Christ Church JCR/GCR

Welfare Handbook

2021/2022
Your confidentiality will always be respected, unless you are at immediate risk of harming yourself or others!

Welfare Co-ordinator
College Chaplain
Killcanon 1
clare.hayns@chch.ox.ac.uk

College Nurse
Killcanon 2
ChristChurchNurse@oxfordhealth.nhs.uk

Kevin McGerty
Junior Censor
for welfare and non-academic matters
Tom 8
kevin.mcgerty@chch.ox.ac.uk

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

Full, up-to-date version in the online booklet pp.6-11
Emily Swift
JCR Male Welfare Rep
gianni.tam-mcmillan@chch.ox.ac.uk

Gianni Tam-McMillan
JCR Male Welfare Rep
gianni.tam-mcmillan@chch.ox.ac.uk

Declan Pang
Warden
Contact via Plodge -- for emergencies

Sam Lane
Senior Warden
Contact via Plodge -- for emergencies

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

Tom
academic.office@chch.ox.ac.uk

Emily Swift
Warden
Contact via Plodge -- for emergencies

Hanya El-Geresy
JCR Female Welfare Rep
hanya.el-geresy@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 us 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

Rainbow Peers
Gianni
gianni.tam-mcmillan@chch.ox.ac.uk
Alex
alexander.demby@chch.ox.ac.uk

Peers of Colour
Gianni
gianni.tam-mcmillan@chch.ox.ac.uk
Sanskriti
sanskriti.swarup@chch.ox.ac.uk

Full, up-to-date version in the online booklet pp.12-14
HEALTHCARE

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 Beaumont Street, OX1 2NR</td>
<td>01865 311500 (call at 8am for same-day appointments)</td>
</tr>
<tr>
<td>College Nurse</td>
<td>Killcanon 2</td>
<td>Mon-Fri 9.30-4.30pm</td>
</tr>
<tr>
<td>NHS Dental clinic</td>
<td>Studental, Oxford Brookes Headington Campus</td>
<td>Mon-Fri: 08:00-18:00 01865 689997</td>
</tr>
</tbody>
</table>

Full details in the online booklet Pp.15-18
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.

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

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

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. 27-30
Physical/Sexual Health

Sexual Health Clinic
01865 231231
Churchill Hospital

NHS Dental
01865 689997
www.studental.co.uk

College Nurse
ChristChurchNurse@oxfordhealth.nhs.uk
01865 276176
Killcanon 2

College GP
01865 311500
27 Beaumont Street

College Disability Contacts
Academic Registrar: Helen Etty
JCR Disabilities Rep: Sophie McDonald
GCR Disabilities Rep: Olly Markeson

University Disability Advisory Service
01865 280459
disability@admin.ox.ac.uk

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

Junior Censor
Kevin McGerty
junior.censor@chch.ox.ac.uk

Harassment Advisor
harassment.officer@chch.ox.ac.uk

Pathophysiological Health

Mental/Emotional Health

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

University Counselling Service
01865 280459
counselling@admin.ox.ac.uk

Welfare Coordinator
Chaplain
Clare Hayns
clare.hayns@chch.ox.ac.uk
Killcanon 1

Welfare Tutor
Katherine Lebo
Alex Vasudevan
welfare.tutor@chch.ox.ac.uk

JCR/GCR Reps
JCR Welfare Reps: Hanya El-Geresy & Gianni Tam McMillan
GCR Welfare Reps: Alannah Jeune, Kate Friesen & Jagyoseni Mandal
LGBTQ+ Reps: Luke Henderson & Tom Conradi (JCR) and Fleur McInnes (GCR)
JCR Ethnic and Religious Minorities Reps: Shiv Patel & Gracie Oddie-James
JCR Gender Equality Officer: Maddie Whitehead, GCR Women’s Officer: Olivia Hurton
JCR International Officer: Pearl (Seonju) Hong

Peer Support
College Peer Supporters (see posters)
Rainbow Peers (LGBTQ+):
rainbowpeers@admin.ox.ac.uk
Peers of Colour (ERM):
peersofcolour@admin.ox.ac.uk

JCR Welfare Reps
GCR Welfare Reps: Alannah Jeune, Kate Friesen & Jagyoseni Mandal
JCR Ethnic and Religious Minorities Reps: Shiv Patel & Gracie Oddie-James
JCR Gender Equality Officer: Maddie Whitehead, GCR Women’s Officer: Olivia Hurton
JCR International Officer: Pearl (Seonju) Hong

Welfare support 1900-0800: Christ Church Wardens (a.k.a. Junior Deans)
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
OSARCC (Rape Crisis Centre): www.oxfordrapecrisis.net
Domestic Abuse hotline: 0800731055

Oxford Nightline: 01865 270270
Student Advice: https://www.ox.ac.uk/students/welfare

Local Hospital: John Radcliffe
Academic concerns

- Subject/Personal Tutor or Tutor for Graduates
  - Anna Clark
  - academic.office@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

- Senior Censor
  - Dirk Aarts
  - senior.censor@chch.ox.ac.uk
  - Tom 8

Financial Concerns

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

- College Hardship Fund/Other Support

- University Hardship Funds

Useful Contacts

- JCR/GCR Reps
  - JCR: Hanya El-Geresy & Gianni Tam McMillan
  - GCR: Alannah Jeune, Kate Friesen & Jagyoseni Mandal
  - Person & Tom Conradi (JCR) and Fleur McInnes (GCR)
  - Minorities Reps: Shiv Patel & Gracie Oddie-James
  - Maddie Whitehead, GCR Women’s Officer: Olivia Hurton
  - International Officer: Pearl (Seonju) Hong

- 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.

