



MICHAELMAS 2023

# LUCY CAVENDISH MCR COMMITTEE ELECTIONS

MANIFESTOS  
BOOKLET

20

23

# WELCOME

Welcome to the manifestos booklet for the Michaelmas Term 2023 Lucy Cavendish College MCR committee elections! The winners of these elections will be your representatives within the college as well as the wider university and run your MCR. Their manifestos are your way of deciding who you want speaking for you, so please do spend a little time reading through them and listening to what they have to say at hustings (if you can attend) before casting your vote.

Remember that, if you are not happy with any of the candidates, you may also vote to re-open nominations (“RON”). If RON wins an election, nominations for that position will be re-opened and a by-election held in due course.

Hustings will take place on Monday, 23rd October 2023, between 7pm and 9pm in the Wood-Legh Room (Strathaird); remote attendance will be via Teams and we will send out a link before the event.

Voting will be online via the Cambridge SU website. The ballot will open at 9am on Tuesday, 24th October 2023, and close at 12pm on Friday, 27th October 2023; the link to the voting portal will be distributed on Tuesday morning. Final results will be announced in the evening of Friday, 27th October 2023; only the results officially announced by Lily and Lisa are valid.

Thank you for participating in this term’s elections!

Lily Lin (MCR President) & Lisa Bernhardt (Postgraduate Events Officer)

# LIST OF CANDIDATES

## **Vice-President**

Elizabeth 'Lily' Berryman

Timo Hromádka

Siddharth Yajaman

## **Secretary**

Ruben Dahan

Christopher Slaughter

## **MPhil Representative**

Parul Chugh

Eoghan McCauley

## **Social Secretary (2x)**

Trinity Eales

Kathleen Morden

## **Welfare Officer (2x)**

Tereza Tvarošková

## **Disabled Students' Officer**

Amelia Jefford



# VOTE ELIZABETH 'LILY' BERRYMAN FOR VICE PRESIDENT

## Proposal Summary

### Proposal 1 – Strong Activism in the Cambridge Student Union

As a supporting role to the President, I hope to provide support, and insight to the needs of the members of Lucy Cavendish in the wider Cambridge community.

### Proposal 2 – An Advocate for those whose voices may not be heard

I aspire to be highly approachable, regardless of the matter, as your representative it is my duty to have your thoughts be discussed. Whether this a great idea that we should look at implementing, or a more serious issue that we must find a resolution. My goal is for all members to feel Lucy is a safe place.

### Proposal 3 – MCR & Inclusivity

Lucy is a warm and welcoming environment. I believe as VP I would work with the Social Secretaries to promote more social events such as themed parties, games, a better selection of alcoholic/non-alcoholic beverages to encourage a healthy work/life balance.

In my short time here at Lucy Cavendish, I have felt nothing but welcomed into a group of bright, interesting, and insightful individuals. However, it has become increasingly apparent through certain conversations that many have expressed the struggle to meet new people due to the lack of events occurring within the MCR. As a supporting role to the President, I hope to be highly approachable, so that I can serve as a strong advocate for the Lucy Community in liaising with the Social Secretaries to organise more events for our cohort to meet each other and create a safe place for all Lucy Members. In addition, I would also like to accompany the President to be an advocate for Lucy at the Cambridge Student Union and other Councils to ensure our concerns are recognised.



While in my undergrad, I had the privilege to serve as the Head of Media and Student Representative of the Cardiff and South East Wales Junior Lawyers Division. I was selected as a Student Mentor for the Cardiff School of Law and Politics and elected as the Wellbeing Officer of the Cardiff University Feminist Society. The skills I have learned from these roles are what I believe makes me a good candidate for VP. I have experience advocating for those whose voices need to be heard, I have taken wellbeing training courses and mentored students who needed encouragement, guidance, and support. Being part of the JLD taught me efficient time management skills, knowing when to delegate, and to prioritise the most urgent issues.

### About Me

I graduated from Cardiff University (LLB). I am an aspiring barrister and Cambridge MCL candidate with a particular interest in corporate governance. My focus is in corporate social responsibility and the systemic risk companies have on the wider society. I am a proponent of making all public companies socially responsible by abiding to human rights and environmental practices such as fair wages, ethical sourcing of supplies, and sustainability. I was graciously accepted as the first person to apply as a caseworker on the Cardiff Innocence Project without being on the module. I then completed a mini pupillage under Joseff Morgan at 9 Park Place Chambers and look forward to completing the Bar Course in my near future, and hopefully becoming an Officer of the Court.



# LUCY CAVENDISH



## TIMO HROMÁDKA FOR MCR VP

### Motivation

Hi, I'm Timo, a Computer Science MPhil Student from Slovakia.

