Christ Church JCR/GCR

Welfare Handbook

2020/2021
Hello! We’re Riley, Jemma, Alannah and Toluwalase, your JCR/GCR Welfare Reps. Jemma is a second year geography student, Riley is a second year historian, Alannah is a DPhil student in history, and Toluwalase is a DPhil student in reproductive health. We’re all on hand to help you however we can. We’ll be the ones emailing you with updates on welfare events, workshops and other things to look out for, both within college and across the wider university. We’re also free for a chat any time; if you need us, or want to ask anything, let us know and we’ll try to arrange something.

The Welfare Team at Christ Church includes over 30 people (outlined in the Who’s Who section) each with different roles, so there’s always something going on or someone to talk to!

This booklet will give you information about all the different avenues of support available (inside and outside Christ Church) and how to access them, but if you have any questions, feel free to contact any member of the Welfare Team!

Things to look out for in college include the drop-in sessions, where one of the Peer Supporters can be approached for a chat, and weekly events like yoga, Late Night Tea Break, and movie nights.

We are aware of the additional stress and uncertainty caused by Covid 19 and so we will do all we can to ensure you have the support you need. Some of the information contained in this booklet will change depending on the College and Government regulations, and we will need to be flexible about the way some of our drop in and 1:1 sessions run to ensure safety and compliance. Many of these will be online for Michaelmas Term. We will keep you up to date via weekly welfare emails.

Oxford can be an overwhelming place to be, so it’s important to take time for yourself, and to reach out when you need to. Whatever your issue, and whatever the scale of it, there will always be someone ready to listen.

We’re looking forward to seeing you around college!

Riley, Jemma, Alannah and Toluwalase
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Special thanks to:
Clare Hayns
Compiled and designed by: Nader Raafat & Sarah Conker-ton
Edited by: Jemma Rook, Riley Dougan, Toluwalase Awoyemi & Alannah Jeune
Physical/Sexual Health

- Sexual Health Clinic
  - Church Hospital
  - 01865 231231

- College Nurse
  - Midge Curran
  - chchnurse@nhs.net
  - 01865 276176
  - Killcanon 2

- NHS Dental
  - 01865 689997
  - www.studental.co.uk

- College GP
  - 01865 311500
  - 27 Beaumont Street

Mental/Emotional Health

- College Counsellor
  - Karen Kendall
counsellor@chch.ox.ac.uk
  - Killcanon 2a

- University Counselling Service
  - counselling@admin.ox.ac.uk
  - 01865 270300

- Junior Censor
  - Dirk Aarts
  - junior.censor@chch.ox.ac.uk

College Disability Contacts

- Academic Registrar:
  - academic.registrar@chch.ox.ac.uk

- JCR Disabilities Rep:
  - alexander.demby@chch.ox.ac.uk

University Disability Advisory Service

- 01865 280459
disability@admin.ox.ac.uk

In a serious medical emergency, call 999 then inform the Porters’ Lodge (01865 276150).

For urgent medical advice in non-life-threatening situations, call 111.

Welfare support 1830-0800: Christ Church Wardens (a.k.a. Junior Deans)

- Emily, Sam, and Raa
  - wardens@chch.ox.ac.uk

Hotlines and Useful Contacts

- Thames Valley Police: 101
- MIND Infoline: 03001233393
- Oxford Nightline: 01865 270270
- Oxford Safe Haven (Mental Health Crisis): 01865 903037
- Samaritans: 01865 722122
- MIND Infoline: 03001233393
- OSARCC (Rape Crisis Centre): www.oxfordrapecrisis.net
- Domestic Abuse hotline: 0800731055
- Oxford Nightline: 01865 270270
- Student Advice: https://www.ox.ac.uk/students/welfare

Peer Support

- College Peer Supporters (see posters)
- Rainbow Peers (LGBTQ+):
  - rainbowpeers@admin.ox.ac.uk
- Peers of Colour (ERM):
  - peersofcolour@admin.ox.ac.uk
Mental/Emotional Health

Academic concerns

Financial Concerns

Welfare Coordinator
Clare Hayns
chaplain@chch.ox.ac.uk

Welfare Tutors
Kayla King &
Alex Vasudevan
welfare.tutor@chch.ox.ac.uk

Harassment Officers
Clare Hayns
Kayla King
harassment.office@chch.ox.ac.uk

Subject/Personal Tutor
or
Tutor for Graduates
Anna Clark
academic.office.ox.ac.uk

Senior Censor
Geraldine Johnson
senior.censor@chch.ox.ac.uk
Tom 8

Academic Registrar
Helen Etty
academic.registrar@chch.ox.ac.uk
Tom 8

or

Academic Services Manager
Sarah North
academic.office@chch.ox.ac.uk
Tom 8

Steward’s Office
battels@chch.ox.ac.uk
fees@chch.ox.ac.uk

College Hardship Fund/Other Support

University Hardship Funds

JCR/GCR Reps
JCR Welfare Reps: Riley Dougan and Jemma Rook
GCR Welfare Reps: Alannah Jeune and Toluwalase Awoyemi
BTQ+ Reps: Louise Collinson (JCR) and Alexander de Sina (GCR)
JCR Ethnic and Religious Minorities Rep: Viren Shetty

JCR Ethnic and Religious Minorities Rep: Viren Shetty

Porters’ Lodge:
01865 276150
Porters have a first aid kit and have received basic first aid training. Can also call a taxi/ambulance to the hospital.

Useful Contacts

University

Domestic Abuse hotline: 0800731055

Local Hospital: John Radcliffe
The wardens and other senior welfare persons have all had mental health training with the Counselling Service to support students in difficulty. They have also been trained in supporting survivors of sexual violence.
Who's Who

Dirk Aarts
Junior Censor
for welfare and non-academic matters
Tom 8
junior.censor@chch.ox.ac.uk

Geraldine Johnson
Senior Censor
for academic matters
Tom 8
senior.censor@chch.ox.ac.uk

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

Sam Lane
Senior Warden
Contact via Plodge --
for emergencies

Nader Raafat
(Raafi)
Warden
Contact via Plodge --
for emergencies

Emily Swift
Warden
Contact via Plodge --
for emergencies

Your confidentiality will always be respected, unless you are at immediate risk of harming yourself or others.
JCR COMMITTEE

Riley Dougan
Male Welfare Rep
riley.dougan@chch.ox.ac.uk

Jemma Rook
Female Welfare Rep
jemma.rook@chch.ox.ac.uk

Alex Somes Pinero
Freshers’ Rep
alejandro.somespinero@chch.ox.ac.uk

Amelia Seymour
Freshers’ Rep
amelia.seymour@chch.ox.ac.uk
Louise Collinson
LGBTQ+ Officer
louise.collinson@chch.ox.ac.uk

Nishi Mehta
Inreach officer
nishi.mehta@chch.ox.ac.uk

Eleanor Baden
Gender Equalities Officer
eleanor.baden@chch.ox.ac.uk

Viren Shetty
ERM Rep
viren.shetty@chch.ox.ac.uk

Yun Kei Chow
International Officer
yunkei.chow@chch.ox.ac.uk

Alex Demby
Disabled Students’ Officer
alexander.demby@chch.ox.ac.uk
GCR Committee

Oliver Karnbach
President
gcr.president@chch.ox.ac.uk

Mark IJspeert
Vice President
gcr.vice-president@chch.ox.ac.uk

Alexander Taras de Sina
LGBTQ+ Rep
alexander.desina@chch.ox.ac.uk

Toluwalase Awoyemi
Male Welfare
toluwalase.awoyemi@wadham.ox.ac.uk

Alannah Jeune
Female Welfare
ahj20@uclive.ac.nz
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. We provide confidential support (unless you are at immediate risk of harming yourself or others), and anyone is welcome to talk to us about any issue, no matter how big or small. We are here to listen, and to signpost you to other helpful resources and relevant services.

We are all around and available for a chat throughout term and can be contacted via the emails below, on Facebook or in person. Some of us will always be at Late Night Tea Break on Tuesdays and you are welcome to grab us if you see us around college.

Rainbow Peers and Peers of Colour:
Rainbow Peers (p.34) and Peers of Colour (p.38) are also available to provide support for LGBTQ+ and ERM issues respectively. See their details below to get in touch directly, or contact any of the Peer Supporters.

Who’s Who

Sanskriti
Peer Support Coordinator
Peer of Colour
sanskriti.swarup@chch.ox.ac.uk

Laura
Rainbow Peer
laura.gisseleire@chch.ox.ac.uk
Who's Who

Alex
alexander.kitsberg@chch.ox.ac.uk

Jemma
JCR Female Welfare Rep
jemma.rook@chch.ox.ac.uk

Ruby
ruby.nixson@chch.ox.ac.uk

George
george.andrews@chch.ox.ac.uk

John
john.ryan2@chch.ox.ac.uk

Alannah
GCR Female Welfare Rep
ahj20@uclive.ac.nz
HEALTHCARE

Porters’ Lodge

01865 276150

Porters all have basic first aid training, and there are first aid kits available in the lodge if you need to use them.

