

SOMERVILLE JCR

SOMERVILLE WELFARE HANDBOOK

2020- 2021



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Before Reading the Booklet

This booklet is long! And we appreciate that it can be daunting to look at whether you're a fresher or finalist. But don't be intimidated! **All the key information is at the back of the booklet.** The booklet is more for your reference, so you'll likely only need to look at a few pages relating to the concern you have, and lots of you probably won't even need to do that. We wanted the booklet to have advice on as many welfare concerns as possible. There's a great support network at Somerville, so don't be overwhelmed by the amount of info we've given you.

This year is going to be a weird one with a lot of uncertainty, so don't worry if you find yourself struggling more than usual. We assure you, you won't be the only one. Everyone at Somerville is here to help you through this year and as things change we'll update you with new information!

Wishing you the best possible year at Somerville,

Your College Welfare Team xxx

The College Welfare Team

All of the team is here to provide support in a confidential and non-judgemental atmosphere. If something is bothering you, please don't hesitate to get in touch with any member of the team as they would all love to help in any way they can. We all believe that a problem shared is a problem halved, also, nothing is too small or insignificant for our attention. All of the College welfare team, and the JCR representatives, work within our Somerville College Confidentiality Policy, which you can find here at www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/ so you don't need to worry about anything you tell us being disclosed to anyone else.

JCR Welfare Officers



Hi everyone!!

We're Corinne (she/her) and Alex (he/him), a second-year physicist and computer scientist respectively and the JCR welfare officers this year. Lucky you! Alex is from Lincolnshire which some people claim to be the North (it's not) but Corinne is from Yorkshire, the actual North.

Our role as welfare officers is to make sure Somerville is a place where people can feel comfortable, welcome, and able to talk freely about any mental health issues they may be facing. Coronavirus means this year is likely going to be a pretty weird one, but we still want people to have the best possible experience, fresher, finalist, or otherwise. We're here to provide non-judgmental support for any concern you might have. Corinne has completed 24 hours of peer support training to develop the necessary skills to support students. Alex has completed some similar online and will do the peer support training in Oxford as soon as he can.

We'll also be hosting fortnightly welfare teas where you and your peers can come and enjoy all the (free!) snacks and take some time out of your hectic Oxford life to relax. Members of the welfare team will also be there, but there's no obligation to talk to them. In 5th week (aka welfare week) we'll be hosting tons of events to help fight off those pesky 5th week blues (activities last year included a bouncy castle and having alpacas visit on the quad, a cookie fairy and much more!!).

If you're looking for any information or want to talk about anything, please drop either of us a message on Facebook, or email us at corinne.barker@some.ox.ac.uk and alex.pay@some.ox.ac.uk.

Just talking things through with a friendly face can make a huge difference so don't hesitate to get in touch. No problem is too small. We look forward to meeting you properly in October and we hope you have an amazing year at Somerville (even if it is a bit unusual)!

Lots of love and stay safe.

Welfare Support and Policy Officer – Jo Ockwell



There are many people here at Somerville whose job it is to ensure our students are as healthy and happy as they can be. My role is to co-ordinate welfare support for all of our students. I've been working here at Somerville for over ten years so have helped students with all sorts of problems. While I'm not an expert on every possible welfare concern you might have, I will definitely know someone who is! Because of COVID most support will be remote for a while but please email me if you need a confidential and we can arrange a time to talk in my office, House 4. And be assured that seeking help is always the start of sorting out an issue, never a sign of weakness. We all need a bit of support and help along the way sometimes, particularly adjusting to life at Oxford and the pressures it brings! It's also worth noting that the majority of our students go through their studies at Oxford without any interaction with the Welfare team, because they don't have any concerns. But keep us in mind just in case you do!

E-mail: welfare.officer@some.ox.ac.uk

Office hours: Please see sign on House 4



College Nurse – Glenys Knighton

My name is Glenys Knighton and I am the Somerville College nurse. My role is to support students who have a minor illness, minor injury, to support anyone struggling with a mental health issue and to signpost to other medical and dental services.

Due to the Covid crisis, I will be offering mainly remote consultations for the foreseeable future. To access my support during the hours of 10.30 am- 4.30pm on weekdays only during term time. Please do not come directly to my clinic room, instead first phone me on **01865 270608** or email me on **somenurse@nhs.net**. Should it be necessary to offer you a face to face consultation I will be in full PPE. Keep safe.

Senior Tutor – Dr Steve Rayner



I was born in Stoke-on-Trent, hence the sad devotion to largely disappointing football team (Stoke City, not Port Vale – that would have been even more disappointing, not that I have anything against Vale fans). I studied Physics at Oxford (St Catherine's – too male to be considered for Somerville at the time) and then went to Durham to study for a PhD in Very High Energy Gamma Ray Astronomy. I expected to stay for three years and was there for just under 25 years. After the PhD, I held a series of research contracts before being appointed as a fixed-term lecturer, which meant doing a lot more teaching. I found that the teaching and student support side of the job very fulfilling and applied to become Senior Tutor of one of the Colleges there, a job I held from November 2000 until the end of June 2011, when I came to Somerville to take up the job of Senior Tutor here. As Senior Tutor, I oversee the academic function of the College, from the admission of students (although I don't make any individual decisions), through to working with tutors to ensure that our teaching is properly organised and everyone gets the tutorials they need. I also provide support for students experiencing difficulties. I tend to focus on the academic side of things, with our Welfare Officer, Jo Ockwell, taking the front line role on welfare support for students but I'm happy to talk about welfare problems and what support is available myself. I'm delighted to be able to be a part of such a supportive, friendly and open community here at Somerville. We select applicants on academic criteria but we find that Somerville students always seem to be caring and friendly and inclusive-minded, which is great to see. My office is in **House, on the left at the top of the carpeted stairs that lead up from the Academic Office (turn right when you get to the T-junction on the staircase)**. I'm happy to talk to anyone about pretty much anything so do feel free to drop by. on Microsoft Teams, which is the secure video chat software available to

everyone in the University. I don't have fixed office hours but if I'm not working from home I usually get to work some time between 7.30am and 8am and I usually leave some time after 5pm, Monday to Friday. My door is usually open – if so, just come in. If the door is closed but the 'do not disturb' sign is not displayed, feel free to knock but I may be out at a meeting or some other commitment. To make sure I can see you, please email me, senior.tutor@some.ox.ac.uk, or Karen, my executive assistant at ea.senior.tutor@some.ox.ac.uk, to set up an appointment. Stephen.rayner@some.ox.ac.uk on Microsoft Teams, which is the secure video chat software available to everyone in the University. I don't have fixed office hours but if I'm not working from home I usually get to work some time between 7.30am and 8am and I usually leave some time after 5pm, Monday to Friday. My door is usually open – if so, just come in. If the door is closed but the 'do not disturb' sign is not displayed, feel free to knock but I may be out at a meeting or some other commitment. To make sure I can see you, please email me, or Karen, my executive assistant at ea.senior.tutor@some.ox.ac.uk, to set up an appointment. senior.tutor@some.ox.ac.uk, or Karen, my executive assistant at ea.senior.tutor@some.ox.ac.uk, to set up an appointment.

