

Who am I?

My name is Rossa, and I am running for the TCDSU Welfare Officer position for 2026-2027. I am in the fourth year of my Social Work degree and due to graduate in June. I'm from Frenchfort in Galway. I have spent the last 4 years involved in societies and college life while completing my degree, and I want to now give back to the community.

SAFETY ACCESSIBILITY AWARENESS

DM me on Instagram @rossabolger4welfare with any questions.

My Experience

Secretary of the SU welfare committee - Worked closely with the current Welfare and Equality Officer—great opportunity to meet current Part-Time Officers and understand the workings of the Union.

1700 hours spent on placement - Experience working with many different types of people. Been on placement every year of college.

Current S2S Peer Support Mentor - Previously a S2S 1st year mentor. Completed a week-long training course. Improve counselling and listening skills.

Senior Member of Council for the Phil, which largely acts as the welfare officer for all Phil members. With larger responsibilities regarding the internal dynamics of society.

Suicide Prevention trained: ASIST (Applied Suicide Intervention Skills Training) - Can help put a safety plan in place for those who are thinking about suicide.

Why I am Running

I have really enjoyed my last 4 years in college, but I have also had the time to see and experience the inequality and Effort-Reward Imbalance.

I believe this can be improved if welfare priorities are based on three main themes: **Safety, Accessibility** and **Awareness**.

Safety

Poster campaigns - Reduce pluralistic ignorance and raise students' awareness of available resources. "Ending interpersonal violence" Campaign to help students access support(s) when they have been physically/sexually assaulted. (A similar campaign was run by Women's and Men's Aid for a few years)

Broad introduction of Active Bystander Training

Available both in-person and online (Through Trinity Dignity, Respect and Consent). Helps students protect each other while around campus and on nights out. A baseline for what is accepted behaviour.

Cultural Competency Training - particularly for TCD Staff and Faculty, but will be open to students.

More support for Part-Time Officers (PTO) - Counselling service willing to run group counselling for PTO. Limit PTO work hours each week. Hours are halved during reading and exam weeks.

Reintroduction of Drink Covers and PH Testing Strips in the Pav - Important not only for safety, if needed, but also for the message it sends.



Accessibility

Wider physical accessibility around campus - Looking at lift viability for the GMB and Oldham House. Reviewing the current outdoor lifts around campus. More accessible bathrooms around all Trinity campuses. **Lift in House 6.**

Reintroduction and wider availability of Tampons and Pads around all campuses and Halls - Lobby the government for free menstrual products long-term.

New prayer space for Muslim students - The current space is too small.

Allowing TCPID students to take open modules with other TCD students - Trinity Centre for People with Intellectual Disabilities (TCPID) began in 2005, yet these students have never been able to attend classes with TCD students, with very few exceptions.

Return of online lectures and resources for all courses - Allowing student workers and parents more flexibility with their college work.

Improved Experience with those using LENS and PLENS - Advocate for students to get more accommodations through their LENS, as they feel it is currently ineffective. Formalise the system of PLENS being given to placement supervisors.

LGBTQ+ Policies - Help spread awareness about the T-fund and the Prep clinics in Trinity.

Prioritising evening counselling sessions for those on college placement.

Counselling group(s) for those who have experienced sexual violence.

Greater access to abortion information from the college health service.

Equality in Trinity Sports - Equal opportunity for gym and pitch access for women's sports teams.

More Laptops available - For the Laptop Loan Scheme.

Greater availability of a POC counsellor in the counselling service for POC Students. Office hours in James' Hospital twice a semester - Greater access to all health science students.

Outreach to Halls - Evening meeting in halls for students to meet the sabbatical officers and to advise what the union has to offer.

ROSSA BOLGER FOR WELFARE

Awareness

Using posters and other physical resources to highlight those available at Trinity.

Optimised use of the SU's social media presence - Platforms should be a valuable source of information; however, currently underutilised.

Larger campaigns for awareness of minority issues - Women's Health Month, Rainbow Week, and Black History Month. With the positive result of more money for charity (DRCC, Speak Out, and UNICEF).

Cé mise?

