



Hello fellow MCR members!



My name is Ella Brown and I am a first-year PhD student studying Biological Anthropology. You may have met me during fresher's week or around the MCR at post-graduate events. I am hoping to be your Welfare Officer in the soon-to-be elected committee for next year. Before coming to Cambridge University I was studying in London. When I arrived in Cambridge at the beginning of October I was amazed by the warm welcome, as well as the number and range of events organised by the MCR Committee. It made me feel very relaxed having arrived in a new city. Being able to contribute to that for future students is something I am keen to be involved with.

If elected a Welfare Officer, I will seek to...

- Continue the **Sunday afternoon tea and cake** in the MCR for people to come and relax in a comfortable social space.
- Plan a **one-to-one discussion session** each week for people to raise any concerns they have through an anonymous sign up system. Whether you just want someone to chat to or need advice on where to get help elsewhere.
- To run **workshops** on issues that affect all of us, including self confidence, public speaking and social anxiety (and any other areas that you would like!)
- Continue the **Termly Seminar** events.
- Maintain the sexual health supplies!
- Continuously **review college procedures** to ensure systems are in place and are working.
- Continue to **advertise health services** and make sure everybody is aware of them.

So, why me?

During the past I have worked as a peer mentor in schools and a volunteer guidance counsellor for youth clubs. I have also worked with charities previously, including Mind, who help those that suffer with mental health issues. I have a keen aspiration to help others overcome any obstacles that stop them from being happy and functioning in daily life, which comes from both a personal connection and from my previous work. I want to help to make sure that any services that are needed are readily available for all Downing MCR students and make sure you are happy!

Nominated by Mariann Kovács

Seconded by Julia Hotz