

PHOEBE HALL

WOMEN'S OFFICER

MANIFESTO

- Hold workshops on night-out safety for all genders
- Run a series of female self-defence classes
- Get a sports coach in to talk about optimising exercise around the menstrual cycle i.e., best times to do strength building (PS. Follow me on strava! [athletes/30223754](#))
- Have weekly welfare runs followed by coffee, as a way to exercise, chat and unwind
- Put free sanitary products and contraceptives in bathrooms and increase awareness of the existing in-college ordering system for them

**PRACTICAL
WAYS TO
ENCOURAGE
FEMALE
CONFIDENCE,
FOCUSING ON
PHYSICAL AND
MENTAL
FITNESS, AND
NIGHT-OUT
SAFETY**

ABOUT ME



**I'M PHOEBE, A
FIRST YEAR
HISTORIAN
FROM NORTH
YORKSHIRE.**

**PROPOSED BY:
ELIANNA PROUD**

**SECONDED BY:
PATRICK MURPHY**