College Porters

Though the college porters are not strictly part of the welfare team, they do have some welfare responsibilities. Unfortunately, we have a page limit on the booklet and there are too many porters to introduce to you all in one go, however, they are all super lovely as you will find out/already know. Their main roles are to be friendly, welcoming, provide first aid and help with any queries you may have. The porters can be reached at any time of the day or night by visiting the Porters' Lodge in person or calling **01865270600**.

Junior Deans

We're Alex and Sybilla, and we are the Somerville Junior Deans. We know that life in Oxford can be tough at times, and we're here to support you with any issues you're facing - whether they're inside or outside of university. As we're part of Somerville's Welfare Team, you can talk to us in confidence and without judgement about any issue. One of us is available from **7pm-7am every weekday**, and **24 hours on weekends**. We can be contacted by phone, text and WhatsApp on **07805 784964**, on deans.office@some.ox.ac.uk, or via **the Lodge**, and we look forward to seeing you round College!

Alex Sheader



Hi, I'm Alex. I'm a DPhil student in the Materials Department, where I work on developing new electron microscopy and spectroscopy techniques for bio applications. I've lived in Oxford for four years, and I'm really happy to be starting my fourth year as a Junior Dean at Somerville. I'm usually found somewhere in a 200-meter radius between Somerville, my lab, and the pub, and I'm always happy to chat over a coffee.

Sybilla Perera

Hello - I am Sybilla, glad to be entering my fifth year here at Somerville as a Junior Dean. I am a doctoral student in Ancient Philosophy - I try to understand what Plato's conception of philosophy and rhetoric in democratic Athens can tell us about how ways of arguing affect political discourse and communities for better or worse. Being familiar with existential and academic challenges myself I found the support network of college and department life very valuable, so I decided to train to join these networks and do my bit to help. I am interested in psychology, and I really enjoy dancing, weight-lifting, watching films, dog walking and photography.



The JCR President – Fabio Rossi



Heya, I'm Fabio (he/him) and I'm your JCR President for this academic year. I'm a second year Philosophy, Politics and Economics student (still kinda crazy that I'm no longer a fresher arghh!) and I'm living in College this year so you'll see me around, probably playing an excessive amount of pool in Terrace... I'm always up for a chat as welfare is incredibly important to me; I've done the peer support training so am always happy to speak to anyone about any issues or concerns completely confidentially in a peer supporter capacity. The JCR (Junior Common Room) is a body that all undergraduate students are part of, it takes care of all areas of undergraduate life and my job as President is to liaise between the JCR and College authorities to ensure we all have a happy and comfortable college life. It is my job to represent your views so whether it is at a JCR meeting or just a conversation with me, please express your opinions! Any issues, complaints or concerns can come to me, if I can't deal with them I can direct you to who can. Coming to Oxford can be daunting at the best of times, never mind during a pandemic, but I am determined to make sure life at Somerville is as awesome as it can be!! Being part of a college community means we can support each other, and we're incredibly lucky to have such an amazing welfare team here at Somerville. I'm really excited for what this year will hold, and I hope you are too!!

Email: jcr.president@some.ox.ac.uk

JCR Peer Supporters

Ewan Connell



This booklet is really long so I'll keep it short and sweet. Also this is a really good chance to show everyone how cute my dog Bailey is! I love DOGS and Yorkshire puddings – that's it, that's my personality. On a real though if you ever want to chat about anything then I'm always happy to chat. Mental health sucks sometimes and there isn't much anyone can do about that, but even just talking to someone can make a world of difference so please don't hesitate. **E-mail:** ewan.connell@some.ox.ac.uk

Ellie Cooper



Hi I'm Ellie, a third year PPE student from London. I love drinking tea, theatre, games nights, and cooking the 4 meals I know how to make! I became a Peer Supporter because I know first-hand how difficult and isolating it can be here if you're struggling with something. Oxford can be a lot sometimes (and that's without a pandemic...), so if there's anything you want to talk through or just get off your chest, I am happy to meet up for a confidential socially distanced chat (and cup of tea!), or message if you would prefer - send me a Facebook message or email. **E-mail:** ellie.cooper@some.ox.ac.uk

Alice Vodden



Hi, I'm Alice and I'm a third-year history student and a trained peer supporter. I'm really passionate about peer support as I know first-hand how hard it can be at Oxford. I'm a first-generation student so all things access and welfare are super important to me; if anyone has any concerns relating to those things, I'm more than happy to do my best to help in any way I can. **E-mail:** alice.vodden@some.ox.ac.uk

Fabio Rossi



Hi! I'm Fabio (he/him), a 2nd year PPE student and a peer supporter! I can juggle and I'm gassed about that (only with three balls and it took me a really long time to learn), I can understand Lebanese Arabic but can't speak a word which sometimes makes for hilariously awkward situations and I love sports. Welfare is something I really care about and think is incredibly important, so never feel like you can't come to me with worries, concerns or even if you just want a chat! **E-mail:** fabio.rossi@some.ox.ac.uk

Joel Summerfield



Hello! I'm Joel (he/him) a 4th year mathematician and a peer supporter. I love everything music – listening to it, going to see it live, performing it with friends, or just playing on my own in my room. I also row (*sigh*) – though it only makes up about 60% of my personality – and enjoy running and badminton (even if I'm rather terrible at both). Mental health and wellbeing have always been top priorities of mine so please feel free to message me at any time with anything – be it concerns/worries or just for a friendly chat! **E-mail:** joel.summerfield@some.ox.ac.uk

Ville Virtualfare and JCR noticeboard

Due to the coronavirus pandemic, the world had to go digital, this included our welfare support at Somerville! We created the facebook group Ville Virtualfare as an online hub for all things Somerville welfare and we'll keep it up and running during term time until Covid-19 stops affecting us and then during vacations beyond that. So make sure you join!! Facebook link – <https://www.facebook.com/groups/206931054055109/>

There's also the JCR noticeboard (it's always been on Facebook) where people in college post about information and events going on in college and university wide. Make sure you've joined – you'll see regular welfare posts in there too! Facebook link –

<https://www.facebook.com/groups/171029169650768/>

Student Support at Oxford – Physical and Mental Health

It can be scary to experience a physical or mental health problem while at university, particularly as you are away from the familiar environment and support networks of home. However, you are not alone! We all get ill sometimes, and many people experience a mental health problem at some point. There are many avenues of support available, within and outside the University and you will always be treated with respect and confidentiality.