Rosa is ainm dom, agus táim ag dul san iomaíocht d'Oifigeach Leasa Aontas na Mac Léinn, Coláiste na Tríonóide don bhliain 2026-2027. Is sa cheathrú bliain den chéim san Obair Shóisialta atáim faoi láthair, le bheith bainte amach agam i mí Meithimh. Is as Cathair Uí Mhaighin i gContae na Gaillimhe mé. Chaith mé 4 bliana anuas ag gabháil do chumainn is saol an mhic léinn, agus mo chéim á chur chun críoch agam; tá sé ar intinn agam anois mo chomhair a íoc leis an bpobal.

SÁBHÁILTEACHT ROCHTAIN FEASACHT

Cuir scairt orm ar Instagram
@rossabolger4welfare le haon cheist.

Mo Thaithí

Rúnaí Choiste Leasa Aontas na Mac Léinn - D'oibrigh go dlúth leis an Oifigeach Leasa is Comhionannais reatha-deis ceart chun casadh le hOifigigh Pháirtaimseartha reatha agus tuiscint ar obair an Aontais a fháil.

1700 uaire curtha i gcríoch ar shochrúchán - Taithí ó thaobh a bheith ag obair le neart cineálacha daoine éagsúla. Ar shochrúchán oibre chuile bhliain den Ollscoil.

Meantóir Piar-Thacaíochta S2S Reatha - Meantóir S2S na chéad bhliana roimhe. Cúrsa oiliúna seachtaine bainte amach. Feabhas curtha ar scileanna éisteachta is comhairleoireachta.

Ball Sinsearach de Chomhairle na Cumann Fealsúnachta (an Phil), a fheidhmíonn, go bunúsach, mar oifigeach leasa baill an chumainn. Le dualgais níos leithne i dtaca le dinimic inmhéanach an chumainn.

Oilte i gCosc Féinmharaíthe: OSIFF (Oiliúint Scileanna Idirghabhála Féinmharaíthe Feidhmeacha) - Is féidir plean sábháilteachta a chur le chéile dóibh siúd atá ag samhlú/smaoineamh ar lámh a chur ina mbás féin.

An Fáth go bhFuilimse san Iomaíocht

Bhain mé fíor-taitneamh as na 4 bliana 'tá caite agam go dtí seo san Ollscoil; áfach, is é sin ráite, thug sé an deis dom dul i dtaithí ar éagothroime agus ar Bhearna larracht-Luach shoiléir na hollscoile, agus é uilig a thabhairt faoi deara i saol mic léinn na Tríonóide i gcoitinne chomh maith, faraor. Creidim go dílis gur féidir feabhas a chur ar a bhfuil luaite má bhunaítear tosaíochtaí leasa ar thrí phríomhthéama: **Sábháilteacht, Rochtain, agus Feasacht.**

Sábháilteacht

Feachtais póstaer - Dubh-ainbhios a ruaig nó laghdú agus aird a tharraingt ar na hacmhainní ar fáil do mhic léinn. Feachtas "Ag tabhairt deireadh le foréigean idirphearsanta" a thugann cúnamh do dhaltai a rinneadh ionsaí fisiceach/gnéasach orthu tacaíocht(aí) chuí is oiriúnach(a) a aimsiú (Feachtas den sórt chéanna stiúrtha ag Women's is Men's Aid le blianta beaga anuas).

Oiliúint leathan ar Sheallach Ghníomhach a thabhairt isteach - Ar fáil aghaidh ar aghaidh agus ar líne (Trí Dínit, Meas, agus Cead na Tríonóide). Cúnamh a thabhairt do scoláirí a chéile a chosaint timpeall an champais agus ar oícheanta amuigh. Bonnlíne a leagan d'iompar inghlactha.

Oiliúint Inniúlachta Cultúrtha - Go háraithe do bhaill foirne agus dáimhe na Tríonóide, ach ar fáil do mhic léinn ar ball.

Tuilleadh tacaíochta d'Oifigigh Pháirtaimseartha (OPA) - Seirbhís comhairleoireachta sásta grúpa comhairleoireachta a reáchtáil. Teorainn a chur ar uaireanta oibre na hOPA gach seachtain. Uaireanta laghdaithe faoina leath le linn seachtainí léitheoireachta is scrúdaithe.

