Clem and Zadie for Welfare

Get to know us:

- Second year students studying History and Classics
- Approachable and friendly faces around college, often the port of call for advice and chats
- Plenty of experience in engaging in and managing Downing societies and events: DCMS, Chapel Choir, Marriage formal, Midway formal, Maitland Society, Freshers’ Week
- We have welfare specific experience: leading the mental health committee at previous school, student ambassador for Conscious Ball 2018, Campus volunteer 2019 with disadvantaged children—also both known to tame Downing’s own Scottish adversary

Ideas:

- Create a Downing Welfare and Equal Opportunities Instagram to keep information in one place
- Continue Mateo and Priya’s work on streamlining the Tutor system
- Coordinate college-wide events to raise money for mental health charities
- More welfare animal days, dogs, cats, the whole lot!!
- Make uni-wide welfare events and institutions more known within college
- Continue drop in chats and tea, encouraging more people to join
- Ballot day welfare drop in room for the stress!
- Increase presence of Welfare Officers in Freshers’ week

Working on perceptions of mental health:

- Recognise importance of emotional and physical health in the high-stress Cambridge environment
- Promoting positive aspect of technologies through the Instagram, such as highlighting positive welfare apps, accounts, etc
- Work with Sports Officer to create sports events for promotion of both mental and physical welfare

Proposer: Anna Gelband
Second: Sohum Patel