

JESS EDEN

STANDING FOR: WELFARE OFFICER



HI MCR MEMBERS!

I am a first year PhD student on the BBSRC-DTP programme for Biological Sciences. You may have already met me during Freshers week or at the MCR on a Friday night! Despite having only been a member of Downing College MCR for a couple of months, I am already extremely proud and excited to be a part of such a close-knit, supportive and fun community. Through the role of Welfare and Education Officer, I would like to make sure that this community continues to grow by ensuring all members, new and old, can make the most of their experience here. I think it is fair to say that, as a postgrad, we can all feel pretty stressed and overwhelmed at times. I would like to raise awareness of the support that is available to students to help tackle some of these common issues, as well as being available to help you with any individual problems you may experience.

IF ELECTED, I AIM TO:

- Set aside a weekly drop-in time for anyone to come and discuss issues they may be having (confidential of course).
- Organise monthly workshops focusing on different aspects of wellbeing. For example, mindfulness, meditation, stress-management etc. with different guests leading each session.
- Improve access and waiting list times for both physical and mental health support services in college. For example, the counselling service and physiotherapy.
- Raise awareness of the current support services available in college.
- Assist in communications with different departments, within Downing and externally, to help resolve any issues you may have.

WHY ME?

Not only do I have experience in a similar role at my previous university, I am proactive and enthusiastic about making our MCR the best it can be. I would love to be a friendly face and an open ear to help everyone have the best time possible at Downing!

NOMINATED BY: LIVIA VEGA
SECONDED BY: EMILY MILLS