My goal is simple: give the Lucy postgraduate student community the experience they are yearning for. There are **640 postgraduates** studying at Lucy, and I will work to bring us together as Lucians and to unify our beautiful community. My goal is for every postgraduate to come out of Cambridge with the best memories as a Lucy Cavendish student!

### Experience

- Undergraduate Student Representative for the Computer Science Department
- Undergraduate Student-Staff Liaison Committee Member for Department
- President and Founder of King's College London Calisthenics Society
- Student Council President (High School)
- Humanitarian Club Member (Bratislava, Slovakia)
- Charity Volunteer (Charity Begins at Home - London, UK)

### Goals

#### MCR space and MCR bar

- There are 640 of us, but we don't have a bar. We desperately need a space where people can hang out, socialize, attend events, meet new people, or chill after a formal. It's time to revive the Nautilus.

#### More MCR events

- I will bring quiz nights, bops, board game nights, themed parties, sporting events, more societies - you name it. I strive to make Lucy be the most exciting place in Cambridge.

#### Communication with Other Colleges

- Part of the Cambridge fun is meeting people from new colleges. I will work to establish relations with other College MCRs and other college societies to give Lucy students as many opportunities as possible.

#### Improve Communication

- Every student should feel up-to-date on all things Lucy, whether it be for resources, room-bookings, dining hall timetable, etc. My aim is to get every student to be **in-the-know**.

#### Bigger Portions

- I will advocate for larger food portions so that no Lucian is left hungry after a meal.

#### Wider Representation

- I will represent Lucy at the Cambridge SU's student council and college forum to address the aspirations and needs of our College. Lucians deserve to be heard.

# Vote Siddharth Yajaman for Vice-President

Lucy Cavendish MCR Elections MT23

Proposer: Kaustubh Thakurdesai

Seconder: Alyssa Gomes



## Who am I?

I'm Siddharth (he/him)! I study the MPhil in Scientific Computing. Having lived in five cities across three countries (Singapore, India, and Hong Kong), I bring with me to Cambridge an understanding that communication and teamwork can transcend the boundaries of language and culture. It's been a while since I've had the courage to apply for a post such as this, but I believe now is the time to get involved in the myriad of opportunities that a college such as Lucy Cavendish offers its students.

## What do I bring to the table?

Since my time in high school, I have revelled in leadership roles. I was class prefect as well as part of my school's council body. During my undergraduate studies in Hong Kong, I was an executive committee member for my hall's "go-green" team and ensured that the various initiatives such as hall-wide composting ran smoothly. I was also my floor's co-chairperson and served as a liaison between the residents of my floor and the hall tutors. If elected, I would bring a wealth of leadership and management experience to the MCR committee of Lucy Cavendish College.

## What can I do for you?

If I am elected Vice-President of the MCR, in addition to the regular duties, I propose the following initiatives. Lucy Cavendish has a great sustainability program on its own. However, what it does lack is real wet waste segregation. Composting is extremely beneficial for the environment, and I will aim to initiate an optional, college-wide composting program. Mental health is another thing that means a lot to me. Students are under a lot of stress due to a plethora of factors. I will organise fun activities such as trivia nights and kindness campaigns.

# Ruben Dahan

## About me

I'm Ruben, Part III MAST student in Mathematics, and running to be your Secretary for this year! I am also a keen-skydiver, and interested in running and rowing.

Hello!

## Proposal summary

1. Rebirth of a suitable and **friendly MCR** in Lucy Cavendish College.
2. Stop using Instagram as the first MCR medium. Make better use of Whatsapp Community to ensure **simple and clear communication**.
3. Polls to **gather students views** for MCR decisions.

For the time being, postgraduate students have no dedicated place to meet in Lucy.

Considering the tremendous diversity of PG students in LC, this is complete waste.

Therefore, my main ambition as a candidate for the committee is to foster the **development of MCR venues and activities**, which are meant to be open to everyone, independent of each other, and easy to access.

As secretary, my role will be to ensure **clear communication** about these events, and to **gather your views** on potential student life events.

There is no reason why Lucy should be deprived from a lively MCR.

**Let's get Lucy on!**

# SLAUGHTER FOR MCR SECRETARY



Hello! I'm **Christopher Slaughter** (he/him), a 1<sup>st</sup> year Ph.D. Student studying Engineering at Lucy Cavendish. This past year I have had the privilege to serve my undergraduate institution's community through leadership roles, including President of my university's **National Society of Black Engineers** chapter, Vice President of the **Institute of Electrical and Electronics Engineers** chapter, and **Lead Peer Advisor** for my program. These experiences have instilled a strong **commitment to inclusivity and equity in education**, while developing skills in **orchestrating events and programs** aimed at **promoting diversity** in technology-related disciplines and facilitating a seamless connection between the realms of art and technology.

