

# The Corpus Welfare Guide 2023–2024



**Hilary Term 2024**

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## Welcome (and Welcome Back) to Corpus!

This College Welfare Guide is a collaborative work by a group of Senior and Junior Members engaged in providing welfare support at Corpus. In putting it together, we have worked closely with each other as well as with health and welfare professionals in the wider University and the National Health Service, such as the University Counselling Service and the College Doctors. It is aimed at both undergraduate and graduate members of College: most of it is relevant to everyone but some sections are more or less relevant depending on whether you are an undergraduate or graduate student.

The Welfare Guide is intended as a useful resource but no guide can be exhaustive or comprehensive. Most importantly, this one will signpost you to a range of support within the College and beyond. The variety of resources on offer may appear a little baffling, but Corpus is a community of people with diverse needs, and so we have tried to cover as many bases as possible without overwhelming you with information.

***Overall, the best advice is: seek out members of the College Welfare Team if you have concerns.*** (Your tutors too will provide a listening ear and can help with signposting.) As a team of people, we have both youth and experience to offer you. There is more about us in the following pages.

Corpus and Oxford offer a rich and rewarding education in your chosen discipline. We are also a community in which we learn much from each other in more informal ways – that is one of the strengths of Oxford’s collegiate system. This Guide is one of the resources provided to help you to make the most out of your time here.

**Kathryn Stevens, Dean of Welfare**

**Sarah Warbrick, Student Support Officer**

**Teia Currimbhoy, Elias Laurent, Stan Nizamov, Beth Longworth, JCR Welfare Officers**

**Peter Doohan, Geetika Kumar, MCR Welfare Officers**

**Revised January 2024**

## Senior Welfare Team

### Dean of Welfare

Prof Kathryn Stevens

[kathryn.stevens@ccc.ox.ac.uk](mailto:kathryn.stevens@ccc.ox.ac.uk)

Fellows' Building, Attic Room 1



Kathryn is the Dean of Welfare. In partnership with others, she has general responsibility and oversight for the welfare of all junior members in College as well as being the senior member who takes the lead on matters of welfare policy. She meets regularly with junior and senior members engaged in welfare and pastoral work, including the Student Support Officer and Peer Supporters. Kathryn is also Tutor in Ancient History at Corpus, and previously worked at Durham University, where in addition to her academic position she also held welfare roles at undergraduate and graduate level. She thus has considerable experience of welfare matters from both an academic and non-academic perspective, and is committed to supporting the welfare of all junior members. She can be found at the regular Welfare events in college, and is also always happy to speak to junior members individually about welfare issues and to hear ideas about how Corpus might improve its welfare provision (please email to make an appointment).

More about Kathryn here: <https://www.ccc.ox.ac.uk/people/professor-kathryn-stevens>

### Student Support Officer

Ms Sarah Warbrick

[sarah.warbrick@ccc.ox.ac.uk](mailto:sarah.warbrick@ccc.ox.ac.uk)



Sarah is available in the College Office during term time, from 11.00am–4.30pm, if you have any welfare questions or concerns. You can email her to make an appointment (half hour slots available 11.15am–12.15pm or 2.30–3.30pm) or drop in at the College Office. Sarah will either be able to help you herself, or signpost you to other sources of support in the university or specific resources you might need. Pop in and say hello when you're having a good day as well – it's great to know when things are going well! Sarah is also the College's Disability Officer and has regular contact with the University's Disability Advisory Service.

### Academic Registrar

Mrs Rachel Clifford

[rachel.clifford@ccc.ox.ac.uk](mailto:rachel.clifford@ccc.ox.ac.uk)

College Office; 01865 276737

Rachel is responsible for student administration within the College and works closely with all of the College Officers but most significantly with the Senior Tutor, Tutor for Graduates and Dean of Welfare. She has worked in College for a considerable number of years and has vast experience and knowledge. She is a good first point of call if you need advice on whom you should contact about any academic matter or for general information, and she can also signpost to welfare services. She is particularly helpful when it comes to illness and examinations and will be able to advise you on what is required to ensure you receive the support you need. She can also signpost you to relevant people if you are struggling with your studies owing to illness.





### College Nurse

[nurse@ccc.ox.ac.uk](mailto:nurse@ccc.ox.ac.uk)

Hanne is our College nurse – she also looks after Christ Church and Oriel. To arrange a consultation, email her with your mobile number and she will contact you within 24 hours for an initial assessment which can be followed up remotely using the secure Oneway NHS approved Nye app.

Hanne works closely with the College Doctors and the practice nurse at KES@Northgate. She can help you manage health problems and illness and will be able to refer you elsewhere when necessary. She can give advice on injuries and support students with long term conditions such as diabetes, asthma, epilepsy and those who carry an epipen. Hanne can also offer advice on contraception and sexual health and can refer onto the appropriate services as required. She is also there for students with emotional and psychological problems, and has experience of treating PTSD and addiction. She can also refer on to the University Counselling Service. All consultations are confidential.

Hanne's surgery hours are 9.30–16.00, Monday to Friday, Weeks 0–9.

### On-site Counsellor

Sappho Morgan

[corpus.counsellor@ccc.ox.ac.uk](mailto:corpus.counsellor@ccc.ox.ac.uk)

Fellows' Building, Attic Room 4

Sappho works as a counsellor offering brief therapy at Oxford University Counselling Service, and **has dedicated sessions for Corpus students every Thursday during term time (weeks 0–9), from 9.30am– 1.30pm.** If you would like to see Sappho during her Corpus hours, **it is essential to make an appointment**, using her email address above.



Counselling offers an opportunity to reflect on what is happening in your life and find ways of moving forward to get the best out of your university experience. Sappho can also point you towards other sources of support, e.g. psycho-educational workshops, group counselling, self-help and other resources.

**All the resources of the Oxford University Counselling Service are also available to Corpus students. See p. 18 for a fuller entry on OUCS.**

To make an appointment with another counsellor at the Service, contact the University Counselling Service at [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)

T: 01865 270300

Web: [www.ox.ac.uk/students/shw/counselling](http://www.ox.ac.uk/students/shw/counselling)

### **Welfare Tutor**

Prof James Duffy

[james.duffy@economics.ox.ac.uk](mailto:james.duffy@economics.ox.ac.uk)

The Welfare Tutor provides additional pastoral support and is an experienced tutorial fellow.