Stiallacha Tástála PH is Clúdaigh Dí a thabhairt ar ais sa Phav

Tábhachtach ní hamháin ar mhaithe le sábháilteacht, más gá, ach freisin don teachtaireacht a ghabhann leis.



Rochtain

Rochtain fhisiceach níos leithne timpeall an champais - Ag breathnú ar inmharthanacht an GMB agus Teach Oldham d'ardaitheoir. Athbhreithniú ar na hardaitheoirí atá lasmuigh faoi láthair timpeall an champais. Tuilleadh seomraí folctha inrochtana timpeall chuile champas na Tríonóide. **Ardaitheoir i dTeach 6.**

Súitíní agus Pillíní a sholáthar timpeall chuile champas is Halla arís is tuilleadh a chur ar fáil - Brú ar an rialtas earraí míosta saor in aisce a sholáthar.

Áit urnaí nua do mhic léinn Moslamach - Tá an spás reatha ró-bheag.

Ag ligeann do mhic léinn ITDMI freastal ar mhódúil oscailte le mic léinn CnaT - Bunaíodh Ionad na Tríonóide do Dhaoine faoi Mhíchumas Intleachtach (ITDMI) i 2005, áfach ní ligtear dóibh freastal ar léachtaí le daltaí CnaT, scór beag eisceachtaí san áireamh.

éachtaí is achmhainní curtha ar fáil ar líne do chuile chúrsa, arís.

Taithí feabhsaithe dóibh siúd ag baint úsáid as LENS agus PLENS - Tuilleadh tacaíochta ó thaobh a dteastais LENS a fháil. Córas oiriúnach chun PLENS a chur in iúl do mhaoirseoirí sochrúcháin.

Beartais LGBTQ+ - Aire a scapadh faoin gciste-T is faoi na clinicí Prep ar fáil i gColáiste na Tríonóide.

Tús áite a thabhairt do sheisiúin chomhairleoireachta tráthnóna dóibh siúd ar shochrúchán oibre.

Grúpa(i) comhairleoireachta dóibh siúd a rinneadh foiréigean gnéasach orthu.

Rochtain ní b'fhairsinge ar fhaisnéis faoi ghinmhilleadh.

Cothromaíocht i gcúrsaí spóirt na Tríonóide - Rochtain chéanna ar an bpáirc imeartha agus ar an ionad aclaíochta d'hfoirne spóirt na mban.

Tuilleadh ríomhairí le cur ar fáil - Don Scéim Iasaíochta Ríomhairí.

Tuilleadh comhairleoirí de dhath ar fáil sna seirbhísí comhairleoireachta do mhic léinn de dhath.

Uaireanta oifige in Ospidéal San Séamas dhá uair in aghaidh an tseimeastair.

For-rochtain chuig Hallaí na Tríonóide - Cruinnithe tráthnóna sna Hallaí chun an deis a thabhairt do mhic léinn casadh leis na hOifigigh Shabóideacha agus chun féidearthachtaí an Aontais a chur in iúl dóibh.

ROSA Ó BOLGHUIDHIR AR SON LEASA

Feasacht

Ag baint úsáid as póistaeir is acmhainní fisiceacha eile chun béim a chur ar na cinn ar fáil i gColáiste na Tríonóide.

Ag baint leasa as meáin shóisialta Aontas na Mac Léinn - Ba cheart go mbeadh ardán na meán ina thaisce faisnéise, faoi láthair áfach, ní bhaintear úsáid chuí as.

Feachtais níos leithne i dtaca le grúpaí mionlach agus a ndeachrachtaí - Mí Sláinte na mBan, Seachtain na n-Aeracha, agus Mí na Staire Goirme. Leis an toradh dearfach go mbeadh tuilleadh airgid le bronnadh ar charnachtaí (DRCC, Speak Out, is UNICEF).

2026 Welfare and Equality Officer - Manifesto - Rossa Bolger

Feel free to DM me on Instagram @rossabolger4welfare with any questions.

