

Fact file

- > mml fresher
- > official 'grandmother' of squad
- > guilty pleasure is comic sans

New ideas for Welfare

>*Welfare Websites*: a less serious addition to Welfare, but some forms of procrastination are quite calming and necessary, because 100% of the day should not be productive! Having found a few light-hearted, entertaining sites, one or two could be emailed out each week as an official opportunity to take your mind off work!

>*Regular Pidge Treats*: expanding on what I have been enjoying doing anyway, everyone would receive a weekly pidge treat, whether that be requested by a friend, or just from the welfare officers! Ideas would range from a sweet to a note of kindness or motivation. Discovering something in my Pidge has always brightened my day, regardless of what it is, which is why I feel like this would be a subtle but appreciated addition to Welfare.

>*Welfare Movie Night*: this could be a regular light-hearted film evening with others, to get out of your work zone, with the options to just watch or take me to one side and chat about welfare!

Of course, the existing concepts, such as fudge, contraception, yoga and massages, I would plan to continue, because of their success.

Why am I suited?

>In my one term, it has become overwhelmingly apparent that everyone always seems to be doing something. Seeing as I gain a lot myself from looking after people, I felt like I would thoroughly enjoy the responsibility, as it would give me more opportunities to support others and make sure everyone is looking after their health, mental, physical and sexual.

>Having been given the role of House Captain at my A-level school has prepared me for dealing with problems arising amongst students in high-pressure situations.

>I feel like I project a positive, welcoming energy that would help make me approachable, which is a crucial trait for welfare.

>I think the big aspects of welfare are taken seriously, so my personal contribution would be to add small, yet important details to the role, and take over the important features too. Welfare should be easy to discuss, because it makes dealing with problems less stigmatised.

Cassie Penny

Women's Welfare Officer

