

The Corpus Welfare Guide 2017



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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 in Corpus. In putting it together, we've worked closely with each other as well as 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 undergraduates and graduate members of College: most of it is relevant to everyone – some of it is more appropriate 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, it will sign-post you to a range of support within the College and beyond. The variety of resources on offer may appear a little baffling (or even slightly alarming!) but Corpus is a community of people with diverse needs and we've tried to cover as many bases as we could without overwhelming you with information.

So, the best advice is: seek out members of the College Welfare Team if you have concerns. Taken as a team of people, we have both youth and experience to offer you. There is more about us, and other members of the Welfare Team, 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.

Judith Maltby, Dean of Welfare & Chaplain
Abi Newton and Tom Spink, JCR Welfare Officers
Jacob Burnett and Sarah Norvell, MCR Welfare Officers

Hillary Term 2016

Senior Member Welfare Team

Dean of Welfare & Chaplain

Dr Judith Maltby

judith.maltby@ccc.ox.ac.uk

Room 2.4; 01865 276722



As well as being Chaplain, Judith is Dean of Welfare and has general responsibility and oversight for the welfare of all junior members in College. She is also the Fellow who takes the lead on matters of welfare policy and is happy to meet with students interested in how we could improve our provision. Judith is an Anglican priest but is here for all junior members of all faiths and none and although she is always pleased to discuss faith matters, when you go to see her, the focus is on what you need to talk about. She is a long serving College Chaplain and has considerable experience of University-wide services. As well as having served as a University Proctor (useful if you find yourself on the wrong side of the University's disciplinary procedures) she has also chaired the Management Committee of the University Counselling Service (so understands well the range of professional provision in the Service). She also has extensive tutorial and post-graduate supervision experience. In term time, Judith is normally in College every day except Saturday and can usually respond quickly to requests from students for appointments. More about her here: <http://www.ccc.ox.ac.uk/Fellows/f/14/>

Academic Registrar and Disability Officer

Miss Rachel Pearson

rachel.pearson@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 of welfare and academic matters. She is a good first point of call if you need advice on whom you should contact about any welfare (or academic) matter or for general information. 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. Rachel is also the College's Disability Officer and has regular contact with the University's Disability Advisory Service; she can advise you on what is required should you have an SpLD and how to receive support in both your academic study and in your examinations.

College Nurse

Ms Clare Woolcott

clare.woolcott@ccc.ox.ac.uk

Clinic Room, 10, Old Lodgings; 01865 276705



Clare is the College Nurse for Corpus and runs a clinic every day (times detailed below) from Monday to Friday in Weeks 0-9. Or she can visit you in your rooms if required. She works closely with the College Doctors and the practice nurse at the King Edward Street practice. Clare 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 manage wounds including removal of stitches and dressings and support students with long term conditions such as diabetes, asthma,

epilepsy and those who carry an epipen. Clare 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 can refer on to the University Counselling Service. All consultations are strictly confidential.

Clinic times

Monday 16:00 – 18:00

Thursday 13:00 – 15:00

Tuesday 13:00 – 15:00

Friday 13:00 – 15:00

Wednesday 8:30 – 10:30

Welfare Tutors

The Welfare Tutors provide additional pastoral support and are experienced tutorial fellows.



Prof Colin Akerman (Medicine)

colin.akerman@ccc.ox.ac.uk



Prof Ursula Coope (Philosophy)

ursula.coope@ccc.ox.ac.uk

More about Ursula and Colin here:

<http://www.ccc.ox.ac.uk/Fellows/f/25/> and <http://www.ccc.ox.ac.uk/Fellows/f/31/>

Senior Tutor

Dr Mark Wormald (Biochemistry)

mark.wormald@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:

<http://www.ccc.ox.ac.uk/Fellows/f/23/>



**Tutor for Graduates**

Prof Robin Murphy (Psychology)

robin.murphy@ccc.ox.ac.uk

The Tutor for Graduates works closely with the Academic Registrar to assist 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 Robin here: <http://www.ccc.ox.ac.uk/Fellows/f/38/>

**College Harassment Advisor**

Prof Constanze Güthenke (Classics)

constanze.guthenke@ccc.ox.ac.uk

Constanze is a trained Harassment Advisor and is available to all students who are needing guidance because of bullying or harassment. More about her here: <http://www.ccc.ox.ac.uk/Fellows/f/54/>.

