



Richard Hill has been a wellbeing advocate since 2019 and works at the Clinical School...



What attracted me to becoming a wellbeing advocate

I was an Equality & Diversity representative for the department when the call came for volunteers to become wellbeing advocates. A change in role had meant that I now had less HR functions and I felt that taking part in the scheme would allow me to retain that element of people skills and give a little extra to my department.

My Wellbeing role

My role in the department is very much that of signposting and disseminating information out to my colleagues. Attending the Mental Health First Aid Training Lite has been so useful, and the Clinical School have made use of me as a mental health first aider. I am also responsible for organising the all-important pay-day lunch/after work drinks social!

A message for potential advocates

It depends on your departmental precedent but undertaking the role need not take up a significant amount of time in my experience. If you are keen to get more involved, organising events or advice clinics, that is a possibility, but I think it is also valid to just keep informed and pass on what you learn to your colleagues - every little helps.

Definitely make the time to go to the networking lunches. It can seem like a distraction when there are deadlines piling up and you have a full inbox but hearing everyone talk brings the role back into focus and produces information about events and services that I can feed back to my departmental colleagues. The networking meetings act to join up a lot of the dots and leave you feeling more invigorated in the wellbeing role.

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