

GUSA Council Member - Nomination Form & Manifesto 2025/26

Position:	Health & Performance
Name:	Cerys Cox
Club:	Swimming & Waterpolo, Athletics



Hiya! I am Cerys (she/her), a second-year Chemistry student, and an active member of two GUSA clubs—competing with Swimming and Water Polo while also enjoying a social membership with Athletics.

Sport has always been a huge part of my life—I have tried everything from dance to rugby, and joining a club was my top priority at university. GUSA has given me more than just incredible experiences; it has introduced me to lifelong friends and a true sense of community. I am running for Health and Performance Convenor to give back to this amazing network and contribute behind the scenes. Through Swimming and Water Polo—where I earned the Outstanding Contribution Award—and my work in physical education and health, I have developed strong leadership, communication, and adaptability skills. Balancing academics with sport has also taught me time management and resilience.

I am a firm believer in the power of an active lifestyle—both physically and mentally. University sport has hugely benefitted my well-being, and I have seen firsthand how it helps others to but I also know how tough it is when sport is not part of your life. During those times, I struggled with my mental and physical health, which made me appreciate even more the impact of staying active. I relate deeply to those facing similar challenges, and that drives my passion for making sport and well-being accessible to everyone. As Health and Performance Convenor, I want to turn that passion into action, ensuring every student, regardless of their fitness level, feels supported and encouraged to stay active in a way that works for them. Below are some key areas I would love to develop in this role:

GUSA INITIATIVES: I want to build upon the strong foundation laid by previous convenors. I would focus on continuing promotion of Empower Hour, Active Buddies, the Give Blood Scheme, and Women in Sport Week while enhancing publicity to increase their recognition within clubs and encourage greater participation in GUSA.

SPORT FAYRE: I will maintain the previous layout while ensuring all clubs have access to the equipment they need. I want to introduce “Sport Challenges” at Sport’s Fayre, expanding beyond traditional demos to make the event more interactive and engaging. I would like to continue the buddy scheme from prior years. I would also like to offer additional taster sessions tailored for non-competitive athletes and mature students, making sport more accessible for everyone, regardless of experience. I would like to collaborate with local businesses to involve healthy food trucks, cafes, or wellness brands during Freshers’ Week. The idea is to have them offer nutritious snacks and meals to promote a balanced start to university life.

SUPPORTING PERFORMANCE ATHLETES: Sport Bursar Scheme – I will support Calum Hill in aiding performance athletes and promoting the scheme. In addition to this, I would like to introduce “Athletes’ Voice”. I think it is important to create a platform for performance athletes to share their journeys, tips, and challenges. This not only celebrates their successes but also brings attention to the realities of elite sports, creating empathy and support among the wider student body. I want to revamp the Performance Instagram to use for this purpose. I would also like, working closely with the alumni convener, to create a performance athletes mentorship program where experienced elite, alumni, or professional athletes are paired with current performance athletes. Mentors would provide guidance on everything from maintaining peak physical performance to managing the mental pressures that come with being a student-athlete.

MENTAL HEALTH AND WELLBEING: I understand how it feels to be stressed and what a difference a small break makes. I would like to set up mobile wellness stations around campus. Students can try short, relaxing activities during stressful periods. They would be in high-traffic areas like libraries, cafes, or main campus spaces to give opportunities for everyone to relieve stress. I also would like to dedicate a specific day of the week, Feel-good Friday, to mental health and well-being. Offering more calming activities like guided meditation, yoga, or talks on stress management.

HEALTH, WELLNESS & NUTRITION: From my swimming background I know firsthand how important it is to fuel your body in the right way. I would like students to be able to access healthy, quick, and affordable meals while promoting nutritious eating habits during their studies. The way I plan to do this.... Launch a monthly blog or video series that spotlights easy-to-make recipes, nutrition tips, health strategies, and fitness hacks specifically for students. Also, I would like to collaborate with on campus food vendors to create a “GUSA Healthy Plate” initiative, where the campus cafes and food stalls provide a menu item that aligns with athlete-level nutrition. Students can access healthy, quick, and affordable meals while promoting healthy eating habits during study time.

ACTIVE CAMPUS (NEW INITIATIVE): I would like to organise a campus-wide event like a “Sport and Wellness Festival.” An event celebrating all aspects of well-being, featuring GUSA clubs, fitness classes, mental health panels, nutrition workshops, and more. Free for all students, this annual festival would encourage everyone to explore new sports and prioritize their well-being. Furthermore, I want to launch a GUSA active challenge, a fun, inclusive challenge encouraging all clubs to stay active, with weekly themes like “Step it Up Week, where you would be competing to get the most steps, and exciting prizes. Open to all fitness levels, this initiative would foster community spirit and make movement more accessible to everyone. I would also like to start ‘Performance Pals’ by pairing performance athletes with non-sporting students. This initiative would not only help with fitness goals but also introduce newcomers to different sports, fostering inclusivity and mentorship. Lastly but certainly not least, I want to introduce a series of *inclusive movement classes* that are open to all abilities. Adaptive yoga, seated dance, and accessible fitness sessions designed for all abilities. These classes would ensure that everyone, regardless of physical limitations, has a welcoming space to stay active and engaged.

Building on the incredible work Lexi has done over the past year, I am eager to step into the role of Health and Performance Convenor. If elected, I will dedicate myself to ensuring that every GUSA member feels supported and that our goals for health, well-being, and performance are not just met, but exceeded. Vote Cerys Cox as your #1 choice for GUSA Health & Performance Convenor! Every vote counts!!

Hiya! I am Cerys (she/her), a second-year Chemistry student, and an active member of two GUSA clubs—competing with Swimming and Water Polo while also enjoying a social membership with Athletics.

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