

# Rachael Kells

## for Welfare Officer



Being here at Pembroke, I feel incredibly fortunate. What I want to do is give something back to the community that has made me feel so included and ensure that everyone else can feel the same way. This is why I want to be your Welfare Officer.

### **What would I do as Welfare Officer?**

- I think it's important to continue with the work that the Welfare Office already does. Events such as the Welfare picnic, weekly film nights and yoga sessions on the Foundress lawn are an integral part of keeping people relaxed throughout exam term.
- In addition to this, I would like to provide some kind of anonymous Welfare referral system. If you are worried that someone is working too hard, or not dealing with stress well, it should be brought to the attention of the Welfare Officer or another member of the Welfare team, in order for this person to receive the help and support they need.
- I am a great advocate of sport as a method of relieving stress. I would actively encourage people to join in organised events such as touch rugby and I would endeavour to organise other fun sporting events (maybe a big game of rounders on Parkers Piece?)
- With regards to college families, I would like to give priority to those students who have never had college families before. I would also limit the number of families in order that each new first year student would have at least three siblings. With at least four children, I believe this would make the first family night a less intimidating experience.
- Furthermore, one area where I feel Welfare provision is lacking is after the first week of Michaelmas term. Once the novelty of freshers week has worn off, I think first year students often find it difficult to come to terms with the level of work expected from them. I would like to introduce a second subject lunch after term has started in order that students can discuss any problems they are having in an informal environment.

### **Why vote for me as Welfare Officer?**

- As a second year student, I have experienced a Cambridge exam term. Although I didn't take examinations at the same time as everyone else, I was able to see how people reacted to the pressure and stress of Cambridge examinations and provided support for many people around me.
- I have been one of the representatives for the Pembroke College History Society for the last year. This involved helping first year students through the initial stages of Cambridge life as well as organising events.
- I am an active member of the Pembroke community. I participate in college sports, have helped out at a few bops and live in college so would always be easy to find.
- I'm friendly and approachable and ultimately, I think I would do a good job. I genuinely care about everyone here and I would like to ensure the Pembroke community continues to thrive.

Proposed by:

Seconded by: