

# Katie Challinor for Welfare Officer

**About me:** I am a first year Veterinary Medicine student. When I am not procrastinating my degree, you can usually find me exploring the countryside or falling off a horse with Modern Pentathlon. After being diagnosed with OCD at the age of 12, I feel I have a unique insight into the state of mental health services in the UK and hence the importance of good welfare support at a College level. I particularly believe in the benefits of having friendly faces to talk to when you are having a challenging time. With exam season fast approaching and tensions rising, the role of a welfare officer has never been more important.

## **My aims:**

1. Arrange more regular animal therapy sessions within college.
2. Promote the "Welfare phones" system.
3. Listen to the suggestions of the college student community for welfare resources, education and activities you think would be helpful.
4. Make currently available resources easier to access.
5. Anonymous reporting page for survivors to make reporting and sharing your story easier and less daunting. Facilitating the first steps towards healing and helping others.
6. Tackle loneliness by creating a regular activity and support group (any other ideas of what people would find particularly helpful would always be welcome)
7. I will aim to provide more education and support surrounding the subject of abusive relationships.
8. Provide a friendly listening ear to all who need someone to listen.