I believe in the transformative power of **clear, transparent, and accessible communications** to the student body, ensuring that information becomes a bridge, not a barrier, to engagement and opportunity.

## **Inclusive and Engaging Communication**

This initiative focuses on fostering an inclusive environment by implementing effective communication strategies that reach all members of the college community. Using a collaborative approach together we will create platforms for open dialogues, promoting cultural sensitivity, and ensuring that the diverse voices and perspectives within the student body are heard and respected.

## **Consistency and Organization**

Together we can strengthen systems within the MCR improving upon reliability and efficiency. This includes setting clear meeting schedules, maintaining up-to-date records, and ensuring that activities are well-planned and executed. Consistency in these processes helps in building trust among the student body and streamlining MCR operations. As a community we will discern what is important to us and adapt.

## **Accessibility and Transparency**

Enhancing the accessibility of information and decision-making processes within the MCR is imperative to shared governance. It involves making documents, announcements, and meeting minutes readily available, ensuring that information released is easy to understand and access for everyone.

## **Innovative Community Building**

This new initiative aims to create a vibrant and inclusive community within Lucy Cavendish College. It involves brainstorming and implementing novel ideas for community-building events and programs, fostering a sense of belonging among us. Innovative activities, such as themed gatherings, interdisciplinary workshops, or cultural exchange events.

**Questions? Please reach out to me at [ciyfs2@cam.ac.uk](mailto:ciyfs2@cam.ac.uk) !**





LUCY CAVENDISH COLLEGE MCR ELECTIONS

## **PARUL CHUGH**

### **FOR MPhil REPRESENTATIVE**

Dear Fellow MPhil Students,

I am Parul Chugh, and I am honored to stand for the position of MPhil Representative in the Lucy Cavendish MCR. With a deep commitment to the welfare of MPhil students and a passion for enhancing our academic journey, I believe that I can contribute significantly to your student experience. Here's how I aim to make a difference:

#### **1. Advocacy for MPhil Students**

I will be your voice and advocate for your needs and concerns within the college and the university. Your academic and personal well-being is my priority, and I will ensure your issues are heard and addressed effectively.

#### **2. Academic Support and Resources**

I will work diligently to improve access to academic resources, including libraries, study spaces, and digital tools. Your academic journey should be enriched with every available resource.

#### **3. Interdisciplinary Collaboration**

As students from diverse backgrounds and disciplines, I see the potential for rich interdisciplinary collaboration. I will organize forums and events to encourage cross-disciplinary discussions and projects that can enhance your learning experience.

#### **4. Mental Health and Well-being**

I recognize the pressures and challenges that come with academic pursuits. I will advocate for improved mental health services and support systems within Lucy Cavendish College to ensure your overall well-being.

#### **5. Networking and Social Integration**

I will foster a sense of community among MPhil students, helping you connect, socialize, and build lasting networks. Be it academic or social, I'll support initiatives that enhance your connections within and beyond the college.

#### **6. Personal Approachability**

I am approachable, and I value your opinions. Feel free to reach out to me at [pc733@cam.ac.uk](mailto:pc733@cam.ac.uk) or <https://www.linkedin.com/in/parul-chugh-205606184/> with your ideas, concerns, or suggestions at any time. Together, we can create a positive change.

Let's embark on this journey of academic excellence and personal growth together.

Your support is invaluable, and I am excited to serve you as your MPhil Representative.

# Vote Eoghan McCauley for MPhil Rep!

- MPhil student in History and Philosophy of Science
- Many years spent in similar positions in junior common rooms in Oxford
- Very experienced with handling Oxbridge academic committees and knowing how to communicate effectively in order to pursue the interests of common room members
- Interesting a building a real MCR community with frequent events and gatherings



I will bring many blessings to the MCR

# Trinity Eales

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## About Me

Hi, I'm Trinity and I'm running for social secretary.

I'm currently doing an MPhil in Biological Sciences focusing on Cancer Immunology. I'm trying to become involved in sports by joining lacrosse and netball.

I did my undergrad at UCL in London so I would like to try and bring some of the bustling city atmosphere to our MCR.

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## Main aims

### **Create lots of events for everyone:**

I would try and run lots of events so there is a more vibrant social scene at Lucy Cavendish. These events would include (but not be limited to) pub crawls, Quizzes, BOP's, Film nights, and much more.

### **To reinstate the MCR bar to its full potential:**

Having visited other colleges and seen how this is the social center I would like to try and do the same for Lucy Cavendish, so we can all have a fun and enjoyable place to hang out.