Physical Health

Medical Emergencies:

If you or someone else is experiencing a serious or life-threatening emergency call **999** immediately (or **112**, which works on international phones). If in college, you, or someone else if you are unable, should also contact the **Porters (pg.5)** or **College Nurse (pg.4)**. Ring **111** or seek advice from the **Porters (pg.5)** and **College Nurse (pg.4)**, if you are unsure of what to do. Even if you are not registered with the NHS, you will always be seen in an emergency at the **John Radcliffe Hospital** and the porters can book a taxi for you free of charge if you need to visit.

Address: John Radcliffe Hospital, Headley Way, Headington, Oxford OX3 9DU

Website: www.ouh.nhs.uk/hospitals/jr/

Medical Non-Emergencies:

You can go to the **Porters (pg.5)** or **College nurse (pg.4)** to receive general first aid. If you need medical advice outside of office hours, ring **111**. If you are experiencing a health problem that requires further care, then you should contact the local **GP**; they can provide you with a referral to hospital if necessary.

Jericho Health Centre – Local GP

GPs are able to help with both physical and mental health concerns using a variety of approaches. Available appointments are usually within 48 hours, but can be made for the same day for urgent matters. If you feel that you need to be seen urgently, please make this clear when making an appointment. It can feel daunting to visit a Doctor. If you would feel more comfortable, you can bring someone that you trust along with you for support. All the Doctors will do their best to be understanding of your problem and make you feel comfortable, but you can request another appointment with a different Doctor if you want to.

Address: Jericho Health Centre, New Radcliffe House, Walton Street, Oxford, OX2 6NW

College Doctors: Dr Luckhurst, Dr Boyle and Dr Ch'en.

Phone: 01865 429993 (Monday to Friday 8:30am to 6pm and Saturday 8:30am to 11:30am to book an appointment at another time)

For routine or emergency dental treatment, you should seek the advice of your **College Nurse (pg.4)**. You will most likely be referred to Studental for further care.

Studental

Address: Oxford Brookes University, Headington Campus, Colonnade Building 3rd Floor, Headington Road, Oxford, OX3 0BP

Website: www.studental.co.uk (use to book an appointment or register Studental as your dentist)

E-mail: reception@studental.co.uk

Phone: 01865 689997

East Oxford Emergency Dental Clinic

Open from **18:30-22:00** weekday evenings and all day at weekends to provide emergency care outside of office hours, ring **0845 3458995** for further information or to book an appointment.

Covid-19

For Michaelmas and possibly later in the year, coronavirus (Covid-19) is going to be massively impacting our lives. Coronavirus is a virus spread through respiratory droplets and contact with contaminated surfaces. All the info regarding coronavirus in this booklet is correct at the time of writing but is likely to change in the event of a rise in cases or as we start to move forward from the virus. If you're unsure what to do speak to a member of the college welfare team (**pg.3-7**) or use some of the weblinks in this section.

Symptoms of coronavirus:

There are 3 common symptoms of coronavirus to be aware of. The virus affects people in different ways so you may experience all, some or none of the following symptoms

- **A high temperature**
- **A continuous cough (coughing a lot for more than an hour or 3+ coughing episodes in 24 hours)**
- **A loss or change of taste/smell**

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Get a test to check if you have coronavirus and stay at home until you get your result.

What to do if you experience symptoms:

If you start to experience symptoms common to coronavirus, first and foremost, don't panic! Some of the symptoms are common to other illnesses and college are here to help in any way they can. When the symptoms start stay in your room – it's really important to help prevent the spread of the virus. Send an email to the Treasurer/Domestic Bursar, Andrew Parker at treasurer@some.ox.ac.uk and call the porters on **01865 270600** to let them know you're self-isolating. We understand how difficult this process is so all of the college welfare team (**pg.3-7**) are here to support you.

How to get tested:

You can book a coronavirus test kit on the government website (<https://www.gov.uk/get-coronavirus-test>) or using the university testing service www.ox.ac.uk/coronavirus/health/covid-testing

Up to date government and NHS advice:

If you're in any doubt about anything related to coronavirus check the NHS and government websites for advice, updates and guidance as the information in this booklet may become outdated.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

<https://coronavirus.data.gov.uk/>

Mental health and coronavirus:

The current coronavirus pandemic can be extremely unnerving for many different reasons so don't worry if you're not ok – you definitely won't be the only one! As always, you can contact any member of the college welfare team (**pg.3-7**) or external organisations to access support. Below are some links to websites for mental health relating to coronavirus.

<https://www.mentalhealth.org.uk/coronavirus>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.mind.org.uk/information-support/coronavirus/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Mental Health

College Counsellor – David Anderson



I'm David, I'm the college counsellor at Somerville, which means Somerville students can contact me to arrange a 50 minute, one-to-one session to discuss issues they may be having, in an impartial, confidential setting, where we can think together about what is happening and understand how best to move forward.

Sessions take place during weeks 0-9 on a Monday morning, and will likely take place via Teams (as was the case for Trinity 2020), although in ordinary circumstances sessions would be in person.

I've worked in schools and universities for the past 10 years and been part of the Student Support Services at Oxford for the last 5 years. I started as the College Counsellor at Somerville in Michaelmas 2019 and I also work at the central University Counselling Service.

Whether you're a fresher adjusting to being at Oxford, or a DPhil student working on your thesis, it can be helpful to have a space that is separate from the rest of Oxford life to talk and think about issues you may be having, if you have any questions or would like to arrange a session please email me on college.counsellor@admin.ox.ac.uk

The Counselling Service

The **University Counselling Service** provides free and confidential support to students in line with the Ethical Framework for Good Practice produced by the British Association for Counselling and Psychotherapy. It can be accessed a lot faster than NHS counselling at www.ox.ac.uk/students/welfare/counselling, or, you can book an appointment by ringing **01865 270300 (daily in term time, 9am to 8pm)**, using the email counselling@admin.ox.ac.uk or visiting **3 Worcester Street** where the service is based. Typically, the first appointment will be within 2 weeks. Counselling Service staff are professionally trained and widely experienced in helping students with a range of problems – from specific mental health problems to stress to difficulties in relationships with others. They offer individual and group sessions as well as workshops which are designed to help you build skills to cope with the demands of university. Topics have included mindfulness, perfectionism and overcoming panic. Their website also includes useful resources and podcasts on topics including sleep, stress management, healthy eating and time management. Alternatively, you can book an appointment with the college counsellor (above) or you can book an appointment with your local **GP (pg.8)** who can refer you to an NHS counsellor.

Your Personal Tutor

You will receive an email during your first week telling you who your personal tutor is and about their role. Although it may feel daunting to talk about physical or mental health problems with your tutor, their role as your personal tutor is to be helpful and understanding.