Notify the porters if you have called an ambulance as they will be able to open the gates for it or call one for you during an emergency. They can also call a taxi for you and college will pay for it.

College Nurse

Midge Curran

chchnurse@nhs.net

01865 276176

Midge is our college nurse. She’s a great in-college contact for mental or physical health issues. She will be able to offer you certain treatments or get you referrals onto other services (e.g. a GP or Counselling Service), sometimes faster than the normal route.

As Christ Church students, you can call or email to make an appointment during any of her surgery hours (below) at Christ Church (Killcanon 2). Christ Church is a nursing hub and students from Oriel and Corpus will also come to see the nurse here.

Important numbers:

- 999: Life-threatening situations
- 111: Free hotline for urgent (but not life-threatening) medical advice
- 01865 24 00 00: 001 Taxis to get to hospital A&E. Can alternatively be booked and reimbursed via the porters’ lodge
- 13/X13: Bus to get to the JR hospital (NB: not suitable for emergencies)
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<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Friday</td>
<td>10:00 - 16:00</td>
<td>Christ Church</td>
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**GP Practice**

27 Beaumont Street, Oxford, OX1 2NR

Mon-Fri 8am-6pm

01865 311500

27beaumontstreet.co.uk

Sarah Ledingham is the college doctor. GPs act as the first point of contact for healthcare issues to all students (UK-domiciled or not). It is vitally important that you register with the College GP.

You can book appointments in person or by phone (typically arranged within 48h if possible), and request to see a specific doctor if you wish. Call between 8 and 9 AM for on-the-day appointments.

Alternatively, you can call the reception and ask to speak to the ‘duty doctor’ on the phone. They will be able to assess the situation and address it over the phone or call you in for an appointment if necessary.

You can also book online (a couple of weeks in advance) for non-urgent matters at patient.emisaccess.co.uk.

**NHS Dental Clinic**

**Studental**

Oxford Brookes, Headington Campus, Colonnade Building, 3rd Floor, Gipsy Lane, Oxford, OX3 0BP

01865 689997

studental.co.uk

reception@studental.co.uk

Monday to Friday: 8AM-6PM
Hospitals

John Radcliffe Hospital
Headley Way,
Headington,
Oxford OX3 9DU
0300 304 7777
A&E department and minor injuries unit.

Churchill Hospital
Old Road, Headington,
Oxford OX3 7LE
Tel: 0300 304 7777
Specialised outpatient departments. Reached via bus 4 (Wood Farm).

DISABILITIES

If you have a long-term disability/chronic condition, get in touch with Dorota Antniak (dorota.antoniak@admin.ox.ac.uk) for physical disabilities and Teena (teena.bowes@admin.ox.ac.uk) for mental health problems. Alternatively, you can contact Helen Etty (helen.etty@chch.ox.ac.uk) who can give you information on accessibility and advise you through the process of registering with the Disability Advisory Service (DAS) as well as helping you with any special requirements.

Getting reimbursement

Midge can provide reimbursement for the following if you bring your receipts:

- Taxis to and from hospitals (for injuries)
- Taxis to and from lectures (for injuries)
- Buses to/from the GUM sexual health clinic
- Morning after pill

The porters can also put taxis to & from the hospital or a Sexual Assault Referral Centre (SARC) onto the college account if you ask via the plodge.
Free SERVICES ENTITLEMENT

Under 19:
Free prescriptions + dental care + Eyesight tests

Pregnant/baby in the past 12 months:
Free prescriptions+dental care.

Diabetes:
Free eye tests

NHS Low Income Scheme:
Offers help with health costs based solely on household income.

Addiction help charities

The following charities can provide anonymous support to those struggling with addiction.

Change, Grow, Live:
changegrowlive.org
CGL delivers over 20 services across England and Wales that provide specialist advice/support to young people up to the age of 25, covering:
- Drug and alcohol use
- Health and wellbeing
- Offending behaviour
- Mental health
- Supporting someone else

Alcoholics Anonymous:
alcoholics-anonymous.org.uk
0800 9177 650 (FREE helpline)
Ten different meetings happening within one mile of Christ Church throughout the week.

FRANK UK:
talktofrank.com
03001236600
Live chat 2 PM- 6PM
Website with lots of resources for those struggling with drugs or supporting someone who is.

Narcotics Anonymous:
ukna.org
0300 999 1212
FREE helpline
10 AM-midnight
Five different meetings within one mile of Christ Church throughout the week.

GamCare UK:
gamcare.org.uk
0808 8020 133 (FREE)
24/7
Offers free information, advice and support for anyone affected by problem gambling
Mental health problems can be overwhelming and isolating, especially at university. It’s an important thing to be aware of: your mental health can affect every aspect of your life, so being aware of your own needs and reaching out when you need to can be vital. Oxford has a lot of resources for mental health, both in and out of college, and Christ Church can also give you support in seeking help externally. You’re by no means on your own, and you’ll always be treated with confidentiality and respect.

Where to go in college

Our college has its own college counsellor - Karen Kendall. She will be available every Tuesday during term and you can book a session to see her. This does not stop you from seeking support from the university counselling service though, and you are free to book with either.

Other support available in college can be divided into JCR,GCR and SCR.

The JCR Welfare Team (p.8-9) includes the Welfare Reps, the LGBTQ+, ERM, Inreach, and Disabilities Reps, the Peer Support Coordinator and Peer Supporters. Members of the Welfare Team are all available to talk to about mental health, or specific reps can point you to other services/relevant resources that might be helpful.

The GCR Welfare team (p.10) is similar to the JCR welfare team in its members and functions, but are mainly for the support of members of the GCR while the JCR team is available mainly for support of members of the JCR.

The SCR Welfare team can be found in the Who’s Who section (p.6-7) which contains Contact details and room numbers. Most of the staff members holding a senior welfare position have had mental health training, and in general, the mental health training in the SCR is very extensive.

In addition, there are wardens who can be contacted through the porters in an emergency.

The JCR/GCR team can help to signpost you to the appropriate members of the SCR, or to external services (such as the counselling service) if you approach them.
PEER SUPPORTERS:
Peer Supporters (p.11-12) have received 30 hours of training with the Counselling Service on supportive and sensitive listening skills, and provide a safe space for you to talk about any problem or issue without judging or giving advice. If you would like, they can refer you on to services like groups for students or the Counselling Service. They provide confidential support – they won’t tell anyone unless you’re at immediate risk of harming yourself or others – and can also refer you on to a Peer Supporter at another college if you’d prefer (Christ Church’s linked college is Lady Margaret Hall).

You can find Peer Supporters at drop-in sessions or welfare events such as Late Night Tea Break. Alternatively, feel free to get in touch over Facebook or email, any time – someone will always be happy to talk to you. There are also Rainbow Peers (p.34) and Peers of Colour (p.38) for LGBTQ+/ERM students, who can be found on Facebook or by getting in touch with a member of the Welfare Team.

College Nurse:
The college nurse, Midge, is available to students every weekday (see p. 14) Midge is a trained counsellor and can talk to you one-on-one about an issue herself. You can also email Midge (midge.curran@chch.ox.ac.uk) with questions. She operates under complete confidentiality and can give you key support in finding help both within and outside of college, such as helping you find a psychiatrist or arranging an appointment with a GP.

College Chaplain:
Clare is available to talk to anyone in college (regardless of religious belief) and will provide a safe and confidential space. She is often the first point of call for welfare issues as she is also the Welfare Coordinator. She puts on weekly ‘Brain Strain’ teas for students to relax and have a chat. She can also be contacted by email at chaplain@chch.ox.ac.uk to arrange a meeting, or a cup of tea.

Other SCR Members:
Other SCR Welfare contacts are outlined on (p.6-7) Your own tutor may also be worth talking to – they are often helpful and understanding, and can help alleviate academic stress and adapt to your situation.
**SERVICES OUTSIDE COLLEGE**

Outside of individual colleges, Oxford also has several support services available to all students, as well as student-run groups and societies. A lot of resources, including helpful podcasts, can be found on the University Website.

**The Counselling Service:**

counselling@admin.ox.ac.uk

01865 270300

3 Worcester Street (near Gloucester Green)

The University of Oxford has its own counselling service, which can be quicker and more easily accessible than NHS counselling. Even if you don’t have long-standing mental health issues, the Counselling Service can be useful for talking through a situation that’s bothering you, or attending group sessions and workshops on things like sleeping difficulties and low mood.

Individual appointments are typically made within 2 weeks of a request, though more urgent cases will get appointments sooner. Waiting time can be longer at the start of term and shorter at other times. The staff are professionally trained and widely experienced in helping students with a range of problems. Their website also includes a section of useful resources on topics including sleep, stress management, healthy eating and time management.

To book an appointment with the Counselling Service, you need to fill in a pre-appointment form which will help them make sure you’re seeing the right person and that you can get the appropriate help. They can also try and arrange for you to not see the same counsellor as someone else, or to avoid similar appointment times.

You can either email, phone or go in person (quickest way) to ask for a form. Information about the Counselling Service and the different things it offers can be found on their website.

