Welfare Handbook

2022/2023

CHRIST CHURCH
JCR/GCR
Your confidentiality will **always** be respected, unless you are at immediate risk of harming yourself or others!

**Clare Hayns**
Welfare Co-ordinator
College Chaplain
Killcanon 1
chaplain@chch.ox.ac.uk

**Clare Hayns**
College Nurse
Killcanon 2
nurse@chch.ox.ac.uk

**Kevin McGerty**
Junior Censor
for welfare and non-academic matters
Tom 8
junior.censor@chch.ox.ac.uk

**Wanderley Santos**
College Counsellor
Killcanon 2a
counsellor@chch.ox.ac.uk

Full, up-to-date version in the online booklet pp.6-11
Luke Young  
Warden  
Contact via Podge --  
for emergencies 

Anna Clark  
Tutor for Graduates  
anna.clark@chch.ox.ac.uk 

Declan Pang  
Warden  
Contact via Podge --  
for emergencies 

Helen Etty  
Academic Registrar  
difficulties regarding disability, finance  
or examinations  
Tom 8  
academic.office@chch.ox.ac.uk 

Sanskriti Swarup  
Warden  
Contact via Podge --  
for emergencies 

Alex & Kate  
Welfare Tutors  
alexander.vasudevan@chch.ox.ac.uk  
katherine.lebow@chch.ox.ac.uk
Aoife & Kate
GCR Welfare Officers
aoife.miralles@chch.ox.ac.uk
kate.friesen@chch.ox.ac.uk

Solas & James
Disabled Students’ Officers
solas.mcdonald@chch.ox.a.c.uk
james.cullis@chch.ox.ac.uk

Yan Yu
JCR Welfare Officer
jingyan.yu@chch.ok.ac.uk

Michalina
Maksymowicz-Maciata
International Officer
michalina.maksymowicz-maciata@chch.ox.ac.uk

Ade & Nyat
ERM Reps
adeoluwa.olugboji@chch.ox.ac.uk
nyat.aron-yohannes@chch.ox.ac.uk

Ben & Zina
LGBTQ+ Reps
benjamin.thomas@chch.ox.ac.uk
zina.gharakhani@chch.ox.ac.uk
Peer Supporters have had 30 hours of training with the Counselling Service in listening skills, crisis support and other methods of help across the university. Anyone is welcome to talk to them about any issue, no matter how big or small.

Rainbow Peers and Peers of Colour:
Rainbow Peers and Peers of Colour are also available to provide support for LGBTQ+ and ERM issues respectively.

Rainbow Peers
LGBTQ+ Peer Supporters
rainbowpeers@admin.ox.ac.uk

Peers of Colour
BME/ERM Peer Supporters
peersofcolour@admin.ox.ac.uk

Alex Demby
Peer Support Coordinator
Rainbow Peer
alexander.demby@chch.ox.ac.uk

Full, up-to-date version in the online booklet pp.12-14
# Healthcare Contacts

**NHS 111**
For urgent or out-of-hours medical advice.

**Porters’ Lodge**
01865 276150
Porters are first aid trained, can order a taxi to the hospital, and call/direct ambulances to college.

**001 Taxis**
01865 24 0000
Can take you to hospital or home after a night out! Taxis to/from hospital are reimbursed by college.

