

# Molly Papps for Mental Health and Disabled Students' Welfare Officer

I'm Molly, a first year MML (German and Russian) student. I am partially deaf and also have hip dysplasia, resulting in mobility issues. I'd love to help everyone with disabilities and mental health conditions to access their degree and take away some of the stress that comes with this.



I'm experienced in advocating for my own rights at school and in everyday situations, and will always do my utmost to achieve equity for people who need it, but I also like to think I'm friendly and approachable – I'm always around for a cup of tea and a chat.

## **Working with the University Disability Resource Centre**

The university and faculties have amazing support available. We could work together as students to help newcomers make sense of who to contact and what they're entitled to under the Equality Act.

## **Disability History Month**

This month, celebrated every autumn in the UK, would be a wonderful way to spread awareness about past disabled role models, as well as the social history of disability. I'd like to introduce this as a college celebration.

## **Hidden disability awareness**

Not all disabilities are visible, and neither are mental health conditions – we can continue to educate Trinity about life with a hidden disability or mental health condition, and the little things that make life easier for people with these conditions.

## **Making welfare events accessible**

I'd like to continue all of the great welfare events we have, but make them more accessible – from finding locations with more seating and quiet spaces than the bar, to setting up online welfare events, there are so many ways we could work with students to make sure everyone can access this important relaxation time.

## **Peer support groups**

Sometimes, on bad days, it helps to have a bit of a moan – and on good days, to celebrate what you've achieved as a disabled person! A peer support group for disabled students at Trinity would be a priority of mine.

## **Mental health services**

There's still a lot to be done in college to raise awareness of mental health conditions – reducing stigma, allowing students more flexibility in their work and widening access to counselling services, among other things. Creating a dialogue between students and the college is very important to me.

Proposer: Isabel Siggers (current Mental Health and Disabled Students' Welfare Officer)

Seconder: Kassandra Caldicott