



St Edmund
Hall

JCR and MCR Peer Supporters, Hilary 2026

Peer Supporters are students trained to listen, offer a helping hand and guide you to the right support.

Whether you're feeling stressed, overwhelmed or just need a friendly ear, they are here to help, confidentially and without judgement. No question or issue is too small! Please reach out to them directly via email.

JCR Peer Supporters



Ewan Messenger

ewan.messenger@seh.ox.ac.uk

I'm a second-year geographer and the JCR Men*s Welfare Rep. I am a huge fan of travelling and hiking!



Jess Milligan

jessica.milligan@seh.ox.ac.uk

I'm a second-year Geography student. I've been pretty involved with the JCR for the last two years and I am one of the JCR Welfare Reps. I also swim in my free time and am currently the Editor-in-Chief of *The Oxford Blue*, so I know how busy and stressful Oxford can be. I am always around for a chat or a coffee so please reach out if you need to.



Kate Hartigan

katelyn.hartigan@seh.ox.ac.uk

I'm a third-year at Teddy studying Experimental Psychology. You'll find me at lots of events at Teddy, but my personal favourites are Women's Welfare events like WOTH! I also love the sporty side of college and play in the netball and Women's football teams, which are both super welcoming and fun.



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Sandy Hudson

sandy.hudson@seh.ox.ac.uk

I'm a Chemistry student. In life outside of chemistry (which, contrary to popular belief, exists), I'm involved in college rowing, skating and pub quizzing, and when all this is done I like to curl up in the Library or the park with a good book, or walk the dog.

I'm generally found hanging around the college grounds or the Library Tower, and I'm always up for a chat about anything – feel free to come find me anytime.



Simone Balakrishna

simone.balakrishna@seh.ox.ac.uk

I am a second-year History student with a keen interest in social and cultural history. I love theatre and am regularly involved with OUDS. As a previously rusticated student, I know first-hand the benefits of the Oxford welfare system and am happy to lend a supportive ear to anyone who might need it.



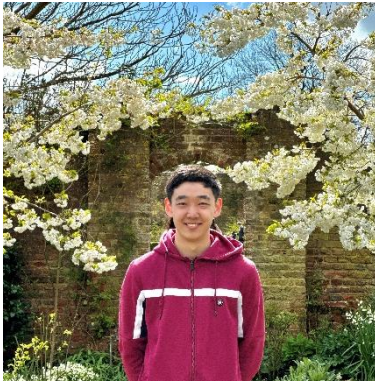
Leila Osborne-Millar

leila.osborne-millar@seh.ox.ac.uk

I'm a first-year German student. I can normally be found at an OUDS event or at German society, and I'm also the JCR Suspended Students and Academic Affairs representative.



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Henry Zhao

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Hey!! I'm studying Experimental Psychology with an interest in clinical and forensic psychology, so I'm always happy to lend a listening ear (but don't worry, I won't try to psychoanalyse you!) I also LOVE photography, especially wildlife photography, and I help organise the SEH Picture Takers Instagram and photo walk group.

MCR Peer Supporters



Jasmine Laing

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I am a third-year DPhil student studying Experimental Psychology at Teddy Hall. I am particularly interested in supporting health and social care workers living with mental health disorders such as depression and PTSD through the use of evidence-based interventions. In my free time, I enjoy running, painting and spending time in nature. I am also the resident yoga teacher at Teddy Hall.



Leah Tavasi

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I'm a PhD student in Environmental Research in Archaeological Science and Geography. I completed my MSc in Archaeology at Oxford in 2021 and I'm in the university sailing team. In my free time I love to be on, near, in, or under the water!



Piya Rajendra

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I'm a second-year Medical Sciences DPhil student working on emerging infections and blood safety. When I am not in the lab, I am usually making my way to Teddy Hall. It is the inclusive spirit and welcoming environment that continues to draw me back to college. I am also one of the MCR's Welfare Officers for 2025–26. Please feel free to get in touch if you ever need a chat!



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Shivani Suresh

shivani.suresh@seh.ox.ac.uk

I'm a second-year DPhil student at the Department of Psychiatry. I am actively involved in life at Teddy Hall, as the MCR Welfare Rep (2024–25) and as a Visiting Student Junior Advisor. I am also the co-president of the Oxford South Asian Arts Society.



Daisy Bressington

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Daisy is a third year DPhil historian. She previously served as the MCR social secretary, and is the SEH Boat Club women's co-captain for 2025/26. You will also find her at Teddy Hall salsa and various Oxford University Salsa Society classes and events. As one of Merton College's Junior Deans Daisy is experienced in assisting with welfare concerns and is always happy to chat.



Leonor-Jo Barnard

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I am 4th year DPhil student in English, focusing on the Victorian strand. When I am not working on my thesis, I am likely at the Iffley pool or cycling around Oxford, as I'm part of the triathlon team. I am currently one of the MCR stewards, and you can usually find me in Teddy, either in the MCR, at lunch, or working in the library. I am always up for a chat, so don't be shy if you see me around!