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In College:

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1700 hours spent on placement - Experience working with many different types of people. Been on placement every year of college.

Current S2S Peer Support Mentor - Previously a S2S 1st year mentor. Completed a week-long training course. Improve counselling and listening skills.

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Safety

- **Poster campaigns** - Reduce pluralistic ignorance and raise students' awareness of available resources. "Ending interpersonal violence" Campaign to help students access support(s) when they have been physically/sexually assaulted. (A similar campaign was run by Women's and Men's Aid for a few years)
- **Broad introduction of Active Bystander Training** - Available both in-person and online (Through Trinity Dignity, Respect and Consent). Helps students protect each other while around campus and on nights out. A baseline for what is accepted behaviour.
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- **Wider physical accessibility around campus** - Looking at lift viability for the GMB and Oldham House. Reviewing the current outdoor lifts around campus. More accessible bathrooms around all Trinity campuses. **Lift in House 6.**
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Awareness

- **Using posters and other physical resources** to highlight those available at Trinity.
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- **Larger campaigns for awareness of minority issues** - Women's Health Month, Rainbow Week, and Black History Month. With the positive result of more money for charity (DRCC, Speak Out, and UNICEF).

Oifeagach Leasa agus Chomhionannais 2026 - Forógra - Rosa Ó Bolghuidhir

Cé mise?

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Is sa cheathrú bliain den chéim san Obair Shóisialta atáim faoi láthair, le bheith bainte amach agam i mí Meithimh.

Is as Cathair Uí Mhaighin i gContae na Gaillimhe mé.

Chaith mé 4 bliana anuas ag gabháil do chumainn is saol an mhic léinn, agus mo chéim á chur chun críoch agam; tá sé ar intinn agam anois mo chomhair a íoc leis an bpobal.

Mo Thaithí

San Ollscoil:

Rúnaí Choiste Leasa Aontas na Mac Léinn - D'oibrigh go dlúth leis an Oifigeach Leasa is Comhionannais reatha—deis ceart chun casadh le hOifigigh Pháirtaimseartha reatha agus tuiscint ar obair an Aontais a fháil.

1700 uaire curtha i gcríoch ar shochrúchán - Taithí ó thaobh a bheith ag obair le neart cineálacha daoine éagsúla. Ar shochrúchán oibre chuile bhliain den Ollscoil.

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Creidim go dílis gur féidir feabhas a chur ar a bhfuil luaite má bhunaítear tosaíochtaí leasa ar thrí phríomhthéama: Sábháilteacht, Rochtain, agus Feasacht.

Sábháilteacht

- **Feachtais póstaer** - Dubh-ainbhios a ruaig nó laghdú agus aird a tharraingt ar na hacmhainní ar fáil do mhic léinn. Feachtas “Ag tabhairt deireadh le foréigean idirphearsanta” a thugann cúnamh do dhaltaí a rinneadh ionsaí fisiceach/gnéasach orthu tacaíocht(aí) chuí is oiriúnach(a) a aimsiú (Feachtas den sórt chéanna stiúrtha ag Women’s is Men’s Aid le blianta beaga anuas).
- **Oiliúint leathan ar Sheallach Ghníomhach a thabhairt isteach** - Ar fáil aghaidh ar aghaidh agus ar líne (Trí Dínit, Meas, agus Cead na Tríonóide). Cúnamh a thabhairt do scoláirí a chéile a chosaint timpeall an champais agus ar oícheanta amuigh. Bonnlíne a leagan d’iompar inghlactha.
- **Oiliúint Inniúlachta Cultúrtha** - Go háraithe do bhaill foirne agus dáimhe na Tríonóide, ach ar fáil do mhic léinn ar ball.
- **Tuilleadh tacaíochta d’Oifig Pháirtaimseartha (OPA)** - Seirbhís comhairleoireachta sásta grúpa comhairleoireachta a réachtáil. Teorainn a chur ar uaireanta oibre na hOPA gach seachtain. Uaireanta laghdaithe faoina leath le linn seachtainí léitheoireachta is scrúdaithe.
- **Stiallacha Tástála PH agus Clúdaigh Dí a thabhairt ar ais sa Phav** - Tábhachtach ní hamháin ar mhaithe le sábháilteacht, más gá, ach freisin don teachtaireacht a ghabhann leis.

