

Corpus JCR

A Brief Welfare Guide



2017-2018

*This brief guide was prepared jointly by senior and junior members
and can be used in conjunction with the larger
Corpus Welfare Guide available in hard copy from the JCR, College Office
or online via the Corpus Weblearn site.*

*The Porters' Lodge is staffed 24 hours/7 days a week.
It is normally your first port of call in an emergency,
especially out of office hours.
01865 276700*

Health, Welfare & Mental Wellbeing

There are plenty of people to provide support over a range of issues, covering health, mental health and welfare issues.

In College

Senior Members

- Liz Fisher (**Dean of Welfare**) is here to help all members of the College on any welfare matters. As Dean of Welfare Liz is responsible for co-ordinating welfare provision within the College; she does not have to be consulted about welfare matters – any of the people mentioned below can be contacted. She can be contacted by email at liz.fisher@ccc.ox.ac.uk
- Colin Akerman (**Senior Welfare Tutor**) is available to talk about any personal or academic issues that you maybe don't want to talk to your tutors about. colin.akerman@ccc.ox.ac.uk;
- Jane Lambert (Hilary)/Midge Curran (Trinity onwards) (**College Nurse**) is here to help with a wide range of health matters and concerns, and can assist with making a doctor's appointment if required - often on the same day. All consultations are confidential. Jane is available Monday, Wednesday and Friday; Midge will be available Monday to Friday (0th to 9th weeks only) in Old Lodgings, room 10. For times of her drop-in clinics, check via the website or the Porters' Lodge. midge.curran@ccc.ox.ac.uk; 01865 276705.
- Rachel Pearson (**Academic Registrar**) is also the College's **Disability Officer** and will help you access University resources for those with disabilities. rachel.pearson@ccc.ox.ac.uk; 01865 276737.

Junior Members

- The Corpus **Peer Supporter Network** are trained student volunteers available for those who would like to discuss problems of any nature. Hannah Johnson (Hannah.johnson@ccc.ox.ac.uk) is our Peer Support Co-ordinator, but the rest of the Peer Supporters are easily found and their details are in the JCR, or in the larger JCR welfare guide.
- Lilya Tata and Robert Jackson (**JCR Welfare Officers**) are available to provide support on a range of issues and a confidential listening space, as well as advice on resources available across the university. lilya.tata@ccc.ox.ac.uk ; robert.jackson@ccc.ox.ac.uk.

University-wide and NHS Resources

- The **University Counselling Service** offers individual counselling, group counselling and workshops. Their website also has links to self-help resources on a variety of issues. counselling@admin.ox.ac.uk; 01865 270300; <https://www.ox.ac.uk/students/welfare/counselling?wssl=1>.
- The **College Doctors** at 9 King Edward Street (on the other side of Oriel Square) have a lot of experience dealing with student health issues and are able to provide an overview of services available across Oxford and discuss the options available. 01865 242657; <http://kingedwardstreetsurgery.co.uk/>.

- **The Disability Advisory 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; 01865 280459; <https://www.ox.ac.uk/students/welfare/disability?wssl=1>.
- **Dental care** is available on the NHS at Studental on the Headington campus of Oxford Brookes University. 01865 484608; <http://www.studental.co.uk/>.
- The **Student Advice Service** run by Oxford University Students Union (OUSU) provides advice, information and advocacy to Oxford students on a number of issues including mental and sexual health, but also academic, financial, and accommodation concerns. 01865 288466.
- **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 fantastic website which lists many other resources in Oxford for those who feel they would like support with their mental health.
- **TalkingSpace** 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 08457 909090.

Sexual Health & 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 Welfare Reps** 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.
- **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).

Sexual Health Clinics

- Rectory Road (01865 455601) 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 East wing of the Churchill Hospital (01865 231231). 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 to be posted to you from Oxford NHS. To request a kit: use your mobile: text the word 'TEST' to 81400 or request online.
- 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. <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): <http://www.nhs.uk/Livewell/Sexualhealth/Pages/Sexualassault.aspx>

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

Helplines and support

- **Oxford Sexual Abuse and Rape Crisis Centre** provides telephone, email and group support for female survivors of sexual violence. 0800 783 6294; <http://www.oxfordrapecrisis.net>.
- **Survivors UK** is a free helpline for male survivors of sexual violence open Mondays and Tuesdays 7-9.30 pm or Thursdays 12-2.30 pm. 0845 122 1201; <http://www.survivorsuk.org>.
- **Broken Rainbow** provides support to LGBTQ survivors with a helpline open Monday and Thursday 10am-8pm and Tuesday and Wednesday 10am-5pm. 0300 999 5428; <http://www.brokenrainbow.org.uk>.