The College's Policy and Procedure on Harassment and Bullying is available on our website: <http://www.ccc.ox.ac.uk/data/uploads/publicationscheme/Harassment%20and%20Bullying%20excl%20mediation.pdf>

Constanze or the Dean of Welfare can talk you through it without committing yourself to making a complaint.

Dean

Prof David Russell (English)

david.russell@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 Dean of Welfare or the Harassment Advisor (see above). More about David here:

<http://www.ccc.ox.ac.uk/Fellows/f/58/>



Assistant Deans

Anna Blomley, Laura Chan Wah Hak and Alex Dymond



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' and at night, they are often the first person called out by the Porters in an emergency. The Assistant Deans are your point of contact about if you wish to have a party and the administration around clubs and societies.

The Porters

01865 276700

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

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 incidences 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 an appropriate Senior Member College Officer(s): the Dean, Dean of Welfare/Chaplain, Senior Member Welfare Tutors, Tutor for Graduates, Academic Registrar or the College Nurse. In addition, the Harassment Advisor can provide advice throughout the process. A current list of those Officers can be found on pages 4 – 6. 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 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 here:

<http://www.ccc.ox.ac.uk/data/uploads/publicationscheme/Harassment%20and%20Bullying%20excl%20mediation.pdf> as is the University's Policy and Procedure

<http://www.admin.ox.ac.uk/eop/harassmentadvice/>, along with further information about sources of support and advice. The College's Policy and Procedure was recently revised in consultation with Junior Members to converge with the University's, thereby helping to ensure fair treatment across the collegiate University.

JCR Officers with Welfare Responsibilities

JCR Welfare Officers

Abi Newton
abigail.newton@ccc.ox.ac.uk

07760 765 631



Tom Spink
thomas.spink@ccc.ox.ac.uk

07531 884 079



We are known as 'Welfare Officer (Female)' and 'Welfare Officer (Male)' but are both always happy to talk to men and women about any worries you may have. As Welfare Officers, we're both confidential and impartial listeners. You can approach us in person (we try to be around college), by email or by phone; and we're normally happy to talk day or night. Don't feel awkward coming to us: no matter how trivial your worries may seem, chances are we've heard it before!

We can help direct you to welfare services both within and outside of college. We distribute information, attend meetings, organise events and are in charge of the JCR welfare resources (like the condoms). We always try to further the support that we and the college offer you. We're only the beginning of the help that you can find at Corpus, but if you're ever anxious about anything at all, we're a great place to start.

JCR President

Alice Rubbra

Alice.rubbra@ccc.ox.ac.uk

Hey, I'm Alice, a second year History and Politics student and the JCR President for 2017! I'm here to answer any queries about life in college and get your concerns heard with senior members in and outside of Corpus. The JCR President often acts as a mediator between all bodies/people within the college community, so I can be your first point of call for any problem – I'm in and around college most days!

I'm really excited to have such a wonderful committee to work with, so please use and contact relevant officers with any problems – I'm very confident that they will help! Also, if you have any suggestions about how we can help holistically as a committee, please let us know; anything to make the JCR an even more connected environment.



Vice-President

Henner Petin

henner.petin@ccc.ox.ac.uk



Hello! My name is Henner - a third year Classicist. I am your JCR Vice President for this year. As such, I help the JCR President in any and all ways I can when it comes to admin and meetings. Most importantly, I send out the agendas, officer's reports and minutes of our fortnightly JCR meetings. Together with the RO, I am therefore your first point of call if you want to get an issue discussed in a JCR Meeting or if you want something done or bought - in order to submit a motion, just drop me an email. I look forward to all of you contributing to our JCR democracy!

