

# Wellbeing Peer Support Profiles and Contact Details

## Emily Brady

My name is Emily and I work within the Strategic Projects Team in the Planning and Strategy Office. I've been at the University for almost 7 years, working with colleagues across the University from varying levels and backgrounds. Prior to the University I worked for a global digital marketing agency – a somewhat different environment to the University! I experienced first-hand the pressures colleagues can put on one another, and it was part of the reason for me looking to join the University to be part of an organisation that looks to give to and achieve more for the world we live in, and values and supports its staff and their wellbeing.

I have experienced difficult times in my life, for which I have been grateful to have had support throughout. It is seeing and experiencing the benefit that mental health support can bring that has been the driver for me undertaking training of my own looking at how individuals think and behave, how individuals can be supported through difficult times, and has started me on my journey to become a counsellor myself. I am absolutely delighted that the University has set up this support network for us all, and I would encourage anyone who is struggling to contact me or one of my colleagues to come and talk things through. No one should feel alone, and we are here to support everyone.

You can contact me via email [e.e.hake@reading.ac.uk](mailto:e.e.hake@reading.ac.uk) or on the phone 0118 378 6171.

## Jude Brindley

I have worked for the University of Reading since 2008, in a variety of roles. I currently work as a Health and Safety Coordinator for the Institute of Education, the School of Arts and Communication Design and the School of Built Environment. I've also worked for the central Health and Safety team and in various Widening Participation projects. My long time at the University and the varied roles have given me a breadth of knowledge of the University and the way it works.

I am an avid reader, film watcher and I also do the voices of animals I see when I walk around the lake! I believe I am non-judgmental and an open, friendly person. I like to talk to people and I'm a calm, thoughtful listener, whatever you need to talk about. Mental health is as important as physical health and I'm so pleased to be able to be part of the University's response to the increased awareness of this.

You can contact me on 0118 378 8870, 0789 474 8471, or [j.brindley@reading.ac.uk](mailto:j.brindley@reading.ac.uk)

## Heike Burnell

I joined the University in 2016 and work as an Assistant Pensions Manager within HR. My job involves meeting with lots of different people from across the campus which I really enjoy. I was also fortunate to have studied here at Reading, having completed a Master's degree in 2012.

Outside of work, I have a busy family life and enjoy gardening in my spare time. I have also done several volunteering roles, including resolving pension disputes for The Pensions Advisory Service, being a treasurer for the local PTA and running a community garden.

During my career I have been lucky to have been involved in a few wellbeing and mental health initiatives, including encouraging staff to share their experiences of mental health to help others who may be struggling. I also have close family members and friends that I have supported through mental illness and like to think of myself as an empathetic, non-judgemental listener.

If you would like to like to talk about any issues you, or someone you know, may be having please feel free to contact me by phone (x6184) or email ([h.burnell@reading.ac.uk](mailto:h.burnell@reading.ac.uk)) and I will be happy to help.

## Lizzie Cairns

I joined RUSU as a Money Adviser in 2017. In 2018, I took a position as Student Support Coordinator, mainly working with the School of Psychology and Clinical Language Sciences. Prior to that, I studied and worked abroad for a few years. Back when I was at university, I volunteered with a student-led listening service. In these roles, I've worked with a lot of students in difficult situations. I think I'm a positive, empathetic and patient person, and my experiences have also taught me more about how to be a good listener. I am happy to be a listening ear to members of staff and would encourage you to reach out and contact me, or another volunteer, when you feel ready. There's always something (however small) you can do to improve your situation and I'm happy to be someone you talk things through with.

You can contact me via email [elizabeth.cairns@reading.ac.uk](mailto:elizabeth.cairns@reading.ac.uk) or on the phone 0118 378 8223.

## Stephanie Cook

I joined the University in September 2017 and work in Research Services as Research Costing Officer, supporting research grants and contracts. I've previously worked for the NHS and in industry as well as Higher Education and so have experience of a range of different working environments, and an awareness of some of the various pressures that can be faced at work.

I believe proactively looking after our mental health is as important as ever with increasingly busy and pressured lifestyles, and enjoy being active as a way of keeping stress levels in check – especially running, and have more recently discovered yoga as a great way to relax.

I'm approachable, a good listener and always happy to talk through any problem, no matter how big or small. I am an LGBT+ ally. Feel free to contact me on [s.d.cook@reading.ac.uk](mailto:s.d.cook@reading.ac.uk) or on x7399.

## Eleanor Draycott

I joined the University of Reading in March 2018 and my role is the Head of Customer Experience & Service Delivery in Digital Technology Services (formerly IT). I'm based in the Information Technology building (number 4 on the campus map) and work with staff and students across the University to improve the delivery of IT services and support. I live in West Oxfordshire and am really passionate about working in Higher Education.

