



# OUR PEER SUPPORTERS & WELFARE REPS

**Sometimes students prefer to speak with a fellow student rather than a staff member. Meet our friendly Peer Support Team!**

Evidence has shown that students are more likely to approach a fellow student for support than a more senior member of staff in the first instance.

Our Peer Supporters are student volunteers who have been trained by the University Counselling Service to enable them to listen effectively, communicate sensitively, maintain confidentiality, respect boundaries, and help you get in touch with professional support services if needed. We have had 24hrs of thorough training and receive ongoing supervision and we are here to chat about anything you want to get off your chest, big or small. We offer confidential and non-judgemental support to any student and can also suggest resources and referrals for additional support.

We listen but do not judge, and in this way we allow you the space to untangle your thoughts and experiences. We acknowledge that it is only you who can decide what to do in a given situation, so we refrain from offering advice and simply provide you with a safe space to talk. Our service is confidential within peer support guidelines. We will not tell anyone else about what you have told us unless we are concerned someone may harm themselves or others.

Our Welfare Reps are elected welfare representatives of the Graduate Common Room (GCR) and can support students with any welfare concerns during term time. Our Welfare Reps also usually complete the Peer Support Training so that they are equipped to support you and organise wellbeing activities/events for the GCR such as yoga, arts and crafts and welfare teas.

Just get in touch with any of our Peer Supporters or Welfare Reps to set up a time to meet and please also look out for emails from us re welfare related activities and events in college.

## WHO ARE THE PEER SUPPORTERS & WELFARE REPS?



**Zoe Wong (she/her) – D-Phil Biomedical Sciences**

GCR Welfare Rep/ Peer Supporter  
[zoe.wong@ndm.ox.ac.uk](mailto:zoe.wong@ndm.ox.ac.uk)

Hi Reubenites! My name is Zoë and I'm excited to get to know you better. Outside of the lab, I enjoy experimenting in the kitchen and exploring new places. I know Oxford can be drastically different week-to-week, with each week bringing fresh challenges and changes to adapt to. It's easy to feel overwhelmed or stressed, but you never have to struggle alone. Please feel welcome to reach out if you are working through something, need someone to listen, or just want to connect! I enjoy getting to know new people and would love to hear about what's on your mind over tea/coffee/whatever suits you.



**Puyu Wang (he/him) – D-Phil Engineering Science**

Peer Supporter/ Sub-Dean  
[puyu.wang@reuben.ox.ac.uk](mailto:puyu.wang@reuben.ox.ac.uk)

Hi there, I'm Puyu Wang! In my spare time, I enjoy playing the piano and bass because I was a musicology student before coming to Oxford, and I feel a strong connection to music. I understand that life and studying in Oxford can be challenging, and everyone can use some support at times. I'm always here to listen and provide support, whether you want to chat about something, such as music, movies, life in general, or anything else on your mind. So don't hesitate to reach out to me for tea, coffee, a snack, a walk, or anything that suits you best. I can also provide some music to help you relax ;-)