Congratulations on gaining a place at Christ Church. We are writing to you as Welfare Coordinator (Clare) and Junior Censor (Kevin). Clare lives on site with her family and so you will see her around regularly. Kevin is the Senior Member with overall responsibility for welfare (and discipline, but we don’t need to worry about that now!).

Christ Church is a wonderful place to live and study, and we hope you are getting excited about the move. At the beginning of term you will receive a Welfare Handbook and you can also access all of this information from the welfare pages of the Christ Church website.

At Christ Church we believe that it is vital that you have the support that you need to enable you to thrive here, in your studies of course, but also personally and socially. If you have a pre-existing support need such as a physical or learning disability, a mental health issue or a particular personal or family issue, then it’s really helpful to let us know before you arrive so we can make sure we have support in place for you. We work closely with the University’s Disability Advisory Service and University Counselling Service to ensure support is in place as soon as possible after arrival. This information is confidential and won’t be passed on to tutors unless you give us permission to do so.

Each September we arrange a short 1:1 conversation via Zoom/phone between all undergraduate freshers and a member of the welfare team. These give you an opportunity to ask anything about life in Christ Church before you arrive and to speak about any concerns you might have. These will take place during the week beginning 12th September and we will be in touch about it in due course.

Here is some information in advance about the support available from the College and University.
We understand that there may be times when things get tough and most people need some support at some stage in their time here, even if that’s just a chat with the welfare coordinator, a walk round the meadows with a peer supporter, or some advice from the nurse. There are quite a number of us in the welfare team and you can find out more on the website, or from the JCR and GCR Welfare Handbook.

**College Welfare People**

**Welfare Coordinator / College Chaplain – Clare**
Clare is a good person to go to in the first instance and if she can’t help she can give advice as to the best person to go to. She hosts a ‘Brain Strain Tea and Cake’ every Thursday which a good chance to meet others and take a break from work.
[clare.hayns@chch.ox.ac.uk](mailto:clare.hayns@chch.ox.ac.uk)

**College Nurse – Hanne Due**
Hanne is here every day and her hours can be found on the college website. All appointments will in person or via Teams/phone. These can be made by emailing Hanne.
[nurse@chch.ox.ac.uk](mailto:nurse@chch.ox.ac.uk)

**College Counsellor – Wanderley Santos**
Wanderley works for the University Counselling Service and sees Christ Church students every Tuesday from 9-5pm. Appointments for Michaelmas Term will be mainly be in person but Team can also be arranged. These can be made by emailing Wanderley.
[counsellor@chch.ox.ac.uk](mailto:counsellor@chch.ox.ac.uk)

**Academic Office – Helen Etty, Sarah North, Melanie Radburn, Rebecca Varley, Ruosi Zhang, Amy Place**
The Academic Office is the first port of call for on-course student queries, including examinations, academic problems, grants, bursaries, prizes, and financial support. Helen, as Academic Registrar, leads the office and is also the College’s Disability Coordinator and so get in touch with her with all disability related questions.
[academic.office@chch.ox.ac.uk](mailto:academic.office@chch.ox.ac.uk)

**Wardens – Declan Pang and Sanskriti Swarup (and another to be appointed)**
The Wardens are graduate students who are on-call throughout the night and at weekends so there is support available 24/7 during term time. Wardens can be reached via the Lodge or [wardens@chch.ox.ac.uk](mailto:wardens@chch.ox.ac.uk)

**Welfare Tutors – Alex Vasudevan and Kate Lebow**
Your tutor/college advisor is normally your first point to call for academic concerns but we also have two Welfare Tutors who are available if you need someone from outside of your course to speak to for advice or guidance.
[alexander.vasudevan@chch.ox.ac.uk](mailto:alexander.vasudevan@chch.ox.ac.uk) and [katharine.lebow@chch.ox.ac.uk](mailto:katharine.lebow@chch.ox.ac.uk)
Welfare Reps:
JCR Yan (Yingyan) Yu
GCR Kate Friesen and Aoife Miralles

Peer Supporters:
Many concerns students have can readily be addressed by discussing them with one of their peers. This is the reason we have Peer Supporters, who are a group of your fellow students, and so appreciate your situation in the way that only peers can, but who have also been trained by the University Counselling Service to better equip them to give support.

The Peer Support Coordinator is Alexander (Alex) Demby.

We also have student reps who are very happy to chat and to answer any question you have. All can be contacted via email (firstname.surname@chch.ox.ac.uk)

Disabled Students Officer – Solas McDonald (JCR) and James Cullis (GCR)
LGBTQ+ Rep – Zina Gharakhani and Benjamin (Ben) Thomas (JCR). The GCR rep is to be appointed
JCR Ethnic and Religious Minority Reps – Ade Olugboji and Nyat Aron-Yohannes (JCR)
JCR Gender Equalities Rep – to be appointed
JCR International Officer – Michalina Maksymowicz-Maclata
JCR Freshers Reps – Leeya Odedra and Sam Fineman

An excellent booklet prepared by the Welfare Officers will be given out when you arrive which has all the information you might need about support at Christ Church and across the wider university. More details about all the members of the welfare team are to be found on the website:
https://www.chch.ox.ac.uk/current-students/welfare-support-christ-church

Disability Advisory Service
The Disability Advisory Service (DAS) provides information, support and resources for those with sensory or mobility impairments, long-term health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties. It is vital you get in touch with the DAS before you arrive if you have a support need. Christ Church has two link advisors at the DAS, Pauline Graham (pauline.graham@admin.ox.ac.uk) who assists students with physical disabilities and Suzi Hughes (suzi.hughes@admin.ox.ac.uk) who assists students with mental health disabilities. You can make contact with them directly, or via Helen Etty, our Academic Registrar and College Disability Coordinator (academic.registrar@chch.ox.ac.uk). For more information on the DAS see the website linked above.

University Counselling Service
The University has an excellent counselling service which is freely available to all undergraduates and graduate students. If you need to have counselling in place before you arrive here then email them via the link on their website. We also have an on-site counsellor one day per week: more details under College Support.
Podcasts and Resources
The Counselling Service have put together a range of resources including some very helpful podcasts and the ones titled ‘Advice for Freshers’ and ‘International Students’ are well worth listening to before you arrive. You can access them via the link above.

Finally, one of the most important members of the Welfare Team is Layla the Cockapoo!

Layla lives on campus and enjoys being walked every day by students! There is even a ‘dog-walking rota’ that gets sent out every week in term time and so if you like dogs, you’re coming to the right place!

Layla drawn by Ophelia Yannaghas, former undergraduate

We really look forward to meeting you and we wish you every success and happiness during your time at Christ Church.

Best regards,
Clare, Kevin and the ChCh Welfare Team