More about James here: <https://www.ccc.ox.ac.uk/people/professor-james-duffy>



### **Senior Tutor**

Dr Mark Wormald

[senior.tutor@ccc.ox.ac.uk](mailto:senior.tutor@ccc.ox.ac.uk)

The Senior Tutor has oversight of undergraduate academic matters in College and works closely with the Academic Registrar. Because welfare and academic matters often impact on each other, he and Rachel are well placed to give helpful advice. More about Mark here:

<https://www.ccc.ox.ac.uk/people/dr-mark-wormald>

### **Tutor for Graduates**

Prof Pawel Swietach

[pawel.swietach@dpag.ox.ac.uk](mailto:pawel.swietach@dpag.ox.ac.uk)

The Tutor for Graduates works closely with the Academic Registrar and Assistant Academic Registrar to help graduate students with issues they are facing, whether academic or more generally. In the Oxford collegiate system, colleges are key providers of welfare for post-graduate students.



More about Pawel here: <https://www.ccc.ox.ac.uk/people/professor-pawel-swietach>

### **College Harassment Advisors**

Prof Constanze Güthenke

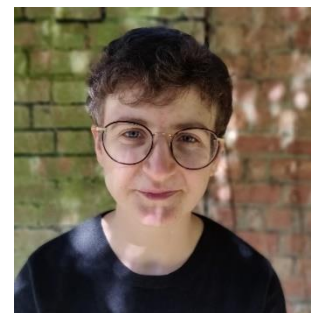
[constanze.guthenke@ccc.ox.ac.uk](mailto:constanze.guthenke@ccc.ox.ac.uk)

Dr Esther Osorio Whewell

[esther.osoriowhewell@ccc.ox.ac.uk](mailto:esther.osoriowhewell@ccc.ox.ac.uk)



Both Esther and Constanze are available to all students who need guidance because of bullying or harassment. Rachel Clifford (Academic Registrar) has also been trained and is able to help in this area.



The College's Policy and Procedure on Harassment and Bullying is available on our [website](#). Esther, Constanze, Rachel or the Dean of Welfare can talk you through it without you committing yourself to making a complaint.

### College Chaplain

Dr Stephanie Burrett

[stephanie.burette@ccc.ox.ac.uk](mailto:stephanie.burette@ccc.ox.ac.uk)

Stephanie is here for all members of the College community, whether they come to Chapel or not. The College Chapel is an inclusive space, in which all are welcome, where we foster a sense of belonging, and where everyone can feel safe and valued. If you have any questions or would appreciate a conversation, please reach out to Stephanie by email or come to talk to her when you see her around.



### Dean

Prof David Armstrong

[david.armstrong@ccc.ox.ac.uk](mailto:david.armstrong@ccc.ox.ac.uk)



The Dean is in charge of disciplinary matters in College and is assisted in that by the Assistant Deans who live on site (see below). Therefore, matters of harassment or bullying can become a matter for the Dean, although you can seek advice more informally from the Harassment Advisor or Dean of Welfare (see above). More about David here: <https://www.ccc.ox.ac.uk/people/professor-david-armstrong>

### Assistant Deans

Lillian Lie, Namrata Ramesh and Sida Wang

The Assistant Deans are post-graduate students at Corpus and live on-site in various parts of College accommodation. They help enforce the College Rules about behaving in a neighbourly and considerate way towards each other and can help you with noise problems. They have a 'duty rota' at night and weekends. They are available for emergencies and are often the person called out by the Porters for an emergency out of hours.



**LILLIAN LIE**  
(College site)

[lillian.lie@ccc.ox.ac.uk](mailto:lillian.lie@ccc.ox.ac.uk)

[namrata.ramesh@ccc.ox.ac.uk](mailto:namrata.ramesh@ccc.ox.ac.uk)

[sida.wang@ccc.ox.ac.uk](mailto:sida.wang@ccc.ox.ac.uk)



**NAMRATA RAMESH**  
(Jackson/Oldham Building)



**SIDA WANG**  
(LampI Building)

## Out of Hours Emergencies

### The Porters

01865 276700

The Porters' Lodge is staffed 24/7. In emergencies, especially at night or at the weekend, the porters are your first port of call. They can phone for an ambulance, alert the on-call Assistant Dean and also know who in the Welfare Team to contact for follow-up.

**Emergency Taxis.** The College is only able to provide taxis for students in exceptional circumstances, for example to attend A&E in the event of long ambulance delays. Only members of the Senior Welfare Team (or an Assistant Dean) can authorise the use of a taxi; out of hours it is at the porter's discretion for emergency transport to A&E. The College participates in the *safe lodge scheme* whereby if you feel unsafe you can go to the nearest college lodge and the porter at that college will call the Corpus lodge who will, if necessary, order a taxi to return you to College.

## Harassment and Bullying

The College Rules set out fully the standard of behaviour expected of College members. This page briefly summarizes the support available for anyone who perceives they are on the receiving end of harassing or bullying behaviour.

**The College seeks to foster a living, working and learning environment which is safe, humane, and respectful towards all and therefore expects all of its members to play a part in creating a community of this character.**

The College treats incidents of harassment and bullying with the utmost seriousness and has a Policy and Procedure in place to respond to cases of this kind. Unacceptable behaviour includes, but is not limited to, unwelcome sexual advances, offensive physical contact or verbal behaviour of a sexual nature or other offensive or hostile acts including those relating to a person's background, gender, sexual orientation, sexual identity, race, religion or disability.

Any Junior Member who perceives that they have experienced harassing or bullying behaviour is strongly encouraged to speak to one or more of the appropriate College Officers: the Dean, Dean of Welfare, Welfare Tutor, Tutor for Graduates, Academic Registrar or College Nurse. A current list of those Officers can be found in this Guide (see above). In addition, the **Harassment Advisor** can provide advice throughout the process. There are also sources of advice in the wider University, chiefly the Director of Student Welfare and Support Services. Junior members should note that seeking advice from student welfare officers does not constitute reporting a case of harassment or bullying to the College authorities.

