<ul style="list-style-type: none"> 10:00 - Meeting 11:00 - Meeting 12:00 - Lunch 13:00 - Meeting 14:00 - Meeting 15:00 - Meeting 16:00 - Meeting 17:00 - Meeting 18:00 - Meeting
WEDNESDAY
<ul style="list-style-type: none"> 10:00 - Meeting 11:00 - Meeting 12:00 - Lunch 13:00 - Meeting 14:00 - Meeting 15:00 - Meeting 16:00 - Meeting 17:00 - Meeting 18:00 - Meeting
THURSDAY
<ul style="list-style-type: none"> 10:00 - Meeting 11:00 - Meeting 12:00 - Lunch 13:00 - Meeting 14:00 - Meeting 15:00 - Meeting 16:00 - Meeting 17:00 - Meeting 18:00 - Meeting