**Royal College of Psychiatrists**

www.rcpsych.ac.uk/

The Royal College of Psychiatrists’ website is one of the most comprehensive and expert places to access information, advice and other services such as podcasts and leaflets. It’s a good place to start for many issues.
Oxford Mental Health Network

omhn.org

The Oxford Mental Health Network is headed by two former Oxford students experienced in working for mental health charities. The website acts as a hub for any and all sources of support within and around Oxford and enables you to search for help by location, category and level of need. You can make your own profile and bookmark resources to come back to, and see events happening around Oxford relating to mental health. The website looks great and is easy to use, and it’s probably the best place to go to see just how much help is out there and find what’s best for you.

YOUR GP:

27 Beaumont Street, Oxford, OX1 2NR
01865 311500
27beaumontstreet.co.uk

Your GP can often be a good port of call for mental health issues, as they can assess your individual needs and develop a plan accordingly. Appointments are typically scheduled within 48 hours (although this may not be possible in busy periods) and can be made in person or on the phone.

If you need to be seen more urgently, it may be worth emphasising this when requesting an appointment. The practice also reserves several on-the-day appointments, which can be booked by phoning between 8-9 AM that day.

Visiting a doctor about mental health can feel daunting, but you can request a specific doctor or a doctor of a certain gender if you’d rather. Dr Richard Baskerville, Dr Sarah Ledingham and Dr David McCartney in particular have been recommended by other students as being particularly good with mental health matters. Midge, the college nurse, can also book you an appointment.

Private treatment:

For more serious mental health problems that require more help than the Counselling Service or NHS can provide, you can see the Censors about receiving support from college for funding private treatment.
Nightline:
01865 270270 (found on your bod card!)
Skype ID: oxfordnightline
Instant Messaging here

Anonymous listening service for when you want to talk to someone, open from 8 PM–8 AM every day from 0th–9th week. There will always be both a male and female volunteer available to take your call. They also provide a service where you can call to have someone to chat to as you walk home alone.

Disability Advisory Service:
DAS website

If you have a long-term mental health condition such as depression, bipolar, anxiety disorders (including OCD and PTSD), eating disorders, attention deficit hyperactivity disorder (ADHD), personality disorders, schizophrenia, psychosis, etc. you can access study support through the Disability Advisory Service. Check the Disabilities section (p. 42) or the DAS website for more information.

The Student Advice Service:
Website
01865 288466
advice@oxfordsu.ox.ac.uk

The Student Advice Service (SAS) is an advice, information, and advocacy service run by a full-time manager, Cate, and two part-time advisors, Nicky and Hanne. All three are happy to listen to you and advise you on any matter (incl. financial, academic, and legal worries) and have expertise in mental health – Cate is a trained psychologist. More information about the three advisors and how to get in contact can be found on the Oxford SU website.

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<th>Location</th>
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<td>Monday (0th-8th)</td>
<td>11:00-13:00</td>
<td>RADCLIFFE SCIENCE LIBRARY</td>
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<tr>
<td>Tuesday (0th-8th)</td>
<td>11:00-13:00</td>
<td>Manor Road Building</td>
</tr>
<tr>
<td>Wednesday (0th-9th)</td>
<td>14:00-16:00</td>
<td>Oxford SU, 4 Worcester Street</td>
</tr>
</tbody>
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GROUPS AND SOCIETIES

Mind Your Head:
*FB: Mind Your Head Campaign*

The Mind Your Head campaign is an organisation founded at Oxford that aims to raise awareness of mental health and reduce the associated stigma, organising events throughout the year and running a blog that has articles about mental health as well as stories from Oxford University students who have experienced mental health problems. Events and further information can be found on their Facebook page.

You can book appointments to see them on their website or by phone. Drop-in times and locations are shown here.

Student Minds:

*studentminds.org.uk*
*FB: Oxford Student Minds*
*oxford@studentminds.org.uk*

Student Minds is a student mental health charity that offers a wealth of information for both students suffering from mental health and those supporting a friend. They run a support group for eating disorders that meet weekly throughout term, and also run workshops such as ‘Supporting Supporters’ within Oxford.

Oxford Student Mindfulness Society:

*FB: group and page (same name)*

They run weekly drop-in mindfulness sessions throughout term. Mindfulness meditation is a non-religious and effective means of alleviating stress, anxiety and depression, and promoting wellbeing.

It Gets Brighter:

*itgetsbrighter.org*
*itgetsbrighter@gmail.com*

It Gets Brighter collects and features short video messages of hope from those living with a mental health issue, and those who support them. The website currently has hundreds of videos, and they take submissions either online or through one of their regular drop-in filming days. The videos can be a great reminder that you’re not alone in your struggles, and that recovery does happen.
Mental Health Apps:

What’s UP?:
For Android
For Apple
This app uses Cognitive Behavioural Therapy and Acceptance Commitment Therapy methods to help deal with anxiety, depression, anger and more. It includes a habit tracker, a diary, forums, and methods to overcome negative thinking patterns, along with a range of other useful and grounding features. It’s completely free.

Self-Heal:
For Android
For Apple
This is an app to manage self-harm, and includes suggestions for distracting tasks in a moment of crisis, a gallery of hundreds of mood-boosting pictures, information and advice about self-harm, and a range of services and helplines for more support. The app is also completely free.
EXTERNAL RESOURCES

Samaritans:
116 123 (24/7, all year)
jo@samaritans.org

Samaritans is an anonymous, confidential listening service available at any time of day on any day of the year on 116 123. You can call and speak to someone trained in sensitive listening about any issue. Rather than giving advice, they aim to provide a space to talk through an issue and explore your options, and can refer you on to other services and resources if you’d like. The Samaritans website also has links to other helpful resources.

Mind:
mind.org.uk
info@mind.org.uk
0300 123 3393 (9AM-6PM Mon-Fri)
Text 86463

The Mind website has A-Z information sheets on a huge range of mental health issues, as well as advice on how to seek help and information on different therapies. Mind also has support helplines, including an info-line for information on mental health and treatments, and an online support community, Elefriends. Elefriends offers a place to seek help and support from others and ask advice on an anonymous forum.

Rethink SOS Guide:
Download the guide here

If you’re supporting someone else, are worried about someone, or find yourself faced with a difficult situation, Rethink has a guide offering practical advice on recognising distress signals and responding to them. The guide covers panic attacks, suicide and other topics, and can be found on their website.

Beat:
b-eat.co.uk
0808 801 0677

Beat campaigns for beating eating disorders and have lots of information for spotting and dealing with eating disorders on their website, as well as online chatrooms to talk to other recoverers/supporters.
SEXUAL HEALTH

In college

College nurse: (See p.13-14)

The Cupboard of Requirement:

Usually located in Killcanon (just past the chaplain’s office, turn right and then it will be on your left) and in the hall to the Handel Davies room in Liddell. It is a free stash of condoms, dental dams, lube and pregnancy testing kits. Help yourself, but please use responsibly as this is a communal resource!

The Cupboard will run slightly differently this year - your welfare reps will advise the details.

While the cupboard is great and should be stocked well, do strongly consider getting a C-card. It’s free, easy and gives better variety (and consistency sorry) than the cupboard.

In Oxford

GUM (Genitourinary Medicine) Clinics:
sexualhealthoxfordshire.nhs.uk

The Oxfordshire Sexual Health Clinics offer free and confidential walk-in clinics and other useful sexual health services. They provide emergency contraception, testing and treatment for STIs and advice on safe sex. They can also provide contraception fitting and pregnancy/termination advice.

CHURCHILL:
01865 231231
Harrison Department,
Churchill Hospital, Old Road,
Headington, OX3 7LE

Rectory Centre:
01865 226969
Rectory Road,
Oxford, OX4 1BU

NB: They deal with routine testing only. If you have symptoms go to the Churchill
Drop-in clinic times are below. Appointments aren’t necessary but go there early to avoid waiting. Buses to/from these clinics can be reimbursed by Midge.

<table>
<thead>
<tr>
<th>Day</th>
<th>Clinic</th>
<th>Times</th>
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<tr>
<td>Monday</td>
<td>Churchill</td>
<td>09:00-14:30</td>
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<td>Rectory</td>
<td>09:30-18:30</td>
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<td>Tuesday</td>
<td>Churchill</td>
<td>09:00-14:30</td>
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<td>Rectory</td>
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<td>Wednesday</td>
<td>Churchill</td>
<td>12:30-14:30</td>
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<td>Rectory</td>
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<td>Thursday</td>
<td>Churchill</td>
<td>09:00-14:30</td>
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<td>Rectory</td>
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<td>Friday</td>
<td>Churchill</td>
<td>09:00-14:30</td>
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<td>Rectory</td>
<td>09:30-15:30</td>
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<tr>
<td>Saturday</td>
<td>Churchill</td>
<td>09:00-12:00</td>
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<td></td>
<td>Rectory</td>
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<tr>
<td>Sunday</td>
<td>Churchill</td>
<td>CLOSED</td>
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<tr>
<td></td>
<td>Rectory</td>
<td>CLOSED</td>
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Chlamydia Testing Scheme:

[chlamydia.sexualhealthoxfordshire.nhs.uk](http://chlamydia.sexualhealthoxfordshire.nhs.uk)

Sends a test kit discreetly to you if you would rather not go to a clinic. It is recommended you get tested for chlamydia every time you change sexual partner as it is commonly without symptoms particularly in the early stages.
Emergency contraception:  
[OXME website with details]

Emergency hormonal contraception (or EHC) is taken if you forgot to use contraception or contraception failed.

