

## **Duvessa Bandeen, Female Welfare Exec**

My Reasons and Qualifications:

- Personal welfare is a matter that is deeply important to me and comes very close to home.
- My mother is a trauma psychotherapist. I've grown up in an environment where a large importance was placed on personal welfare and was frequently discussed.
- At my school I founded and ran the mental health society and created a mental health inter-school conference.
- I also helped run the feminist society and created my school's first sexual consent and harassment workshop and conference.
- In my gap year I worked in Asia, teaching classes on sustainable development, globalisation and the understanding of other cultures.
- I'm organised, passionate and strongly believe in inclusivity.

My Manifesto:

Cambridge is an undeniably stressful environment not without its flaws with regards to student welfare.

- **A continuation of the pre-existing welfare events and programs**, such as consent workshops, free condoms and sanitary products, yoga, massages, and painting.
- **Additional welfare programs**: a text-a-toastie like scheme during exam term for those who just need a chat or a hug; a few free desert nights; a free STD testing scheme run by Trinity, as Ellie suggested in her manifesto; and other gym classes not just yoga.
- **More talks on mental wellbeing and disabilities to promote better understanding**. This would include seminars on how to deal with anxiety around exams run by a professionally trained counsellor.
- **A more streamlined referral service when you need to seek help** with a step-by-step outline – Cambridge has a wealth of services but they are hard to access. Some parts of the JCR website has not been updated since 2015. Fitzwilliam College must keep up with other colleges in terms of providing support for struggling students.
- **Better access to the college counsellor**. Emergency slots should be held open and group sessions should be run to combat finite time resources.
- **Peer support group** run once a week where students can come and talk about any issues to sympathetic ears, with tea and cookies provided. Churchill has a successful program similar to his called the weekly Welfare Social tea.
- **More welfare formals** – such as a mental health formal and a pride formal where we have a guest speaker and the proceeds are donated to a related charity.
- **More established feminist and LGBTQ societies** that are funded by college with weekly debates and guest lecturers.
- **A buddy system** in place for international students to help facilitate their transition.
- **Student-run talks**, whether it be on the cultures they come from or a welfare issue close to their heart in order to promote a better understanding of others and collegiate unity.

A student body that works together will thrive together.