- Warden’s Office (a.k.a. Junior Deans) Sam, Emily, and Declan (wardens@chch.ox.ac.uk)

- Academic Registrar
  - Helen Etty
  -学术注册官
  - academic.registrar@chch.ox.ac.uk
  - Tom 8
  - or
  - Academic Services Manager
  - Sarah North
  - academic.office@chch.ox.ac.uk
  - Tom 8

- Senior Censor
  - Dirk Aarts
  - senior.censor@chch.ox.ac.uk
  - Tom 8

- Steward’s Office
  - battels@chch.ox.ac.uk
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- College Hardship Fund/Other Support

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  - Domestic Abuse hotline: 0800731055
  - Oxford Nightline: 01865 270270
  - Student Advice: https://www.ox.ac.uk/students/welfare
  - Local Hospital: John Radcliffe
If 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 emergencies 24/7. The porters can also call an ambulance if necessary.

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:**
Karen Kendall - 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 her on counsellorchch.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 ChristChurchNurse@oxfordhealth.nhs.uk with questions.

**College Chaplain:**
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!

Full details in the online booklet pp. 19-20
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, or attending group sessions/workshops on things like sleeping difficulties and low mood. The staff are all professional counsellors and experienced in helping students with a range of problems.

But what about waiting times..?

Individual appointments are typically made within 2 weeks of a request, though more urgent cases can get appointments sooner. 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 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), along with other useful resources and podcasts on student welfare.

Practice details (27 Beaumont St.) 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..?

Dr Sarah Ledingham and Dr David McCartney in particular have been recommended by other students as being particularly good with mental health matters. Most doctors are now aware of mental health issues and will help you get the help you need, so don’t be discouraged if one doctor dismisses your concerns!

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. Work can be stressful for everyone, and, if you feel it’s getting too much, you can find lots of useful resources on the Oxford SU [ousu.org/advice/academic], University [ox.ac.uk/students/academic] and Counselling Service [ox.ac.uk/students/welfare/counselling/self-help] websites.

Who to talk to:
Your college parents and/or subject reps are great sources of advice as they’ve almost certainly shared the same struggles. Talking to your tutor is a good first step if you’re worried about academics, e.g. if you don’t understand their feedback or how you’re being marked.

But tutors don’t care about my wellbeing..?
Most tutors are normal, understanding humans, so don’t be afraid to raise concerns with them! 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 (alexandervasudevan@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.

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.51-58!
Mitigating Circumstances Notices

If you feel that your exam preparation of performance has been affected by extenuating circumstances, you can submit a Mitigating Circumstances notification via Student Self-Service (ox.ac.uk/students/academic/exams/problems-completing-your-assessment). Contact the Academic Office if you need help completing this application.

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).

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 (and no later than Friday of Week 4 of the term before your exams will take place) to make an initial application for alternative arrangements.

For students with disabilities:
To get assessed for a disability you should contact Pauline (Pauline.Graham@admin.ox.ac.uk) at the Disability Advisory Service. 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 by 4th week of the term preceding your exam term at the latest. More details about disabilities and the support available can be found in the online booklet pp.44-47.

Suspending Status

This is often incorrectly referred to as rusticating, although the two mean different things. Suspending ‘stops the clock’ for all elements of your degree, including residence, fees and terms. Suspension is normally allowed for medical/mental health reasons only. This is a big decision, and there are often other options available, so don’t hesitate to discuss it with someone in the Welfare Team. Next, you should contact the Academic Office for advice.
SEXUAL VIOLENCE

Remember: Consent is always mandatory

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

OSARCC trained members 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.

Sexual Assault Referral Centres

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

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:

Oxford Sexual Assault and Rape Crisis Centre: 0800 783 6294 (freephone)
Free, local support similar to SARCs to 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
Groups

Ethnic & Religious Minorities
See pp. 40-41
Campaign for Racial Awareness and Equality: @OxfordCRAE (Facebook)

International
See pp. 38-39
UK Council for International Student Affairs: ukcisa.org
Visa guidance: www.ox.ac.uk/students/visa?wssl=1

Low income
See pp. 42-43
Oxford SU Class Act Campaign (Facebook page)
Oxford First Generation Students (Facebook page)

Disabilities
See pp. 44-47
Disability Advisory Service: ox.ac.uk/students/shw/das
Oxford Students’ Disability Community: www.oxfordsu.org/campaigns/disabilities/

LGBTQ+
See pp. 35-37
LGBTQ+ Society: facebook.com/OUULGBTQ
Oxford SU LGBTQ+ Campaign: www.facebook.com/lgbtgxford

Gender Equality
See p. 34
Oxford SU Women’s Campaign: facebook.com/womcam
USEFUL CONTACTS & DEADLINES

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

Vacation travel grant: Friday of 3rd
Vacation residence form: Check UCAS email, normally 5th/6th
Vacation residence grant: Friday of 5th
Requesting alternative exam arrangements: Friday of 4th

Online booklet: chch.ox.ac.uk/welfare-support-christ-church
Designed and compiled by:
Nader Raafat
Edited by: Alannah Jeune
Cover credits:
Ramez Magdy
(behance.net/ramezology)