



# JCR Welfare Guide 2018



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## Confidentiality

We take confidentiality very seriously. The student welfare reps, Peer Supporters, and college welfare staff are all bound by the confidentiality agreement. They may only extend confidentiality to another member of the welfare team with the permission of the student they are disclosing information about, or when they believe there is be serious danger to that student or to others.

The college's policy on confidentiality can be found here:

<https://www.univ.ox.ac.uk/wp-content/uploads/2017/10/Confidentiality-in-Student-Health-and-Welfare.pdf>





## Quick Contacts

### Welfare Fellow/ College Chaplain

Andrew Gregory is the head of the Welfare team at college and so is a first point of contact for any student concern. He operates an open-door policy so you can always call in for a cup of tea and a chat at his room on Staircase 6 without appointment.



You can also email him on [andrew.gregory@univ.ox.ac.uk](mailto:andrew.gregory@univ.ox.ac.uk)

### Senior Tutor

Andrew Bell is responsible for academic welfare in college, and is happy to discuss any matter with you. He is also the only person who can authorise alternative exam arrangements and is Univ's Disability Lead. This means he is available to offer support to students with disabilities and to those experiencing welfare issues which may affect their studies.



You can email him on [andrew.bell@univ.ox.ac.uk](mailto:andrew.bell@univ.ox.ac.uk)

### Welfare Officers

Don't forget about your lovely welfare reps (Andrey and Rebecca). If you have any welfare-related issue, big or small, you can come to talk to us and we'll provide a confidential ear, as well as some sweet treats where needed.



You can email us on [rebecca.williams@univ.ox.ac.uk](mailto:rebecca.williams@univ.ox.ac.uk) or [andrey.nezhentsev@univ.ox.ac.uk](mailto:andrey.nezhentsev@univ.ox.ac.uk)



## Disability and Welfare Administrator

Aimee Rhead is a first point of contact for any student with a welfare issue, and can also advise on all disability-related issues and alternative exam arrangements.



You can contact her at [aimee.rhead@univ.ox.ac.uk](mailto:aimee.rhead@univ.ox.ac.uk) or call into her office in the Academic Office corridor in 10 Merton Street (last door on the right).

## College Nurse / Counsellor

Marie Szewczyk can be contacted with regards to any physical or mental health concern and can be reached at [university.nurse.nhs.net](http://university.nurse.nhs.net). You can also visit her surgery on the ground floor of Kybald House.

Dr Sarah Leung is the College Counsellor and will be available at Univ on Thursdays during term-time (0<sup>th</sup> week to 9<sup>th</sup> week) from noon - 4pm.

## Junior Deans

There is a junior dean on duty each night and available to be contacted through the lodge in case of an emergency. They are also trained to deal with welfare-related issues so you can talk to them if you ever need someone to listen.

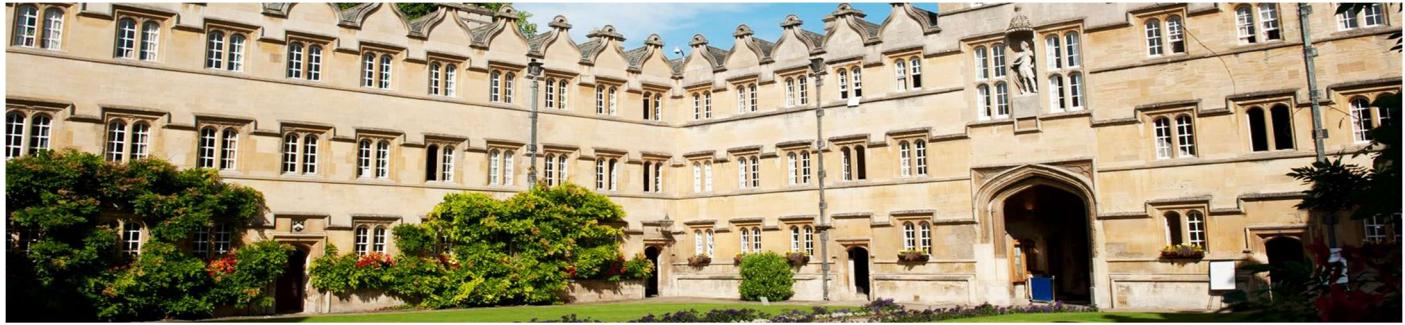
## Porters Lodge

Porters: there is always someone at the porters lodge who can help out. Call 01865 276602 or 0777 5764117 in case of an emergency (the porters have to go on patrols sometimes and take a mobile with them)

## Advisor for international Students

Jing Fang – [jing.fang@chinese.ox.ac.uk](mailto:jing.fang@chinese.ox.ac.uk)





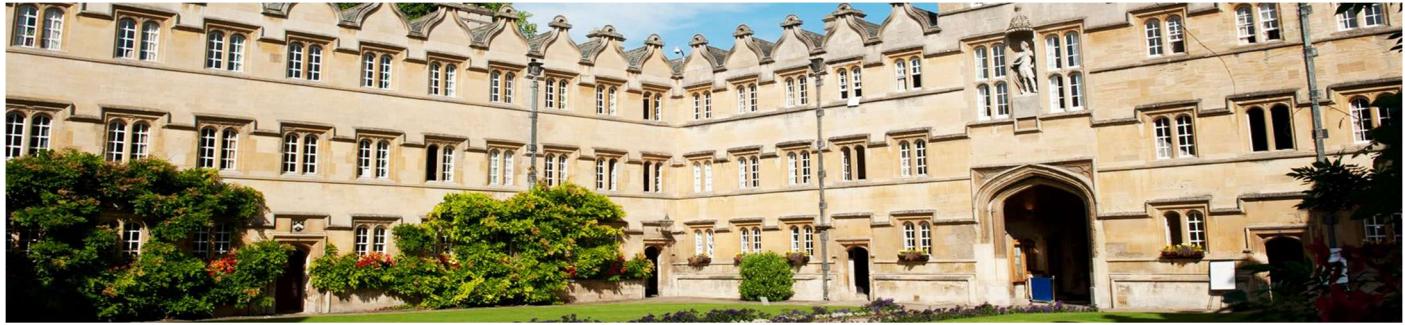
## Academic

Whilst the workload at Oxford may be heavy, it should be manageable, and you should have the time to pursue your other interests and stay healthy.

If you are struggling at any time with your workload, then you can speak to the students and staff on the welfare team, your personal tutor or your senior tutor, in the same way as with any other personal concerns you are having. Whilst you hopefully shouldn't, if you have any issues with your tutors, such as getting in contact or getting work back, I would encourage you to take these up with the tutors themselves. However, feel free to get in contact with the Academic Affairs Officer, and they'll be happy to help you deal with any issues you have!

