

# Five Things on a Friday – Liberation Appreciation Post by Rachel Cantlow

Read on to celebrate our 'small wins' in liberation and hear about what teams have been doing to make LUU inclusive and empowering!

## People Team - Disability Awareness Workshops.

The People Team have collaborated with the Disability Services of UoL to deliver engaging, thought-provoking and essential training on disability awareness.

The session helped teams to consider how their services can be more accessible ...so thank you for providing this opportunity!

If you are yet to attend, there may still be spaces available for the online session on Thursday 23 November...sign-up [here!](#)



## Activities Team/Student Exec - Think Liberation in Team Planning and Inclusivity Support for Clubs/Socs.

This week, it has been great to see the activities team incorporate 'Think Liberation' into their team planning session and I look forward to hearing about their discussion. If you would like to do the same, use this [helpful planning document](#) to get started!



On a similar note, planning has begun with Haryati Mohammed and Ella Williams on ways to increase support for clubs and societies, to ensure they can be accessible and inclusive.

## Marketing and Comms - Liberate LUU Assets, Promoting LISN and Representing Wider Student Voice within Articles.



A shout-out is due to the marketing team and comms team (apologies for combining) for all their contributions and efforts towards Liberate LUU and student voice.

Some amazing Liberate LUU assets have been created for events this term whilst a lovely blog has been written by Ilze Millere to promote LISN and their objectives, which can be read [here](#).

Ilze will also be making a special appearance at the LISN meeting in December to gain more content for representing a wider student voice...which is a great focus for the year!

### **Insight Team - Student-Parent Report.**

The [Student-Parent Report](#) is a great piece of work that has come from the Insight Team and their delivery of a student-parent focus group. It gives us great insight into what the student experience is like for student-parents and resulted in some strong recommendations for how LUU can be more inclusive of this student group.

A project that will be continued by the Equality and Liberation Exec Officer, we could not have progressed without this hard work from our Insight Team!



**Wellbeing and Partnerships - Committed to Engage with Liberation Groups for Drug and Alcohol Impact Work.**



Last but not least, is an appreciation for Wellbeing and Partnerships, and their hope to engage with more liberation groups within their Drug and Alcohol Impact work.

Amy Merchant has made a great start to this by ensuring LISN will be able to give feedback via a survey opening next week

and, we have already had a member keen to get involved in this topic area.

So, thanks for engaging LISN and highlighting liberation as a particular area of consideration!

**Thank you all for your contribution and all others I couldn't fit in...it's great to see and I hope to celebrate small wins from other teams across LUU in the near future! You can attend the Liberation Steering Group to find out more and get 'thinking liberation'!**

[Health, Safety & Wellbeing Resources](#) | [Employee Assistance Program](#)