The Oxford SU Student Advice Service

The Student Advice Service, an advice, information, and advocacy service run by a full-time Manager, and two part-time Advisors, can listen and advise you on any matter. Drop in sessions are held in term time at **Oxford Student Union, 4 Worcester St, OX1 2BX, Monday to Thursday, 10am to 4pm.**

Website: www.oxfordsu.org/wellbeing/student-advice/

Email: advice@oxfordsu.ox.ac.uk

Telephone: 01865 288466

Further Help, Advice and Support Outside of College/University – Mental Health

The following helplines are external resources that may be of use to you at some point during your university experience. Don't worry if you don't know which resource is best, we've put lots in so that there would be something for everyone. We think **Samaritans** and **Nightline** will be able to deal with the widest range of problems, but you can also always ask any member of the **College Welfare Team (pg.3-7)** if you are in any doubt.

Samaritans

The Samaritans is an anonymous, confidential listening service. You can share any problem with someone who has been specially trained in sensitive listening and support, who will provide a space for you to talk through your problem and explore your options.

Website: www.samaritans.org.uk **E-mail:** jo@samaritans.org **Phone:** 116 123 (24-hour helpline)

Nightline

Nightline is an anonymous, confidential listening and information service run by students for students. There are always two people in the office, one male and one female, who take hundreds of calls every year from Oxford students who need some external, impartial support. You can share any problem

with someone who has been specially trained in sensitive listening and support and who understands what it is like to live and study in Oxford.

Website: www.oxfordnightline.org (web chat same time as helpline)

Phone: 01865 270 270 (daily during term time – 0th to 9th week inclusive, 8pm to 8am)

Mind

Website: www.mind.org.uk or www.oxfordshire-mind.org.uk

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) or 01865 247788 (for Oxford Mind, Monday to Thursday 9:30am to 4:30pm, and Friday 9:30am to 4pm)

PAPYRUS – Suicide Prevention

Website: www.papyrus-uk.org

Phone: 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends)

CALM – Men (15-35)

Website: www.thecalmzone.net

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Anxiety UK

Website: www.anxietyuk.org.uk

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

No Panic – Panic Attacks

Website: www.nopanic.org.uk

Phone: 0844 967 4848 (daily, 10am to 10pm)

Supporting a Friend

Students normally talk first to their friends when they're having a hard time. Here are some tips for supporting a friend, taken from www.studentminds.org.uk/look-after-your-mate.html.

Have the conversation

Don't be afraid to start the conversation about your friend's difficulties. Pick a private place where you will both be relaxed and a time when you're both free. Listen actively and try explaining your friend's problems back to them to check that you understand. Ask open questions such as "What was that like?" and "How did it feel when..." but avoid "why" questions as they can sound aggressive. Avoid giving advice as this can make them feel trapped.

Respect your friend's confidentiality

The exception is if they are in danger of hurting themselves or others – then it is important to tell a member of the welfare team or a healthcare professional.

Understand your friend's mental health problems

People with mental health problems often have experiences or behaviours that are difficult for others to understand. You can help overcome this by learning about your friend's mental health problems on sites such as NHS Choices or Mind. Appreciate that unhealthy behaviours such as drug or alcohol abuse, self-harming or eating disorders can be your friend's way of coping with other problems.

Know where to get more help

Your friend may not have read the welfare book, so it is important that you make them aware of the support offered. If they are contemplating committing suicide imminently – i.e. they have a clear suicide plan and the means to carry it out, even if they say they won't – do not leave them alone at any point. Call 999 or escort them to the **John Radcliffe Hospital (pg.7)** and remove anything dangerous from their vicinity, such as pills, knives, razors, scissors and cords of any sort. You can also call the **Porters' Lodge (pg. 5)** or **Junior Deans (pg. 5)** who can help you with all of this. If you are contemplating suicide, you can also seek help from these resources. If your friend starts to profess irrational beliefs (delusions) and/or hallucinate, they may have a condition called psychosis. If this happens, make sure they see a doctor soon as they could hurt themselves and early intervention is important.

Take care of yourself

It's important to maintain boundaries. Help your friend find other supporters if they are depending too much on you or want to talk about topics you aren't comfortable discussing. If you are worried about them, you can talk about it to someone you trust, protecting your friend's confidentiality by maintaining their anonymity and speaking to someone who doesn't know the friend, such as a **peer supporter (pg.6)**!

Safe Sex

Safe sex means becoming informed about the risks of sex so that you can avoid putting yourself or your partner at risk of unwanted pregnancies (for heterosexual pairings) or STIs. To help you start getting informed about how to practice safe sex, we've made a 5-step guide.

1. Being Informed

Safe sex starts with getting informed by doing your own research on topics relevant to your own sexual health. This is important because sexual health risks are different for different genders, sexualities, races and local areas. We recommend using the NHS Choices website as a starting point at <https://www.nhs.uk/live-well/sexual-health/>. The Oxfordshire Sexual Health Clinics would usually offer confidential walk-in clinics, bookable appointments and contraception fitting, but due to coronavirus, they don't offer these services at the time of writing. They do still provide emergency contraception, testing for STIs and advice on safe sex.

You can check their website (www.sexualhealthoxfordshire.nhs.uk) to see which specific services they are offering, as this will change as we as the impact of the virus changes. The closet clinic to us is at the **Churchill Hospital**, its details can be found below:

GUM (Genitourinary Medicine) Clinics – Churchill Hospital

Address: Churchill Hospital, Old Road, Headington, OX3 7LE

Website: www.sexualhealthoxfordshire.nhs.uk

Phone: 01865 231231 (1.30pm to 5.30pm Monday to Thursday, and 1.30pm to 3.30pm on Friday)

2. Using Contraception

Most people having heterosexual sex need to use contraception if they don't want the biologically female partner to become pregnant. Contraceptives can be requested from the JCR for free by going to the **Facebook JCR Noticeboard**, going to the **'About'** section, and filling out the form in the **description**. Alternatively, you can sign up for a c-card at www.oxfordshireccard.org.uk/free-condoms/ to get free condoms. The (male) condom is 98% effective with perfect use but only 82% effective with typical use as people often use or store them incorrectly. The condom is the only contraceptive method which also protects against STIs. The combined pill and progesterone-only pill are also highly effective with perfect use (99%), but much less effective with typical use (91%) as people often fail to follow the instructions. It can be prescribed by your GP. Long-acting reversible contraception (LARC) is contraception which is administered by a doctor or nurse and then works for a long time. LARC is by far the most effective in terms of actual use. Types of LARC include the contraceptive implant, contraceptive injection, IUS and IUD. These can be prescribed by your GP. To get the maximum efficacy of contraception, it must be used consistently and correctly every time you have vaginal or anal intercourse. You can increase the efficacy further by using dual protection – a condom plus one other form of contraception. The Family Planning Association (FPA) has a fantastic, thorough guide to contraception at <https://www.fpa.org.uk/sites/default/files/your-guide-to-contraception.pdf>.