In addition to supporting undergraduates with academic issues, part of the job of the Academic Affairs Rep is to liaise with the senior tutor about any academic issues brought up by them or any other student. This puts them in a great position to hear your concerns and ensure that necessary change happens. In addition to raising any concerns throughout the year, they will be holding academic feedback sessions for each subject towards the end of the year, with the responses to this being compiled into a confidential report for the senior tutor. This gives you the opportunity to voice your opinions and see real changes happen in your courses.

If you have any questions about academic support, please email the 2018-19 Academic Affair Rep, Rosie Von Spreckelsen: [rosie.vonspreckelsen@univ.ox.ac.uk](mailto:rosie.vonspreckelsen@univ.ox.ac.uk)



## Access

Access at Univ does not just involve widening participation for future generations of students. The other equally important element is ensuring that all students, regardless of their background, feel at home and welcomed once they arrive at Univ. We are renowned for being one of the friendliest colleges so it is our hope that no one ever feels excluded or uncomfortable. However, this may not always be possible and there are a wide variety of university campaigns and communities in the list below, dedicated to creating spaces where students can feel at home, gain support and share their unique experiences of Oxford.

If you feel like there is a concern or experience you have that cannot be addressed by the following societies a relevant 'liberation officer' in the JCR (Ethnic Minorities', International Students', Women's, LGBTQ+ and SWD Representatives) will be more than happy to help you find somewhere or even just have a chat if that is what you want.

Please contact Univ's Access Rep, Ffion Price, if you have any questions:  
[ffion.price@univ.ox.ac.uk](mailto:ffion.price@univ.ox.ac.uk)

**Oxford SU Class Act Campaign** – They exist to support working class, low income, state comp educated and first generation students at Oxford.

**First Generation Society** – A community for students who are the first in their family to go to university. **ACS** – the Oxford University African and Caribbean Society.

**CRAE** – The Campaign for Racial Awareness and Equality – To take steps to make the university more inclusive and welcoming for people of all racial and cultural backgrounds.

**Oxford University LGBTQ Society** – Put on regular social events and provide welfare services to ensure LGBTQ students feel supported.

**Oxford SU LGBTQ Campaign** – The campaigning arm of the LGBTQ community.



**Oxford SU Women's Campaign** – A society that organizes events, raises awareness of issues and creates a platform for feminist discussion

**The International Students' Campaign (ISC)** – A student-run organization committed to representing and improving the welfare of international students.

**Oxford Students' Disability Community** – Brings together students with disabilities for social events, campaigns for better accessibility to all aspects of university life and provides welfare support



## Alcohol

- NHS guideline for both men and women: to keep health risks from drinking alcohol to a low level **you are safest not regularly drinking more than 14 units per week, spread over at least 3 days** – this is equivalent to a bottle and a half of wine or five pints of export-type lager (5% abv)
- Some Great Tips for Safe Drinking:
  - **Eat before you drink:** drinking on an empty stomach is never a good idea as the alcohol will hit you very quickly, and you will feel much worse for it the next day
  - **Drink plenty of water:** alcohol dehydrates the body, so drinking water between drinks and before you go to sleep will help your body to deal with it better
  - **Take your time** - alcohol takes around half an hour to have its effects so take time between drinks so as not to get caught out
  - **Know your limits** - everybody reacts differently to alcohol
  - **Keep a look out for your friends** – watch out if any of your friends don't look well
  - **Let your friends know what you're doing** – let others know if you do not feel well and if you plan on disappearing somewhere tell them so they don't spend all night looking for you!
  - **Avoid dangerous situations:** Alcohol numbs the senses, particularly sight, sound and touch, making it difficult to assess and react to risks. For example, **a quarter of all adult drowning victims have alcohol in their bloodstream** (Source: Royal Life Saving Society).
  - **Don't feel pressured to drink** – you can have very good nights without drinking at all. Just because other people might want to, this does not mean you have to.
  - **Watch your drink** - Drinks spiked with alcohol or drugs can make you vulnerable, and this can be an incredibly scary experience. The symptoms vary on the person or the substance(s) used. You may not notice a difference to the taste of your drink and may simply feel sick or



drowsy. If you or your friend suspect you've had your drink spiked tell a bouncer or bar staff and call 999 if the situation deteriorates.

- **Enjoy yourself** – despite the gloominess of this section, drinking can be very fun if done properly and safely
- If you are worried about dependency on alcohol, there are some links below with useful information. You are also free to talk to the peer supporters, your welfare reps, or the welfare fellow. **The GPs at 19 Beaumont Street and the College Nurse can give lots of useful advice if you are concerned that you may be addicted to alcohol.**
  - Alcoholics Anonymous has both groups which support people, and a helpline.
    - Visit <https://www.alcoholics-anonymous.org.uk/>
    - Tel: 0800 9177 650
    - Email: [help@alcoholicsanonymous.org.uk](mailto:help@alcoholicsanonymous.org.uk)
- The NHS page on drinking and alcohol (<https://www.nhs.uk/live-well/alcohol-support/?tabname=advice-and-support>) contains more information as well as advice on reducing your intake or stopping drinking.
- Drinkline is a confidential helpline offering advice on alcohol related issues. It offers help to people worried about their own drinking as well as support to the family and friends of people who are drinking.
  - Telephone: 0800 917 8282



## BME

Any concerns that you may have at Univ that are related to your ethnicity may be addressed to the JCR BME Representative (Heba Jalil, [heba.jalil@univ.ox.ac.uk](mailto:heba.jalil@univ.ox.ac.uk)). Their role is to ensure that everyone feels welcome at Univ, no matter what ethnic background you may come from. You can approach them with any issues you may have, both in college and externally in the wider university. They help to deliver the 'Equality and Diversity' workshop in Welcome Week, as well as organising other events throughout the year aimed at BME students. They will also keep you in the loop with regard to events and festivals across the University and Oxford!



## Cycling

- The law
  - At night, all cycles are legally required to have front and rear working and lit lights, as well as a rear and pedal reflectors. **Oxford's Police regularly issue fines for cyclists not obeying these rules**, especially in the city centre, with **hundreds being caught some nights**. Bike lights cost around £10, while a fine can be around £50.
  - It is **illegal to cycle on the pavement and to run red lights**. Oxford's police commonly issue fines for this as well.
  - For more info, visit 'The Highway Code for Cyclists':  
<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>
- Advisable things:
  - Wear a tightly fitting helmet with straps secured. The image below of a helmet after a car crash is the reason why. **In 2016 there were 323 cycle casualties in Oxford. 16 of these took place on the High Street.**
  - Listening to music and/or cycling while intoxicated by drugs and/or alcohol makes you much more likely to crash
  - Lock your bike to something that is solid and not itself when leaving it. **In 2017, 544 bikes were stolen in the OX1 area of central Oxford**. If you haven't already, please **register your Bike with Univ** on Bob's Bikes (see Univ intranet) and on <https://www.bikeregister.com/>. If your bike is stolen, report it to the Police, as it might be returned.





