

## Hello fellow MCR members!



My name is Ella Brown and I am a second-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 continue on the committee as your Welfare and Education Officer for the next year! Before coming to Cambridge University I was studying in London. When I arrived in Cambridge at the beginning of October last year I was amazed by the warm welcome, as well as the number and range of events organised by the MCR Committee. I have thoroughly enjoyed my time on the committee this year and I would like to continue in my role as I don't feel that I have contributed enough yet! Being able to continue to work with wonderful people and help future students feel welcome, comfortable and heard in college, is a purpose I am keen to continue.

### If elected a Welfare and Education 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.
- Continue the **anonymous sign up system** for welfare related issues. Whether you just want someone to chat to or need advice on where to get help elsewhere.
- To run **workshops with the Equal Opportunities officers** 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.
- Work on the development of an **annual Graduate Conference**.
- Organise a monthly **Movie Night with the International Officer**.
- 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 continue to help make sure that any services that are needed are readily available for all Downing MCR students and make sure that you, the MCR students are happy and are being listened to!

**Nominated by Caitlin Bones**

**Seconded by Tom Chudley**