3. Using Protection Against STIs

A sexually transmitted infection/disease (STI/STD) is an infection transmitted by exchange of body fluids such as semen, physical contact with another person's genitals or even skin-to-skin contact. They are very common among young people – over half of the 435,000 STIs diagnosed in heterosexuals in England in 2015 occurred in 16-24 year olds. STIs can cause anything from mild itches to permanent disability and even death. However, most STIs are easily preventable by using protection. This means using condoms and/or dental dams during sex where body fluids could be exchanged which includes oral, anal and vaginal sex. Even if you are on another form of contraception, you and your partner will need to use protection until you have both tested negative for STIs. Many people do not like using condoms or dental dams for oral sex; in this case, you may consider avoiding oral sex with partners who have not been tested for STIs.

4. Testing Regularly for STIs

You should get tested for common STIs every time you change sexual partner or at least once a year – even if you are having safe sex. This is because STIs often do not cause obvious symptoms. You may want to test more frequently if you are in a high-risk group such as men who have sex with men (see FAQs). Additionally, you should test after taking part in unsafe sexual activity or if you experience symptoms of an STI. You should also encourage any regular partners to get tested. To get tested for STIs you would usually be able to visit the **Churchill Hospital Sexual Health Clinic (pg.12)**, but it's not offering all of its services at the time of writing due to covid-19. You can also request self-test STI kits free from the JCR by filling in the online sexual health supplies form on the **JCR noticeboard description**. Alternatively, the Chlamydia Testing Scheme can send a test kit discreetly to you if you would rather not go to a clinic or via the JCR, just use <https://www.sexualhealthoxfordshire.nhs.uk/chlamydia-screening/> to request one. For information about what to expect from your sexual health appointment, check out the NHS Choices guide at www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx.

5. Managing Your Risk

All sexual activity carries some level risk. Further steps you can take to reduce your and your partner's risk include:

- Making plans for keeping sex safe in advance if you are going to drink alcohol
- Reducing your number of sexual partners
- Asking your partners to be exclusive with you (not have sex with anyone else)
- Avoiding higher-risk sexual activities, such as anal sex
- Avoiding physical sexual activity altogether

Of course, not everyone will want to take all of these steps. Getting educated can help you make informed decisions and manage your risk.

FAQ's

What do I do after an unsafe sexual encounter?

After a sexual encounter where protection failed or was not used, it is important to either take a chlamydia test or go to the **Churchill Hospital Sexual Health Clinic (pg.12)** to get tested for both chlamydia and gonorrhoea. However, if you are in a high-risk group such as gay and bisexual men, you should get a full test. If there is a risk you may have been exposed to HIV, you should contact sexual health services or go to the **John Radcliffe Hospital (pg.7)** as soon as possible to access post-exposure prophylaxis, a treatment which can greatly reduce your risk of contracting HIV. If you are a biological female who had an unsafe heterosexual encounter without contraception or where contraception failed, you can take the morning after pill or have an IUD inserted to prevent pregnancy occurring.

How do I get the morning after pill?

The morning after pill can prevent pregnancy from occurring after an unsafe encounter. It is more effective the sooner it is taken and must be taken within 72 or 120 hours of the sexual encounter (depending on the brand). The morning after pill can be prescribed by a **GP** or alternatively purchased from a pharmacy. The **Boot's pharmacy** on **Cornmarket Street** and the **Chemists at 59 Woodstock Road, Oxford, OX2 6HJ**, are part of a scheme to offer it free to under 21s. The JCR can reimburse you if you keep the receipt. Just contact one of the welfare officers (**pg. 3**), and they can sort it out for you. There is a myth that the morning after pill works by preventing the fertilised egg from implanting but the evidence available suggests this does not occur. While scientists cannot be 100% sure of all the effects, the evidence available suggests it delays ovulation, just like the regular pill.

How do you put on a condom?

We recommend this fantastic guide by planned parenthood:

www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on

Is safe sex the same for LGBTQ+ people?

LGBTQ+ people have different safe sex needs from heterosexuals. In particular, gay and bisexual men (often called men who have sex with men or MSM in healthcare) have much higher incidences of HIV and other STIs than other groups. MSM make up only a few percent of the male population yet represented 72% of gonorrhoea, 88% of syphilis and 69% of HIV cases diagnosed in males in England in 2015. The NHS Choices website has some really helpful LGBTQ+ health information at www.nhs.uk/Livewell/LGBhealth/Pages/Gayandlesbianhealth.aspx.

Sexual Assault

Sexual assault is any type of sexual activity or conduct that you do not consent to.

If you believe that you may have been the victim of a sexual assault you can choose to report the incident to the police by calling **999, 101** or **01865 841148**, which is the number for **Thames Valley Police at St Aldates**. If you are not sure whether you want to report the incident you can instead contact a **Sexual Assault Referral Centre (SARC)**. This is a government service providing support to survivors of rape or sexual assault, such as interviews, examinations, counselling and advice on making an informed decision about what you want to do next, regardless of whether you report the offence to the police or not. You can take a friend or someone from the **College Welfare Team (pg.3-7)** with you, and ask the **Porters (pg.5)** for a free taxi. You can also seek advice and support from Oxford University's **Sexual Harassment and Violence Support Service**; <https://www.ox.ac.uk/students/welfare/supportservice>. The staff there are experts at helping students who have been the victim of a sexual assault and will support you whatever has happened, whenever it happened.

Currently no-one in college is trained to take a first disclosure, so it's important to visit one of these places first. Of course, any member of the **College Welfare Team (pg. 3-7)** will be happy to accompany you and will also be happy to set up support for you in college once the first disclosure has been given.

SARC Bicester

Address: Solace Centre, Police House, Queen's Avenue, Bicester, Oxfordshire, OX26 2NT

Phone: 0300 130 3036

Sexual Harassment and Violence Support Service

supportservice@admin.ox.ac.uk

Harassment and Discrimination

The Dean – Beate Dignas



The Dean is a member of the college's Governing Body with responsibility for discipline, in order to maintain an atmosphere of mutual respect among our student community and ensure that Somerville is a safe, fair and welcoming place for all our students to live and work. The current Dean is Prof Beate Dignas until the end of Hilary Term, when Prof Chris Hare as the future Dean will come in for a handover term. The Dean is supported by the decanal officer, Karen Mason. They can be contacted at deans.office@some.ox.ac.uk for any problems or complaints.

Types of Harassment

Harassment related to a protected characteristic: Unwanted offensive behavior by a person towards another based on an individual's age, disability, gender or gender reassignment, marital status, pregnancy or maternity, race, religion or beliefs, or sexual orientation.