## Disability

If you disclosed a disability on your UCAS form, then the University's central Disability Advisory Service (DAS) should have already contacted you and begun a dialogue on how the University can best support you through your studies. If you have not been contacted by the DAS and you disclosed a disability on your UCAS application, you should contact them as soon as possible.

Follow this link to find useful information and contacts for disabled students at the University: <https://www.ox.ac.uk/students/welfare/disability?wssl=1>

The college also offers support for disabled students. You can find further information in the Welfare pdf on the Univ intranet

(<https://intranet.univ.ox.ac.uk/sites/intranet.univ.ox.ac.uk/files/Student%20Welfare.pdf>). It contains useful sections on what disabilities are, how and why you should disclose your disability, and how the college and university can support you. You can also find important contacts, such as Aimee Rhead, the Disability and Welfare Administrator, who you will likely have a lot of contact with over the course of your degree. She's very friendly so do make sure you get the chance to say hello early on during term!

The Oxford Students' Disability Community (OSDC), which is part of the Oxford SU, has a facebook page which posts content that is very easy to digest and updates about events that they run (<https://www.facebook.com/OxfordSUOSDC/>)

Please contact the JCR Students with Disabilities (SWD) reps, Bryce Ning ([jun.ning@univ.ox.ac.uk](mailto:jun.ning@univ.ox.ac.uk)) and Ffion Price ([ffion.price@univ.ox.ac.uk](mailto:ffion.price@univ.ox.ac.uk)) if you have any questions.



## Eating Disorders

- **An eating disorder is when you have an unhealthy attitude to food, which can take over your life and make you ill. This can involve eating too much or too little, or becoming obsessed with your weight and body shape.**
- Eating Disorders are not uncommon. **1 in 20 people have an eating disorder at some point in their lives.** The majority of those people are between the ages of 16 and 25.
- Although most people are unaware of this, **Eating Disorders actually count as a disability** – this might sound scary and if someone is coming to terms with an Eating Disorder they may not wish to go down this route. However, speaking to the GP's at 19 Beaumont Street, the College Nurse or Univ's Welfare team can help you to get referred to the Oxford University Disability Advisory Service, who can help with the more practical day-to-day aspects of studying at Oxford with an eating disorder.
- As always, we recommend checking out the NHS website: <https://www.nhs.uk/conditions/eating-disorders/>. There are lots of tips about the symptoms, types and treatments for eating disorders, as well as ways of spotting signs of an eating disorder in someone else.
- Because of the nature of these conditions, Oxford may present a challenging environment for those with Eating Disorders. That being said, it is not something which has to govern your experience, and there are many forms of support.
  - B-eat, the UK's no. 1 Eating Disorder Charity has some great Helplines, Online Support Groups and Message Boards, as well as lots of advice about living with Eating Disorders: <https://www.b-eat.co.uk>.
  - The Oxford Hub runs a session with student minds in anonymous groups. These can be great for just exploring how you feel and go into some of the explanations for why eating disorders develop which can be interesting! <http://www.studentminds.org.uk/studentgroups.html#Oxford-support>



## Financial Support

The University and College both offer many different sources of financial help for anyone undergoing unexpected or chronic periods of hardship and financial trouble. This lists the eligibility requirements and other information, so you can see what help is available and where the best place to go is if you need any help. If you have any questions, then contact the JCR treasurer at [thomas.schaffner@univ.ox.ac.uk](mailto:thomas.schaffner@univ.ox.ac.uk).

Some general advice on filling out forms: many funds are specifically for cases of unexpected hardship. When applying for these, it is essential that you detail how your situation has changed, so that it is clear why the hardship is unexpected. Equally, if the form requires you to specify an amount to be awarded/loaned, it will say, and you should feel no obligation to specify an amount if it does not say.

A full list of the funds Univ provides can be found on the Intranet:

<https://intranet.univ.ox.ac.uk/bursaries-and-grants>

For bursaries and fee reductions provided by Oxford University:

<https://www.ox.ac.uk/students/fees-funding/ug-funding/oxford-support?wssl=1>



## First Aid and Emergencies

- **The porters are available to be contacted at any time** if you have an accident within college or require first aid. The number for our Porters Lodge is 01865 276602. If the on duty porter is not in the Lodge, ring 07775764117. **We recommend that you save both these numbers on your phone**, just in case! The Porters can book taxis to the John Radcliffe if required.
- If urgent medical or dental advice is required, you can ring the NHS non-emergency number 111. Its helpline assesses the urgency of your medical problem, and can advise you whether it is necessary to visit A&E.
- In an emergency (when someone is seriously injured and their life may be at risk) the number to call is 999. Once you have rung 999 call the Porters; they will be able to assist until the emergency services arrive.
- In case of a **Mental Health emergency**, it is still a good idea to contact the Porters Lodge. The on-duty Porter will call a Junior Dean (at least one Junior Dean is on duty 24/7). **All of the Junior Deans have been trained in Mental Health First Aid**, so will be able to help.



# Gender Equality

## Free Sanitary Products

Univ Students are entitled to free sanitary products throughout their time here. We offer a variety of products/brands/sizes, which are stored in the JCR kitchen cupboards and can be collected whenever.

Mooncups (<https://www.mooncup.co.uk/>) are soft, medical-grade silicone menstrual cups designed by women as the convenient, safe and eco-friendly alternative to tampons and pads. It offers an alternative to the waste, discomfort and expense often caused by disposable sanitary products, as well as leading to fewer incidences of Toxic Shock Syndrome. If you would like a free Mooncup, please contact the Women's Rep.

## OUSU Women in Oxford

The OUSU page for women has a good list of women- related campaigns and societies currently functioning in Oxford. They also have good information for mental health resources and eating disorders. <http://apply.oxfordsu.org/student-life/liberation/women/>

## Women's Sexual Health

OUSU has detailed information on their website about Sexual Health Clinics (GUMs) in Oxford as well as information about pregnancy, contraception, student parents, abortion and safe sex. The JCR reimburse the cost of morning after pill, and free pregnancy tests can be ordered anonymously online via the Condom Commodore Form (<https://docs.google.com/forms/d/e/1FAIpQLSdv-x-nNORKVWUyo7TPzk4wcoC2SgsJ9sW1Wr3MrwvMk2g/viewform>).

