

Women's Welfare Officer → Kiki's Manifesto!



Hello, my name is Kiel, or Kiki, as most people know me. I'm a first year studying Human, Social and Political Sciences.

As a fellow student I know how important it is to have someone to be able to chat with, informally, about any concerns you might have. I'm a good listener and I love helping people and I will always be a friendly face that you can go to for support. I want to be like a family to all of you whenever you are in need of comforting, advice or just a moment to relax. **My policies will be:**

- ◇ Bring cats to Peterhouse! (and potentially rabbits). Personally, after coming to Cambridge I've had serious cat withdrawal symptoms. There are plenty of ways to get involved in dog petting/walking around Cambridge, including our lovely scheme that has just begun which I intend to keep. But cats are difficult to come by and I believe they can brighten anyone's day. Therefore, I pledge to try and make cat petting a reality at Peterhouse!
- ◇ A weekly tea and snacks hour. This will be a small upgrade to the usual welfare hour, making it more accessible, so you don't feel like you will be judged for seeking advice or comfort. You could just be coming for food! Moreover, a psychological study by IJzerman et al found that 'warming the fingers through holding a warm cup of tea after a period of social exclusion alleviated negative affects' Therefore, free tea will be given out with various sweet and savory snacks such as cake and crisps.
- ◇ Occasional movie nights in the JCR and a term card. I want to make a term card with some events like movie nights, where we can all bring pillows and snacks and just spend time with together and relax, or arts and crafts mingling. I will also put the times for the welfare hour, and contact details so I'm easily accessible to everyone.
- ◇ Pigeon hole surprises. I want to give everyone little surprises once in a while, there won't be a specific schedule because I want them to be a surprise. For example, a short encouraging message, or some goodies.
- ◇ Free hugs. I own a very fluffy and soft coat and I will come to welfare time wearing it and give everyone lots of free fluffy hugs! I think having a proper hug from someone when you're having a bad day can make you feel 100x better.