

ELIZA DICKINSON



FOR WELFARE!

I am an approachable and friendly second-year History student, involved in College life as a Pembassador and History rep. You can trust me to do my absolute best in ensuring the **safety** and **well-being** of everybody at Pembroke. So many people suffer through their problems in silence, so I want focus on making sure everyone knows that they're not alone and there's always someone there to support them.

CONSISTENT WELFARE SUPPORT

- **NOT JUST WEEK FIVE** - an open discussion about welfare and Mental Health needs to happen throughout term: we must remove the stigma of 'Week Five blues'
- **WEEKLY DROP-IN SESSIONS** - I'll set myself up in a quiet place once a week so you can stop by to chat about anything (biscuits/drinks provided!)
- **FORTNIGHTLY 'WELFARE HOT CHOCOLATE'** - students can send me a text and I'll come over with a hot chocolate (or alternative) and a listening ear!
- **WEEKLY WELFARE EMAILS** - a run-down on all the self-care, Mental Health, mindfulness and support events going on in Cambridge in the coming week
- **LECTURES AND WORKSHOPS** - I will coordinate with the rest of the Welfare Team to organise talks not just on Mental Health but also discrimination and prejudice
- **VISIBILITY AND ACCESSIBILITY** - making sure that a member of the JPC Welfare Team is present and available to chat at every major college event

FRESHERS' WEEK

- **MENTAL HEALTH WORKSHOPS** - workshops giving new students advice on taking care of themselves, and giving information about all the resources available within college
- **MINDFULNESS** - I will organise a session for anyone who wants to relax and escape from the hectic drama of Freshers' Week!
- **AN END-OF-THE-WEEK CHECK-UP** - I will reach out to everyone by email to make sure that they are settling in well, and answer any questions

EXAM TERM

- **WELFARE SPACE** - set aside with jigsaws, arts and crafts materials, etc.
- **SELF-CARE CLUB** - hopefully including arts and crafts, massages, cocktail-making workshops, cheese and wine evenings, baking, exercise etc.
- **OUTDOOR YOGA** - I will consult with college about the possibility of having a yoga class outside on a sunny day
- **CONTINUING...** Alternative Study Spaces, puppy parties, Welfare Post, Zumba, picnics, sexual health supplies and guidance

PROPOSED BY: Louis Slater **SECONDED BY:** Mrinank Sharma