# **Contact Details**

### Welfare Officer - Jo Ockwell



House 4 01865 270525

Junior Dean - Alex Sheader

## JCR Welfare Officers - Ellie/Ewan College Nurse - Glenys Knighton



ellie.cooper@some.ox.ac.uk ewan.connell@some.ox.ac.ul

Darbishire 16 01865 270865 somenurse@nhs.net



Office in House 01865 270629 senior.tutor@some.ox.ac.uk

### College Dean - Simon Kemp



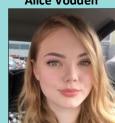
Junior Dean - Ash Raghu







# Peer Supporter -Alice Vodden



Peer Supporter -Daanial Chaudhry



Peer Supporter -Yinni Hu



Peer Supporter -Sophie Kilminster



Peer Supporter -Gerda Mickute



## Message peer supporters on Facebook or email, or go to GAIL's, 21-22 Little Clarendon Street, Vaughn Gate, during drop-in hours

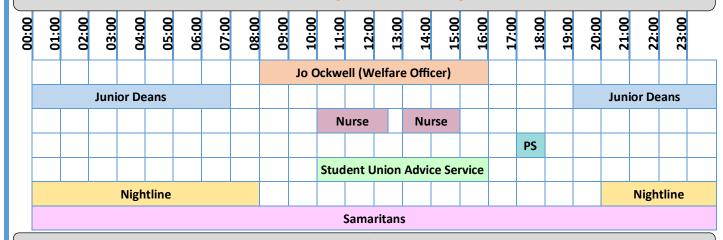
Nightline 01865 270270 www.oxfordnightline.org

Samaritans 116 123 jo@samaritans.org **Student Union Advice Service** Worcester Street 01865 288466

**Oxford University Counselling** www.ox.ac.uk/students/ welfare/counselling

# **Availability**

## **Monday to Thursday**



## **Friday**

00:00	01:00	02:00	3:00	04:00	2:00	00:90	07:00	08:00	00:60	10:00	11:00	2:00	3:00	4:00	5:00	00:9	7:00	18:00	19:00	20:00	21:00	22:00	23:00	
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	Junior Deans																	Junior Deans						
											N	urse		Nu	rse									
																	P	S						
	Nightline																			Nightline				
Samaritans																								

### Samaritans

	Saturday and Sunday																					
01:00	02:00	03:00	04:00	02:00	00:90	02:00	08:00	00:60	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	0
Junior Deans																						
Nightline																				Night	tlin	

### **Samaritans**

# **How To Address Various Welfare Concerns**

## **Key Information**

Whatever your feelings, issues, queries and uncertainties, please feel free to confide in anyone listed on this page - regardless of the positions they hold, they have all received welfare training so are all equally appropriate people to approach. Everyone listed will provide confidential (see our confidentiality policy at www.some.ox.ac.uk/about-somerville/

# freedom-of-information/policies-procedures-2/) and non-judgemental support; they are also

all immensely knowledgeable of all the services available in Oxford so can help you find whatever you need. Nothing is too small, insignificant or unworthy of our time and attention, and there is certainly nothing too big that can't be solved. We all want to help in whatever way we can, so please don't hesitate to get in touch.

# **Mental Health**

## If you or someone else is at risk of serious harm call 999 (or 112 on international phones) If you or someone else is experiencing a medical First and most importantly, make sure you talk to someone, when or Officer, College Nurse, Junior Deans, or Porters if non of these people are available.

Check the timetable to see who is available then use the contact details to get in touch! We cannot promise that you will always be able to see someone on the College Welfare Team immediately, however, this is very rare and you will always be able to contact someone at Nightline or Samaritans. Alternatively, contact the Senior Tutor or send peer.supporters@some.ox.ac.uk an email to see if anyone is available.

For anything non-urgent go see the College Nurse; she can provide first aid, advice and

Since everyone listed has received welfare training, contact whoever you feel most ring 111 for advice. comfortable talking to. If you want anonymous support, contact Nightline, Samaritans, or create an anonymous email address and message peer.supporters@some.ox.ac.uk. If you want to speak to another student, contact the JCR Welfare Officers, Peer Supporters or Junior Deans; if not use the other contacts. If you want support outside of college, but still within the University, contact the **Student Union Advice Service**. **Nightline** and **Samaritans** provide support outside of the University.

# **Physical Health**

Welfare Officer, College Nurse, Junior Deans, or not want to do this. **Porters** if non of these people are available.

referrals for the GP/Hospital. If she is unavailable, go to the Porters for first aid and

If you are unsure whether you or someone else is experiencing a medical emergency, go visit the College Nurse. If she is unavailable ring 111 and they will tell you what to do.

## Crime

immediately. If it is safe to do so, you or someone else should also try contact the Welfare emergency call 999 (or 112 on international if you feel ready to. Remember, you have done nothing wrong! phones) immediately. If it is safe to do so, you or Everyone listed on this page is here to help; they can assist you with someone else should also try contact the the reporting procedure but will also respect your decision if you do

All crime, including harassment, discrimination and assault, can be reported to Police by calling 999, 101 or 01865 841148 (Local Police).

Report harassment/discrimination/sexual assault in college to the Dean at deans.office@some.ox.ac.uk. Outside of college, report discrimination at www.admin.ox.ac.uk/eop/ and report harassment/ assault at harassment.line@admin.ox.ac.uk or 01865 270760. Sexual assault can also be reported by visiting the Bicester Sexual Assault Referral Centre at The Solace Centre, OX26 2NT (college will pay for your taxi and you can take a member of the College Welfare Team) or inging them on 0300 130 3036.