**There is a lot the College can do for someone experiencing harassment or bullying but who does not wish to make a formal complaint.** Such steps include changing accommodation (either temporarily or in the long term) and making new tutorial arrangements. A member of the Senior Member Welfare Team can help you do this.

The full College Policy and Procedure is available on the College [website](#). You may also wish to read the University's [Policy and Procedure](#).

## Finance and Welfare

Sometimes financial worries can have an impact on welfare and vice-versa. The College has a number of ways it can support you. There are three schemes to help students meet the costs of maintenance: Maintenance Support; Emergency Support; and Moving-Out Loans. Maintenance Support can help with welfare-related costs. All applications are considered in strict confidence: the names of applicants will be known only to the Maintenance Committee and the Bursars' PA. The Bursar, Nick Melhuish, is happy to give advice, as are other members of the senior welfare team. You can find all the information you need on the 'Financial Support' page of the College intranet (under the 'Bursary' menu).

## Stand Alone Pledge – Support for Estranged Students

The College is part of the University's commitment of provision for estranged undergraduates – those students who are studying here without the support and approval of their family network. We also understand that a student's circumstances can change over the course of their degree. Practical support includes funding and provision of accommodation outside of term. More information about the scope of the Pledge is below. The Student Support Officer or the Academic Registrar can assist you in the first instance.

<http://www.thestandalonepledge.org.uk/champion-institutions/23-south/133-university-of-oxford>

## Corpus Library Resources

Corpus Library now offers a wealth of resources for both [Wellbeing](#) and [Study Skills](#). Please do take a look, either on ORLO or in the Library itself.

## JCR Officers with Welfare Responsibilities

### JCR Welfare Officers

Teia Currimbhoy



**BME Welfare**

[teia.currimbhoy@ccc.ox.ac.uk](mailto:teia.currimbhoy@ccc.ox.ac.uk)

[stanislav.nizamov@ccc.ox.ac.uk](mailto:stanislav.nizamov@ccc.ox.ac.uk)

[bethany.longworth@ccc.ox.ac.uk](mailto:bethany.longworth@ccc.ox.ac.uk)

Stan Nizamov



**Gender Neutral Welfare**



**Men's Welfare**



**Mental Health Welfare Rep**

Beth Longworth



**Women's Welfare**

Hey! Our names are Teia, Stan and Beth and we are your Welfare Officers. Our role is to support all members of the JCR community and make sure that everyone has access to the right support, care and welfare resources, whether that's through peer support, senior members, university-wide welfare initiatives such as the counselling service, or welfare events throughout term to keep your spirits up! You can also get free sexual health supplies from us. That's condoms, lube, sanitary products, pregnancy tests, etc. We hold a weekly Welfare Tea on Saturdays with a great spread of food and chats, and we try to hold Welfare events throughout term that help to make sure everyone is taking a well-earned break, and spending time with each other.

As Welfare Officers, we are all confidential and impartial listeners. Feel free to approach us in person (we try to be around college) or contact us digitally (via email or Facebook – just search for our names). Please don't feel awkward coming to us! We're here for any problems you have, no matter how big or small. We can also help direct you to other welfare services, both in and outside of college. We're only the beginning of the help that you can find at Corpus, but if you're ever anxious about anything, we are a great place to start.



### JCR President

Elias Laurent

Hey everyone! I'm Elias, a 2nd year PPE student and JCR President. My job is to manage JCR meetings and committees, and to represent the undergraduates to college staff. This means trying to address any concerns someone might have, or more generally pushing the changes you all want to see in college. I'm also in charge of Freshers' Week and serve as a Welfare Officer, so you will see way too much of me in your first few weeks at Corpus!

Ultimately, my aim is to make everyone's experience at Corpus the best it can be. Therefore, if you have any suggestions for things you'd like to see changed, concerns or any questions more generally, please do not hesitate to get in touch. I'm always in the JCR and happy to have a chat, or feel free to email me at [elias.laurent@ccc.ox.ac.uk](mailto:elias.laurent@ccc.ox.ac.uk) or [jcr.president@ccc.ox.ac.uk](mailto:jcr.president@ccc.ox.ac.uk).

### **International Students Officer**

Oskari Penttinen

[oskari.penttinen@ccc.ox.ac.uk](mailto:oskari.penttinen@ccc.ox.ac.uk)



Greetings! I'm Oskari (he/him) and I'm a Finnish first year History and Politics student.

Though I am only from Finland, a country relatively similar to the UK, I do understand the culture shocks and logistical nightmares of moving to a new country for university. My job is to be your first port on issues related to being an international student. Whether luggage storage, flights, visas, tuberculosis certificates, customs, the opening of a new bank account and a telecommunications plan, or any other concern, I aim to ensure that your time at Oxford will be as hassle- and frustration-free as it can. In addition, I'll be working towards improving the quality of your time at Oxford by arranging international students' social events and formals as well as working with other minority representatives to organize cultural events. I am always open to further suggestions! Corpus is a wonderfully tight-knit college for internationals, and I aim to keep that flag flying high. Lastly, I want to play a part in ensuring that all international applicants have the fairest chance at becoming Corpuscles and will accordingly be involved in international access and outreach.

For any questions, concerns or suggestions relating to the previous or anything else related to the international student experience and Corpus and Oxford, please do feel free to email me, [oskari.penttinen@ccc.ox.ac.uk](mailto:oskari.penttinen@ccc.ox.ac.uk), or contact me through any social media platform, such as Facebook. I always have time for ideas to make Corpus a better place!



### **Academic Affairs and Suspended Students Officer**

Eli Morhayim

[eli.morhayim@ccc.ox.ac.uk](mailto:eli.morhayim@ccc.ox.ac.uk)

Hello I'm Eli, a Physics student here at Corpus and I will be your Academic Affairs Officer!

