WELFARE TEAM

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

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

Midge Curran
College Nurse
Killcanon 2
chchnurse@nhs.net

George Andrews
JCR Male Welfare Rep
Aldates 117 3.1
gleorge.andrews@chch.ox.ac.uk

Jessie Goetzinger
JCR Female Welfare Rep
Canterbury 1.4
jessie.goetzinger-hall@chch.ox.ac.uk

FULL, UP-TO-DATE VERSION IN THE ONLINE BOOKLET PP.6-9
Geraldine Johnson
Junior Censor
for welfare and non-academic matters
Tom 8
junior.censor@chch.ox.ac.uk

Karen Kendall
College Councillor
The Snug (Tom 3.7)
councillor@chch.ox.ac.uk

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

Sam Lane
Warden
Contact via Plodge -- for emergencies

Raafi
Warden
Contact via Plodge -- for emergencies

Lauren Burton
Warden
Contact via Plodge -- for emergencies
Layla Stahr
GCR President
gcr.president@chch.ox.ac.uk

Christoph Siebenbrunner
GCR Male Welfare Rep
gcr.welrarerep@chch.ox.ac.uk

Arunima Sircar
Gender Equalities Officer
See online booklet
arunima.sircar@chch.ox.ac.uk

Nicole Jacobus
Disabled Students’ Officer
Peer Supporter
Cantebury 2.6
nicole.jacobus@chch.ox.ac.uk

Dhruv Singhal
International Officer
Liddell 5.23
dhruv.singhal@chch.ox.ac.uk

Peter Kerr
ERM Rep
Aldates 117 3.12
peter.kerr@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
See p.38 in online booklet

**Peers of Colour**
BME/ERM Peer Supporters
peersofcolour@admin.ox.ac.uk
See p.42 in online booklet

**Rachel Cross**
Peer Support Coordinator,
Meadows 4.7
rachel.cross@chch.ox.ac.uk

**Ross Hextall**
LGBTQ+ Officer,
Rainbow Peer
Meadows 3.7
ross.hextall@chch.ox.ac.uk

FULL, UP-TO-DATE VERSION IN THE ONLINE BOOKLET PP.10-12
## 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></td>
<td></td>
<td><a href="http://27beaumontstreet.co.uk">27beaumontstreet.co.uk</a> (couple of weeks in advance)</td>
</tr>
</tbody>
</table>
| COLLEGE NURSE                  | CHCH: KILLCANON 2
Corpus: OLD LODGINGS ROOM 10
Queen’s: FRONT QUAD 1-6A       | ChCh: Mon-Fri 9:00-11:00
Corpus: Mon, Wed, Fri: 12.00-14.00/
Tues: 15.00-17.00/
Thurs: 13.00-15.00
Queen’s: Mon, Wed, Fri: 14:15-16:15 |
| NHS DENTAL CLINIC             | STUDENTAL, OXFORD BROOKES
HEADINGTON CAMPUS             | Mon-Fri: 08:00-18:00
01865 689997                   |
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 Midge.

In-college Resources

College Nurse: Midge 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 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

Drop-in clinic times are in the online booklet. Appointments aren’t necessary but go there early to avoid waiting. Buses to/from these clinics can be reimbursed by Midge.

Full details in the online booklet pp. 25-27
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 1900-0700: Christ Church Wardens (a.k.a. Junior Deans) Lauren, Sam, and Raafi (wardens@chch.ox.ac.uk)

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: www.oxfordsu.org/wellbeing/student-advice/
Local Hospital: John Radcliff