### **Create a college cocktail:**

Every bar should have a signature! To find Lucy Cavs I would run a competition to create the best cocktail where everyone can submit an idea and we will have a tasting evening and ballot to find the winner!!

### **Revamp the MCR common room:**

I believe the backbone of the MCR should be a strong MCR common room. I would like to try and create a common room with a fun, friendly, and relaxed atmosphere where everyone wants to spend time.



# VOTE KATHLEEN

## FOR SOCIAL SECRETARY



### WHO AM I?

I am pursuing my MPhil in Population Health Science, and I want to help transform the MCR into a social and inclusive space for all postgrads!

### MY PRIORITIES:

- Collaborate with members to organize social activities for postgrad students
- Communicate efficiently with the Postgraduate Events Officer

### EXPERIENCE:

- Executive member of my undergraduate committee
- Worked collectively to plan networking events
- Communicated and promoted events to general members
- Undergraduate residence floor leader
- Organized social residence activities

### GOALS FOR MCR:

- Inclusive & safe space for all
- Increase postgrad social engagement
- Put on events that YOU want
- Create great memories!!



**TEREZA TVAROŠKOVÁ**

**LLM Student**

**tt508@cam.ac.uk**



**RUNNING FOR  
WELFARE OFFICER  
AT MCR**

## **About Me...**

I am a postgraduate student from Slovakia. I did my undergraduate degree in The Netherlands in International and European Law. I am running for the Welfare Officer position.

## **Why Me?**



### **Ongoing Support**

I understand that studies jointly with wide range of issues can be very challenging. I intend to provide fellow students with support. Recognising that reaching out for help is often the most difficult part, I will be here to assist.



### **Welfare Events**

To further support students, I intend to organise various events focused on common issues such as stress and anxiety management. I recognise that students face various challenges, and I will seek ideas for interesting sessions throughout the year.



### **Close Cooperation with Other Members of Committee**

I intend to contribute to the restart of MCR, so that the postgraduate students feel the community spirit at Lucy

Vote

# AMELIA JEFFORD

for Disability Officer



## About me

Hey, Lucians!

As a member of Lucy's disabled student body, I am passionate about advocating for the diverse needs of students with disabilities.

Disability can take many forms, and as such it is pertinent that we are not treated like a monolith. As Disability Officer I would ensure that no matter the disability, our MCR will see and serve the *person*, not their diagnosis.

## Previous Disability and Support Roles

Whilst working at Irwin Mitchell solicitors, I founded and chaired Irwin Mitchell's IMable Neurodivergency Support Group, whom I was later invited to represent at the Microsoft Legal Accessibility Roundtable held at their London headquarters.

During my undergraduate studies I acted as the Director of Publicity and Lead Mentor for the buddy scheme, a student led service within our Student's Union.

I also ran a 'showbiz club' at my local Seashell Trust for children and young people with profound and complex special educational needs.

## Empowerment and Support

If elected, I will operate an **'open door'** policy. This will ensure that I am accessible to all students, **willing and ready to listen** to your thoughts and suggestions concerning all things disability.

1

As the scope of 'disability' is so vast, with individuals having very unique and specific needs, I believe a **culture of openness** with complete **transparency** is fundamentally important. I do not pretend to know everything about *all* disabilities, and certainly not about the specific experiences of every single disabled student here at Lucy! As such, I aim to provide a **friendly listening ear** so that I may **raise your specific concerns** and take action to make your **personal circumstances better**.

## Advocacy and Representation

To ensure that I am the best advocate for disabled Lucians that I can be, I will implement a **feedback mechanism** for students to report **accessibility issues, discrimination, or concerns** related to disability support services to me directly. This will **reduce the burden** placed on disabled students to struggle and fight for the support or help that they need, and empower me to use my position as Disability Officer to ease this. Although there are many important elements to this role, I believe the **ability to deliver positive outcomes** for disabled students is the most salient. Pretty words of solidarity and pledges of raised awareness are wonderful, but without any **material changes** to the **disabled student experience**, they're pretty meaningless. Disabled students deserve someone who **truly cares** stood in their corner, and I hope to be that person for you.

2

## Celebration and Community

**Community and friendship** can offer so much, and it's for this reason my third pledge is focused on creating space for this to **flourish**. If elected I pledge to foster a supportive community for **disabled students and their allies** at Lucy. I'd love to hold events and celebrations that **embrace our diverse abilities, reduce stigma**, and create an **inclusive, empathetic environment**. By building this community, we can encourage **open and empathetic dialogue** about disabilities, where every student has a platform to share their experiences, challenges, and achievements. Together, we stand for **accessibility, allyship, and awareness**, working to ensure every member of our MCR feels **valued and supported**.

3