I am a part of the Academic Committee, Library Sub-Committee, and Joint Consultative Committee. Therefore, I will be able to forward any type of academic concerns you have to these committees and try to find a solution!

I will also try to guide and help you if you are considering suspending. Suspension can be a difficult process so I will try my best to make it easier for you. Suspended students are also still members of the JCR, and can still vote, so it is also my job to keep you in the loop while you are suspended.

Academic life at Oxford can be very difficult so please do not hesitate to tell me any concerns or questions you have!

## The Equal Opportunities Committee

Our Equal Opportunities Committee, led by Selina, is here to provide the JCR with support on any equal opportunities issue. There are six other Reps: the Womens' Rep, the LGBTQ+ Rep, the BME Rep, the Disabilities Rep (currently a vacant position), the Mental Health Rep and the Class Rep. If you think there is another group which would benefit from representation on this committee, then let Selina know!



### Equal Opportunities President

Selina Chen

[selina.chen@ccc.ox.ac.uk](mailto:selina.chen@ccc.ox.ac.uk)

Heyyyy I'm Selina (she/her), a first year PPEist from California. My role involves advocating for disadvantaged groups to make student life as inclusive as possible. In the context of welfare, this that if you feel like anything in the JCR, College or Oxford life in general is creating difficulties for any vulnerable community, please talk to me or one of the reps. You can email me at [selina.chen@ccc.ox.ac.uk](mailto:selina.chen@ccc.ox.ac.uk) or message me on any social media platform.

### LGBTQ+ Rep

Libby Alldread

[elizabeth.alldread@ccc.ox.ac.uk](mailto:elizabeth.alldread@ccc.ox.ac.uk)

Hi I'm Libby (they/them) and I'm a second-year biochemist. I am the LGBTQ+ rep so I will be organising fun events around college as well as sharing information about uni-wide events. I hope to be a friendly face around college and I'm always happy to support you if you need someone to talk to.



### Women's Rep

Iris Hamilton

[iris.hamilton@ccc.ox.ac.uk](mailto:iris.hamilton@ccc.ox.ac.uk)

Hi! My name's Iris (she/her); I'm a third-year English student at Corpus, and this year's Women's Rep!

My main job is ensuring anyone who identifies as a woman at Corpus is supported, listened to, and represented at both a collegiate and university level. I'm around to talk about anything and offer – hopefully – helpful advice; I'm also here as a way to talk to college whilst remaining anonymous, and to help continue to make Corpus a more inclusive and friendly space.

Though my role specifically focuses on those who identify as women, I'm a member of the Equal Opps committee and so I'm here for anyone, anytime, for anything; I've also been specifically trained through the university to give guidance on both sexual health and consent.

**BME Rep**  
**Catherine Scoon**

[catherine.scoon@ccc.ox.ac.uk](mailto:catherine.scoon@ccc.ox.ac.uk)

Hey all! I'm Cathy, your BME Rep. I'm a second year historian and I'm interested in supporting and helping you with anything BME and ethnic related. Sometimes Oxford can have many stereotypes surrounding it which may negatively impact BME students. But as your BME rep, I hope I can be your first port of call in helping alleviate any queries and in supporting you through your wonderful journey here at Corpus Christi!



If you ever need a friendly ear to listen or a nice chat, don't hesitate to contact me at: [catherine.scoon@ccc.ox.ac.uk](mailto:catherine.scoon@ccc.ox.ac.uk) or find me on Facebook messenger! 😊



**Access Officer and Class Rep**

Georgia Avery

[georgia.avery@ccc.ox.ac.uk](mailto:georgia.avery@ccc.ox.ac.uk)

Hi! I'm Georgia (she/her), I'm a second-year psychology student from the West Midlands and I'm the Class Rep. I represent any students who are state-comp educated, first gen, from a lower-income household, in receipt of bursary support, working class, a care leaver, or estranged. I understand class-related differences can make adjusting to life at Oxford challenging, and I'm here to support you if you feel affected by this. Whatever your background is, I'm here to reassure you that Corpus is the place for you and you are welcome here. I'm always happy to talk about anything class-related, so if you have any questions, suggestions, concerns or just want a chat, please get in touch!

## Peer Supporters

Our Peer Supporters are some of the greatest assets to the JCR's welfare. They are members of the JCR who have been specially trained in an intensive programme of listening skills by the Oxford Counselling Service. Following their training, Peer Supporters agree to attend fortnightly supervision sessions with their professional trainer/supervisor. The Dean of Welfare meets with them during term as well, never to discuss individuals, but as a way of supporting them and for the Peer Supporters to alert her to wider welfare concerns.

Like the Welfare Officers, they abide by strict codes of confidentiality, and they also have links to the Peer Supporters at Jesus College, to whom they are willing to refer anyone who'd like to talk to someone outside of college. They are also able to point you in the direction of other sources of help if need be, and you can talk to them about anything that might be affecting your life at Corpus, from work stress to relationship problems. They run drop-in sessions and events as a collective but also operate as individuals and are happy to be contacted directly if you want to arrange to talk. But, first and foremost, they are friendly faces around college that can simply be approached informally in the JCR, on the High Street or wherever you find them if you want to talk confidentially to someone impartial, non-judgmental and understanding.