Available for free from your GP, any of the above clinics or (if you’re 21 or under) at Boots on Cornmarket (01865 247461) or other participating pharmacies (a full list can be found on the website). EHC can also be reimbursed by Midge.

C-cards:

This entitles you to free condoms and lube from participating centres in Oxfordshire (the nearest being Boots on Cornmarket). You can also specify a specific type of condom if you wish. Register for the card online [here].

Terrence Higgins Trust:  
0808 802 1221

Charity devoted to supporting individuals living with HIV and promoting early testing and treatment. They operate a helpline that you can call if you have questions about HIV, such as whether you are at risk and how to get tested.
If you have experienced sexual violence, we will try to make sure you are supported in whatever way you feel you need. Whether it’s a friendly, supportive conversation or signposting methods of support, our Welfare Team is here to help. Our senior welfare team members have undergone training specifically to support survivors of sexual violence.

Getting help for Sexual violence

First and most importantly, know you can talk to someone, when and if you feel ready to. Whatever you are feeling is completely normal – your friends, family, Peer Supporters, Welfare Team, Chaplain, Nurse, Welfare Tutors, Counselling Service, GP and other dedicated services are all there to support you!

The whole Welfare Team (p.6-12) are there to listen in a safe, non-judgemental way, and anything discussed will remain confidential. They will be able to find resources and help you decide how you want to proceed. Clare and the wardens (p.6-7) are available to accompany you as support figures, should you wish it. If you choose to report a rape or sexual assault, then there are many options that are open to you, outlined in the following pages.
Sexual Violence

The police:
999 (emergency)
101 (non-emergency)
Thames Valley Police,
St. Aldate’s - 01865 841148

Sexual Assault Referral Centre (SARC):
solacesarc.org.uk
SARC BICESTER Queens Ave Bicester
0800 970 9952 OX26 2NR
Police House

Sexual Assault Referral Centres (SARCs) are evidence collection and support centres. Women, men, and children can use a SARC. They provide a 24/7 crisis support line where a case worker will listen to your concerns and discuss your options with you. They can arrange for a visit, where forensic evidence may be taken, and arrange follow-up appointments. They also provide independent advocacy, support with practical matters, telephone advice, and signposting to external services.

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.

Oxford Sexual Assault and Rape Crisis Centre (OSARCC):
oxfordrapecrisis.net
support@osarcc.org.uk
Heyford Park House, Bicester,
OX25 5HD
01865 726295
❖ Monday: 18:30-21:00
❖ Thursday: 18:30-21:00
❖ Last Friday of every month: 11:30-14:00
❖ Sunday: 18:00-20:30

OSARCC is a collective of women committed to supporting survivors of sexual abuse, rape, domestic abuse, and harassment. OSARCC offer a free and confidential service to women and girls who are dealing with the effects of sexual violence, as well as anyone supporting them. They can collect evidence should you choose to speak to the police later.

They also run a telephone help-line and email support service, available on their website.
College and Uni Services

Sexual Harassment and Violence Support Service:

supportservice@admin.ox.ac.uk
https://www.ox.ac.uk/students/welfare/supportservice?wssl=1

This provides confidential advice and support for survivors of sexual violence and also for those accused of sexual violence.

They are specially trained in responding to incidents of sexual harassment and violence. They offer a response that is non-judgemental, non-directive and puts you in control of what happens next.

The support service is run by a team of three highly trained specialist advisors and an Independent Sexual Violence Advisor (ISVA).

Léa, the current ISVA, is employed by Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC) and exclusively supports students. Léa is completely independent from the University.

She can be contacted directly via oxfordunilsva@osarcc.org.uk or on 01865 725311 (Monday & Friday).

In College:

If an assault or rape has occurred and you need immediate support then contact the Lodge and they will call a trained member of the welfare team.

For in-college matters, the best place to go is to a member of the SCR – particularly the Chaplain, Wardens (can be contacted from the Lodge) or Junior Censor (p.6-7). They will be able to investigate further and help you decide on the appropriate course of action.

You can also get in touch with It Happens Here (below) which is Oxford SU’s autonomous campaign against sexual assault.

It Happens Here:

ithappenshere@oxfordsu.ox.ac.uk

This is Oxford SU’s campaign against sexual violence that raises awareness about sexual violence and rape in the university. The co-chairs are contactable via the above email address.

It Happens Here also has a blog where you can post your story anonymously if you feel like that would be helpful in processing your feelings and thoughts. There is more information about It Happens Here on Oxford SU’s website.
Other Support Services

Survivors UK: 
*for male survivors*
survivorsuk.org

You can chat online immediately or by SMS text on 020 3322 1860.

GALOP: 
*for LGBTQ+ survivors*
galop.org.uk
0800 999 5428
Mon-Fri 10am-4pm
Wed/Thurs 10am-8pm

The Survivors Trust: 
thesurvivorstrust.org
0808 801 0818

*chat via SMS 02033221860*

*via Whatsapp 07491810094*

The Survivors Trust (TST) is a UK-wide national umbrella agency for 135 specialist organisations providing support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.

Women’s Aid: 
womensaid.org.uk
0808 2000 247 (24hr)
A grassroots federation providing services and support for victims of domestic abuse.

Oxfordshire Domestic Abuse Helpline: 
0800 731 055

- **Monday-Friday:** 8am-6pm
- **Saturday:** 10am-4pm

The Oxfordshire Domestic Abuse Helpline can provide emotional support and practical information for adults affected by domestic abuse. It works with victims to empower them to make decisions regarding their relationship, irrespective of whether they wish to leave or not.
GENDER EQUALITY

Oxford SU VP for Women:

Alex Foley
vpwomen@oxfordsu.ox.ac.uk

Oxford SU Women’s Campaign:

WomCam Website
FB: Oxford SU Women’s Campaign

Oxford Feminist Society:

oxfemsoc.wixsite.com/website
This is the University’s intersectional feminist society, which debates and campaigns for empowerment and equality for all.

Oxford Women’s Counselling Care:

oxwcc.co.uk
01865 725617
Counselling for women in Oxford by woman counsellors.

Night Safety:

IF Something Bad Happens:
If you have an iPhone, you can rapidly tap the lock screen button 5 times, which starts an emergency call.

If you feel unsafe:
You can call Nightline (01865 270270, found on the back of your Bod Card), and they have a service where you can chat to someone as you walk home alone.

www.noonlight.com - an app where if you feel unsafe you keep your thumb on the screen and if you release it and do not tap in a pin then it calls your local emergency services automatically.
LGBTQ+ is an abbreviation of the words Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning. They are descriptive terms chosen by some people as a means to describe or define their sexuality or gender identity. However, there are people who perceive these descriptors as constraining and opt not to use them. There are more terms which have not been adopted into the acronym that provide further descriptors for people who align themselves with alternative sexualities or gender identities, and these are equally as valid. More information and identity specific resources can be found at www.oulgbtq.org

Although Christ Church can seem like a daunting environment to live in, there is a strong and welcoming LGBTQ+ presence in college willing to provide advice, company and help to any who may need it.

LGBTQ+ Booklet

This section contains only a fraction of the resources available to LGBTQ+ students at Oxford. On the JCR website, an additional LGBTQ+ booklet can be found which provides a greater list of resources and advice on all manner of issues from ‘coming out’, to getting involved with Oxford’s LGBTQ+ community, and raising matters of sexuality or gender identity with tutors. Contact the LGBTQ+ rep (p.9) if you’re having trouble finding it.

If you experience an issue in college related to your gender identity and/or sexual orientation, you can bring it to the LGBTQ+ Officer, to the Welfare Coordinator (p.6) or directly to the Censors (p.6), who are all committed to upholding equality and supporting LGBTQ+ students.
Support in college

- LGBTQ+ Officer [see p.9]
- College Nurse [see p.13-14]
- Peer Supporters [see p.11-12]
- LGBTQ+ Booklet

For more information about reporting harassment or discrimination, see p.62-63.

Transgender Policy:

Found in the Blue Book Section 43.

Christ Church aims to give support and understanding to all trans individuals (whether or not medical supervision or surgery are involved in the transition). The policy covers people at all stages of the process, begun or complete.

As always, confidentiality will be respected, and ‘outing’ someone without their permission is a reportable form of harassment. College officers will receive training to make sure Christ Church remains a safe and inclusive environment for trans members.

Christ Church also has its own Gender Expression Fund which allows students to be reimbursed if they purchase gender affirming items. This is separate to the university’s fund and is specific for our students.