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

Killcanon 1

---

**Welfare Tutors**

Alex Vasudevan

Kayla King

welfare.tutor@chch.ox.ac.uk

---

**Harassment Officers**

Clare Hayns

Dirk Aarts

harassment.officer@chch.ox.ac.uk

---

**Subject/Personal Tutor or Tutor for Graduates**

Edwin Simpson

academic.registrar@chch.ox.ac.uk

---

**Senior Censor**

Brian Young

senior.censor@chch.ox.ac.uk

Tom 8

---

**Academic Registrar**

Helen Etty

academic.registrar@chch.ox.ac.uk

---

**Graduate Administrator**

Melanie Radburn

graduate.administrator@chch.ox.ac.uk

---

**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:** George Andrews and Jessie Goetzinger-Hall

**GCR Welfare Reps:** Xueer Zhou and Christoph Seibenbrunner

**JCR and GCR LGBTQ+ Reps:** Ross Hextall and Ester Gil Vazquez

**JCR Ethnic and Religious Minorities Rep:** Peter Kerr

**JCR International Students’ Rep:** Dhruv Singal

**JCR Inreach Officer:** Megan Wellens

---

**Useful Contacts**

Health Crisis: 01865 903037

www.oxfordrapecrisis.net

Samaritans: 01865 722122

www.org/wellbeing/student-advice/

Domestic Abuse hotline: 0800731055

Local Hospital: John Radcliff
MENTAL HEALTH

IN A CRISIS

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.

IN-COLLEGE SUPPORT

The ‘Myths Debunked’ section in the online booklet pp.57-61 has an overview of some common worries about mental health in Oxford.

COLLEGE COUNSELLOR:

Karen Kendall - our college councillor and an experienced counsellor from the Counselling Service, is in college every Tuesday and happy to see anyone by appointment for sessions in the Snug (Tom 3.7) Contact her on councellor@chch.ox.ac.uk.

PEER SUPPORTERS:

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

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

COLLEGE NURSE:

Midge 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 outlined on the previous page. You can also email Midge (chchnurse@nhs.net) 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, or a cup of tea.

FULL DETAILS IN THE ONLINE BOOKLET PP. 17-19
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](http://www.ox.ac.uk/students/welfare/counselling), along with other useful resources and podcasts on student welfare.

**YOUR GP**

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 Midge, 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 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. 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!

**NIGHTLINE**

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

Anonymous listening service for when you want to talk to someone, open from 8 PM–8 AM every day from 0th–9th week. You can also visit in person at 16 Wellington Square during those times.
Your academic life can play a big part in your wellbeing (though of course it’s never the be-all and end-all of Oxford life!). Work can be stressful for everyone, and it’s completely normal to feel that it’s getting too much. You can find lots of useful resources on the Oxford SU [OUSU website](https://ousu.org/academic), University [University of Oxford Students’ Academic website](https://ox.ac.uk/students/academic) and [Counselling Service website](https://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, Kayla [Kayla King](mailto:kayla.king@chch.ox.ac.uk) and Alex [Alex Alexander](mailto:alexander.vasudevan@chch.ox.ac.uk) who can help/advise on academic matters if you don’t want to talk to your tutor. For more ‘myths debunked’ about Oxford academics, check out the online booklet pp.62-63.

**Exams and collections:**
Collections are 0th week mock exams held in college, and definitely not worth stressing about – ask anyone in the year above you! For more information about exam procedures, regulations and helpful tips, check out the online booklet pp.55-60!

**Course/college/tutor complaints**
While changing courses in Oxford is difficult, it can happen. The first person to contact would be your tutor to discuss the matter with them. You can then contact the Senior Censor, Brian Young [Brian Young](mailto:brian.young@chch.ox.ac.uk) to discuss it more formally. Changing college rarely happens except for very good reasons (e.g. changing to a course that is unavailable in ChCh). If you wish to complain about a tutor, you should get in touch with Brian Young. For out-of-college matters, contact your department’s Director of Undergraduate Studies.

**Full details in the online booklet pp. 49-56**
EXTENUATING CIRCUMSTANCES

If you would like the examiners to be aware of any factors that may have affected your performance in exams, or to request deadline extensions for coursework submissions, get in touch with the Academic Registrar in Tom 8 (censors.office@chch.ox.ac.uk) ASAP! Please be aware that in the majority of cases the examiners won’t be able to change marks, but rather they may disregard certain papers, although this varies on a case-by-case basis. The most important thing is to get in touch as soon as you can so that you can discuss your options. For example, you are allowed to withdraw from your exams until your last written paper.