*"I know as well as anyone that Oxford can be a stressful place,  
and I think that there's no better use of my time than helping  
people deal with their emotional problems and make the best of  
their time at university."*

### **The current Corpus Peer Supporters are:**

Aaysha Ahmad – [aaysha.ahmad@ccc.ox.ac.uk](mailto:aaysha.ahmad@ccc.ox.ac.uk)

Isaac Chase-Rahman – [isaac.chase-rahman@ccc.ox.ac.uk](mailto:isaac.chase-rahman@ccc.ox.ac.uk)

Teia Currimbhoy – [teia.currimbhoy@ccc.ox.ac.uk](mailto:teia.currimbhoy@ccc.ox.ac.uk)

Bethany Longworth – [bethany.longworth@ccc.ox.ac.uk](mailto:bethany.longworth@ccc.ox.ac.uk)

Ben Wharton – [benjamin.wharton@ccc.ox.ac.uk](mailto:benjamin.wharton@ccc.ox.ac.uk)

# PEER SUPPORTERS



**ISAAC (HE/HIM)**  
4TH YEAR PHYSICS  
isaac.chase-rahman@ccc.ox.ac.uk  
07436 014773



**AAYSHA (SHE/HER)**  
3RD YEAR PPE  
aaysha.ahmad@ccc.ox.ac.uk  
07475 744273



**BETH (SHE/HER)**  
3RD YEAR MEDICINE  
bethany.longworth@ccc.ox.ac.uk  
07541 806354



**TEIA (SHE/THEY)**  
2ND YEAR HISTORY  
teia.currimbhoy@ccc.ox.ac.uk  
07427 602518

**LGBTQ+ Peer Support at  
Rainbow Peers**  
rainbowpeers@admin.ox.ac.uk  
m.me/rainbowpeers



**BEN (HE/HIM)**  
2ND YEAR HISTORY  
benjamin.wharton@ccc.ox.ac.uk  
07809 559433

**BAME Peer Support**  
peersofcolour@admin.ox.ac.uk  
m.me/oxuntpoc

## JCR Tea



We will be hosting regular welfare get-togethers on the weekend, where those in need of a break can come along and enjoy a friendly chat. These weekend welfare events give you a safe space for conversation with the Welfare officers, and are also just a friendly environment to have a catch-up. Teia, Tom, Elias, Stan and Beth will be hosting and so it can be a great place to grab them for an informal chat, or just to have a bit of down time.

## Under the Weather?

We're also pretty good for Lemsip, throat sweets, cough medicine, tissues, all varieties of tea/coffee/hot chocolate and other odds and ends. Should you be in need of some kind of comfort at any time – especially if you are struck by the dreaded “Freshers Flu” (even the oldest and wisest Corpuscles fall prey!) and don't forget Hanne the College Nurse (see above).

## MCR Welfare Officers



### **Male Welfare Officer**

**Peter Doohan**

[peter.doohan@ccc.ox.ac.uk](mailto:peter.doohan@ccc.ox.ac.uk)

Hello, I'm Peter and I am the Male Welfare Representative for the MCR. I'm doing a 1+3 program in Neuroscience. Together with Geetika, I help organise various welfare events, including brunches, walks around Oxford, pizza nights and even free massages for MCR members. As Welfare Rep I am one of your points of call for any welfare-related issues you might encounter during your time at Oxford and Corpus. I'm always happy to lend an ear and answer any questions you might have. As Welfare Officers, Geetika and I also ensure that all MCR members are provided with free contraceptive and sanitary products, (and act as the MCR chocolate fairies). I look forward to seeing you around the MCR!

### **Female Welfare Officer**

**Geetika Kumar**

[geetika.kumar@ccc.ox.ac.uk](mailto:geetika.kumar@ccc.ox.ac.uk)

Hi, I'm Geetika and I'm a 4<sup>th</sup> year medic! As the MCR welfare officers, Peter and I are responsible for organising welfare teas and events throughout term, and ensuring that the Welfare Cupboard in the MCR is well stocked. We also run various welfare schemes including the Chocolate Fairy Scheme, Emergency Contraception Scheme and Menstrual Cup Scheme, which you can contact us to avail with complete confidentiality. Feel free to get in touch with me for anything welfare related, be it something you'd like to chat about to de-stress or suggestions for the next welfare tea!



## Oxford University Counselling Service

The Counselling Service is here to enable you to address personal or emotional difficulties which may impact your time at Oxford. You may have a long-standing concern you feel you need to get to grips with, or you may be encountering new difficulties here at Oxford – perhaps struggling to establish an identity, to make relationships or to cope with academic expectations. You may be struggling with a specific, well-defined problem, or you may not have any idea what the problem is but just have a sense that something isn't right.

The Counselling Service is here for you, whatever your situation. We are here to help you gain a better understanding and insight into any difficulties you may be experiencing, to develop emotional resilience and put into effect real change, enabling you to fulfil your academic and personal potential. The Service offers free and confidential support, but it is not an emergency service.

**In addition to counselling**, the Counselling Service offers the following:

- An introduction to counselling video – <https://www.ox.ac.uk/students/welfare/counselling>
- Workshops – <https://www.ox.ac.uk/students/welfare/counselling/workshops>
- Including supportive resources – books, podcast, self-help material – <https://www.ox.ac.uk/students/welfare/counselling/self-help>

The Counselling Service is at 3 Worcester Street, OX1 2BX. You can make an appointment in person, by phone (01865 270300) or by email ([counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)).

Weeks 0–9, reception is open 9am – 5pm, Monday to Friday.

For more information, visit OUCS at: <https://www.ox.ac.uk/students/welfare/counselling>

## Oxford University Disability Advisory Service (DAS)

This University service provides information and advice on disability issues at Oxford and facilitates support for students with disabilities. This includes, for example, students with sensory or mobility impairments, long-term health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties. [disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk); 01865 280459; <https://www.ox.ac.uk/students/welfare/disability?wssl=1>.

**Sarah Warbrick, the Student Support Officer** (see p. 4), is also the **College's Disability Officer** and can assist with accessing support from the Disability Advisory Service.

## Togetherall: supporting student mental wellbeing

This free online support service is open to all Oxford students. Giving access to a global welfare community, moderated by mental health professionals Togetherall provides a safe space for students to help self-manage their mental health and wellbeing – whether they are struggling to sleep, feeling low, stressed or unable to cope.

To join, students should visit [www.togetherall.com](http://www.togetherall.com) and Register under “I’m from a university or college” with their Oxford email address.

The University will not be informed if students sign up to Togetherall or know of students’ activities on the service – unless Togetherall has serious safety concerns. If this happens Togetherall will contact the University/College welfare team.

## Oxford University Sexual Harassment and Violence Support Service

The Sexual Harassment and Violence Support Service provides a safe place to be heard – independent of your college or department. It offers free support and advice to any student who has been affected by sexual harassment or violence. All of the specialist advisors are trained to support you at your pace. They will help you explore your options and support you whatever route you choose. All information shared at the Service will also remain confidential (unless there is a risk to yourself or others).