Support outside college

Rainbow Peers:

FB: Oxford University Rainbow Peers
rainbowpeers@admin.ox.ac.uk

Rainbow Peers are Peer Supporters who are also LGBTQ+ and so may be able to provide more support with LGBTQ+ specific issues you’d like to talk through.

You can email/message the Rainbow Peers directly or get in touch with one of the Christ Church Peer Supporters (p.11-12) to be put into contact with a Rainbow Peer. They also run university-wide events advertised on their Facebook page.

Oxford Nightline:

[see p.21]

LGBTQ+ Campaign:

Oxford SU website
Oxford SU VP for Welfare & Equal Opportunities:
Amelia Holt
vpweo@oxfordsu.ox.ac.uk

University Counselling Service:
see p.19-20
Self-help resources include a page on sexuality.

Oxford University LGBTQ+ Society
FB: Oxford University LGBTQ Society
At the centre of the university’s LGBTQ+ social and welfare scene, the society runs LGBTQ+ events including club nights and chilled out brunches across the Oxford colleges. You can sign up for the mailing list by sending a blank email to LGBTQ-mail-subscribe@maillist.ox.ac.uk.

Its committee also includes asexual, bi/pan and transgender welfare reps alongside its women’s/ men’s welfare reps. You can message them on Facebook to be put into contact with a specific rep.

NATIONAL SUPPORT

Mind UK: see p.24
Provides advice and support on mental health issues, including sexuality-specific ones.

HALT:
01865 243 389
Oxford homophobic awareness liaison team.

Switchboard:
switchboard.lgbt
03003 300 630
LGBT+ helpline.

Stonewall Healthy Lives:
stonewall.org.uk
Offers advice on LGBTQ+ health issues (mental and other).

The Metro Centre:
metrocentreonline.org
Services for anyone experiencing issues around sexuality, gender, equality, diversity or identity.

Galop UK: see p.31
LGBT-specific support for sexual violence survivors.
Moving to a new country can be stressful and disorienting, but there are plenty of fantastic resources available to help with the transition. The International Officer can help with any practical concerns you may have with moving to the UK, and is here to advocate for the welfare of international students in college. As a member of the Welfare Team they are always available to talk, and can also refer you to the multitude of other resources at Christ Church and the university as a whole.

Please ask the ERM or International Reps (p.9) if you need something that you don’t see here. You can also contact the GCR Welfare Reps (p.10) as dealing with these types of issues are under their purview.

VISAS and BANK ACCOUNTS

Advice on visas can be found on the university website as well as in the email newsletter you will automatically receive. This sometimes contains important changes to visa conditions and deadline reminders, so it is important you have at least a quick skim before deleting those!

The most up-to-date guidance on opening a bank account in Oxford can be found here. Other legal matters, such as insurance, may be very different from your home country so do not hesitate to ask for advice if you are unsure about something.

Clubs and Societies

The country and region specific societies at Oxford are numerous – wherever you’re from, you will probably find that there is a university-wide
society with plenty of other students from home. There are too many different clubs to list individually here, but they are all easy to find through the register of student clubs. Most societies will also have booths at the Freshers’ Fair in October. If you need any help tracking down a specific club please let the International Officer (p.9) know.

Pre-Term arrival
For international students, especially those coming from really far away, it is often recommended to be back in college a few days in advance to make the transition smoother and settle in properly before the start of the term, so as to ensure that nothing is missed from the quintessential Oxford experience. For this, Christ Church provides students with Vacation Residence Grants (up to 28 days in a year). More information is available in the Blue Book.

The Oxford vacation project
The Oxford Vacation Project is a new initiative which aims at providing all sorts of information, from accommodation to events for students staying back in Oxford during vacations. The page will be updated regularly to provide students with useful information for all vacations. The page can be found at https://www.ordvacationguide.com/ and may act as a useful guide for those with extended stays in Oxford.

International Students’ Campaign
FB: International Students Campaign - OUSU
Campaign website
Oxford SU Campaign committed to representing and improving the welfare of international students. They may be particularly helpful to you at the beginning of your time at Oxford, as they can provide support for your transition to life in the UK. If you'd like to get involved with the Campaign or be put on the mailing list for their events, you can get in touch with them at: iscchair@oxfordsu.ox.ac.uk

UKCISA
ukcisa.org.uk
The UK Council for International Student Affairs (UKCISA) is a national body serving the interests of international students. Their website contains helpful resources/information for international students (EU/Overseas) coming to study in the UK, particularly on legal matters (e.g. right to work, visa conditions).
EU Students

The university’s Q&A about the implications of Brexit can be found here.

Ethnic and Religious Minorities

If you have any ERM-related concerns or generally want to chat about anything to do with ERM issues, then feel free to come and speak to the ERM Rep (p.9). The ERM Rep is the representative for ERM students in college, and will circulate information about ERM events. Most importantly, they are a point of contact for any ERM-related issues that may come up, whether they concern you directly or another student or staff member.

For more information about reporting harassment or discrimination, see p.66-67.

CRAE

Campaign website

FB: Oxford SU Campaign for Racial Awareness and Equality

The Campaign for Racial Awareness and Equality is open to everyone – you don’t have to be an ERM student to come to this. CRAE meets once a week and it’s a really great space to discuss concerns and thoughts about race and work out how to make Oxford as inclusive as possible.

Peers of Colour

FB: Oxford University Peers of Colour
peersofcolour@admin.ox.ac.uk

This is a university-wide group of ERM students who have received Peer Supporter training. They are available if you’d like to talk to a peer supporter who shares your perspective as an ERM student, and they also run university-wide welfare events for ERM students.

Refuge

Website

08082 000 247 (free 24h)

Supports women, children and men through a range of services, including refuges, independent advocacy, community outreach and culturally specific services.
Coming to Christ Church from an underprivileged or under-represented background can be nerve-wracking, but there are plenty of places to turn both within and outside of college – whether for advice, support, or just a chat with someone who’s had similar experiences. There’s also a lot of financial support available should you need it, for a variety of circumstances, and a lot of people who are happy to help!

GROUPS AND SOCIETIES

The Class Act Campaign:

FB: Oxford SU Class Act Campaign
Twitter: @ClassActOx

Founded in 2017, the campaign is for students who identify as working class, low income, state comprehensive-educated and/or first generation. The campaign has produced resources like an academic guide and a blog, which can be found on their website or through their Facebook page. The committee has various different reps for students to approach, and sub-groups such as the Women’s Group, the Regions Group (for students from under-represented areas), the State Comp Group, and the Class Act Plus group (for those who want to help out).

There is also a hidden working class facebook group which can be joined by messaging the Working Class Rep, Jemma Moorhouse (jemma.moorhouse@sjc.ox.ac.uk) or the Co-Chairs, Sofia Henderson (Sofia.henderson@sjc.ox.ac.uk) or Safa Sadozi (Safa.sadozi@exeter.ox.ac.uk). Class Act’s Facebook page also has information about events, resources and the committee.
Oxford First-Generation Students:

FB: Oxford First-Generation Students

For students who are the first in their family to go to university. The group runs socials and awareness campaigns.

WITHIN COLLEGE

JCR:

Nishi Mehta (Nishi.mehta@chch.ox.ac.uk) is our Inreach Rep and is happy to have a chat about related issues at any time, or point out other contacts or resources.

There is also a Facebook group called ‘Christ Church Inreach’ where you can voice any concerns you may have. There are updates regarding pastoral, financial and academic support throughout the year.

SCR:

There are several useful contacts (see p.6-7).

Helen Etty is the Academic Registrar, and can be approached over financial worries.

The Access and Outreach Officer at Christ Church, can be contacted for anything access-related. (access.officer@chch.ox.ac.uk)

Kayla King is the Welfare Tutor and from a working class background herself, and can be approached to discuss or offer support.

Grants:

It’s also worth looking at the grants (p.46) offered by college, as these can often help pay for costs such as those for books, sport and travel. General information can be found on the Christ Church website, and more detailed information about college grants and how to apply for them can be found in the Blue Book Section. This and some grant forms can be found here.

As well as grants, Christ Church also offers support for all UK/EU students, including finalists, pursuing educational/career development opportunities (e.g. unpaid internship or work experience) during the summer but who would struggle to fund accommodation and other living costs in the meantime.

More information about this can also be found online or in the Blue Book. Get in touch with the Academic Office if you would like to apply for this.

Inreach programme:

There is an inreach programme to support students from access backgrounds during the transition from school to Oxford. They will be running social events and informal academic support sessions throughout the year to give you the chance to meet other students at Christ Church and develop your academic skills. For
more details about this please feel free to email Nishi.

ACROSS THE UNIVERSITY

The Counselling Service (p.19) and the Student Advice Service (p.21) may also provide useful support and resources to students.

Useful contacts within the Student Union are the Oxford SU Vice-President for Access and Academic Affairs (vpaccaff@oxfordsu.ox.ac.uk) and the Oxford SU Vice-President for Welfare and Equal Opportunities (vpweo@oxfordsu.ox.ac.uk).