**999**
Emergency line to call an ambulance when someone is seriously ill.

## Healthcare Locations

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>How/when to get there</th>
</tr>
</thead>
<tbody>
<tr>
<td>A&amp;E OR Minor Injuries</td>
<td>John Radcliffe Hospital, Headley Way, Headington, OX3 9DU</td>
<td>Ambulance, taxi, or bus 13/X13 (NB: Bus is slow)</td>
</tr>
<tr>
<td>College GP</td>
<td>27@Northgate Northgate Health Centre Cornmarket Street OX1 3EF</td>
<td>01865 311500 (call at 8am for same-day appointments)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>27beaumontstreet.co.uk</td>
</tr>
<tr>
<td>College Nurse</td>
<td>Killcanon 2</td>
<td>Mon-Fri 9.30-4.30pm <a href="mailto:nurse@chch.ox.ac.uk">nurse@chch.ox.ac.uk</a></td>
</tr>
<tr>
<td>NHS Dental clinic</td>
<td>Studental (Damira Dental Studios), Oxford Brookes Headington Campus OX3 0BP</td>
<td>Mon-Fri: 08:00-18:00 01865 689997 <a href="mailto:oxford.reception@damiradental.co.uk">oxford.reception@damiradental.co.uk</a></td>
</tr>
</tbody>
</table>

Full details in the online booklet pp.15-18
SEXUAL HEALTH

Emergency Contraception

Taken if you forgot to use contraception or contraception failed. Just ask for emergency hormonal contraception.

Available for free from your GP, any GUM clinic (see below) or (if you’re 21 or under) at Boots on Cornmarket (01865 247461) or other participating pharmacies, a full list of which can be found at oxme.info/cms/health/emergency-contraception. EHC can also be reimbursed by the College Nurse.

In-college Resources

College nurse:
The nurse will be able to provide you with basic sexual health products and testing kits, as well as give you advice on where to go/what to do if you’re concerned. Visit her at any of her surgery hours outlined on the previous page.

The Cupboard of Requirement:
Located in Killcanon (just past the chaplain’s office, turn right and then it will be on your left) or in the hall to the Handel Davies room in Liddell. It is a free stash of sanitary items, condoms, dental dams, lube and pregnancy tests. Help yourself, but please use responsibly as this is a communal resource!

Look into obtaining a C-card for better, more plentiful, free supplies.

Sexual Health CLINICS

These free clinics offer confidential sexual health services, such as emergency contraception, testing/treatment for STIs and advice on safe sex. They can also provide contraception fitting and pregnancy/termination advice.

CHURCHILL:
Harrison Department,
Churchill Hospital, Old Road,
Headington, OX3 7LE

Rectory Centre:
Rectory Road,
Oxford, OX4 1BU

Main Phone Line: 01865 231231

These clinics are open by appointment only currently. Buses to/from these clinics can be reimbursed by the College Nurse.

Full details in the online booklet pp. 27-29
In a serious medical or other emergency, call 999 and then inform the Porters’ Lodge on 01865 276 150. For urgent medical advice in a nonlife-threatening situation, call 111.

Student Peer Support (JCR and GCR)

Peer Support Coordinator: Alex Demby
alexander.demby@chch.ox.ac.uk

Rainbow Peers:
rainbowpeers@admin.ox.ac.uk

Peers of colour:
peersofcolour@admin.ox.ac.uk
JCR & GCR Reps

Welfare Reps: Yan Yu & TBC (JCR); Aoiffe Miralles & Kate Friesen (GCR)
LGBTQ+ Reps: Benjamin Thomas & Zina Gharakhani (JCR); TBC (GCR)
Disabled Students’ Officer: Sòlas McDonald (JCR); James Cullis (GCR)
ERM (Ethnic and Religious Minorities) Reps: Ade Olugboji & Nyat Aron-Yohannes (JCR)
BAME Officer: Saarah Ray (GCR)
Gender Equality Officer: TBC (JCR); Samantha Sharkoff (GCR)
International Officer: Michalina Maksymowicz-Maciata
Inreach officer: Niamh Scott
MENTAL HEALTH IN A CRISIS

If you or someone you know is about to seriously harm themselves, call the porters (01865 276150) and they will put you in touch with the wardens who are available for immediate out-of-hours emergency support. The porters can also call you an ambulance if necessary.

In-college support

The ‘Myths Debunked’ section in the online booklet pp.59-63 has an overview of some common worries about mental health in Oxford.

