

Daniel Ellis, Disabilities and Mental Health Officer

Experience

At school I was the co-founder of the Mental Health Society and have given assemblies to over 1000 people on Mental Health Awareness

Manifesto

- **Easy Access to the Counsellor:** There are many freshers out there who I can say with confidence DO NOT KNOW how to access the counsellor! My first aim would be to circulate this knowledge much more around college.
- **Mental Health Awareness Pamphlets:** Too many people in the world do not know the basic identifiers of someone who may be suffering or is beginning to suffer from a mental health condition. It is important, not only for self-care but for the care of surrounding friends as well, that the very basics at least are distributed (typical manifestations, what can you do if you think you may have this condition, what can you do if you think your friend may have this condition? Etc.).
- **Pre-Move-in Contact:** For those who suffer from a disability which requires access arrangements, if their access arrangements have been declared and are accessible, establishing a connection before they move in (Facebook message/E-mail) to just chat and check that the college fully understand the extent of their condition and that necessary arrangements have been made (liaise with Disability Resource Centre (DRC)).
- **Exam Access Arrangements:** For those who feel worried or nervous to “officially” come forward with an access need, being an interface with the DRC to help them gain the access arrangement that they are entitled to, allowing them an equal chance that they deserve.
- **Exam Stress Relief:** Talks on exam strategy run in Lent Term by examiners/DoS. In conjunction with rest of welfare committee, more relaxation activities (such as yoga and cookies) run during exam weeks with new ones (painting, movie nights). Daily drop-ins available during exam weeks.
- **Drop-ins:** Weekly Café/JCR welfare drop-ins with copious amounts of tea, biscuits and any other food/drink that the treasurer can fund! To be an open ear for those who need someone to talk to.