

MANIFESTO FOR: AILISH DAVIS

WELFARE AND ACADEMIC AFFAIRS OFFICER, WOMEN'S REPRESENTATIVE

Who am I?

- Hey, I'm Ailish, one of the second year medical students and captain of the women's badminton team
- I have been a trained peer2peer supporter for over a year now and am currently part of the committee in the position of training and recruitment officer



Why Welfare?

- I am very used to helping both family and friends with mental and physical health conditions
- I joined peer2peer to get some formal training and improve these skills; being responsive, non-judgmental, confidential, and actively listening are the core values of any supporter
- And of course, true to the medicine cliché, I actually like helping people and wish to make a career out of it

My Ideas

- **Increase awareness:** the welfare officers are well-publicized in college however there are many other aspects of the college welfare system I feel are under used: the peer2peer scheme for example
- **Continue de-stressing events:** I think that the Hannah's events over the past year have been great – a few events each term including film nights, games nights and potentially a meditation class
- **Participating in national events:** with eating disorder awareness week later on this term and mental health awareness week the next, if elected I will plan events to raise money for associated charities and hopefully procure information leaflets and posters to raise awareness of these all too common conditions