Treasurer

Thomas Munro

Thomas.munro@ccc.ox.ac.uk



Hi guys! I'm Thomas and I'm a third year classics student. My current position on committee is treasurer so happy for anyone to come to me about any concerns they may have about finances/levies (which you will find are charged on your termly college bill called battels) or about anything else for that matter. I'm very friendly (I hope) and am often around college if you just need a chat or a friendly face.

International Students Officer

Louisa Jagmetti

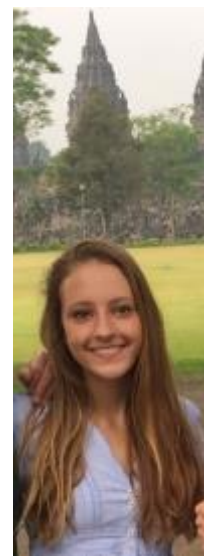
louisa.jagmetti@ccc.ox.ac.uk

Hi! I'm Louisa, Swiss from Singapore and here to make you all feel welcome and at home.

If you ever need help settling into the UK/Oxford/Corpus, anything from getting a UK phone number, bank account or finding things to dealing with homesickness or have any questions about international student life here (including issues such as holiday storage space), I'm more than happy to try to help you in any way possible.

I'm really excited for us to share the multi-cultural spirit and capitalise on the diversity that makes our community so special.

If anyone has any ideas, suggestions, worries, concerns or anything at all please do let me know!

**Academic Affairs Officer**

Rebecca Waterfield

rebecca.waterfield@ccc.ox.ac.uk



Hey guys, I'm Bex and I'm a 3rd year Medic. I'll be the Academic Affairs Officer at Corpus this year. I'm a point of contact for you all, should you have any issues or concerns about your workloads, tutorials, collections, you name it. It's my job to liaise with the Senior Tutor and ensure that your academic life is running as smoothly as possible. If you have anything at all you want to ask then just hit me up: rebecca.waterfield@ccc.ox.ac.uk, or come and find me around college.

OUSU Officer

Hannah Cheah

hannah.cheah@ccc.ox.ac.uk

Hey, I'm Hannah, a second year psychologist and Corpus's OUSU Officer! Our student union has council meetings every two weeks that pass policy on university-wide issues such as fee rises, student services, liberation campaigns, etc. My job is to let the JCR know what is happening at these meetings and to represent the JCR at them. Before each meeting I will send out an email about the ~cool and interesting things~ that will be on the agenda. If you have an opinion on any of these that you would like me to express, please tell me in person, text me, email me - I really want to know what you think!



The Equal Opportunities Committee

Our equal opportunities committee, led by Lucy is here to provide the JCR with support on any equal opportunities issue. There are four other Officers helping her: the Womens' Rep, the Spectrum Officer, the BME Officer, the Disabilities Officer and the Socio-Economic Rep. If you think there is another group which would benefit from representation on this committee, then let Lucy know!

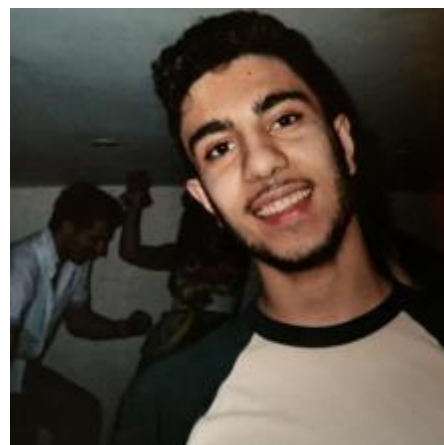
The Equal Opportunities Committee also meets with the Welfare Team and the Access and Admissions Officer regularly, so please do tell us if you have any ideas about improving equal opportunities in either of these areas.