Sexual Harassment: Unwanted offensive behavior of one person towards another of a sexual nature. Examples might include making provocative suggestions, unnecessary physical contact, jokes of a sexual nature, suggestions of sexual contact.

Bullying: Bullying is unwanted, aggressive behavior of one person towards another. Examples of bullying might include making threats, spreading rumors, physical or verbal abuse, or deliberate exclusion of an individual from a social group.

Stalking: Stalking is unwanted obsessive or persistent behavior of one person towards another. The unwanted behavior may be in person, or via another means such as email or contact via social media. Behavior that may seem normal can cause distress to a victim if it is persistent, for example, repeated messaging on social media.

Where to go in College

If you believe that you have been, or are, experiencing harassment you can contact a member of the College's Advisory Committee on Harassment. The Committee consists of six members: two elected by Governing Body (one male, one female, at least one being a member of Governing Body); two members (one male, one female) of the Middle Common Room Committee; and two members (one male, one female) of the Junior Common Room Committee. You can find the college's harassment policy at www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/. The **Dean (pg.15)** or **Senior Tutor (pg.4)** will put you in contact details with the Harassment Advisors.

Where to go outside of College, but within the University

University Harassment Line

You can find the Oxford University procedure for dealing with all types of harassment at www.ox.ac.uk/students/welfare/harassment?wssl=1. If you would like to speak to a trained harassment advisor who is not a member of your college, you can contact the harassment line. The Advisors are members of the University Harassment Advisory Network.

Website: www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/

E-mail: harassment.line@admin.ox.ac.uk

Phone: 01865 270760

Where to go outside of the College and University

Citizens Advice

Address: 95 St Aldates, Oxford, OX1 1DA

Website: www.citizensadvice.org.uk

Phone: 03444 111 444

Support Line

Support Line is a confidential telephone helpline offering emotional support to any individual on any issue, including advice and support on stalking and harassment. Look up 'Stalking and Harassment' from the list of issues they can help with.

Website: www.supportline.org.uk

Phone: 01708 765200

How to report Discrimination

If you feel that you have been the victim of discrimination of any kind by a member of the college, you can report this to the **Dean** at deans.office@some.ox.ac.uk. If the discrimination occurred outside of college, contact the University's Equality and Diversity Unit for advice at: www.admin.ox.ac.uk/eop/

Criminal Offences

It rarely happens, but if you're unfortunate and become the victim of, or witness to crime there is help and support out there for you. Call **999** or **101** (Thames Valley Police Non-emergency number) or visit www.thamesvalley.police.uk to report a crime. **Security Services** can be reached **24 hours a day** at **01865 (2)72944 or (2)89999 in an emergency** and you can report crime via their website www.admin.ox.ac.uk/ouss. If you have been the victim of a crime but you don't want the police to be involved, you can talk about it to any members of the **College Welfare Team (pg.3-7)**. We promise to listen without judging and won't pressure you to report it to the police if you aren't ready to, or never want to. You can also phone **Victim Support** at **0808 168 9111 (24-hour helpline)** or visit their website www.victimsupport.org.

Women and Gender Minorities

The JCR Women's Officer – Maya Szaniecki



Hey! I'm Maya Szaniecki (she/her), I'm a second-year French student and this year's Women's Officer for Somerville. My role is to represent any female-identifying members of college, and make sure their views and concerns are heard. If you ever feel uncomfortable within college or the university as a whole please don't hesitate to speak to me, either in person or via message/email (maya.szaniecki@some.ox.ac.uk). I'm always up for a chat and anything you tell me will be kept confidential. As Women's Officer it's also my job to provide free sanitary products in college, and host events to celebrate and advocate for gender equality. Somerville has an incredible history of pioneering women's education at Oxford, which is why I'm so excited to take on my role in the JCR and would love people to get involved if they have any ideas! I can't wait to meet you all and hope anyone who needs a hand will feel comfortable reaching out to me. I want everyone to feel as safe and happy as possible, and really enjoy their time at the lovely place that is Somerville :))

Women's Things. The Sanitary Product Scheme

The Ideas Behind It

Having to buy sanitary products every month is an annoying yet inevitable necessity for those who have periods. This scheme hopes to provide welfare support during what already is an annoying and painful 'time-of-the-month' by taking the pressure off having to buy these products yourself. Furthermore, the JCR hopes that by making access to these products more public and open, we will be able to remove any stigma surrounding periods. By actively providing these products, we further emphasize that periods are natural, ordinary, and not taboo. Hopefully, these efforts will allow Somervillians to feel more comfortable not only when collecting these products, but also when discussing their period and related problems with others.

How It Works

Pads (thin, regular and maxi) and tampons (slim, regular, super) are always available throughout the term. Menstrual cups (aka moon-cups) are also provided; however, as fewer students use these, they are only available on a pre-order basis. Sanitary products can be accessed in two main ways. There is a box in the JCR where pads and tampons are kept, open to everyone for free. There is also a pidge-order system: you can place orders via a form on the Facebook JCR noticeboard, and the women's officer will deliver them weekly to your pigeonhole. Don't worry — only they will know the names of those who use this system, and this information will be confidential. They will also try to wrap the products as much as possible before delivering them but given size restrictions this may not always be possible. If anyone has any ideas or questions on this, the women's officer will be more than happy to hear from you, please do not hesitate to get in touch!

Further Help, Advice and Support at the University – Women and Gender Minorities

WomCam (Women's Campaign)

Website: www.womcamoxford.wordpress.com

WomCam (Women's Campaign) is a 'feminist society that organizes events, raises awareness of issues and creates a platform for feminist discussion'.

Oxford SU Vice-President for Welfare & Equal Opportunities

E-mail: vpweo@oxfordsu.ox.ac.uk

Oxford SU Vice-President for Women

E-mail: vpwomen@oxfordsu.ox.ac.uk

Oxford SU Women's Campaign Officer

E-mail: womensofficer@oxfordsu.ox.ac.uk

Further Help, Advice and Support outside the University – Women/Gender Minorities

Women's Aid

Website: www.womensaid.org.uk

Phone: 0808 2000 247 (24-hour helpline)

Oxford Women's Counselling Service

Website: www.oxwcc.co.uk

LGBTQ+ Community

LGBTQIAP+ (LGBTQ+) stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, and Pansexual. They are descriptive terms chosen by people to describe or define their sexuality or gender identity. However, there are people who perceive these descriptors as constraining and opt not to use them. There are also other sexualities/gender identities not in the acronym; these can be found in the glossary. There is a strong and welcoming LGBTQIAP+ presence in Somerville willing to provide advice, company and help to any who may need it.

JCR LGBTQ+ Officer – Charlie Buckley

Hiya! I'm Charlie, one of the LGBTQ+ officers for the Somerville JCR. My role means I'm here to make sure the JCR is an inclusive and welcoming place to all students, regardless of sex, gender identity or sexual orientation. Please feel free to come to me with any concerns about life in college, or if you just need someone to talk to.

