Tom Noden- Welfare Executive (Men and Non-Binary):

1st Year HSPS Student- flexible time-schedule, often in college

2 years of volunteering experience with food redistribution charity Fareshare.

Policy Proposals:

- **Tackling mental health through sport:**
    o Organising a weekly/fortnightly 5-a-side football game open to all
- **More non-drinking events-**
    o Working closely with the Ents executive to get more non-drinking events going
    o The Great Fitzish Bake Off! - for charity
    o Working alongside the Fitz Art Soc- casual, week 5 drawing starting next term
- **Continuing Welfare Drop-ins:**
    o Weekly casual chats in the Café or JCR
- **Good Lad programme:**
    o Workshops, tackling toxic masculinity, making people aware of micro-aggressions, how to avoid being a bystander
    o These should run alongside the other workshops given during freshers' week
- **Casual Study Groups**
    o Regular weekend study groups open to all
- **Library Sweep:**
    o Deliver sweets to anyone working late in the library, check whether they are okay!
    o This should happen throughout the year, not solely during exam term.
- **Mental Health Walks:**
    o Sunday afternoon/evening- break up the day. Get people outside.
    o The weekends, can in many ways, be the most difficult time of the week.
- **Charity events:**
    o Mental health formal working alongside other colleges
    o Possibly annual college rounders
    o Getting people involved, bringing people together.
    o Working alongside CALM (Campaign Against Living Miserably), who are supportive of events
- **Welfare Gardening**
    o Work alongside the Green Officer(s) to run a weekly therapeutic gardening session!
    o Making better use of the allotment
- **Raising awareness for eating disorders**
    o More information on the college website and around college on spotting the signs of eating disorders.
    o Tackling common misconceptions around eating disorders
- **Termly meetings with the Senior Tutor**
    o Push for the Senior Tutor to be more proactive when it comes to student welfare
- **Welfare Massages:**
    o In theory, this is a brilliant scheme, however there are a very limited number of spaces.
    o Make the scheme balloted rather than having a first come first serve basis