ALTERNATIVE ARRANGEMENTS

FOR RELIGIOUS REASONS:

If upholding religious observances may impact your ability to sit exams at certain times, contact the Academic Registrar at the earliest opportunity to make an initial application for alternative arrangements. If your preference can’t be taken into account, you can then apply for changes to your individual timetable.

FOR STUDENTS WITH DISABILITIES:

To get assessed for a disability you should contact Dorota (dorota.antoniniak@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 Registrar 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.46-49.

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 discuss it with your tutor and Brian Young.

FULL DETAILS IN THE ONLINE BOOKLET PP. 51-57
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

solacesarc.org.uk

SARC SLOUGH
0845 519 7638
UPTON HOSPITAL,
CHURCH ST.,
SLOUGH
SL1 2BJ

SARC BLETCHLEY
0300 130 3036
SHERWOOD DR.,
BLETCHLEY,
MILTON KEYNES
MK3 6TP

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. Another SARC (the New Swindon Sanctuary) is also available at SN3 4RB.

OTHER RESOURCES:

OXFORD SEXUAL ASSAULT AND RAPE CRISIS CENTRE: 01865 726295
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.28-31
GROUPS

ERM/INTERNATIONAL

SEE PP. 36-38
CAMPAIGN FOR RACIAL AWARENESS AND EQUALITY: @OxfordCRAE (Facebook)
UK COUNCIL FOR INTERNATIONAL STUDENT AFFAIRS: ukcisa.org
VISA GUIDANCE: ox.ac.uk/students/visa

LOW INCOME

SEE PP. 39-41
OXFORD SU CLASS ACT CAMPAIGN (Facebook page)
OXFORD FIRST GENERATION STUDENTS (Facebook page)

DISABILITIES

SEE PP. 42-45
DISABILITY ADVISORY SERVICE: ox.ac.uk/students/shw/das
OXFORD STUDENTS’ DISABILITY COMMUNITY: oxdisability.com

LGBTQ+

SEE PP. 33-35
LBGTQ+ BOOKLET: christchurchjcr.org/welfare/lgbtq.php
LGBTQ+ SOCIETY: facebook.com/OUILGBTQ
OXFORD SU LGBTQ+ CAMPAIGN: www.facebook.com/lgbtqoxford

GENDER EQUALITY

SEE P. 32
OXFORD SU WOMEN’S CAMPAIGN: facebook.com/womcom
OXFORD WOMEN’S COUNSELLING CARE: owcc.co.uk
USEFUL CONTACTS & DEADLINES

BOOKING YOURSELF/GUESTS INTO HALL: hallmanager@chch.ox.ac.uk
BOOKING GUEST ROOMS: emma.timms@chch.ox.ac.uk
GOING ON/OFF THE MEAL PLAN: simon.millin@chch.ox.ac.uk
CHANGING COMING UP DATES: jacqueline.foliiard@chch.ox.ac.uk
BOOKING MDLT, BBES, LECTURE ROOMS: jackie.webber@chch.ox.ac.uk
QUERIES ABOUT BATTELS: simon.millin@chch.ox.ac.uk
FINANCIAL ASSISTANCE/GRAINS: censors.office@chch.ox.ac.uk
OBTAINING PARTY PERMISSION: junior.censor@chch.ox.ac.uk
ADVICE ON REPORTING HARASSMENT: clare.hayns@chch.ox.ac.uk
OR
dirk.aarts@chch.ox.ac.uk

VACATION TRAVEL GRANT: FRIDAY OF 3RD
VACATION RESIDENCE FORM: CHECK UCAS EMAIL, NORMALLY 5TH/6TH
VACATION RESIDENCE GRANT: FRIDAY OF 8TH
REQUESTING ALTERNATIVE EXAM ARRANGEMENTS: FRIDAY OF 4TH

Online booklet: christchurchjcr.org/welfare/handbook.php

Designed and compiled by:
Nader Raafat
Edited by: Sarah Conkerton, George Andrews, Jessie Gcetzinger
Cover credits:
Ramez Magdy
(behance.net/ramezology)