For more info, please contact the 2018-19 Women's Rep, Mati Warner ([matilda.warner@univ.ox.ac.uk](mailto:matilda.warner@univ.ox.ac.uk))



## Homesickness

50-70% of new UK students feel homesick in their first few weeks at University. So, if you do feel homesick it is completely normal, and we are here to help. Below are some top tips to tackle homesickness:

**Make your room feel like home:** It may sound silly, but you'll be spending lots of time in it, so make it reflect a little bit of your personality. Sources of inspiration include fairy lights, photos of friends old and new, get a rug, some cushions... let your creative streak come out.

**Keep in touch with home:** Bottling up how you feel is never good, so speak to people from home and encourage friends and family to come and see you in your new setting. You can also visit home, but give yourself a few weeks to settle in first. Don't let looking back hinder you moving forward.

**Get into routines:** Establish a day when you do your food shopping, get your books out for the week's essay, a time to get up each morning etc. Routines will help you feel more settled in Oxford. Make friends with the people around you: coming to events like welfare tea is a great way to meet people in college.

**Set realistic expectations:** Establish a balance between life and work. You are not expected to work all of the time, but if you don't give enough time to work, you may fall behind. Aim for success not perfection. You have earned a place at Oxford, and are capable and competent.

**Food and sleep:** In order to be physically and mentally prepared for a term at Oxford, you need to ensure you get enough rest, and eat a healthy diet to give you the energy you need. Try to avoid too much alcohol, as it can have a negative impact on how you feel.

**Clubs, societies and campaigns:** Reach out beyond your work - join a club, society or campaign, even if you didn't manage to at Freshers' Fair. This way, you can make friends based on shared interests, and will be doing something other than work!



**Learn to manage your time:** Having the ability to know how best to study can help you to manage your time and your workload. See if your college or department is putting on Study Skills sessions, and check out the Student Advice Service Study Skills page.

**The welfare reps and peer supporters** can be contacted if you fancy a cup of tea or a chat – just send them a quick message or email and they'll be in touch.



## International Students

Please contact the 2018 International Students Rep (Malhar Khushu) if you have any questions: [malhar.khushu@univ.ox.ac.uk](mailto:malhar.khushu@univ.ox.ac.uk)

Starting at a new university can be daunting for anyone, but moving to an entirely new country makes the whole experience even more challenging and exciting. Univ is a very welcoming and vibrant community (as you will all soon find out!) and our first priority is to make sure that you feel as comfortable as possible. Using the advice of international and visiting students at Univ, we've put together a short guide to make your transition to uni as easy and fun as possible. We hope that very soon you'd get to call Univ your home and we're beyond excited (probably more than you are) to welcome you at Univ!

**WHEN YOU ARRIVE:** International and visiting students can arrive earlier than the rest of the JCR to allow for flexible travel arrangements and extra time to adjust to your new environment. If you would like to arrive earlier, you should simply send an email to the college accommodation officer (see the UNIV website), and they will arrange everything for you. When you arrive in Univ a team of students will be on hand to welcome you and help you settle in. It really is a great chance to meet and make friends with a lot of your fellow international students! There will be a programme of events during Fresher's week, which will allow you to break the ice and meet loads of people and get familiar to your new environment. More information on the programme for early arrivals will be available when you get here – see you all soon!

### SETTLING IN:

You'll find Univ to be a diverse and welcoming community and Freshers' Week is a great opportunity to get involved in what's going on. Joining clubs or societies is the perfect way to meet new people with similar interests and Freshers' Fair is your opportunity to sign up to any that interest you. There is a huge variety of things you can take part in so there is bound to be something you'll enjoy. There might be a society for students from your home country, which can be a great way of getting



advice and sharing experiences. If there isn't one already, you can start one! Although we're sure Univ will be an amazing experience, our Welfare Reps and Peer Supporters are always on hand for those times when things get a bit tough, whether you're homesick, struggling with a long-distance relationship or just fancy a chat!

## PRACTICALITIES

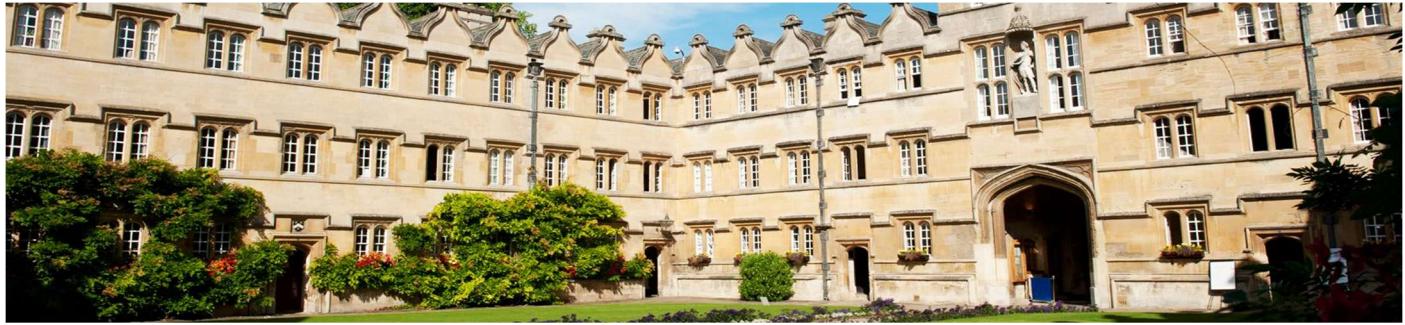
There are a few things you will need to sort out early on when you arrive. These are some staple UK shops that you may not be aware of:

- Primark – The cheapest place to buy clothes. Although the quality is not the best, it is good for things such as bedding and Bop costumes.
- Tesco/Sainsbury's – Supermarkets. Go here for cheap, quality food shopping, but remember you most probably won't have any freezer space in Univ.
- Argos – Good for cheap clothing racks, lamps and things for your room. Also good price phones, cameras etc. Products are ordered online or using the catalogue system in the shop and picked up from the collection point in the shop.
- Boots – Pharmacy. You can buy medicine, toiletries, socket converters.

## PHONE AND BANK ACCOUNT

It is important that you try to set up your phone and bank account as early as possible after you arrive. Your phone will be essential in Freshers' Week for new contacts and in case you get lost. You will need to add a debit card to the online Univ Intranet system which links to your Bod card (university card) so you can pay for food/drinks/laundry/printing in college. Don't worry if you are waiting for a UK account to set up, alternative arrangements can be made. If opening a student bank account, take along your certificate of enrolment (signed by College), as you cannot open a student account without it!