I will also be running regular social events for LGBTQ+ students and allies at Somerville, so there'll always be something going on for you to get involved in. Get ready for pres, teas, crew dates, picnics, movie nights and pub crawls! If you want more information about the events we run there is a secret Somerville LGBTQ+ Facebook group that I can add you to. If you ever want to drop me an email or have any questions, you can contact me at charlie.buckley@some.ox.ac.uk



JCR LGBTQ+ Officer – Flo Smith

I'm Flo and I'm one half of the LGBTQ+ rep team in Somerville. I'm a second year studying French and Classics and I am hella gay. I'm from Kinross, Scotland (which you'll know if you've ever spoken to me because I don't shut up about it) and I'm passionate about Wendy Cope poetry, my dogs, 80s synthpop and 'It's Always Sunny in Philadelphia'. Equally down for a wholesome chat or a night out in Plush til the lights come on!

E-mail: flora.smith@some.ox.ac.uk



Further Help, Advice and Support at the University – LGBTQ+ Community

Rainbow Peers

Facebook: www.facebook.com/rainbowpeers/

These are a group of peer supporters who identify as LGBTQ+ who can support people from their own or other colleges.

Oxford University LGBTQ Society

Website: www.oulgbtsoc.org.uk

The society runs LGBTQ+ events including club nights and chilled out brunches across the Oxford colleges. Its committee also includes asexual, bisexual/pansexual and trans welfare Officers, alongside its women's/men's welfare Officers.

Oxford SU Vice-President Welfare & Equal Opportunities

E-mail: vpweo@oxfordsu.ox.ac.uk

Further Help, Advice and Support Outside of University – LGBTQ+ Community

Switchboard LGBT+ Helpline

Website: www.switchboard.lgbt

The Metro Centre

Website: www.metrocentreonline.org

Beaumont Society

Website: www.beaumont-trust.org.uk

Phone: 01582 412220 (24-hour information line) or 07000 287878 (24-hour helpline)

LGBT Foundation

Website: www.lgbt.foundation

E-mail: info@lgbt.foundation

Stonewall

Website: www.stonewall.org.uk

International Students

The JCR International Students' Officer – Ines Castro



Hey guys! I'm Inês (she/her), a second year Experimental Psychology student. I'm Portuguese but have lived in Belgium since the age of six and am your International Officer for this year! I will be running events for international students (or anyone else that wants to join) so join the Somerville Internationals Facebook group so as not to miss out on anything! I am here to make your transition into Somerville as seamless as possible so feel free to ask me any questions at all, from opening a bank account to fitting your whole life into a couple of suitcases. I'm also here if you just need someone to talk to if you ever feel a bit homesick or just want to

see a friendly face. Contact me via e-mail (ines.andradecastro@some.ox.ac.uk), Facebook (Inês Castro), or come up to me when you see me around college. Somerville truly is an amazing, welcome community and I hope you love it as much as I do!

Further Help, Advice and Support at College – International Students

JCR or MCR International Officers

Website: blogs.some.ox.ac.uk/jcr

blogs.some.ox.ac.uk/mcr

Further Help, Advice and Support at the University – International Students

Oxford SU Vice-President for Graduates

E-mail: vpgraduates@oxfordsu.ox.ac.uk

The OUSU Vice-President for Graduates represents international students' interests to the University.

Oxford SU International Students' Campaign

E-mail: iscchair@oxfordsu.ox.ac.uk

The Oxford SU International Students' Campaign runs events to bring international students together. They can also advise on any issues particularly faced by international students.

Oxford University Student Information and Immigration Team

Website: student.information@admin.ox.ac.uk or student.immigration@admin.ox.ac.uk

The Student Information and Immigration Team offer help and advice to all students. They are experts at advising on visa issues, working whilst in the UK on a student visa, travelling abroad whilst in the UK on a visa, as well as offering advice on police registration. And just a word on bank accounts: there will be plenty of time to open one. You can easily sort it out after you have arrived!

Access and Admissions

The JCR Access and Admissions Officer – Cara Moran



Hey Ville! For anyone who doesn't know me yet, it's nice to meet you. My name is Cara (she/her) I am the JCR Access and Outreach Officer though I am also known for clogging up the JCR Facebook page with tik toks and wearing fluffy sliders. My main role is working with College to raise awareness of our wonderful Somerville and Oxford more generally to students who wouldn't necessarily have access to that information. My role as a JCR Committee member is also to look after the welfare of all members of the Ville. Any concerns, worries or even small rants you need to voice? I am your woman. Struggling with an essay? I can listen. Worried about an online exam? We can

share. Please don't fear talking to me, I am more than happy to help. **E-mail:** cara.moran@some.ox.ac.uk

Further Help, Advice and Support at the University – Access and Admissions

Oxford First Gen Society

Website: www.facebook.com/oxfordfirstgen/

Target Oxbridge

Website: www.targetoxbridge.co.uk

Target Schools

Website: www.oxfordsu.org/communities/targetschools/

Student Union 'Class Act' campaign

Website: www.oxfordsu.org/campaigns/ClassAct/

Vice President Access and Academic Affairs

E-mail: vpaccaff@oxfordsu.ox.ac.uk

College Accountant (for any financial concerns)

E-mail: college.accountant@some.ox.ac.uk

OXWEST

Website: www.ox-west.org

Ethnicity and Faith

If you have any ethnicity or faith-based concerns or generally want to chat about anything to do with these issues, then feel free to come and speak to the **JCR BAME Rep**. If you are looking to get involved in any cultural societies during your time at Oxford, then a list of these can be found by selecting cultural at <https://www.oxfordsu.org/communities/clubs-and-socs/>. You could also join **CRAE (Campaign for Racial Awareness and Equality)** at www.oxfordsu.org/campaigns/crae/. CRAE is open to everyone regardless of ethnicity or faith. CRAE meets once a week and it's a really great space to discuss concerns and thoughts about race and work out how to make Oxford as inclusive as possible.

The JCR Ethnic Minorities' Officer – Nadia Awad



Hey everyone, I'm Nadia, a second- year historian and the Ville's BAME officer this year! My role within the JCR is to promote the welfare of the Somerville's students from ethnic minority backgrounds. When I'm not doing my degree I love to read books, watch movies and teach myself Spanish (albeit very slowly). This year's situation is obviously very bizarre so if anyone's struggling with anything in particular I'd love to help out in any way I can! **E-mail:** nadia.awad@some.ox.ac.uk

Further Help, Advice and Support at the University – Ethnic Minorities

Oxford SU Anti-Racism Officer

E-mail: bme@oxfordsu.ox.ac.uk

Oxford Black Students Union

Website: www.facebook.com/groups/822794731107681

Equality and Diversity

Website: www.admin.ox.ac.uk/eop/

Oxford SU Vice President for Welfare and Equal Opportunities **E-mail:** vpweo@oxfordsu.ox.ac.uk

Peers of Color

Facebook:

www.facebook.com/oxunipoc/

A group of BME peer supporters who can support people from their own or other colleges.