For financial worries, the university also has several avenues to try if college funding is unavailable or falls short. Student Fees and Funding (student.funding@admin.ox.ac.uk) can be contacted for questions about financial matters. See p.47 for more details.
Disability refers to a mental or physical condition, or specific learning difficulty, which has a long-term impact on your day-to-day life. In Oxford, this could be something which impacts your ability to live independently; something which means you require special arrangements in examinations; or another condition which you feel adversely affects your university experience. No matter what it is, there is a lot of support in Oxford to help you through any difficulties you may experience, both within Christ Church and the wider university.

First steps

If you have (or think you might have) a disability, you can get in touch with one of our disability advisors (page 15) at the Disability Advisory Service (DAS). They will be able to offer you advice and support about how to proceed. (see below). The next step is to notify Helen Etty, the Academic Registrar and Disabilities Officer, as she can offer college-specific information and arrangements. The university website also has information about how to access disability support, as well as a list of the different forms of support that are available to help you.

If you have subject-specific issue, each department and faculty also have a Disability Coordinator and their contact details can be found here. You can also email the Disabilities Officer, Alex (p.9) who will be more than happy to answer any questions!
Disability Advisory service (DAS)

ChCh contacts:
Dorota Antoniak  
(Physical Disabilities)  
(dorota.antoniak@admin.ox.ac.uk)

Teena Bowes  
(Mental Health)  
teena.bowes@admin.ox.ac.uk

University website  
disability@admin.ox.ac.uk  
01865 280459

The DAS offers support and advice for students with disabilities, including learning support, mental health advice, support for those with sensory and mobility impairments, health conditions, and autism spectrum conditions. Their website provides a wealth of information about getting support from the university.

The DAS also usually offers a student drop-in during the week but these have been suspended for the foreseeable future due to the ongoing pandemic. However, staff are continuing to work remotely and you can get in contact with the DAS, either by emailing one of the above advisors directly or by emailing disability@admin.ox.ac.uk. The normal DAS services are currently being delivered online. More information can be found here.

Assessment for disabilities

It is not uncommon for students to discover they have a disability during their time at university, if you suspect this is the case, do not hesitate to contact your GP for further advice and testing.

Contact Dorota or Teena at the DAS – they will be happy to arrange a new learning difficulty assessment. For mental or physical health, see the college doctor. Don’t be discouraged if one doctor dismisses your concerns – make sure to ask to see another doctor or bring a friend along. Additional medical evidence from other professionals to provide context or background also helps!

You may also be entitled to extra funding/specialist equipment from the government, called the Disabled Student Allowance (DSA). Examples of the kind of help offered through the DSA are IT support which can record lectures and help support academic studies or money to help pay for taxis/transport to classes. More information can be found on the GOV.UK website. You can apply directly or through the DAS by contacting Dorota or Teena. You will need a doctor’s/psychologist letter or report and a completed disability evidence form from Student Finance.
The Oxford University Assessment Centre (OUAC) at 3 Worcester Street carries out the required study needs assessment for those applying for a DSA; more info can be found on the university website. The assessment takes place at OUAC and takes approx. 2 hrs.

For EU and international students, the university has a separate fund to offer similar support. Contact Helen Etty and/or Dorota/Teena for more details.

Alternative exam arrangements

Inform Helen Etty about exam arrangements as soon as possible, and no later than Friday of 4th week in the term preceding your exam term (e.g. Hilary for exams in Trinity). Even if you are not sure what may be helpful, Helen has been through the process hundreds of times and is well versed in accommodating students and dealing with the Proctors. Adjustments that you might be offered include:

- Extra time or rest breaks
- Having the use of a laptop
- Sitting your exam in college
- Access to a transcriber
- Having exam materials prepared in a more accessible format (e.g. large print, read aloud)
- Spreading your exams over a longer length of time

You will need to provide evidence of why you need the adjustments, such as an educational psychologist’s or specialist teacher’s report, or medical evidence from a specialist, general practitioner and/or college doctor. That evidence should explain explicitly why you need alternative examination arrangements.

If you have a diagnosed learning difficulty you may be permitted to attach a cover sheet to exam scripts/assessed coursework to notify the examiners about the possible impact on your work.

Don’t be afraid to speak out in request of this support – it isn’t an unfair advantage against your peers, but a means to level the playing field for everyone.

Further details can be found on the university website.
Oxford students’ Disability Community

https://oxdisability.wordpress.com/

The Oxford Students’ Disability Community is the Oxford University Student Union’s official Disability Campaign. They aim to provide support and advice for students at Oxford with disabilities, campaign for positive change with regards to disability at all levels of university life, organise disability-related events and raise awareness of disabilities and their impact.

They offer helpful resources on the website, and also organise social events advertised through their Facebook page.

For more about getting involved, email the campaign chair at oxdisability@oxfordsu.ox.ac.uk.

Disability Rights UK

As a disabled person, you have rights which protect you from discrimination. These rights cover most areas, including education. It’s against the law for a school or other education provider to treat disabled students unfavourably. This includes:

- **Direct discrimination**: for example, refusing admission to a student because of disability
- **Indirect discrimination**: for example, only providing application forms in one format that may not be accessible
- **Harassment**: in any form
- **Victimisation**: for example, suspending a disabled student because they’ve complained about harassment

Know these rights and be sure to speak out in protection of these rights for yourself and others. For more information about reporting harassment or discrimination, see p.62-63.
FINANCIAL & LEGAL

Finances can sometimes be difficult to manage as a student, but both Christ Church and the university have plenty of grants and funds available to help reduce your financial worries, and there is plenty of advice online about how to best manage your money while at university. There are also many people to talk to about any concerns you have to prevent them from becoming problems. For international students, please see the International section (p.36) for details regarding visas and opening bank accounts.

College resources

Grants:

College grants and prizes are outlined fully in the Blue Book, and are available for the following

- Student Support Grant
- Book grants
- Vacation Travel Grants
- Language Grants
- Sports Grants
- Vacation Residence Grants
- Other academic purposes

Contact the Academic Office for more information about any of these grants.
Financial Support:
College has several forms of financial assistance that can be offered to students in financial hardship. Various forms of assistance are available including (but not limited to): short-term emergency cash loans, deferment of battels payments, and bursaries (e.g. the Student Support Grant) that don’t need to be repaid.

The exact form of assistance is decided on a case-by-case basis. To apply for financial assistance, get in touch with the Academic Office.

Who to contact:
- Battels: battels@chch.ox.ac.uk
- Fees: Rachel Mawle
- Grants/financial assistance: Helen Etty (for JCR) and Melanie Radburn (for GCR)

University financial aid
Details for bursaries/scholarships offered by the university can be found on the fees and funding page.

Oxford also has an Access to Learning Fund for home students experiencing financial hardship and a University Hardship Fund for all students experiencing unprecedented financial difficulties. More information about hardship funds can be found here.

Government support
Details about loans/support from the UK government can be found here.

Money Management
The following websites contain helpful advice about managing your expenses to avoid running into that overdraft more than necessary:
- Oxford SU
- University website
- The Money Advice Service
- The Student Money Manual

Estranged Students
There is support available in college and through the university for students who are estranged from their families. Please contact the Academic Office for information on the support available.
Legal Matters

Citizens advice bureau:
citizensadvice.org.uk
03444 111 444 (10 AM – 4 PM)

95 St Aldate’s
OXFORD
Oxfordshire
OX1 1DA
10 AM–2 PM

Free, independent advice on a variety of issues, from insurance to debt to consumer protection.

Our local branch is opposite Christ Church and right next to G&D’s.

Financial ombudsman:
financial-ombudsman.org.uk

Set up by parliament to resolve individual complaints between financial businesses (e.g. insurance companies, banks) and their customers.
Your academic life can play a big part in your well-being (though of course, it’s never the be-all and end-all of Oxford life!). Work can be stressful for everyone, and it’s totally normal to feel that it’s getting to be a little too much. Similarly, Oxford’s academic procedures can be confusing, not to mention intimidating, but you can find a lot of detailed guidance, tips and resources on the university and Oxford SU websites. There are always places to go, though, and people who can help outlined below. The Counselling Service also has resources for academic life, including podcasts on exams and work stress, which can be found here. The Student Handbook is also a comprehensive resource for regulations and procedural matters during your time in Oxford.

Where to go in college

Your tutor:
This is often a good first step. While it can be intimidating to tell a tutor that you’re struggling, they’re the most likely to be able to help you and can often be more understanding than you’d think. 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.

The welfare tutors and academic registrar:
The welfare tutors (p.6) can advise you on academic matters and support you in seeking changes, and can be helpful if you don’t want to go to your tutor. The Academic Office should be your main point of contact for requesting things like extensions for coursework submissions, as outlined below.

The Senior Censor:
Geraldine Johnson (senior.censor@chch.ox.ac.uk) is in charge of academic
matters generally. This includes requests for changing course, suspending your studies, and concerns or complaints about academic work that can’t be resolved by your tutor.

