

HARC Adviser Profiles and Contact Details

The University of Reading launched the Health, Advocacy, Respect and Care Advisers Network (HARC) on the 2nd of November 2011. The Network, comprising volunteers from amongst the University's staff, provides informal and confidential peer-to-peer support to staff at the University.

The HARC Advisers provide an informal and confidential listening service to any member of staff who feels they need someone to talk to but are unable to approach a colleague or line manager. For example, this could be someone who may be feeling stressed or anxious, or are new to the University and is unsure where to turn for advice.

Advisers are not offering, and cannot offer counselling. Their role is a supportive one, where they offer to listen to concerns and signpost colleagues to support and resources available in the University.

Below are the profiles of the HARC Advisers along with their contact details. Please call any of them to arrange a time and place where you can meet to discuss your concerns in confidence.

Laura Ridley

I work as an HR Administrator in the HR Operations team. As part of my job, I receive daily queries about life and work in the University. I also have a BSc degree in Psychology, which has equipped me with the necessary skills and knowledge of how to provide excellent peer-to-peer support. Therefore as a working parent, university graduate and University of Reading employee I believe I can provide you with informed, supportive and confidential advice.

Please feel free to get in touch with me via email l.ridley@reading.ac.uk or phone 0118 378 7117.

Jude Brindley

I have worked at the University since 2008 in various administrative roles. I am currently the Health and Safety Coordinator for IoE, SACD and SBE, whilst previously, I was administrator for Health and Safety Services and Building Manager for JJ Thomson. I graduated from the University in 1995 with a degree in Philosophy. I am good at listening, helping to think around problems and know

who to contact in the University for help with almost anything. You can contact me via email j.brindley@reading.ac.uk or on the telephone on 0789 6755 184.

Emma Butler

I have worked in Higher Education for at least 16 years with the last 10 years at Reading as a Careers Adviser where I provide a confidential, non-judgmental guidance service for students & graduates. During my career I have experienced many changes and have been fortunate enough to work with some great colleagues and together we ensure we support one another. I realize that not everyone experiences this at work and as a working mum I also understand that sometimes there just aren't enough hours in the day! I would hope that I am approachable, a good listener and a naturally supportive person. I am an LGBT+ Ally.

Feel free to contact me either via email e.l.butler@reading.ac.uk or on 0118 378 6614.

Jonathan Crabb

I joined the University in 2006 as a Health and Safety Advisor. My role involves training, auditing, writing guidance and providing advice on health and safety issues. I hold a BSc. (Hons.) degree in Environmental Sciences from the University of Salford.

Prior to working at the University I worked as an Environmental Health Officer in London, Reading and West Berkshire. My various roles mean I deal with a wide range of people in a variety of job roles and I am able to communicate effectively with all.

I have an open and relaxed approach and feel that I listen effectively with a non-judgmental manner.

You can contact me via e-mail j.w.crabb@reading.ac.uk or on 0118 378 7738.

Karin Lesnik-Oberstein

I started my job as a lecturer in English and American Literature at the University of Reading's Department of English Literature in April 1995. Since then, I have been Senior Lecturer and Reader, and this year (2011) was awarded my Professorship in Critical Theory, which is the field, which questions how assumptions underpin claims made about books, literature and reading, but also more widely any kinds of arguments or writings.

Being a specialist in this field means I have written extensively and supervised PhD research on gender issues and issues of sexual and ethnic identity and disability, which I feel has also helped me in my practical work as my Department's Senior Tutor (since 1999) and Disability Representative (since 2002). In these roles, I have also worked on University policy and advisory committees to do with Extenuating Circumstances and Disability.

I have extensive experience in both my roles of working with students and staff who are struggling with difficulties of all kinds, including mental health issues. I try to be a non-judgmental but engaged listener. I am an LGBT+ Ally.

I can best be contacted by e-mail on k.b.lesnik-oberstein@reading.ac.uk.

Ian May

I joined the University of Reading in April 1990 as a Heating and Ventilating Maintenance Fitter as part of the then Buildings Office over the years my job role has changed along with my department's name. I am now Head of Building Maintenance heading up E&F's Maintenance Services. My day-to-day role involves supporting my managers and staff in ensuring that we provide a service to the Universities campuses, buildings, students and staff. I am responsible for the welfare and wellbeing of all my staff and get involved with a number of HR issues as part of this. I am customer focused and I enjoy the networking opportunities that the University offers.