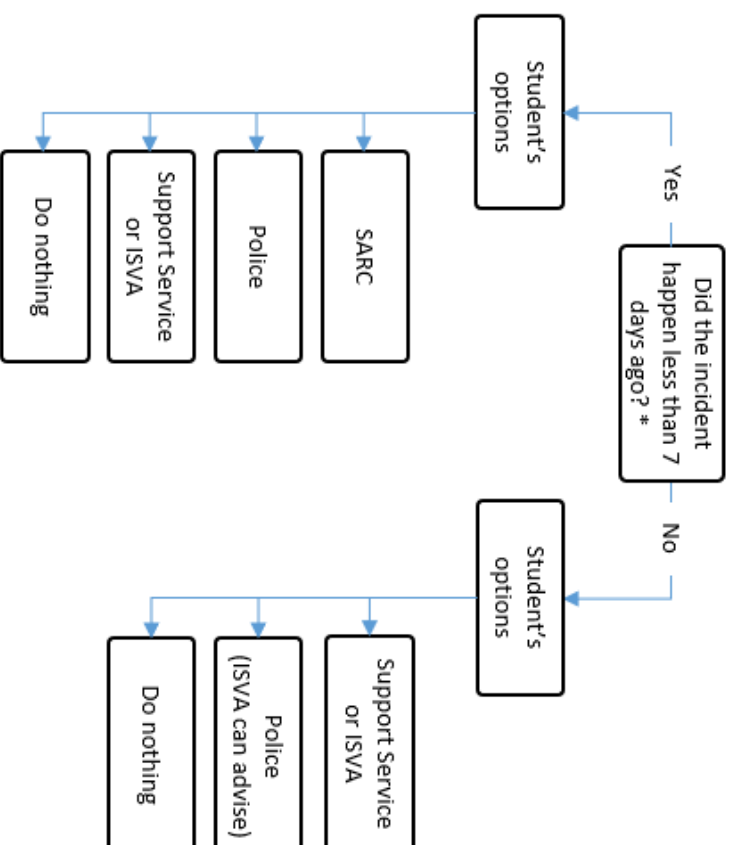
E-mail: [supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk) or go to <https://www.ox.ac.uk/students/welfare/supportservice?wssl=1> for more information.

Students in active criminal justice proceedings or seriously considering reporting to the police following an incident should be referred to the Independent Sexual Violence Advisor (ISVA) at [oxforduniisva@osarcc.org.uk](mailto:oxforduniisva@osarcc.org.uk)

Please see the next page for the current iteration of the sexual violence flowchart.

See also below under **Resources Beyond the University** for further support services.

# Responding to instances of sexual violence



- Immediate considerations:**
- Immediate healthcare needs of student - Emergency contraception, STI testing & HIV Post Exposure Prophylaxis at Churchill Hospital - 01865 231231, or SARC.
  - Immediate risks to individual or wider population - 999 for police/ambulance or 01865 289999 for University Security Services.
  - Securing forensic evidence (clothing etc.) in case they want to report to the police.
  - Be aware that the first time a person makes a full statement about what has happened (a 'first disclosure') the recipient and any notes could be called to Court. If a student wants to provide this, direct them to the Support Service where individuals are trained in taking these disclosures. They can also report straight to the police.
- Advice:** A no-names confidential discussion is available to staff if unsure:  
Email [supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk) to arrange call

**SARC (Sexual Assault Referral Centre)**

\* Only very recent incidents can be referred to the SARC for a Forensic Medical Examination

0800 9709952  
24/7 all year round  
Located in Bicester or Slough

Calling ahead is **essential**. The SARC team will want as much information as possible in order to advise.

The student can attend the SARC without making a report to the Police. The college lodge may have funds for taxi costs.

**Do nothing**

Doing nothing at this stage is a valid choice, and the student's decision must be respected.

Signpost to primary care services (college GP, Churchill Hospital, nurse) for immediate healthcare needs - emergency contraception & HIV Post Exposure Prophylaxis.

Signpost to Support Service:  
[www.ox.ac.uk/supportservice](http://www.ox.ac.uk/supportservice)  
[www.ox.ac.uk/self-refer](http://www.ox.ac.uk/self-refer)

**Support Service & ISVA (Independent Sexual Violence Advisor)**

Offers independent and confidential advice on the options available and ongoing support. Available office hours or by appointment.

[Supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk)  
[www.ox.ac.uk/self-refer](http://www.ox.ac.uk/self-refer)

Students considering criminal justice routes can contact the ISVA direct:  
[OxfordUnilSVA@osarcc.org.uk](mailto:OxfordUnilSVA@osarcc.org.uk)  
07483 141 059

**Police**

101 (999 in emergency only)

Reports of incidents can be made via 101, in person at St Aldates Police Station, or through the SARC.

**Making a complaint to College or the University**

The Support Service will be able to advise students on the process, where this is an option.

**Accused students**

Are supported separately and independently and can seek advice.  
[caseadvice@admin.ox.ac.uk](mailto:caseadvice@admin.ox.ac.uk)  
<https://www.ox.ac.uk/students/welfare/supportservice/accused>

## KES@Northgate is ‘the College Doctor’

Northgate Health Centre, 15 Market Street (new premises)

Many fit and healthy young people seldom need to see a doctor but should you ever have any concerns about your physical or mental health we would encourage you to get in touch with us. We are one of the smaller practices in the city and this enables us to offer greater continuity of care and a very personalised, professional and friendly service to our patients – both college students and residents of Oxford alike. **We can be found at the Northgate Health Centre at 15 Market Street – only a 5 minute walk from Corpus.**

If you come to Oxford aware of an existing health condition, particularly a serious or long-term one, then we would strongly encourage you to make an appointment during your first term, so that we get to know you and can look after you effectively for the duration of your time in Oxford. This is one reason why we ask all students to complete a health questionnaire as part of the registration process.