Your college parents and/or subject reps:
They have been through the process before and will probably have a lot of helpful tips/strategies, such as what to prioritise during revision. Don’t hesitate to contact them or any of the others in the years above you – they will be more than happy to help.

Academic Complaints
Please refer to the complaints guidance online should you have a complaint about a tutor. Alternatively, you can contact the Chaplain, Clare, the Welfare Tutors (p.6), Geraldine Johnson, or another tutor you trust. Feel free to bring a friend with you!

If you are made uncomfortable by a tutor/staff member concerning your membership of a minority group, it is not your duty to debate them. The whole Welfare Team are here to offer support and guidance should you wish to report any issues. For more information about reporting harassment or discrimination, see p.62-63. For out-of-college complaints, you can contact your department’s Director of Undergraduate/Graduate Studies, or in more serious matters, the Proctors. More info can be found in the Student Handbook or on the University website. The most important thing is to remember that you won’t be penalised or discriminated against for making a complaint, and all complaints will be treated with confidentiality.

Changing course or college
While changing courses in Oxford may be difficult, it can and does happen. If you are thinking of changing your course, the first person to contact would be your tutor to discuss the matter with them. You can then contact Geraldine Johnson to discuss this more formally and see what arrangements may need to be made for your transfer.

Suspending Status (A.K.A. Rusticating)
Suspending status ‘stops the clock’ for all elements of your degree, including residence, fees and terms. Rusticating technically refers to a serious disciplinary procedure, which is entirely different from suspending, a joint decision by students and staff
taken for mental/medical health reasons. However, you will still find the two terms being (incorrectly) used interchangeably.

Remember that this is a big decision, and there are other options available. The Welfare Team (p.6-10), Peer Supporters (p.11-12), Clare (p.6) and the Counselling Service (p.19) are all there for you if you need someone to talk to, and you can find a great Counselling Service podcast about making this decision here. The next step would be to discuss it with your tutors, then contact Geraldine Johnson to discuss it formally. Suspension is not automatic and is usually applied for medical or mental health grounds only.

You are eligible to use the Counselling Service while suspended and will be offered the same level of therapeutic support as other students. The Counselling Service can also help you find appropriate therapeutic or medical support back home.

If you suspend you can still access online resources, including email and university libraries, but you won’t be able to attend lectures or tutorials or use any college facilities/attend college events. More details can be found in the Blue Book.

Exams and assessments

Collections:
These are 0th week mock exams held in college. You wear a gown, but not full sub fusc, and sit a paper your tutor sets in exam conditions (though it’s usually fine to bring in your phone to check the time). Timetables and seating plans are circulated a few days before.

Exams:
Your exam timetable and candidate number can both be found is released on Student Self Service.

Exams are held either in Exam Schools on High Street, which is a 10 min walk from Canterbury gate or Ewert House in Summertown, which is easily reachable by bus number 2 (opposite the Tesco Metro past Cornmarket) or taxi, which take approximately 15 min. Otherwise, it is about a 40-minute walk.

You can withdraw from your exams by contacting the Academic Office. This isn’t a decision to be taken lightly, though, so please talk to someone on the Welfare Team (p.6-10), your tutors, or the Chaplain, Clare (p.6).

Sub fusc:
You need to wear full sub fusc to exams, which means:
- Gown
- Dark suit with dark socks
  OR
  Dark skirt with black tights or stockings
  OR
  Dark trousers with dark socks or dark hosiery
- Black shoes
- Plain white blouse/collared shirt
- White bow tie, black bow tie, black full-length tie, or black ribbon.
- Your mortarboard (don’t wear it, just carry it!)
- If you wear a head dress or scarf for religious reasons, it should be black

Carnations are traditionally worn to exams: white for your first exam, pink for the middle ones and red for your final exam. Usually, your college parents will buy these for you for Prelims or Mods, and you’ll return the favour for their finals! If you don’t have them a couple of days before your exams get in touch with your subject reps and/or the Welfare Reps.

On the day:

Detailed guidance can be found on the university website.

What to bring to exams:
- Your bod card (for ID)
- Your mortar board
- Wear full sub fusc
- Your candidate number
- A clear pencil case
- A sports cap water bottle (screw caps will NOT be allowed inside)
- Watch, wallet, and individual timetable

Permitted, with a signed letter from college:
- Silent blood testing kits for diabetic students
- Glucose drink (e.g. Lucozade)
- Glucose tablets (e.g. Dextro)
- Insulin syringes/supplies
- Asthma inhalers
- Epi-pen
- Over-the-counter and/or prescription medicine
- Small unobtrusive snack
- Medical aids (e.g. wrist splint/support, back support pillow, ice pack)
- Coloured overlays

Alternative arrangements for religious observances:

If you wish to uphold religious observances that impact your ability to sit examinations at particular times, you should speak with the Academic Office at the earliest opportunity to make an initial application for alternative arrangements so that your preferences may be taken into account during the setting of the examination timetable.

Once you receive your individual timetable, if there are any clashes with your religious observance, you may apply to the university for an adjustment to your individual timetable.

Mitigating Circumstances:
You should seek advice from the
Academic Office as soon as you realise there is a problem, even if the exams haven’t started yet. College will be able to advise on the options open to you, including the possibility of withdrawal from examinations and returning to take them at a later date. Keep in mind that applications for extenuating circumstances don’t usually result in marks being changed, but other measures may be taken to account for them.

If you’d like the university examiners to be aware of any factors that may have affected your performance before or during an examination (e.g. acute illness, unforeseen circumstances, bereavement, disability, long-term health condition), contact the Academic Office who will help you complete an application and submit it on your behalf. You will need to provide medical evidence from a doctor who has seen you in the run-up to the specific exams in question, whether it is a physical or mental health problem. Do this as soon as possible, before the examination is marked.

You will be able to view the outcome of your application via the results screen on Student Self Service when your year outcome has been released.

More detailed guidance about this can be found on the University website.

If you require last-minute alternative arrangements for your exams (e.g. due to an injury) you should contact the Academic Office as soon as possible. You need to provide a medical note that explicitly states what arrangements you will need. The same applies if you have to miss an examination due to illness.
Missing/Late coursework

Requesting extensions:
If you will need to submit your work late, because of either illness or another urgent cause, you should ask the Academic Office to apply to the Proctors for the late submission to be excused in advance. You will need to provide evidence, such as a letter from your doctor.

Late submissions:
The Proctors will not accept as reasons for lateness delays in postage, reliance on third parties to deliver your work, or printing problems, or, for submission of work electronically, problems with email or server speeds, computer breakdown, virus infection or lost or stolen files. Make sure you keep enough backups of your work and try to format/print it in advance!

If you are late in handing work in you should consult the Academic Office as soon as possible. All work that is submitted after the deadline without prior permission will incur a late submission fee, unless this fee is waived by the Proctors.

More detailed guidelines about submitting work can be found in the Student Handbook Section 8 and the University website.

Preparatory sessions and mocks

Mock examinations, examination orientation and examination preparation sessions are held in Hilary and Trinity terms. These sessions are designed to prepare you for sitting your examinations, allowing you to familiarise yourself with venues, examination regulations and practice examination papers, whilst staff are on hand to answer any questions you may have. Details can be found on the university website.

Examination Preparation session:
The examination preparation session is a 60-minute talk to help you prepare in the months and weeks before examinations, to ensure you are ready and confident. The session will consist of examination orientation and an introduction to the Disability Advisory Service (p.43), the Counselling Service (p.19), the Student Advice Service (p.21) and past students to equip you with the knowledge to plan your examination day effectively. Following the session there will be an optional tour of several examination rooms at the Examination Schools.
Exam orientation:

Examination orientation is a one-hour talk to clarify examination regulations, what to expect on the day and is an opportunity to ask questions about examinations, locations and any other concerns. A separate Alternative Arrangement Orientation session is available to those who have approved or are seeking approval for alternative examination arrangements, such as extra time or use of a computer.

Mock Examinations:

Mock exams are optional three-hour invigilated examination sittings where you will have an opportunity to ask questions at the end of the three hours. You need to bring your own past examination paper, arrange for your script to be marked, arrive at least 20 minutes beforehand and wearing full sub fusc. They give you a chance to see what it will be like on the day.

You can register for them [here](#). If you require alternative arrangements please email [eas@admin.ox.ac.uk](mailto:eas@admin.ox.ac.uk).

Useful Apps

- Pomodoro Technique (time management)
- Cold Turkey (anti procrastination)
- Self-control (anti procrastination for Mac)
- Strict Workflow (Chrome site blocker)
- Blocksie (Chrome site blocker)
- News Feed Eradicator (blocks Facebook News Feed but not other features)
- Noisli.com (environment setting)
- My Study Life (organisation)
- Work-flowy (organisation)
- Mindmup.com (mind maps)
- Cram (flashcards)
- Quizlet (flashcards)
- Oxbridgenotes (buy/sell notes)
- Notesale (buy/sell notes)
- Stuvia (buy/sell notes)
MYTHS DEBUNKED

Many myths surround Oxford and particularly around student welfare and lifestyle. While these may be intimidating before you arrive, you will quickly find that most of them are simply not true! This section tries to clear up some of the most common ones, but if you have any questions don’t hesitate to get in touch with anyone on the Welfare Team (p.6-10).