Unless you've unlocked your phone for international use, a UK SIM card will probably not work in it, so you will have to buy a UK phone. You can buy a UK SIM on contract or pay as you go. The main network providers in the UK are O2,



Vodafone, EE, Virgin, 3, Tesco Mobile and Giffgaff. You should talk to current students about which networks have the best coverage in Oxford/college but you may find opinions differ. For making international calls you might want to get a calling card or you can call home for free over the internet using Skype or apps like Viber.

If you are here for a year or more, open a UK bank account. Most banks offer student accounts with generous overdrafts and freebies. Look around online to find the best deal and make sure you choose a bank with a branch in Oxford (main ones are Natwest, Lloyds, Santander, HSBC, Barclays) in case you run into any issues – their call centres will quickly swell your phone bill. Bring cash with you, bearing in mind that your bank account may take a while to set up. You can always exchange money from your home currency in Oxford – the small shop on Cornmarket has good rates. If you use an international debit card, it will charge you a fee every time you use an ATM.

## BIKES

For many students in Oxford cycling is the easiest and quickest way of getting around the city. Lectures and tutorials are often not in college so if you want to maximise sleeping time (and we all do), you might consider investing in a bike. A bike is also an essential for potential rowers; the boathouse is no fun to walk to at 6am. There are many bike shops around Oxford; if you're lucky, you might get a cheap second-hand one from another student but don't count on it as demand is high. The upside of this is that you should have no problem selling your bike when you leave! There are secure bike sheds in Univ where you can leave your bike over the holidays.

## LUGGAGE:

There are holiday storage spaces for international students at Univ. You can store up to 7 boxes. However, be careful about bringing more luggage each term because you will accumulate things during term time and you are eventually going to have to deal with it all. Remember when you're packing that you are going to have to get from the airport to college with everything so don't bring more than you can



carry/drag yourself! Don't forget that you'll be able to buy things in Oxford if you need.

## FLIGHTS AND TERM DATES

Always check with your tutors to find out what dates you should be in college before booking flights. At the beginning of each term, most undergraduate (non-visiting) students will take exams set by the College at the end of 0th week ('collections'), so students are required to return to Oxford by noon on the last Thursday of each vacation and remain in Oxford until the last Saturday of each term. Exams may be scheduled for the week after the end of term (9th Week) so don't make unchangeable travel plans until you are sure of when you'll be allowed to leave Oxford. A good website for checking the relative costs of flights is Skyscanner or Liligo. There are 24hr coach services that run between Oxford and Heathrow Airport, leaving approximately every half an hour. There are also direct services to Stansted, Gatwick, Luton and Birmingham. The closest stop to Univ is on the High Street or you can get a taxi from the bus station at Gloucester Green. You can find coach timetables and tickets on the National Express, Megabus and Oxford Tube (24hr service to London) websites. For trains, see the National Rail Enquiries site. It is possible to stay in Oxford over the holidays but you must request vacation residence from the college office well in advance – you will receive emails about this during term time so keep your eyes peeled. If you do choose to remain in College there will be the possibility of working at the conferences that take place over the vacation periods.



## LGBTQ+

### Who can I speak to in college?

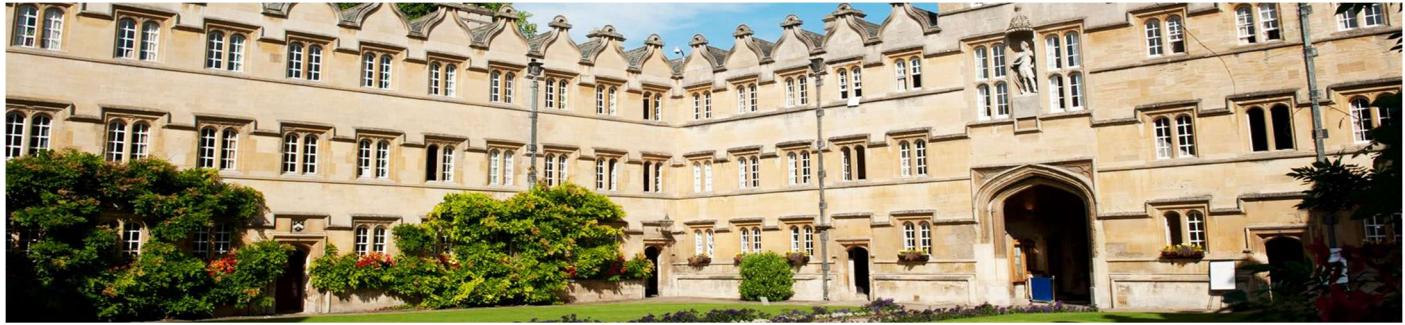
- The 2018-19 LGBTQ JCR Reps: Hannah Bradburn and Matt Kenyon. Contact them at [hannah.bradburn@univ.ox.ac.uk](mailto:hannah.bradburn@univ.ox.ac.uk) or [matthew.kenyon@univ.ox.ac.uk](mailto:matthew.kenyon@univ.ox.ac.uk). They can also add you to the secret Univ LGBTQ+ Facebook group, which none of your Facebook friends will be able to see that you've joined except for other members of the group.
- The JCR Welfare Officers, Rebecca and Andrey ([rebecca.williams@univ.ox.ac.uk](mailto:rebecca.williams@univ.ox.ac.uk) and [andrey.nezhentsev@univ.ox.ac.uk](mailto:andrey.nezhentsev@univ.ox.ac.uk))
- The Welfare Dean and Chaplain: Andrew Gregory. If you wish to do so, you are welcome to call in socially, or talk to him in confidence about any matter of concern. His room is on Staircase 6, in the Main Quad. The telephone number is (01865) 276663 and his email address is [andrew.gregory@univ.ox.ac.uk](mailto:andrew.gregory@univ.ox.ac.uk)
- Peer supporters: their information can be found in the Peer Supporters page in this booklet. In particular, Claire Heseltine is the Rainbow Peer at Univ. The university wide email address for the rainbow peers is [rainbowpeers@admin.ox.ac.uk](mailto:rainbowpeers@admin.ox.ac.uk)

### Useful documents

- Oxford University's Equality and Diversity policy:  
<http://www.admin.ox.ac.uk/eop/policy/>
- Univ's Equality Policy: <https://www.univ.ox.ac.uk/policy-documents/>

### LGBTQ+ Sexual Health in Oxford:

- Be aware that the local sexual health clinics are open-minded and non-judgmental but may make assumptions about sexuality and/or gender identity and overlook some specific needs, such as not automatically offering the full range of tests to lesbians. The closest clinic to Univ is in East Oxford, about 15 minutes' walk away; their opening times and more info can be found here:



[www.sexualhealthoxfordshire.nhs.uk/visiting](http://www.sexualhealthoxfordshire.nhs.uk/visiting)

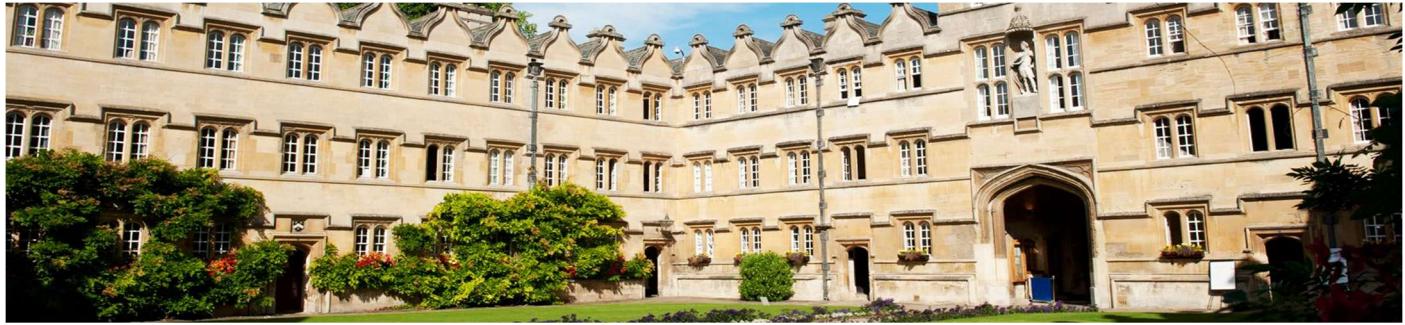
- Terrence Higgins Trust is an Oxford-based charity that aims to reduce the transmission of HIV while supporting HIV+ people and reducing stigma. They offer services such as counselling, peer support groups, and a phone service. Their website can be found here: [www.tht.org.uk](http://www.tht.org.uk)
- A useful guide to trans sexual health, written by young trans people, can be found at <http://www.teni.ie/attachments/84a633b3-5843-4d04-810a-824663e9885a.PDF>

### Who can I speak to at uni?

- LGBTQ+ Society: their information can be found at <https://www.facebook.com/OULGBTQ/>
- University Wide Counselling: <https://www.ox.ac.uk/students/welfare/counselling?wssl=1>
- LGBTQ+ Campaign: the mailing list is [ousu-lgbt-subscribe@maillist.ox.ac.uk](mailto:ousu-lgbt-subscribe@maillist.ox.ac.uk) and their Facebook page can be found at [www.facebook.com/groups/ousulgbtqcampaign/](https://www.facebook.com/groups/ousulgbtqcampaign/)
- Oxford Friend LGBT+ Helpline: [confidential@oxfordfriend.co.uk](mailto:confidential@oxfordfriend.co.uk) and <http://www.oxfordfriend.co.uk>
- First Sunday: an LGBTQ fellowship on the first Sunday of every month at St Columba's: [www.firstsunday.info](http://www.firstsunday.info)

### Nationwide support:

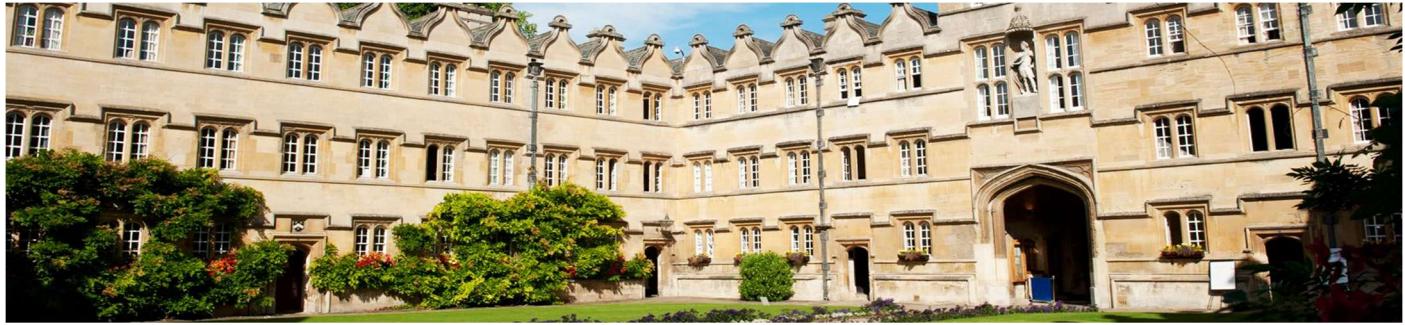
- **Stonewall Charity:** dedicates a section on their 'Young Stonewall' website to the process of coming out, with reference to both sexual orientation and gender identity, [www.youngstonewall.org.uk/get-support/coming-out-lgbt](http://www.youngstonewall.org.uk/get-support/coming-out-lgbt). They also have helpful information regarding mental health issues, as well as a health briefing.
- **The NHS:** offers general guidance for coming out, where to access resources etc. for trans people in this booklet, written by young trans people: <https://www.mermaidsuk.org.uk/assets/media/17-15-02-A-Guide-For-Young-People.pdf>



- **Stop Hate UK:** an organisation which supports those subjected to Hate Crime on the basis of their sexuality or gender identity. Further information can be found on its website <http://www.stophateuk.org/>
- **Switchboard LGBTQ+ Helpline:** a confidential service which cares specifically for LGBTQ+ young people in need of advice regarding mental health issues. The volunteers who run the helplines all self-define as LGBTQ+:  
<https://switchboard.lgbt/>

### LGBTQ+ Social Events:

There are a lot of social events that go on uni-wide. LGBTQ drinks are on every Tuesday – your reps usually lead groups from Univ so come along for cheap drinks and good company. After drinks is Skittles, the LGBTQ Society night at Plush, Oxford's gay club (conveniently, also very cheap). If you add 'Tuesgay Knight' on Facebook, you'll automatically be invited to all the LGBTQ+ Soc's events! Every year there is also an LGBTQ+ ball, Glitterball, in Oxford!



## Mental Health

If you're living with a mental health condition or encountering mental health issues for the first time, you're not alone. 1 in 4 of us will experience mental ill health at some time in our lives. So, it is important to take care of your mental health. There are many avenues of help available at Oxford meaning you don't have to face issues that you may be facing alone.