I'm very conscious of the importance of mental wellbeing and mental health especially within the workplace. I am pleased to see mental wellbeing being placed on the agenda at the University and hope to see this as the start of increasing awareness and support for colleagues; equipping people with the tools to support others and to create an atmosphere where people can raise their hand to say they're not ok and asking to speak to someone.

Please feel free to contact me for any issues or concerns, nothing too big or small, on ext 2904 or via [e.a.draycott@reading.ac.uk](mailto:e.a.draycott@reading.ac.uk)

## Julie Farwell

I joined the University in 2006, working for the first 10 years for both Clinical Health Sciences and Occupational Health, and for the last 3 years at the School of Literature and Languages as Executive Administration Officer. I am both a Health & Safety Co-ordinator and trained First Aider, so was delighted when the opportunity arose to become a Well Being Peer Support volunteer. I have personal experience with supporting someone with a mental health issue, which has equipped me with the skills to be able to offer support to others. I have a positive outlook to life, like to smile, a good non-judgemental listener and will be able to offer you friendly empathetic support. Supporting my colleagues here at Reading is very important, especially with the ever growing day to day pressures that can arise at both work and at home. I am a mother of two grown up children and for my own well-being, I enjoy regular exercise classes, running and am a member of a local Community Choir. If you would like to meet with me, I work full-time Monday to Friday and can be easily reached in confidence, on ex 8366 or by email [j.farwell@reading.ac.uk](mailto:j.farwell@reading.ac.uk).

## David Inglis

I'm Dave and I work as an editor at Greenlands. I became a Wellbeing Peer Support volunteer because I wanted to translate my personal experience into a way of supporting others. If you feel the need to talk, you can always talk to me. I may not have the answers, but I'll always listen and show you where you can find help if you want it. You can contact me via email [d.inglis@henley.ac.uk](mailto:d.inglis@henley.ac.uk) or on the phone 01491 571454.

## Richard Joliffe

I am currently a User Support Manager with a large team of technical staff split over three campuses. I deal with many IT problems but also a large part of my role is helping the team with their working and personal issues that often present larger challenges than the IT work. Supporting them as a manager and often as a friend is one of the most rewarding parts of my role. I have had significant and seriously poor mental episodes twice over the past 10 years and minor ongoing ones in between. It has been a difficult journey but I have come out at the end stronger and happier with a better understanding of myself, my character and new tools to ensure things will never escalate as badly again. Having gone through and learnt so much, I wanted to volunteer to be a mental health first aider to be there for someone else but with the backup of formal training in addition to my own experiences. We are here for you to listen and help in any way we can. The first step is the hardest I know but it will be worth it. Just in case you want to know, my passions are surfing, beach volleyball, snowboarding, travel, food, music and meeting new people from everywhere.

You can contact me via email [r.a.joliffe@reading.ac.uk](mailto:r.a.joliffe@reading.ac.uk) or on the phone 0118 378 7663.

## Becky Kite

I have worked for Henley Business School/Reading for almost 15 years now, in various departments. Currently I am the programme co-ordinator for the HBS MSc/DBA in Business and Management Research and am based at the Greenlands Campus.

During this time, I have been involved with various staff focused initiatives such as social collaboration, staff development and, more recently, I am a member of the Staff Forum and an LGBTQ+ Ally.

I am passionate about the development and wellbeing of my colleagues and ensuring that we all get the support that we need. I have recently completed the Henley Certificate in Coaching and this qualification, alongside my previous experience of supporting and representing my colleagues, means that I am well equipped to listen, help, support and advise. No matter what is troubling you, I am always happy to help, listen and provide non-judgemental support. Please do not suffer in silence.

You can contact me by email [becky.kite@henley.ac.uk](mailto:becky.kite@henley.ac.uk) or on the phone 01491 418775 or ext 2015 (Greenlands)

## Katy Lanxon

I joined the University in 2014, and I'm currently an HR Coordinator within the Human Resources team where I provide advice for recruitment and employee life at the University.

Over the years, both personally and at work, I've encountered the effects that mental health issues and life challenges can cause for individuals from depression, learning difficulties, bereavement, bullying, etc. This has led me to take an interest in understanding mental health and leading a healthy and positive life.

From being part of these journeys, I can offer empathy and insights from my experiences that others could benefit from if they are experiencing such challenges. I've also come to understand the importance of feeling you have a safe, confidential space to share and feel genuinely heard.

I appreciate taking the step to open up and speak to someone can be daunting. If you would like to have a chat or meet up, please feel free to contact me on [k.h.lanxon@reading.ac.uk](mailto:k.h.lanxon@reading.ac.uk) or 0118 378 5088.

