

Liv Greenhalgh (og316)
Valeria Hollo (vh354)

Proposed by: Zaara Ahmad (za326)
Seconded by: Praewa Taylor (pt462)



We plan to:

- ❖ Provide a **welcoming and safe space** free of judgement. We will work to make welfare support as **accessible** as possible.
- ❖ Host **fortnightly welfare drop-in sessions** in the JCR, with snacks and activities to offer a well-earned break for people.
- ❖ Run **uplifting and informative campaigns** on social media: sharing positive messages, tips, and resources to support students.
- ❖ Leverage Valeria's **1 year of experience** as Welfare Officer.
- ❖ Recurring events like **Jacks ice cream & more free food** on the paddock!
- ❖ More events to see the **Master's dogs and animal therapy!**
- ❖ Ensure that students are signposted to **mental and sexual health resources**.
- ❖ Promoting events in **Downing's Student Garden**.
- ❖ Bolster our efforts during **exam term** and to combat Week 5 blues, providing fun and **relaxing activities** to help students manage the additional stress.
- ❖ Always be a **friendly face** to chat to; we will welcome any ideas to make the college a more supportive environment.

ABOUT US!

Liv is a second-year student studying English, and Valeria is a second-year PBS student!

Leveraging Valeria's previous experience in this role 2024-25, we consider ourselves kind and approachable. We value the importance of having someone to go to, understand the high-pressure nature of college environment, and aim to provide a listening ear and relaxing events to everyone who needs.