Equal Opportunities Officer

Shahryar Iravani

Shahryar.iravani@ccc.ox.ac.uk

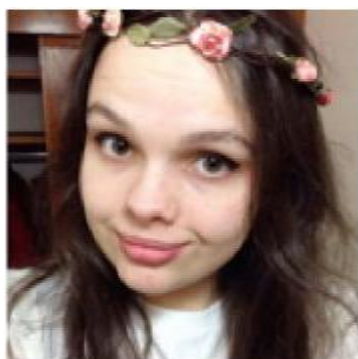
Hi, I'm Shahryar, and I'm a second year English student. As Equal Opportunities President, I'm responsible for promoting diversity and equality at Corpus, especially regarding gender, race, sexuality, class, disability, faith, and mental health issues. I hope to ensure, along with the rest of the equal opportunities committee, that Corpus is a friendly, open, and accepting environment for students regardless of their background and identity. I'm also responsible for organising a Unity Week in Trinity term to celebrate and promote diversity and liberation politics in college. Please let me know if you have any queries about equality at Corpus!



Womens' Rep

Abi Newton

abigail.newton@ccc.ox.ac.uk



Hey everyone! I'm Abi, I use she/her pronouns, and I'm a second-year English student. As Women's Rep, my job is to signpost welfare, events, and events happening in Oxford related to women's issues, and also to represent women on the Equal Opps committee and in JCR meetings. While my official title is Women's Representative, I'm absolutely open to listening to suggestions, queries or problems from anyone of any gender identity, so please feel free to get in touch!

Disabilities Officer

Imogen Gosling

imogen.gosling@ccc.ox.ac.uk

Hey hey, I'm Imy and I'm your disabilities rep. The Academic Registrar (see SCR page) is the College's experienced Disability Officer and knows how to access the range of support services in the University. I'm here if you have any questions or concerns over anything disabilities related, or just fancy a chat - managing a disability with the workload at Oxford can be tricky. I'll be promoting and organising disability-related events and workshops throughout the year - so I hope to see you there! If you have any questions about managing disabilities at Corpus, drop me an email.

**Spectrum Officer (LGBTQ Rep)**

Will Greaves

william.greaves@ccc.ox.ac.uk



Hiya, I'm Will, I use he/him pronouns and am a second year medic. I'm your spectrum rep this year, which means I'll be acting to ensure Corpus is a safe space for any LGBTQ+ students and to promote any university-wide events for you through Facebook and email. My role is to publicise any LGBTQ soc events, to report on any LGBTQ-related things from OUSU and also to act as a point of information as to LGBTQ support services throughout Oxford. I'm also always open for a coffee / chat if you're ever feeling worried or just want to talk about anything LGBTQ+ (or anything else that's troubling you), so feel free to message me on Facebook / pidge / email / talk to me in person.

BME Officer

Julia Li

jingyuan.li@ccc.ox.ac.uk

Hi guys! I'm Julia, a second year law student and Corpus's BME (Black & Minority Ethnic) Rep. My job is to keep the college updated on BME welfare related information and events from the University, the OUSU (Oxford University Student Union), NUS (National Union of Students) and CRAE (Campaign for Racial Awareness and Equality). I'm also hopefully going to try and organise BME events for within Corpus as well. If you have any BME-related concerns at all, suggestions on BME events/activities, or just want to have a chat, please feel free to talk to me! I'll be around college a lot so should be relatively easy to find. Otherwise, you can also email me, or message me on Facebook.

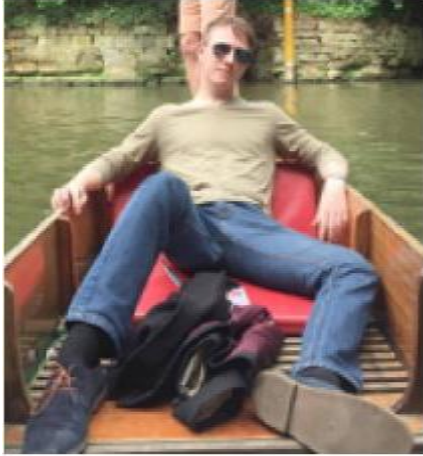


Socio-Economic Liberation Rep

Jack Beadsworth

jack.beadsworth@ccc.ox.ac.uk

Hey Freshers! I'm Jack, a second year law student, and your socio-economic rep. As it is a brand new position, the ambit and responsibilities are yet to be set in stone but essentially it is my job represent your social and financial interests in college, prevent any discrimination based on class and socio-economic background (this will apply more to working class students) and to ensure everyone is able to enjoy university to the full without financial concerns that may lead to social alienation. Basically if anything detrimental happens concerning your socioeconomic background I'm your go to guy. Please contact me on Facebook, face-to-face or by email if you have any worries about coming to Oxford because of your class/background.