Outside of work I have a long history of working in the volunteer sector and have been involved in Scouting for many years taking on roles that are mainly about supporting adults. I am currently a Deputy District Commissioner and Training Advisor in Reading and the Health & Safety Coordinator for Berkshire Scouts. I am also a school governor and trustee of long standing at Maiden Erleigh Academy and Chair of the Local Advisory Board for the new Maiden Erleigh School in Reading. To relax I spend time with my family, play badminton, run and enjoy home matches at Reading FC.

I have a positive outlook to life, like to smile, a good listener and feel that supporting my colleagues here at Reading is very important and an opportunity to use the qualities and skills that I have gained over a number of years.

You can contact me via email: i.r.may@reading.ac.uk or on 0118 378 6382.

Samantha Rodbard

I currently work as a Distribution Assistant with the University's Mail Services. I have worked previously in schools in Reading, at the University's Soil Science Department as a technician, and have also worked as a receptionist in a health care setting.

I have trained and practised as a Counsellor and hope to bring my listening skills to benefit my colleagues at the University. I am also available to act as a sounding board to other HARC Advisers from time-to-time.

Consequently, I believe that I have direct and practical experience of listening to people from all backgrounds.

My base of work is in the Whiteknights Building and my contact details are 0118 378 7302 and email s.rodbard@reading.ac.uk

Lucy Virtue

I have worked for the University since joining in September 2001. Initially I worked as a PA/Office Manager in Research & Enterprise Services then in March 2005 within School of Systems Engineering as the School Manager. In October 2010, moved to ISLI as their Finance and Operations Manager and then finally in February 2014, I joined Estates and Facilities as the Campus Services Director. In December 2015 I graduated from the University of Reading with an MA in Applied Management.

Some of the work places I've worked in have experienced and endured extreme processes of change which have been exceptionally stressful for all those involved. I feel that this first-hand experience has enabled me to develop myself both professionally and personally and I have learnt to appreciate the necessity for respect, tolerance and fairness for everyone.

I am a total advocate of getting the work/life balance right and try to lead by example. I would like to think of myself as having a positive outlook with a friendly, relaxed and open approach, non-judgemental and a good listener.

I can be contacted by email l.j.virtue@reading.ac.uk or on extension 6246.

Ellie Biggs

I work within the Academic and Governance Services Office as an Administrative Officer. I joined the University in May 2016 after a year of work and travel in Asia, Australia and New Zealand. I have travelled a lot since I graduated in 2011, completing a ski season in Austria and travelling to South East Asia. This has helped me understand different cultures and the homesickness which can come with living away from home.

I have worked within the private sector as well as in the NHS before working in Higher Education. I feel that these experiences have given me a wide range of perspectives on how different work environments function. At times I have had to deal with mild forms of harassment and difficult work situations myself. I therefore feel that I can lend a sympathetic ear to those who need to talk to someone.

I understand that sometimes pressures at work and home can effect productivity and concentration and feel that sometimes being able to speak to someone can elevate your sense of wellbeing. Please contact me for friendly, impartial advice on any issues you may be having on ext 7370, email e.biggs@reading.ac.uk.

Jack Paulley

I joined the University in June 2016, and work as the University's Student Complaints and Discipline Officer. I have a secondary role as the Prevent Duty Compliance Officer and sit within the Academic and Governance Services Office. Day to day I deal with very complex cases, often including difficult personal circumstances that have affected someone's study or wellbeing.

Previously I was a Sabbatical Officer at The University of Surrey Students Union and was responsible for welfare and student support. I was also a Team Leader for the

residential mentoring scheme which was designed to provide support to new students living in halls of residence. In these roles I was routinely providing 1-1 support for students in a range of situations, from financial hardship to sexual assault.

Prior to this I completed a BEng in Civil Engineering at the University of Surrey and spent a year working on the Olympic Park in London. My main job was coordinating and managing the post-games construction work at the Lee Valley Hockey and Tennis Centre, and later the works at the Velodrome. I played a very key role in the Health and Safety Team and worked with a diverse group of people. I also spent a further 6 months working at the Atomic Weapons Establishment just outside of Reading.

All of this experience has put me in a position where helping others is always a top priority and I have a very relaxed, patient and methodical approach to helping with harassment. Please feel free to contact me for any issues, no matter how big or small, on x6179 or j.paulley@reading.ac.uk