People in college who you may wish to speak to include the College Nurse: **Chris Sunga**, the Chaplain and Welfare Fellow: **Andrew Gregory**, the disability and welfare administrator **Aimee Rhead**, or your **tutor**. On a student level, you can speak to any of the **Peer Supporters** or your **welfare reps**, Rebecca and Andrey.

If you confide in any of these people, you can expect a sympathetic and non-judgemental response. This person may discuss with you what sources of support are available, and what your options might be, or may suggest that you speak to someone else who may be better placed to help. Any information that is given will be treated on a confidential basis.

You can go to talk to your **GP** about any mental health problems you have. They will be able to refer you to the relevant specialist if required. To book an appointment at 19 Beaumont St call 01865 240501.

### Where to get help:

- **College Counsellor:** Dr Sarah Leung is the College Counsellor. Sarah is a Clinical Psychologist and staff member of the University Counselling Service, who will be on-site and available to see Univ students on Thursdays in 0th week through 9th week from noon - 4pm. During term students can contact Sarah directly by email to arrange an appointment.
- **University Counselling Service:** This service offers free, confidential support for any issues you may be facing throughout your time at university. Information about the service, along with some helpful podcasts and other resources can be found here: [www.ox.ac.uk/students/welfare/counselling](http://www.ox.ac.uk/students/welfare/counselling). The Counselling Service offer individual counselling sessions with a professional counsellor in addition to



helpful group sessions and workshops throughout the year. To book an appointment:

1. Make contact with the Counselling Service. You can either pop into the service at Gloucester Green, email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) or ring 01865 270300.
2. You will be sent a pre-appointment form. This is used by the Counselling Service to assess the urgency of your situation, and enables them to select the most appropriate Counsellor to work with you. If you prefer not to disclose too much information this is also fine - the form should not be a barrier to asking for help!
3. You will receive an appointment with a Counsellor at the earliest possible time.

- **Disability Advisory Service:**

<https://www.ox.ac.uk/students/welfare/disability?wssl=1> If your mental health issues can be classed as a disability, you may be able to access government funding and extra help to ensure you are not at a disadvantage during your degree.

- **The NHS website** is a great starting point for researching different mental health issues, and also has information on the support both they, and external support groups can give

<http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

- **Nightline** is a confidential information and listening service run by students for students. 8pm-8am during weeks 0-9 of term. 01865 270270.

- **The Samaritans:** 24/7, 365 days a year. This is charity created to support anyone at any time. Talk to them in your own way, and off the record – about whatever's getting to you. Contact: 116 123 or <http://www.samaritans.org/>

- **Student Minds:** <http://www.studentminds.org.uk/> This is a UK based student mental health charity which runs a network of support groups at various universities. Details of Oxford support groups can be found on their facebook page <https://www.facebook.com/OxStudentMinds?fref=ts>

## Supporting a friend?



The counselling service offers advice for those who are supporting friends through a difficult time or with a longer term issue. Being there to listen to your friend will mean a great deal to them, and often just having someone to talk to can make their ideas and problems become more manageable in their head. However, your own welfare and academic standing are your priority, and so confiding in the College Chaplain or one of the peer supporters (keeping your friend anonymous will be fine) can help remove some of the pressure from yourself.



## Peer Supporters



Marko.Mayr@physics.ox.ac.uk  
Nobody knows whether I am actually Austrian or German. Sometimes even I forget.



Isabel.Edwards@univ.ox.ac.uk  
Works hard, naps harder.



Max.Shock@univ.ox.ac.uk  
I am an historian who's shockingly good at supporting his peers.



Cecilia.Bailey@univ.ox.ac.uk  
I'm French-English and partial to a good croissant.



Mattias.Gerstgrasser@univ.ox.ac.uk  
I live on coffee, beer, and junk food.



Jessica.Smith@univ.ox.ac.uk  
I like naps, reading, and pretending pole dancing is exercise.



Nikul.Vadgama@univ.ox.ac.uk  
I like dogs, coffee, and lists, people are good too.



Florence.Barker@univ.ox.ac.uk  
I like dancing, glitter, and pompoms.



Thomas.Leslie@univ.ox.ac.uk  
I'm always in an uphill battle against my own poor cookery.



Claire.Heseltine@univ.ox.ac.uk  
I am here to help when you are not feeling your Besteltine.

RAINBOW PEER



Eleanor.English@univ.ox.ac.uk  
Only here because my Love Island application didn't work out.

Peer Supporters are trained by the University Counselling Service in listening and supporting other students with their problems. If there is anything that you want to talk about, whether it's a big problem or "not actually a problem at all" and you just want a chat over a cup of tea, then come and find them in college or drop them an email. Peer Support is confidential, so they won't gossip about you or tell others what you have said.

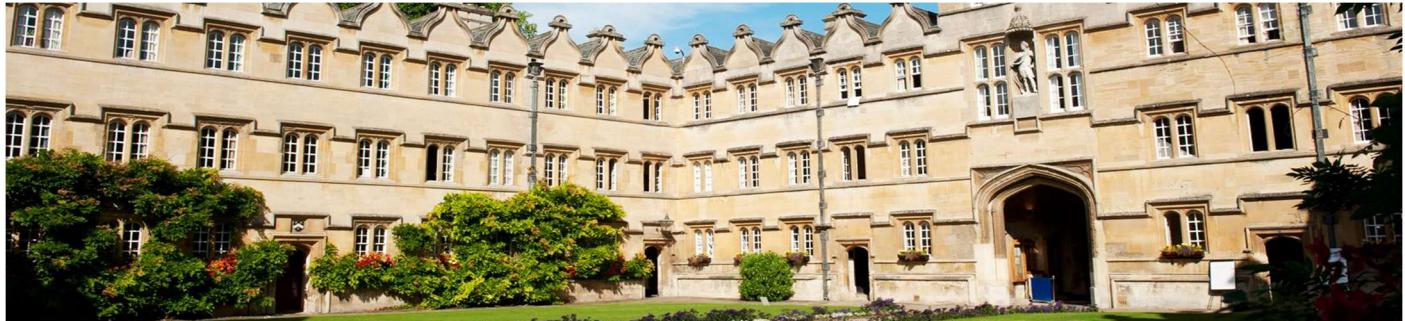
Claire our RAINBOW PEER is more experienced in discussing LGBTQ+ matters. You can email [rainbowpeers@admin.ox.ac.uk](mailto:rainbowpeers@admin.ox.ac.uk) to find another Rainbow Peer to talk to.