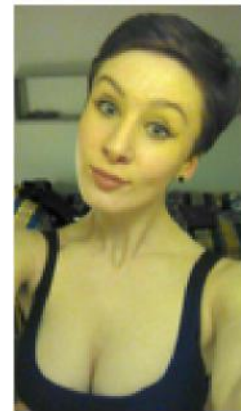


Mental Health Rep

Maddy Norman

madeleine.norman@ccc.ox.ac.uk

Hello, I'm Maddy, a third year Classicist and Corpus' Mental Health Representative. My role is to keep you abreast of all things to do with mental health going on around the university, to raise the profile and remove the stigma of mental health issues faced by Oxford students (with a particular emphasis on marginalised groups), and to promote an environment throughout college of understanding, awareness and support for mental health sufferers. As a Peer Supporter and Rainbow Peer (an LGBTQ+ Peer Supporter), I do my best to be an approachable and non-judgemental presence in college, and hope you'll feel able to talk to me about anything at all, mental health-related or otherwise!



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.

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, at Men's and Women's Tea, on the High Street or wherever you find them if you want to talk confidentially to someone impartial, non-judgemental 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."*

Some of the Peer Supporters at Corpus have attended training with two new Peer Support initiatives - Peers of Colour and Rainbow Peers. Both run as part of the Peer Support programme run by the Oxford University Counselling Service, they are in place to support students of colour and LGBTQ+ students.

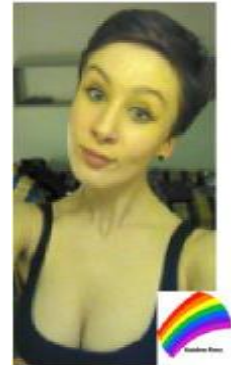
They can be identified by these two logos.



The Corpus Peer Supporters

Maddy Norman - madeleine.norman@ccc.ox.ac.uk

Hello, I'm Maddy, I'm a third year Classicist and a Peer Supporter. I try to be around college as often as possible and am always happy to chat, no matter how serious or how insignificant you feel what you have to say may be, so please come and introduce yourself! As a Rainbow Peer who identifies as pansexual, polyamorous and gender queer (pronouns she/her), I'm especially (but not exclusively!) here for anyone who would feel more comfortable talking to someone on the LGBTQ+ spectrum, regardless of their own sexual orientation or gender identity.



Oli Hirsch - oliver.hirsh@ccc.ox.ac.uk

I'm Oli, a second year history student and president of the Liddell Nap Society. I spend most of my free time aimlessly chatting and occasionally I play ice hockey until 1 in the morning. I'm always up for a conversation, so feel free to let me know if you'd like to talk about something.

Robbie Jackson - robert.jackson@ccc.ox.ac.uk

Hello, I'm Robert and I'm a second year English student and Peer Supporter. I'm often in college, so feel free to say hey or chat, big reason or small. I'm also a Rainbow Peer, so I'm happy to talk about any LGBTQ+ stuff, especially if you identify as such and would feel more at home talking to someone else who does as well. Hope to see all of you in Michaelmas and beyond.

