Support for Candidates

Welfare Contacts
Adina Bernstein (adina.bernstein@kclsu.org) and Julia Haas (julia.haas@kclsu.org) are your welfare contacts - if you’re feeling stressed or would like to talk about making sure you are looking after yourself during the election period, you can get in touch with them. They will check in with you during campaigning and voting week.

Adina will be available on Tuesdays and Thursday, and Julia will be available Monday – Friday.

If you have any worries, questions or concerns, please email elections@kclsu.org – we are always happy to meet up in person or talk on the phone.

Candidate Zones
There will be a candidate zone located in the rep room at Guys for the duration of the campaigning period (7pm on Tuesday 18th Feb – 9am on Tuesday 3rd March). This is a safe space for candidates to take a break from campaigning and there will be refreshments provided.

There will also be a rotating candidate zone during the polling period on the remaining three campuses. These will be open for a few hours a day. The timetable for this is to be confirmed but will be on Thursday 27th Feb, Friday 28th Feb and Monday 2nd March.

Positive Peers
Through peer support groups, one-to-one chats and workshops, the Positive Peers help support the mental health and wellbeing of King’s College London students. Connect with them for peer support by:

- Email: positivepeers@kcl.ac.uk
- Facebook: www.facebook.com/positivepeerskcl/
- Instagram: https://www.instagram.com/positive.peers/

The Positive Peers will be stationed at each of the rotating candidate zones and for a few hours in the Guys candidate zone on Thursday 27th Feb, Friday 28th Feb and Monday 2nd March.

Some Tips
Here are some tips for looking after your wellbeing whilst campaigning.

Ask friends, housemates, coursemates and society members to help out with your campaign. Come up with simple ways for them to get involved, such as wearing a particular colour, speaking to their friends about your manifesto, and posting on social media.
• Think about who your key groups of voters might be, where you might find them and when they will be most receptive. Instead of trying to be everywhere at once, you can then be in the right place at the right time.
• Get a presence on social media – it’s quick and effective, reaches a larger audience and can be done from home, so you don’t have to come into campus.
• Think about when’s the best time to speak to students. Is being on campus at 2am useful if the people you’re speaking to won’t remember the next morning? If you know campus will be quiet, why not have a rest?

Take your time
• Take regular breaks so you feel calm, refreshed and productive. Campaigning absolutely shouldn’t be a long slog of constant stressful activity.
• Plan out what you want to do and when, including breaks and other things you want to do – don’t let the election take over your life!
• Attend your lectures - lecture shout outs are a great way to get your message out to loads of students at once and if you miss your own classes, you’ll have more to catch up on later.
• Take some time each day for yourself to do things you enjoy, so you can forget about the election for a few hours, safe in the knowledge you’re doing what you need to at other times.
• Use apps and YouTube to get 5 minutes of calm, a mindfulness breathing exercise, or a gong bath. (HeadSpace, Calm app).

Healthy body, healthy mind
• Getting a good night’s sleep every night of the campaign period will keep you feeling well rested and ensure you’re alert when you need to be.
• Stay hydrated. Instead of relying on coffee or energy drinks, keep a bottle of water or juice with you throughout the day and top up regularly.
• Take healthy snacks with you if you’re going to be out and about, like fruit or boxes of raisins. Use your breakfast tokens and don’t miss the free fruit KCLSU is providing!
• Make up a batch of filling, healthy food before campaigning begins, then freeze it in meal sized portions. Pop it in the microwave and you’ve got a ready-made, healthy dinner.
• Look up some quick and easy recipes online then stock up on what you’ll need to make them – this will keep you well-nourished without spending too much time on cooking.
• Take time out to exercise as it’ll give you a break, help you sleep well and keep your energy levels up during the campaign period.

Focus on you
• Have fun! Campaigning should be enjoyable and a chance for you to do something you’re passionate about.
• Running in the elections is a massive achievement – you’ve taken the step to put yourself out there and stand for something you care about, so be proud of that!
• Be honest, straight-forward and showcase your strengths rather than others’ weaknesses. Voters don’t respond well to negative messages about other candidates.
• Worrying about what other candidates are doing can get stressful and take your focus away from your own campaign. Carry on with your plan, only making amendments if you’re sure it’s in your best interests.
• Whatever the outcome, congratulate yourself for taking part and remember there are loads of ways to get involved in KCLSU. Your voice remains important.

Get support
• Use your support networks by talking to friends and family about how your campaign’s going and how you’re getting on.
• Ask friends and family to check in with you during the campaign period, so it’s a reminder to ensure you’re taking care of yourself.
• Make use of the welfare support in place – speak to Adina or Julia, your welfare contacts (adina.bernstein@kclsu.org or julia.haas@kclsu.org) in confidence.
• If you need support or want someone to talk to – just ask! There is support for you within KCLSU from the Student Voice team, the Advice Service and from the Sabbatical Officers.