Rochtain

- **Rochtain fhisiceach níos leithne timpeall an champais** - Ag breathnú ar inmharthanacht an GMB agus Teach Oldham d’ardaitheoir. Ag déanamh athbhreithniú ar na hardaitheoirí atá lasmuigh faoi láthair timpeall an champais. Tuilleadh seomraí folctha inrochtana timpeall chuile champas na Tríonóide.
Ardaitheoir i dTeach 6.
- **Súitíní agus Pillíní a sholáthar timpeall chuile champas is Halla arís agus tuilleadh dóibh a chur ar fáil** - Brú a chur ar an rialtas earraí míosta saor in aisce a sholáthar go fadtéarmach.

- **Áit urnaí nua do mhic léinn Moslamach** - Tá an spás reatha ró-bheag.
- **Ag ligean do mhic léinn ITDMI freastal ar mhódúil oscailte le mic léinn CnaT** - Bunaíodh Ionad na Tríonóide do Dhaoine faoi Mhíchumas Intleachtach (ITDMI) i 2005, áfach ní ligtear dóibh freastal ar léachtaí le daltaí CnaT, gan ach scór beag eisceachtaí san áireamh.
- **Léachtaí is achmhainní curtha ar fáil ar líne do chuile chúrsa, arís** - Solúbthacht a sholáthar do thuistí is dóibh siúd atá fostaithe maidir lena n-ualach oibre.
- **Taithí feabhsaithe dóibh siúd ag baint úsáid as LENS agus PLENS** - Labhair ar son na mac léinn chun tuilleadh tacaíochta ó thaobh a dteastais LENS a fháil, gan éifeacht faoi láthair, dar leo. Córas oiriúnach a chruthú/stiúradh chun PLENS a chur in iúl do mhaoirseoirí sochrúcháin.
- **Beartais LGBTQ+** - Aire a scapadh faoin gciste-T agus faoi na clinicí Prep ar fáil i gColáiste na Tríonóide.
- **Tús áite a thabhairt do sheisiúin chomhairleoireachta tráthnóna** dóibh siúd ar shochrúchán oibre.
- **Rochtain ní b'fhairsinge ar fhaisnéis faoi ghinmhilleadh** ó sheirbhís sláinte na hOllscoile.
- **Cothromaíocht i gcúrsaí spóirt na Tríonóide** - Cinntigh go bhfaigheann foirne spóirt na mban an rochtain chéanna ar an bpáirc imeartha agus ar an ionad aclaíochta.
- **Tuilleadh comhairleoirí de dhath ar fáil** sna seirbhísí comhairleoireachta do mhic léinn de dhath.
- **Uaireanta oifige in Ospidéal San Séamas dhá uair in aghaidh an tseimeastair** - Rochtain níos fearr ar fáil do mhic léinn na heolaíochta sláinte.
- **For-rochtain chuig Hallaí na Tríonóide** - Cruinnithe tráthnóna sna Hallaí chun an deis a thabhairt do mhic léinn casadh leis na hOifigigh Shabóideacha agus chun féidearthachtaí an Aontais a chur in iúl dóibh.

Feasacht

- **Ag baint úsáid as póistaeir is acmhainní fisiceacha eile** chun béim a chur ar na cinn ar fáil i gColáiste na Tríonóide.

- **Ag baint leasa as meáin shóisialta Aontas na Mac Léinn - Ba cheart** go mbeadh ardán na meán ina thaisce faisnéise, faoi láthair áfach, ní bhaintear úsáid chuí as.
- **Feachtais níos leithne i dtaca le grúpaí mionlach agus a ndeachrachaí** - Mí Sláinte na mBan, Seachtain na n-Aeracha, agus Mí na Staire Goirme. Leis an toradh dearfach go mbeadh tuilleadh airgid le bronnadh ar charnachtaí (DRCC, Speak Out, is UNICEF).