College Counsellor:
Wanderley Santos - our college counsellor and an experienced counsellor from the Counselling Service, is with college every Tuesday and happy to see anyone by appointment for sessions. Contact him on counsellor@chch.ox.ac.uk.

Peer Supporters:
Peer Supporters, shown on the posters around college, have received 30 hours of training with the Counselling Service on supportive, non-judgemental listening, and provide a safe space for you to talk confidentially about any issue.

If you would like, they can refer you on to other uni-wide resources, or on to a Peer Supporter at another college if you’d prefer. You can find Peer Supporters at drop-in sessions or welfare events, or you can get in touch via Facebook or email – someone will always be happy to talk to you!

College Nurse:
The nurse can provide confidential one-on-one support and help you access resources both within and outside of college, such as finding a psychiatrist or arranging an appointment with a GP. Her surgery hours are 9.30-4.30pm Mon-Fri. You can also email nurse@chch.ox.ac.uk with questions.

College Chaplain/Welfare Coordinator:
Clare is available in Killcanon 1 for anyone (regardless of religious belief) to talk to and will provide a safe and confidential space. She can also be contacted by email at clare.hayns@chch.ox.ac.uk to arrange a meeting, a cup of tea, or a walk with her cockapoo, Layla!
Even if you don’t have long-standing mental health issues, the Counselling Service (3 Worcester St., near Gloucester Green) can be useful for talking through a situation that’s bothering you. The counselling service also run many excellent workshops each term on things like sleeping difficulties, low mood and motivation. The staff are all professional counsellors and experienced in helping students with a range of problems.

**But what about waiting times..?**

To book an appointment, you need to fill in a form to help them make sure you’re seeing the right person. They can also try and arrange for you to not see the same counsellor as someone else, or avoid similar appointment times. You will be seen as soon as possible after you have returned your completed pre-appointment form (typically, within 2 weeks) Waiting times can be longer in busy periods so we would encourage you to request an appointment as soon as you are likely to want one. If there are special circumstances which mean you need to be seen more urgently please indicate this when requesting an appointment.

You can email, phone or go in person to ask for a form. Information about the Counselling Service and the different things they offer can be found on their website ([www.ox.ac.uk/students/welfare/counselling](http://www.ox.ac.uk/students/welfare/counselling)), along with other useful resources and podcasts on student welfare.

**Your Gp**

Practice details (27@Northgate) can be found on the healthcare page. Appointments are typically scheduled within 48h (although this may not always be possible). They can be made in person, on the phone, online, or via the college nurse. The practice also reserves a number of on-the-day appointments, which can be booked by phoning at 8-9 AM.

**But doctors won’t take me seriously..?**

Most doctors are now aware of mental health issues and the team at 27@Northgate are very experienced in helping students access the health care they need.

**Nightline**

01865 270270 (on your bod card!) Skype ID: oxfordnightline

Anonymous listening service for when you want to talk to someone, open from 8 PM–8 AM every day from 0th–9th week.
Your academic life can play a big part in your wellbeing and the University and College are committed to providing a safe, supportive environment for all students. You can find lots of useful resources on the Oxford SU (http://www.oxfordsu.org/support/advice/), University (http://ox.ac.uk/students/academic) and Counselling Service (http://ox.ac.uk/students/welfare/counselling/self-help) websites.

Who to talk to:
Talking to your tutor is an important first step if you’re worried about your academic work, for example if you don’t understand their feedback.

Your tutor is also the person to go to with concerns about deadlines, the amount of work you’re getting, and discussions about suspending status. There are also two designated Welfare Tutors, Kate (katherine.lebow@chch.ox.ac.uk) and Alex (alexander.vasudevan@chch.ox.ac.uk) who can help/advise on academic matters if you don’t want to talk to your tutor. For more ‘myths debunked’ about Oxford academics, check out the online booklet pp.59-63.

For a student perspective, you may wish to speak to your college parents and/or subject reps.

