



LUCA AND DAISY FOR WELFARE



A BIT ABOUT US...

Luca - 20, he/him, Psychology and Linguistics, queer. Big on knitting :)



Daisy - 18, she/her, Spanish and Linguistics, I'm in the wind orchestra and I love ice skating!



WHY US?

LUCA

I think I would make a good welfare rep because I am always up for a conversation and I'm passionate about making sure students feel supported. I have experience with advocating for student welfare as I was on the student council for several years in school and worked in a hospital over my gap year, so I'm very good at navigating institutional beaurocracy.

DAISY

I think I would be a good welfare rep because I'm empathetic and kind. Welfare is highly important to me and I place a lot of value in putting the effort in to look after ourselves, but my goal is to make that easier for you in such a stressful and busy environment! I am always up for a chat, if you have any concerns I'll do my best to listen and advocate for you! Anything that bothers you is worth talking about and I will never judge you:)

OUR AIMS

HOLISTIC APPROACH

Welfare is a broad matter - lots of factors affect it. We want to ensure that everybody's needs are met, so we plan to incorporate not just mental health but also physical, sexual and spiritual health into our approach.

ADVOCATE FOR YOU

We are committed to representing the students in all issues concerning welfare. We want to create a culture where we are all allowed to enjoy ourselves and get the rest we need without feeling pressured to always be working.

COMMUNICATION

We aim to have a clear stream of communication from the students and to the college. We want your suggestions and feedback! And above all we want students to feel that they can approach us for any problem at all and we'll do our best to help.

COMMUNITY

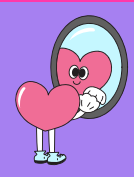
As welfare reps, we want to promote a sense of community throughout college. We think this is especially important for next year as lots of people will be living off-site, and it is important that they have a solid framework to support them.



- a self acceptance wall in the danson room where anyone can contribute tips or kind words to promote thinking about ourselves in a positive way
- signpost clearly who you can go to for support and have drop in sessions with peer supporters

OUR IDEAS

- advocate for more peer supporters and support in the vacs!
- cultural food nights
- Animal therapy sessions - great if you're missing your pets!
- welfare walks with other colleges in the uni parks



- arts and craft sessions during the week that chill the mind as you get creative
- self care stand! we acknowledge that not everyone wants to have their downtime with others so we want to create customisable little packs for you to take and away and use to carve out that time for yourself