You can also contact Peer Supporters at Wadham, our sister Peer Support college, if you fancy a chat with someone outside of Univ: [peersupport@wadh.ox.ac.uk](mailto:peersupport@wadh.ox.ac.uk)



## Sexual Assault

- We've summarised a few key points here. For more detailed information, **please see the Student Welfare pdf** on Univ's Intranet (<https://intranet.univ.ox.ac.uk/sites/intranet.univ.ox.ac.uk/files/Student%20Welfare.pdf>)
- Although Oxford is quite a safe city, sexual assault is not unheard of. There is help available at Univ, elsewhere in the university, and from various organisations in Oxford.
- Who to talk to in College:
  - There are lots of people you can talk to in college, including several **specially trained Harassment Advisors**, listed below:
    - Mrs Teresa Strike: [teresa.strike@univ.ox.ac.uk](mailto:teresa.strike@univ.ox.ac.uk)
    - Dr Lisa Kallet: [lisa.kallet@univ.ox.ac.uk](mailto:lisa.kallet@univ.ox.ac.uk)
    - Dr Trevor Sharp: [trevor.sharp@univ.ox.ac.uk](mailto:trevor.sharp@univ.ox.ac.uk)
    - Mr Bruce Forman: [bruce.forman@univ.ox.ac.uk](mailto:bruce.forman@univ.ox.ac.uk)
  - For more useful contacts in College, visit the Student Welfare pdf on Univ's Intranet (link above)
  - You can confide in as many or few of these contacts as you would like, and expect a sympathetic, non-judgemental response. Any of them would always be happy to discuss the available sources of support, or suggest who else may be better placed to help.
  - **Any information that is given will be treated on a confidential basis.** This means that it will be shared within the College only on a need-to-know basis within the terms of the College's guidance on confidentiality in student health and welfare (available here: <https://www.univ.ox.ac.uk/policy-documents/>)
- If you would prefer to talk to someone outside college, in the University, please visit this page: <https://www.ox.ac.uk/students/welfare/harassment?wssl=1>.
- If you would prefer to talk to someone not affiliated with the University at all:
  - The Oxford Sexual Assault and Rape Crisis Centre: [www.osarcc.org.uk](http://www.osarcc.org.uk)



- The Thames Valley Police:  
<https://www.thamesvalley.police.uk/advice/advice-and-information/rsa/rape-and-sexual-assault/>
  - Note: The Police are obliged to investigate if they think that a crime has been committed. If you are unsure that this is what you would like to happen at this stage, please see the contact below.
- Sexual Assault and Referral Centres (SARCs): [www.solacesarc.org.uk](http://www.solacesarc.org.uk)
  - SARCs can provide a forensic examination by a specialist forensic doctor as well as crisis support, follow up appointments and telephone advice.
  - They can store evidence securely while a survivor decides if they wish to contact the police. A SARC does not have the obligation to investigate a potential crime – this allows a survivor to have full control and to stop the process at any time.
  - These nearest SARCs are in Slough and Bletchley, so College can book a taxi for any journey there, or reimburse to cost of taxi fares. Taxis can be booked or reimbursed through a third party (e.g. a member of the college Welfare Team, or a JCR Officer) to protect the identity of the survivor.
- If you are supporting a survivor of sexual assault, this is a really useful page:  
<https://www.admin.ox.ac.uk/eop/harassmentadvice/policyandprocedure/guidance/>



## Sexual Health (and the Condom Commodore)

- Part of safe sex is ensuring that all parties have given consent. **Consent means giving permission to take part in any aspect of a sexual act, and having the capacity and freedom to give that consent.** For more info, please visit <https://www.disrespectnobody.co.uk/consent/what-is-consent/>
- A useful website for anything sexual health-related in Oxfordshire: <https://www.sexualhealthoxfordshire.nhs.uk/>
- Free contraceptives
  - Condom Commodore:
    - The JCR provides free condoms, lube and pregnancy tests via a delivery service called the Condom Commodore:** [https://docs.google.com/forms/d/e/1FAIpQLSdv-x-nNORKVWUyoyr\\_7TPzk4wcoC2SgsJ9sW1Wr3MrwvMk2g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdv-x-nNORKVWUyoyr_7TPzk4wcoC2SgsJ9sW1Wr3MrwvMk2g/viewform) (a link can also be found on the Univ Intranet).
    - The products can be delivered anonymously to the Welfare Pidge (the last one in the JCR), or directly to your pidge, depending on your preference.
  - C-Card Scheme: free condoms to all under 25s living in Oxfordshire. The following link will tell you where to register for this card, and where to pick up the free condoms: <https://www.oxfordshireccard.org.uk/free-condoms/>
  - Note: if you live in the UK, chances are that your area will have a free contraceptives scheme of some sort, that won't require you to go to a sexual health clinic each time. These are easy to find online by simply typing in 'free contraceptives' (your town/ county).
  - Also, fun fact: if you use condoms perfectly every single time, they're 98% effective at preventing pregnancy. However, because people aren't perfect, **in real life condoms are only 85% effective** – that means that about 15 out of 100 people who use condoms as their only method of birth control





- will get pregnant each year (Source: Planned Parenthood). It is therefore advisable to see your GP and find out about more protection from pregnancy if you're having regular sex.
- Emergency contraceptives:
  - There are lots of places where you can get the emergency contraceptive pill (morning-after pill) for free:  
<https://www.nhs.uk/conditions/contraception/where-can-i-get-emergency-contraception/>
  - If a pharmacist is available, the Boots on Cornmarket Street should also give out the emergency contraceptive pill for free, on the NHS
  - **If you pay for emergency contraception, the JCR will reimburse you.** Simply write your name on the receipt (you can put it in an envelope if you prefer), and put it in the JCR Welfare Pidge. A cheque with the appropriate amount will be put in your pidge asap.
  - Note: **the JCR will also reimburse pregnancy tests** in the same way. However, it may be easier to request one for free and anonymously via the Condom Commodore (link above).
- Getting checked:
  - **Getting tested for STIs is easy, and usually does not require an examination**
  - The nearest sexual health clinic is in Churchill Hospital, Old Road, Headington, Oxford, OX3 7LE. They run daily drop in clinics for STI check-ups, contraception advice and prescription, and pregnancy tests. To avoid waiting times, book an appointment by calling 01865 231231
  - Order a free Chlamydia testing kit:  
<https://www.sexualhealthoxfordshire.nhs.uk/chlamydia-screening/>
  - The GPs at 19 Beaumont Street can also give free advice and treatment:  
<http://www.19beaumontstreet.com/Home.aspx>
  - The college Nurse, Marie Szewczyk, will be able to supply you with chlamydia testing kits, and advice on sexual health: Email: [university.nurse@nhs.net](mailto:university.nurse@nhs.net) Telephone: 01865 276605. Open: Monday 2pm-5pm, Wednesday 10am-2pm, Friday 2pm-5pm.



## Acknowledgements

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