

# Rachel Flint

## Women's welfare manifesto



Why I think I'd be good for the role:

- I believe I am an approachable person - always willing to make time for people who are having trouble with any aspect of their lives.
- From my own experience, I know the effect that general happiness can have on one's welfare. I struggled in first year to find a way to settle into Cambridge and maintain a healthy, happy lifestyle at the same time - the high workload of my degree (Natural Sciences) and the intensity of university music I had committed to often overwhelmed me. However, I now believe I have overcome this hurdle myself, and it would be really important for me to help others do the same.
- I have had experience in discussing quite personal and serious issues affecting people's lives, including those related to mental health in close family and friends. It is my wish to continue to expand my communication skills in supporting my peers - for this reason I am signing up for the Peer2Peer welfare scheme, in which I will attend training sessions to improve these skills.

What I'd bring to the role:

- I would hold specific welfare events for first years in Michaelmas term (working in conjunction with the new men's welfare rep and Fresher's rep) - the transition from school to university is a vital time in people's lives, hence we should do our best to ensure that the process is as smooth as possible.
- Following on from this, I would make it my duty to become as familiar as I can with all the new students. I would make the concept of welfare advice more obvious and accessible to them, possibly by leaving leaflets/notes in each of their pigeonholes to explain who I am and how to contact me if they are having difficulty settling in.
- As for the rest of my time as welfare rep, I would continue to familiarise myself with the members of the college by hosting more welfare nights (with pizza, cake, movies etc.).
- In exam term I would try to make welfare a prominent theme in college - something that is often disregarded at this stressful time. This could involve working with the men's welfare rep to run a seminar at the beginning of Easter term on how to go about it in the best way.