

# NAOMI TICEHURST FOR WOMEN'S WELFARE OFFICER



Ready to help fix your problems!

## A LITTLE BIT ABOUT ME:

I am a second-year biological natural scientist, aiming to be a neurobiologist and potentially following on to do post-graduate medicine. Although my main passion is the brain, I love anything to do with the human body. I play football and I currently captain for the Peterhouse women's team (pls come play with us).

I am running for this role as this is a matter very close to my heart. There are already some brilliant things in place to support students here and I would love to add to these.

## WHY CHOOSE ME?

- **Approachable** - I am always happy to have a chat, whether that's by skype, email or in person.
- **Personal experience with mental health issues** - I am able to empathise and offer first hand advice to others struggling. I am aware that everyone's situation is unique, and I will always be understanding and compassionate.
- **Passion** - I am passionate about improving student wellbeing and I will be dedicated to decreasing stigma around mental and sexual health; no one should feel like they are not able to talk about these things.
- **Guidance** - I can offer support on how to move forward and manage with the stress that comes with studying at Cambridge and living at university. I will help people access the resources offered by both the university and Cambridge itself.

## WHAT WILL I OFFER AS WOMEN'S WELFARE OFFICER?

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**Training for tutors-** *Our first port of call for pastoral is our tutors and I am aware that many students do not feel comfortable speaking to their tutors.*

I have experienced myself that tutors are not always sure of how to best aid students. I would push for better/more training for all tutors (and Directors of Studies) so that they are able to appropriately support students in need of help and point them in the right direction.

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**Reduce loneliness-** *loneliness can be a huge problem in Cambridge, especially for those living on their own for the first time.*

I would like to set up group work sessions, perhaps in the bar when it is not in use during the day, where people can come to chat or work and simply be around people. Obviously, there will be snacks. I will also offer my personal support by continuing welfare hours.

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**Increasing awareness of available services-** *I believe many students are unaware of all the services available within Cambridge, I certainly was when I first joined.*

Circulate information about where to find help on a variety of topics including: sexual health, mental health, staying safe on nights out, physical disabilities and learning disabilities.

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It is also important that we work to remove the stigma surrounding sexual and mental health, while this has certainly come a long way, the stigma is by no means gone. It is vital that, as a community, we work to help our friends and other students feel comfortable talking about these subjects.