“Freshers’ Week is the best time of everyone’s life”

Whilst some people love Freshers’ Week, others find it a very stressful experience. When you talk to your friends a year later, you may well find that even some of those who were raving about how great their Freshers’ Week was will admit that it wasn’t really all that! No one likes to admit that they’re struggling, but in reality, the first week at university is a scary time for most people. Our advice is to try your hardest to make the most of it and enjoy yourself, but don’t be discouraged if you don’t seem to be enjoying it as much as everyone else! Remember that not enjoying Freshers’ Week doesn’t mean you won’t enjoy Oxford.

“The friends you make (or don’t make!) in Freshers’ Week will be your friends for life”

The friends you make in your first week here won’t necessarily be the friends you will have forever, just as those you met on the first day at primary/secondary school/sixth form probably aren’t! Even if you don’t find someone to click with straight away, remember that there are so many people you haven’t had the chance to meet, nor are nights out or big events necessarily the best places to meet the people you’ll really click with. You’ll meet people throughout your time that you didn’t even catch sight of during Freshers’ Week, and your subject, sports and societies are
a great chance to meet new people – give it time!

“You need to drink/go out every night to fit in”

There are a lot of people at Oxford who don’t drink for a number of reasons or don’t enjoy clubbing. There are plenty of great non-drinking, non-clubbing events organised in Freshers’ Week. Don’t be afraid to have a night off, even if you do drink – Freshers’ Week can be exhausting. And if you don’t drink, don’t let that discourage you from going on one of the club nights!

“Criticism means you’re doing badly”

Tutorials are designed to challenge you, and your tutors only criticise you to help you improve. If your tutors are concerned about how you are doing, they will tell you, and if you’re worried then just ask.

“Tutors are scary and don’t care about your wellbeing”

Whilst some tutors aren’t necessarily the most caring or understanding about welfare or mental health, most tutors are normal, compassionate, understanding humans. Don’t be afraid to talk to them about any difficulties you are experiencing.

“No mark means a bad mark”

Many tutors won’t mark your work, and individual tutors who do give marks may use systems that are more/less rigorous. If you are unclear or unhappy about how your work is being marked, talk to your tutor and they will at least explain it. If you are worried about how you are doing academically, let your tutor know and ask for advice about what aspect of your work you should concentrate on, they should be more than happy to help.
“You can never miss a deadline”

Again, tutors vary on how strict they are in terms of essays – some won’t mark them if even one is late, whereas others won’t mind at all if the odd essay is. The important thing is that missing a deadline occasionally isn’t the end of the world, and if you have a good reason and apologise in advance, you shouldn’t be penalised in the long term.

“If you talk to someone in a welfare role they will tell your family/tutors/college/etc.”

Confidentiality is a key part of all these people’s roles. Except in the case of an emergency where there is threat of harm to you or others, everyone is bound by confidentiality and can only encourage you to disclose. The Counselling Service is completely separate from the college, and cannot disclose any information to them. Similarly, the Chaplain and Nurse are separate from all academic matters, and again bound by confidentiality. Peer Supporters undergo substantial training including confidentiality – they are not even permitted to say they have spoken to you. For more details on the confidentiality policy, see here.

“If you talk to someone about your welfare they will judge you”

Judgement-free listening is a key part of welfare roles. Putting views, opinions, culture and experiences aside is part of their training, so please don’t be put off!

“The Chaplain will only deal with issues from a religious point of view”

Clare’s role of Chaplain is combined with the role of Welfare Co-ordinator. She trained as a Social Worker and is a good listener, free of judgement, religious or otherwise, like the rest of the Welfare Team!
“Counselling Service waiting times are really long”

The Counselling Service endeavours to see people within 2 weeks at the most (average waiting time is 8 working days), and much quicker in non-busy times. Some people have had negative experiences, but remember that it is much quicker than any NHS waiting time to see someone. If you’ve been waiting for over 2 weeks, please contact the Counselling Service or ask one of the Welfare Team to do so on your behalf!

“Doctors won’t take you seriously if you come with a mental health problem”

Some doctors are better than others, but most are aware of mental health issues and will help you get the help you need. If you feel a doctor hasn’t taken you seriously, please don’t be discouraged and persist with a different doctor, or take a friend/peer supporter along for support. Doctors that students have found to be good with mental health are named in the Mental Health section (p.20).

“Everyone has mental health problems at Oxford”

Oxford is a stressful environment, which can sometimes mean that there is a greater concentration of mental health problems due to the pressure and environmental factors. However, being in a stressful environment is by no means bound to result in mental health problems as there are a lot of resources in place across the university (see Mental Health section p.17-24) to support students.

“You’re the only one struggling”

Most people have times at Oxford where they are stressed or feel they can’t manage. In such short terms with high-pressured environments, it’s only natural to feel this way. If you’re struggling you are definitely not the only one – please share your worries with someone if you feel you can.
“People will see you as weak or in a different way if you experience mental health difficulty”

Oxford is one of the most open places to speak about mental health. You’ll find that there is more discussion, and there are many student-run groups to join for those interested in discussing these – Mind Your Head is a particularly good one. 1 in 4 people in the world will experience mental health problems in the space of a year and with over 20,000 people in the university, there are more people than you think who are experiencing mental health difficulty – and even more who were never formally diagnosed or have previously experienced difficulty. Mental health problems are becoming more and more recognised as legitimate illnesses, and most people are understanding, having had either direct or indirect experience themselves. Most importantly, the university on the whole will not consider you weak or discriminate against you.

“You’ll be forced to suspend if you experience difficulty”

SUSpending your studies is a personal decision, and no one can force you to do so, except in the case of not being able to maintain a level of good academic standing. If you ever feel pressured or forced unfairly, make sure to speak to someone about it. Colleges tend to be extremely accommodating of difficulties, and will only suggest suspending your studies if they think this is in your best interests. If you don’t want to suspend your studies and can keep up with your academic work, there are no grounds for you to ask to suspend, and college will help!
REPORTING HARASSMENT

A person subjects another to harassment where they engage in unwanted or unwarranted conduct which has the purpose or effect of violating another person’s dignity OR creating an intimidating, hostile, degrading, humiliating or offensive environment for another person. The Christ Church Harassment Policy can be found in the Blue Book, and the University Harassment Policy can be found here.

Forms of harassment

- Face to face – this can be verbal and/or physical.
- Through forms of communication: written, electronic, or social media.
- The harassment can be directly to the person or through a third party.
- Harassment can also be through a prevailing environment which creates a culture that tolerates harassment or bullying.

Bullying:
Characterised as offensive, intimidating, malicious or insulting behaviour, or misuse of power through means intended to undermine, humiliate, denigrate or injure the recipient.

Stalking:
Includes the following

- Following
- Contacting/attempting to contact by any means
- Watching
- Loitering
- Monitoring
- Interfering

Examples of harassment: include but are not limited to:

- Unwanted physical contact
- All forms of sexual harassment
- Offensive comments or body language
- Open hostility
- Offensive jokes/gestures
- Rumours
- Constant non-constructive criticism
- Threatening to disclose personal information
- Deliberately using the wrong pronoun or name or persistently referring to an individual’s gender identity
- Publishing/circulating/displaying
Harassment

- Offensive material
- Isolation
- Insulting, abusive, embarrassing, humiliating, intimidating, demeaning or patronising behaviour/comments

Protection from victimisation:

The college harassment policy protects anyone who has made an allegation of harassment, expressed an intention to do so, or participated in any part of the process (e.g. supporting someone, participation at a hearing) from being treated badly because of this.

Important things to remember

- The recipient of harassment does NOT have to explicitly state that the behaviour is/was unwanted.
- Harassment may involve repeated forms of behaviour but a one-off incident can also amount to harassment.
- Alcohol and/or drug influence is not an excuse for harassment.
- Intentions of a harasser are not always determinative of whether harassment has taken place. Perception and circumstance is also relevant!

Contacts

The college Harassment Officers/Advisors are Revd Clare Hayns (chaplain@chch.ox.ac.uk), Prof. Kayla King (kayla.king@chch.ox.ac.uk), and Dr. Sophie Duncan (sophie.duncan@chch.ox.ac.uk) whom you can get in touch with for advice at any point in the procedure. They are best placed to advise you on what to do next and how to make a formal written complaint against another student or staff member. At no time should you feel obliged to approach an alleged harasser.

If you do not feel comfortable contacting them, you can contact the Harassment Line for details of another advisor (Tel. 01865 270760 or e-mail harassment.line@admin.ox.ac.uk).

Further information/support can be found here.
Disclaimer: We will endeavour to keep the online version of this booklet as up-to-date as possible, but we are also busy students and so we accept no legal responsibility for any erroneous information provided here. Details about the university confidentiality policy can be found here.

If you encounter any issues/mistakes, please email Alannah at ahj20@uclive.ac.nz and we’ll correct it ASAP!

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