Exams and Collections:
Collections are College-run exams which take place in Week 0 each term. These exams help students and tutors assess academic progress and provide practice for University exams. For more information about exam procedures, regulations and helpful tips, check out the online booklet pp.51-56!
Mitigating Circumstances Notices

If you feel that your exam preparation or performance has been affected by extenuating circumstances, you should contact the Academic Office (academic.office@chch.ox.ac.uk) as soon as possible.

You should also contact the Academic Office if you would like to request an extension to a piece of assessed work on grounds such as illness (medical evidence will be required), or for last-minute alternative exam arrangements (such as for an injury).

Alternative Arrangements

For Religious Reasons:
If upholding religious observances may impact your ability to sit exams at certain times, contact the Academic Office at the earliest opportunity to make an initial application for alternative arrangements.

For students with disabilities:
To get assessed for a disability you should contact the Disability Advisory Service (disability@admin.ox.ac.uk) You may also be entitled to financial support from the government in the form of a Disabled Students’ Allowance. You should also notify the Academic Office of any alternative exam arrangements that you require. More details about disabilities and the support available can be found in the online booklet pp. 44-47.

Suspending Status

Suspending status is a joint decision taken by a student and staff, usually for medical/mental health reasons. Remember that this is a big decision, and there are other options available, so don’t hesitate to discuss it with someone in the Welfare Team. The next step would be to discuss it with your tutors, then contact the Academic Office to discuss it formally.
SEXUAL VIOLENCE

Remember: Consent is always mandatory

If you have experienced sexual violence, we will make sure you are supported. The Welfare Team is always around to help. First and most importantly, know you can talk to someone, if and when you feel ready to. Whatever you are feeling is completely normal.

Key members of the Welfare Team have been trained in how to respond to disclosures of sexual violence and best support a survivor. They have knowledge of procedures of reporting, support services and medical attention, and can also support survivors through to court proceedings. Your confidentiality will always be respected, unless you are at risk of immediate harm to yourself or others.

University Sexual Harassment & Violence Support Service

The Sexual Harassment and Violence Support Service provides a safe space for you to be heard, with advisors offering free support and advice to any current student who has been impacted by sexual harassment or violence.

www.ox.ac.uk/students/welfare/supportservice
email: supportservice@admin.ox.ac.uk

Sexual Assault Referral Centres

SARC BICESTER
0800 970 9952
Police House
Queens Ave
Bicester
OX26 2NT

solacesarc.org.uk

SARCs are independent evidence collection and support centres. You can go to one and have evidence collected without calling or involving the police. Women, men, and children can use a SARC. They can provide crisis support for initial visits and arrange follow-up appointments.

You can get a taxi to a SARC by going to the Porters’ Lodge. This will be paid for by college, no questions asked. You can also take a friend or someone from the Welfare Team with you if you want to.

Other resources:

osarcc.org.uk Oxford Sexual Assault and Rape Crisis Centre: 0800 783 6294 (freephone) for survivors identifying as women.

galop.org.uk: for LGBTQ+ survivors

survivorsuk.org: for male survivors

More Resources/details in the online booklet pp.30-33
USEFUL CONTACTS

Booking yourself/guests into hall: hallmanager@chch.ox.ac.uk
Booking guest rooms: conferences@chch.ox.ac.uk
Going on/off the meal plan: battels@chch.ox.ac.uk
Changing coming up dates: accommodation@chch.ox.ac.uk
Booking MDLT, BBeS, lecture rooms: lorms.chch.ox.ac.uk/event-request/
Queries about battels: battels@chch.ox.ac.uk
Financial assistance/grants: academic.office@chch.ox.ac.uk
Obtaining party permission: junior.censor@chch.ox.ac.uk
Advice on reporting harassment: clare.hayns@chch.ox.ac.uk

Online booklet: chch.ox.ac.uk/welfare-support-christ-church

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