

Women's Welfare

Candidates

- Rebecca Dyar
 - Laura Crosby
 - Sarah Morrow
 - Suzie Smith
 - RON
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Rebecca Dyar

Hi! I'm Rebecca, and I'm running for Women's Welfare.

Experience:

- Peer-supporter for college & Osler House
- Volunteer/co-ordinator for KEEN for two years (a charity for mentally disabled athletes, providing welfare & fun)

How I envisage the role:

Welfare officers are historically good at baking cakes and running drop-in sessions. In addition to this I would like to publicise more about what welfare *can* offer: one-on-one support, liaising with medical faculty, integration within the medical school community, ***supplies***, and non-alcoholic fun!

Ideas to build upon:

- Medic parenting - this is a brilliant scheme!
 - Bring medic families, including graduates, together earlier in Fresher's Fortnight
 - Ease the transition to clinical school with hints/tips compilation in fresher's pack
- More peer-support and inspiring talks (Tony Hope)
- Continue bike safety reimbursement; prize draws for helmets/bike lights!

New ideas:

- Monthly welfare outings: comedy show, musical or film night (Hairspray anybody?!)
- Welfare supplies – publicise availability, try to source inexpensively e.g. through OUSU
- Negotiate female hygiene items for Osler House
- Fortnightly welfare teas

Current responsibilities:

- Tingewick firm: this could be a good way to integrate welfare for fourth years.

As a team:

Osler Committee is responsible for the views, welfare and cohesion of clinical medical students. I would like to be part of this, adding to the good ideas in place to make this year fantastic. Welfare has always been central to what I do within medicine and outside of it, I would relish this opportunity to provide tea, cake, a shoulder or an ear for anyone that needs it



*****Laura Crosby*****

For most the transition to clinical medicine is a welcome change, but life as a medical student can inevitably be stressful at times. As your welfare rep I'd strive to support not just those 'in need' of welfare, but also do whatever I can to enhance everyone's time here.

Time and experience: My time commitments are minimal and flexible: if elected, Osler would always be my top priority. As part of the New College welfare team and through working on other committees I feel I've the necessary experience in event organisation, teamwork and fundraising to be a great welfare rep and all-round committee member.



IDEAS Being a welfare rep is about much more than tea, cake and condoms...

Osler Cookie fairy: noticed someone is having a tough time? Email the fairy who will anonymously pidge them a sweet treat to let them know someone has noticed and cares 😊.

Fresher's week: a strong parenting scheme (that continues throughout the year), great 'welfare' events and a strong welfare presence at all other events.

Tingewick: Welfare tea after TW ends to cheer everyone up during the dark time of LabMed revision. Support for the TW firm and cast during the epic tech rehearsal.

Safety&supplies: 10% discount on cycle safety gear at Back on Trax.

And many more!!! **BBQs & picnics, welfare talks, hot chocolate and herbal tea in Osler, finalists' survival packs, Osler House Open Nights...**

Thanks for reading this far, and I really hope you'll consider me for your welfare rep!

*****Sarah Morrow*****

Welfare has always been really important to me and, if elected, I promise to do a great job as female rep whilst thoroughly enjoying the experience. I have a real interest and aptitude for listening to and supporting individuals and would pledge to actively provide any such support needed throughout the year. With nearly four years of peer support background, including working with three welfare committees, I have invaluable experience to enable me to fulfill this role.

Alongside this individual support, I would initiate several new ideas for welfare benefits and events. I would strive to further integrate welfare into other Osler events, by working closely with 'sports and



societies' and the Entz and bar teams- for example welfare socials after lectures and a welfare sports picnic. I would increase support before exams for students in all years such as introducing yoga classes and pigged 'goody-bags'. I would also set up a system to help 4th years through the stresses and pressure of finding houses for living out, by collating information on landlords, renting agencies and house specifications.

I would also ensure that Osler students are made more aware of these and other welfare provisions, by increased advertising and producing wallet-sized cards to give information about contacting support services such as peer supporters, safety-bus, nightline and the family planning clinic opening times!

So please vote for me, Sarah Morrow, as your female welfare rep, as I offer a totally open, friendly and committed approach to Osler welfare.

*****Suzie Smith*****

There are many times in a medical student's life when welfare can play an important role; helping 4th years settle in, supporting students away on placements, taking finals, or struggling through MTAS forms. We already have Osler House which is a great basis for a supportive community, and I would love to be able to use this position to build on this.

WHY ME?

- Recently trained **peer supporter**.
- **Enthusiastic and caring person**.
- **Friendly, approachable, easy to talk to**.
- Appreciate the importance of **confidentiality**; I hope to be someone you can trust.
- **No other time commitments**, happy to dedicate myself to welfare.
- Very **organised!**



WELFARE AIMS

- Essential that relevant **information and advice** are **accessible**; I want to keep the welfare page of the **Osler website up to date** with key resources (in particular regarding finance, MTAS, elective planning...) as well as links to OUSU services.
- **Welfare contact cards**, a cheap and easy way to distribute details of Welfare reps, peer supporters, Safety Bus, Samaritans, Nightline, Family Planning, GUM clinic...
- Encourage **medic families** to interact more throughout the year!
- More **welfare events**: the staple welfare teas, picnics in the park, film nights... I want to get the elective students involved as well.
- Raise the profile of **peer support**.
- **Keep up the good work of the previous welfare team**: supplying condoms/lube/pregnancy tests/rape alarms, Bike Safety Scheme, Fresher's events, Finalist's Goody Bags...