The surgery is [open](#) on Monday to Friday from 8am until 6pm. After 6pm we have a doctor on call on the [usual surgery number](#) until 6:30pm. For urgent matters that cannot wait until the morning, an ‘Out of Hours’ service is available from 6:30pm to 8am and at the weekends, by telephoning [111](#). We offer some bookable appointments in the evenings and on alternate Saturday mornings.

Our doctors and practice nurse are:

Dr MaryKate Kirkaldy



Dr Naomi Drury



Dr Brian Nicholson



Dr Emily MacKeith



Amanda Andjelkovic



### Online convenience

In addition to the normal routes of making appointments by phone, we also offer [Patient Online Access](#). In addition to booking appointments and ordering repeat prescriptions in this way, we have extended the facilities offered through this system so patients may now view their electronic medical

record via [Patient Online Access](#). Please ask at reception if you would like to register for this facility. The same functionality is also available via the [NHS App](#), a simple and secure way to access a range of NHS services on your smartphone or tablet, downloadable from your usual app source.

We also have a virtual consultation service available via the [Practice website](#) – just look for the eConsultation button on the Home page. Rather than waiting for an appointment, you can use the eConsultation to provide a few details and your query will be reviewed by a doctor (or the admin team if appropriate) who will send you a response by email or phone.

We also offer the free NHS [electronic prescription service](#), which means that prescriptions, however they are requested, can be transmitted electronically directly to a pharmacy of your choosing. This can be a good time saver, as it means you don't have to come in to the surgery to collect the paper prescription. It can also be useful during the vacations, as by simply changing your *nominated* pharmacy you can request for items to be delivered to wherever you happen to be when not in Oxford. There's no limit to the number of changes you can make, so it is easy for you to get your medication wherever it will suit you most. For added convenience during term time, one local pharmacy – Woodlands – operates a delivery system whereby prescriptions sent to them will be delivered to the college lodge.

You can also give [feedback](#) about our service online, by completing our [Friends & Family Test](#).

### **How we help**

Unlike other Universities, Oxford does not have a central University Health Centre. Individual Colleges appoint experienced General Practitioners to look after members of College. As the College Doctor, together with the College's Welfare Team, we are here to give support to people who are unwell as well as those who are encountering difficulties of whatever kind. There is always someone available to help. And it is important to emphasise that confidentiality is paramount and that information is not passed from the College Doctor to the College without the *express* permission of the patient concerned, **unless there is a risk of serious harm**.

### **Examination Stress**

If things aren't going well come and discuss them with us. If you are sleeping poorly, you might try the NHS ['how to get to sleep' guide](#) for some practical advice and support.

### **Travel Vaccinations**

Remember to seek advice on travel vaccinations and prophylaxis well in advance of your trip. Our [practice nurse has up-to-date information](#) on all areas of the world. Remember travel vaccination and anti-malarial tablets are not covered by the NHS. They are still well worth the investment.

### **Mental Wellbeing**

We are here to help with mental and emotional problems as much as physical ones and have a long-standing interest in mental health. We can also provide information about other support services such as those listed below as well as make referrals to [Talking Therapies](#) (the NHS psychological services umbrella organisation) and other professionals if required.

<p><b>Oxford University Student Union Welfare:</b> A broad guide to support services within the University.</p>	<p><a href="https://www.oxfordsu.org/news/article/10515/Welfare/">https://www.oxfordsu.org/news/article/10515/Welfare/</a></p>
<p><b>Oxford University Counselling Service:</b> A free, confidential, counselling service for undergraduate and graduate students to which you can self-refer.</p>	<p>t: 01865 270300 <a href="mailto:counselling@admin.ox.ac.uk">counselling@admin.ox.ac.uk</a> <a href="https://www.ox.ac.uk/students/welfare/counselling?wssl=1">https://www.ox.ac.uk/students/welfare/counselling?wssl=1</a></p>
<p><b>Nightline:</b> A night-time listening, support and information service run by Oxford students for Oxford students.</p>	<p><a href="http://oxfordnightline.org/">http://oxfordnightline.org/</a></p>
<p><b>Samaritans:</b> Confidential emotional support 24 hours a day.</p>	<p><a href="http://www.samaritans.org">http://www.samaritans.org</a></p>

### Sexual Health and Contraception

Contraceptive services are provided free of charge by GPs and [Oxfordshire Sexual Health Services](#). We can provide advice or refer you for all forms of [contraception](#), in a safe supportive and confidential environment. Condoms are available free of charge from the Welfare Reps. [Emergency contraception](#) advice is available free and in confidence from the practice.

Sexual Health advice can be accessed at the practice but for screening you should go directly to the sexual health clinic at [East Oxford clinic or visit the Churchill Hospital](#). They can be contacted by telephone on 01865 231231.

### Don't be a stranger

This practice has a long history of looking after students and acting as public health adviser to Colleges and the University. Remember you don't have to be physically sick to come and see us – we can help with exam stress, general anxiety and low mood, and we offer 'lifestyle advice' on a range of topics including healthy eating, physical activity and exercise, travel health, smoking and drinking, contraception and sexual health. Your time at university should be fun – if it isn't, come and see if we can help!

### Links worth bookmarking

The Practice website:

<http://www.kingedwardst.nhs.uk>

NHS UK – your NHS online:

<http://www.nhs.uk>

*This is a fantastic website with a wealth of information including:*

- an [A-Z](#) of symptoms, conditions and treatments;
- a [Live Well](#) guide with over 100 topics on healthy living; and
- a [health news](#) section which gives balanced scientific response to recent health stories in the media.