## Mark McClemont

I have been working at the University since 1987 and am currently in Technical Services with duties spread mainly across scientific glassblowing and providing technical support for Teaching laboratory practical classes based in Chemistry/SCFP.

Away from work, since 2005, I have been a member and activist for AVEN (Asexual Visibility and Education Network) which has involved TV and radio appearances, contributions to newspaper and magazine articles, conferences and Pride events.

Stuff I'm into for relaxation and fun includes videogames (RPGs, FPSs, open-worlders); music (mostly indie, alternative, rock and metal) both live and via hi-fi; sci-fi and fantasy, curries, single malt whiskies and motorbikes with big, torquey engines.

I have been through severe depression and recovery, coped with being different and the decades-long process of fully accepting what I am.

I offer a friendly, understanding and non-judgemental ear for any problems you may have even if you just wish to have a rant about something, or someone, that's bothering you. Feel free to call me: 7433 (glassblowing workshop), 7625 (Chemistry technicians' office) or email: [m.a.mcclemont@reading.ac.uk](mailto:m.a.mcclemont@reading.ac.uk)

## Jo Mortimer

I joined the University of Reading in April 2013 as an IT Project Manager, then changed to an IT Business Partner and I am now on secondment with the Planning and Strategy Office as a Change Manager. My role involves supporting staff through system, process and organisational changes.

I am a good listener and I feel that supporting my colleagues at the University is very important and is an opportunity to use the skills I have gained both inside and out of work.

Please feel free to get in touch with me via email [j.e.mortimer@reading.ac.uk](mailto:j.e.mortimer@reading.ac.uk) or via Skype.

## Jack Paulley

I joined the University in June 2016 and am employed 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.

Outside of the University I am also a Police Officer for Thames Valley Police and have a wide range of experience dealing with difficult situations. 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 any problems one might face. Please feel free to contact me for any issues, no matter how big or small, on x6179 or [j.paulley@reading.ac.uk](mailto:j.paulley@reading.ac.uk)

## Lisa Saunders

I joined the University in August 2018, and my role is Senior Student Services Administrator for Student Services. I manage the reception desk in the Carrington Building which is a very busy reception for staff, students and visitors. Student Services covers a range of services for students and within the Carrington Building we have the Student Financial Support, International Student Advisory Team, Disability Advisory Team, Careers Services, Timetabling and Room Bookings, the Welfare Team, Counselling and Wellbeing to name a few. I therefore deal with all types of questions relating to these services and students from all different countries and cultures.

Student Services is a hive of activity and at times can be a very pressurized place with staff having to work longer hours, weekends for Open Evenings and Welcome/Enrolment week. I do try to ensure that reception remains a calm place where both students and staff feel they can come to ask questions, even if it is just to find the location of a building on Campus.

Outside of work, I enjoy spending time with my family, watching my son play football at the weekend and I also play tennis for a local Tennis Club.

I am an approachable person, who is happy to listen when someone feels they need to talk things through or just have a rant. I enjoy meeting new people and hate to see anyone upset or unhappy at work and this is the reason I have decided to become a Wellbeing Peer Support Volunteer.

Please feel free to get in touch with me via email [lisa.saunders@reading.ac.uk](mailto:lisa.saunders@reading.ac.uk) or phone 0118 3786689.

## Sarah Shears

I work in the JJT Support Centre, within Student Services, and my role entails overseeing the back office, behind the scenes administration and support, for academics and students. I started at the University in 2011 and have worked within the Graduation Office and Examination Team. All my roles have given me an understanding of the varied jobs and functions of staff on campus, and certainly of the differing peaks and troughs many of us face throughout the year.

Outside of work I like to be involved with the community and am a member of a local Rotary Club. I like challenging myself to events like triathlons, I like travel, board games, being creative and socialising. Although I like to be busy, I'm a pretty laid back character.

I'm a firm believer that your health and wellbeing is really important, especially at work, as many aspects of our lives can be affected if we're not OK. I value having someone to talk to, even if the matter seems irrational or trivial. I'm a non-judgemental listener, calm and laid back. Feel free to contact me for any issues - I can be contacted on Skype, by phone (0118 378 8460) or by email [s.shears@reading.ac.uk](mailto:s.shears@reading.ac.uk).

## Rory Williams-Burrell

I currently work as a Trainee Technician at Reading University and started this role in November 2018. Prior to this I studied archaeology at Reading from 2009 and worked in various projects from 2014 until my present posting. In my role as a technician I work with and train students within small groups which allows me to gain good rapport with them.

Over the past few years I have studied 'the psychology of happiness' by Oxford University's continuing education, 'the action for happiness' course which is run by volunteers around the country and a course in 'mindfulness' here at Reading. I have an open ear and am willing to provide the support I can to all.

I can be contacted by email: [xn906040@reading.ac.uk](mailto:xn906040@reading.ac.uk)