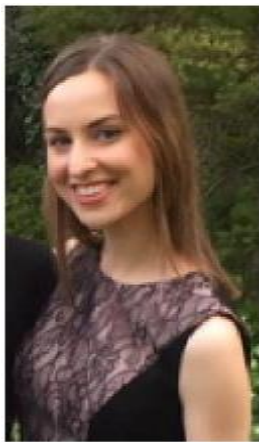


Abi Newton - abigail.newton@ccc.ox.ac.uk

Hey guys! My name's Abi and I'm a second-year English student. When I'm not in the library or attending Peer Support supervisions, you can usually find me singing in the choir or procrastinating in the JCR. As well as being a Peer Supporter, I'm also a Rainbow Peer, (a Peer Supporter who identifies as LGBTQ) so please feel free to chat to me or message me about anything big or small, queer-related or otherwise!

Adam Wicks - adam.wicks@ccc.ox.ac.uk

I'm Adam, a third year historian. I have been a peer supporter in Corpus for two years now so can help with any issues or problems you may have. Like all peer supporters, I have completed special training to help you through your time at Oxford. Feel free to talk to me whenever you see me, or drop me a message; I am living in college this year so will be easy to find.

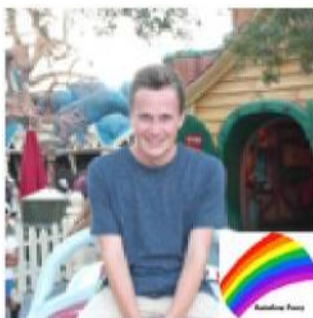


Chloe Duncan - chloe.duncan@ccc.ox.ac.uk

Hi, I'm Chloe! I'm a third year historian and also a Peer Supporter. Like a lot of third years I'm living in college so if you ever want to chat about anything - workload, friendships, the state of the weather - you can always find me around here somewhere! Cliché as it is, there really is no issue too big or small, and as Peer Supporters we can also help refer you on to any other people or services you might need. So whatever is on your mind, you're always welcome to send a message or just come and say hi when you see me around college!

Leila Parsa - leila.parsa@ccc.ox.ac.uk

I'm Leila, and as your previous female Welfare Officer I am also peer support trained! I'm always around college so please do feel like you can chat with me about anything and everything! I'm also a Peer of Colour, so if you're a BME student struggling, whether it be with BME issues or not, I'd be very keen to help.



Sammy Breen - samuel.breen@ccc.ox.ac.uk

I'm a 4th year Medic and part of both the JCR and the MCR. I'll be spending most of my time up at the JR but will still come into college as regularly as I can. Feel free to call/text/email/come right up to me whenever. I'm always happy to chat. I am also a Rainbow Peer, so if you want to talk about sexuality or anything that falls under the LGBTQ+ umbrella I'm happy to listen.

JCR Tea

A Cup of Tea Solves Everything...



This seems to be Corpus's philosophy! Every weekday afternoon at 4pm there is JCR Tea, which is held, unsurprisingly, in the JCR. Those in need of a break can enjoy tea, coffee, biscuits and a friendly chat. On Tuesdays, Wednesdays and Thursdays, Leila or Tom are available to have a chat if you need to get anything off your chest.

On Sundays at 4pm, Leila and Tom run "Women's Tea" and "Men's Tea" in the Fraenkel Room and Seminar Room respectively. Segregation is strictly enforced! But both male and female Corpuscles are guaranteed scones, fruit, brownies, salmon, cream cheese and whatever else Tom and Leila have bought that week, as well as the ubiquitous tea. It's also a chance to catch up with friends and talk to the peer supporters and Welfare Officers.

New this year is a joint welfare tea once every term, which promises to be quite the experience.

Fifth week is Corpus Cares week, as the Welfare Officers try to dispel the "fifth week blues" which creep up. Chief amongst the methods is a feast, called Welfare Tea, which has cake, brownies, cookies, fruit, bagels, Krispy Kreme doughnuts and much more! Free food, tea, coffee and good conversation seems to be the best method of cheering up students!

We encourage you to come to some (or preferably all) of Corpus's many teas — they're great fun!

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, Clare the College Nurse, is in the College for part of each day, Monday to Friday (see page 5).