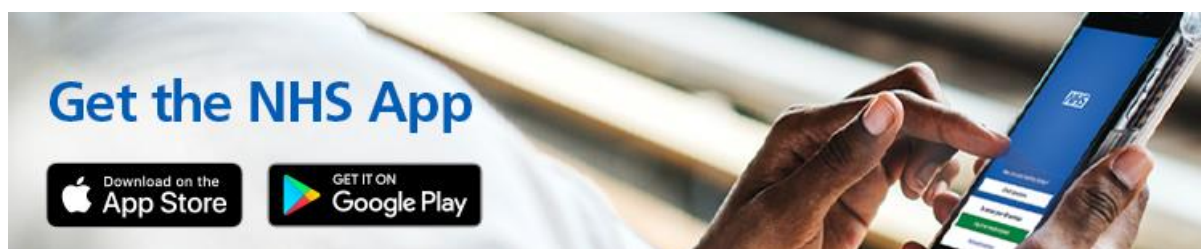
How the NHS works in the UK:

[www.oxfordshireccg.nhs.uk/documents/patient-info/health-advice/yourhealthleaflet-english.pdf](http://www.oxfordshireccg.nhs.uk/documents/patient-info/health-advice/yourhealthleaflet-english.pdf)

(This leaflet is also available in Bengali, Cantonese, Farsi, Kurdish-Sorani, Polish, Portuguese and Punjabi from: <http://www.oxfordshireccg.nhs.uk/your-health/> )

Where else to get medical help:

[www.kingedwardst.nhs.uk/self-help-centre](http://www.kingedwardst.nhs.uk/self-help-centre)



**KES@Northgate, Northgate Health Centre, 15 Market St,  
Oxford OX1 4JA** **tel: 01865 242657**

## Dental Care

Dental care on the NHS is difficult to find in Oxford. You can try Damira Dental Studio at the Headington campus of Oxford Brookes University: Colonnade Building, 3<sup>rd</sup> Floor, Gypsy Lane, Oxford OX3 0BP.

Tel: 01865 689997

Email: [oxford.reception@damiradental.co.uk](mailto:oxford.reception@damiradental.co.uk)

This site will help you find other NHS dentists in the area:

<https://www.nhs.uk/service-search/find-a-dentist>

## Resources Beyond the University

- [Nightline](#) is a confidential listening service, providing support and information, for students and by students, throughout the night. They can be contacted on 01865 270270 any time from 8pm to 8am from Sunday of 0th week until Saturday of 10th week.
- [Mind your Head](#) aims to raise awareness of and reduce the stigma of mental health issues. They have a useful website which lists many other resources in Oxford for those who feel they would like support with their mental health.
- [Talking Therapies](#) offers a range of therapies for the treatment of common problems such as depression and anxiety. You can go to the website to carry out a self-referral.
- [Samaritans](#) are a national charity available 24/7, all year around. They provide a confidential and independent listening service for anyone in mental distress. They can be contacted on 116 123 (free from any phone).
- [Oxfordshire Safe Haven](#) is a non-clinical local support service for people experiencing a mental health crisis open 365 days per year. Offers listening and advice.
- [Students Against Depression](#)
- [Papyrus – Prevention of Young Suicide](#)
- [It Gets Brighter](#)
- [The Wellbeing Thesis](#) (for postgraduate research students)
- [Switchboard LGBT+](#)
- [Mental Health UK; resources for BAME people](#)
- [Beat Eating Disorders](#)
- [Substance Abuse \(NHS\)](#)
- [Turning Point](#)
- [Talk to Frank](#) (help with issues around drugs)

### Sexual Health and Contraception

In terms of physical health, it's important to keep yourself safe from sexually transmitted infections and the chance of an unplanned pregnancy.

- The **College Doctors** (see above) provide professional advice on sexual health and contraception and can provide emergency contraception.

- Our **JCR and MCR Welfare Reps** (see above) provide condoms, lubricant, sanitary products, all free for those in need and available 24/7 from the welfare pidges/Plummer. Pregnancy tests and dental dams are also free, just ask one of our Welfare Officers and they can pass them onto you discreetly. For MCR members, supplies are available in the MCR kitchen.
- **Emergency contraception** is a form of birth control that prevents pregnancy after unprotected sex (otherwise known as ‘the morning after pill’). The sooner you use emergency contraception after having unprotected sex, the more effective it is. It is available from the college doctors, any sexual health clinic, and can also be purchased from most pharmacies (costs vary, but it will be around £25 and the welfare reps can reimburse you).

### Clinics

- **Rectory Road** (01865 231231) is the closest sexual health clinic. Walk-in clinics run throughout the week, offering a range of services such as free condoms, STI checks, and emergency contraception. There is a larger clinic in the Churchill Hospital . The clinic provides STI testing and all types of contraception – you can either make an appointment or attend a drop-in clinic.
- **Chlamydia screening:** (ages 24 and under only) you can request a free testing kit [online](#) from Oxford NHS and it will be posted to you (provided you have an Oxfordshire postcode). If you're under 25 years of age and sexually active, getting tested every year or when you change sexual partner is recommended because you're more likely to catch chlamydia.
- **Post-exposure prophylaxis (PEP):** if you believe you have been exposed to **HIV**, PEP is an emergency measure that may prevent infection. You should seek medical advice as soon as possible through the College Doctors or a sexual health clinic. Treatment is free to those meeting national guidelines. [www.tht.org.uk/sexual-health/About-HIV/Post-exposure-prophylaxis](http://www.tht.org.uk/sexual-health/About-HIV/Post-exposure-prophylaxis).

### Sexual Assault

For information on reporting and services for treatment and support including **Sexual Assault Referral Centres (SARCs)**: [www.nhs.uk/Livewell/Sexualhealth/Pages/Sexualassault.aspx](http://www.nhs.uk/Livewell/Sexualhealth/Pages/Sexualassault.aspx)

See also (above) the University’s **Sexual Harassment and Violence Support Service**.

**Thames Valley Police** has Specially Trained Officers (STOs) to respond to cases of assault. They can be contacted on 999 in an emergency or 101 in a non-emergency situation.

### Helplines in addition to the University Sexual Harassment and Violence Support Service

- **Oxford Sexual Abuse and Rape Crisis Centre** provides telephone, email and group support for female survivors of sexual violence. 0800 783 6294; <https://www.osarcc.org.uk/>.
- **The Bridgeway** offers support to LGBT survivors of abuse and sexual violence. <https://www.thebridgeway.org.uk/who-is-it-for/lgbtq/#>
- **Survivors UK** is a free helpline for male survivors of sexual violence, see [www.survivorsuk.org](http://www.survivorsuk.org).