MCR Welfare Officers

Jacob Burnett

jacob.burnett@ccc.ox.ac.uk

07490 699 104

Jacob hails from Mishawaka, IN. He graduated from Wabash College with a degree in political science and minors in psychology and rhetoric. He holds an M.Sc. in Criminology and Criminal Justice



from the University of Oxford. Jacob is currently pursuing a M.Sc. in Global Governance and Diplomacy. He has volunteered as the internship coordinator and project director for the Oxford Pro Bono Publico, grants officer for the Rhodes Scholar Sub Saharan African Forum, and is the welfare officer for Corpus Christi College. In his spare time, he enjoys laughing loudly, traveling, and drinking Starbucks coffee.

Sarah Norvell

sarah.norvell@ccc.ox.ac.uk

Sarah lives in Washington, D.C. She graduated from Yale with a BA/MA in Classics and is currently studying for an MPhil in Greek and/or Roman History. In her spare time she enjoys literature and Classical music. She is excited to be the Female Welfare Officer for the Corpus Christi College MCR and looks forward to getting to know the new (as well as old!) members of the MCR. Please don't hesitate to contact either her or Jacob to learn more about the welfare resources available at Oxford.



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>

Before coming to Oxford, you might find one of the following podcasts helpful:

Advice for Freshers

Mature Students

International Students

These can be found at <https://www.ox.ac.uk/students/welfare/counselling/self-help>

The Service is located 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).

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

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

King Edward Street Medical Practice is 'the College Doctor'

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 come and see 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. And as we are located only a stone's throw from Corpus (at the other side of Oriel Square), we are about as near as can be, so there really is no excuse!

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 generally [open](#) on Monday to Friday from 8am until 6pm although we are open for early morning appointments from 7am on Mondays and Thursdays. 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](#).

Our four doctors and two nurses are:

Dr MaryKate Kirkaldy



Dr Naomi Drury



Dr Brian Nicholson



Dr Emma McKenzie-Edwards



Tricia Joyce



Amanda Hague
Pic to follow

Online convenience

In addition to the normal routes of making appointments by phone or in person, 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.

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. 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 Pastoral 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.

Examination Stress

If things aren't going well come and discuss them with us. If you are sleeping poorly, see our [Sleep Well 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 Space](#) (the NHS psychological services umbrella organisation) and other professionals if required.

Union Welfare: A broad guide to support services within the University.	
Oxford Student Mental Health Network: A mental health support and training group for both Oxford University and Oxford Brookes. No direct service but links to lots of self-help.	http://www.brookes.ac.uk/student/services/osmhn/
Oxford University Counselling Service: A free, confidential, counselling service for undergraduate and graduate students to which you can self-refer.	t: 01865 270300 reception@counserv.ox.ac.uk www.admin.ox.ac.uk/shw/counserv.shtml
Nightline: A night-time listening, support and information service run by Oxford students for Oxford students.	http://oxfordnightline.org/
Samaritans: Confidential emotional support 24 hours a day.	http://www.samaritans.org

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 in common rooms and from the College Nurse. [Emergency contraception](#) advice is available free and in confidence from the practice.

Sexual Health screening can be accessed at the practice or you can 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 Choices – 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 a 100 topics on healthy living; and*
- *a **health news** section which gives balanced scientific response to recent health stories in the media.*

The Practice Leaflet:

<http://www.kingedwardst.nhs.uk/website/K84605/files/New%20Practice%20Leaflet%202015v6.pdf>

How the NHS works in the UK:

<http://www.oxfordshireccg.nhs.uk/wp-content/uploads/2013/03/English-migrant-leafletfinal.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:

<http://www.kingedwardst.nhs.uk/website/K84605/files/Choose%20Well%20Oxfordshire.pdf>

9 King Edward St, Oxford OX1 4JA

tel: 01865 242657

Dental Care: Studental

Studental provides NHS dental care to students and is located on the Headington campus of Oxford Brookes University: Colonnade Building, 3rd Floor, Gipsy Lane, Oxford OX3 0BP.

<http://www.studental.co.uk/>. Tel 01865 484608.