Oxford ACS

Facebook: www.facebook.com/OxACS/

Oxford BAME Known strangers

Facebook: www.facebook.com/groups/knownstrangersoxford/

Oxford BAME drama society

Facebook: www.facebook.com/OxBAMEDrama/

Disabilities

The JCR Disabilities Officer – Joel Summerfield



Hello! My name is Joel Summerfield (he/him), a fourth-year Mathematician, and I am the JCR Disabilities Officer at Somerville. My role is to provide support and assist anyone with accessing resources and help they need to ensure they can study at their best and happiest. "Disabilities" can cover a wide array of conditions, both mental and physical, both visible and invisible; everyone has different requirements, but there is lots of support available. There is also a secret Facebook group for students with disabilities at Somerville (just send me a message if you would like to be added). I am also a trained Peer Supporter, and Somerville's designated Rainbow Peer, so I am more

than happy to talk about issues relating to these as well. Welfare is extremely important, so if you have any questions or just want to talk to someone about anything Disabilities related (or otherwise) then feel free to get in touch. **E-mail:** joel.summerfield@some.ox.ac.uk

Further Help, Advice and Support at the College – Disabilities

The most obvious person to talk to about disability is the college's **Welfare Officer and Disability Co-ordinator, Jo Ockwell (pg.4)**. Jo can offer advice about disability support and reasonable adjustments. She can also put you in contact with the **Disability Advisory Service (DAS)**, who are the experts in supporting students with disability.

Further Help, Advice and Support at the University – Disabilities

Disability Advisory Service (DAS)

The DAS offers support and advice for students with disabilities, including offering learning support, mental health advice, support for those with sensory and mobility impairments, health conditions, and autistic spectrum conditions. The DAS may be able to help you apply for funding, such as the

Disabled Student Allowance, which might cover costs for specialist equipment. Their website provides a wealth of information.

Address: 3 Worcester Street, Oxford, OX1 2BX

Phone: 01865 280459

Website: www.ox.ac.uk/students/shw/das

E-mail: disability@admin.ox.ac.uk

Oxford SU Vice-President for Welfare & Equal Opportunities

E-mail: vpweo@oxfordsu.ox.ac.uk

Oxford Students' Disabled Community **Facebook:** www.facebook.com/groups/OxfordDisabilities/

FAQ's

How to Request Alternate Arrangements/an Assessment for a new Disability

For assessing mental and physical health disabilities, the best thing to do is to make an appointment with the **Disability Advisory Service (see above)**; this service can also be used to request alternate arrangements. When requesting alternate arrangements, for physical or mental health disabilities, a letter from the college doctor detailing which arrangements are needed will also suffice. This will need to be sent to **Jo Ockwell** welfare.officer@some.ox.ac.uk, who has been advising students about alternative arrangements and disability assessments for years! More details are available here:

www.ox.ac.uk/students/academic/exams/arrangements?wssl=1

Academic Affairs

It can be intimidating coming to Oxford with the ideas of expectations of a heavy workload. Be assured that your workload will be manageable, and you will still be able to have a social life and sleep! If you are struggling, it is important to speak to your **Personal Tutor (pg.10)** or the **Senior Tutor (pg.4)**. If you have underlying health or personal problems that are affecting your ability to satisfy your academic commitments, they need to know about it! It's the only way they can help.

The JCR Academic Affairs Officer – Luca Webb



Hi, I'm Luca, a second-year Historian. In my spare time I love playing the piano, trying not to fall over whilst playing ice hockey and getting involved in tutoring in schools. I hope that anyone experiencing academic related difficulties feels that they can approach me to talk about their concerns so we can find a solution. This can be anything from tutors being unreasonable and inflexible to unreturned collections papers to problems finding resources now that libraries are closed. I sit on the college Education Committee and the Library Committee so I can raise concerns with senior college staff and I'm always happy to email Steve on your behalf. **E-mail:** luca.webb@some.ox.ac.uk

Further Help, Advice and Support at the College – Academic Affairs

The Undergraduate Handbook

Website: www.some.ox.ac.uk/about-somerville/freedom-of-information/policies-procedures-2/

Information about the academic expectations and disciplinary procedures in college.

Senior tutor (Steve Rayner)

Email: senior.tutor@some.ox.ac.uk

University of Oxford website

Website: www.ox.ac.uk/students/academic

Useful links to study guidance, examination and assessment information and policies.

University Regulations

Website: www.ox.ac.uk/students/academic/regulations

Oxford SU Vice-President for Access & Academic Affairs

E-mail: access@oxfordsu.ox.ac.uk

FAQs

How to Request Mitigating Circumstances in Exams

Many different things can be considered as a factor affecting your performance in examinations, although most often it is illness. You should speak to Jo Ockwell welfare.officer@some.ox.ac.uk, about this. She will advise you on what you need do. Also, see: www.ox.ac.uk/students/academic/exams/guidance

How to Register a Complaint Against a Tutor

The **Senior Tutor (pg.4)** is the main person to approach should you have a complaint about a tutor. Alternatively, you can approach **Jo Ockwell (pg.4)**, your **Personal Tutor (pg.10)**, or another tutor you trust. Feel free to bring a friend with you! The **College Welfare Team (pg.3-7)** would be happy to help you with this or do it anonymously on your behalf if necessary. For out-of-college complaints, and general procedure, refer to www.ox.ac.uk/students/academic/complaints?wssl=1. The most important thing is to remember that you won't be penalized or discriminated against for making a complaint, and all complaints will be treated with confidentiality.

How to Apply for a Suspended Status

The first step if you are considering suspending status (or rusticing, as is the commonly used term) is to chat to your friends and family, but also your tutors. You can also talk to any member of the **College Welfare Team (pg.3-7)**, or anyone you can confide in or feel comfortable talking to! Remember that this is a big decision, and there are other options available. **Jo Ockwell** is an expert on suspension of status so she's the best person to discuss it within college. More info can be found here: www.ox.ac.uk/students/academic/guidance/undergraduate/status

Housing

The JCR Domestic Officer – Pavel Rahman

Hi I'm Pav, a 3rd year chemist, and I'm the domestic officer for the JCR. I am responsible for all things related to rooms, ballots, facilities in buildings etc. If you need to contact me Facebook or email is best, my email is pavel.rahman@some.ox.ac.uk.



Housing Bubbles

For Michaelmas (and possibly later in the year) Somerville has been divided into bubbles of 6 – 11 rooms. This will act as your household. You will not be required to socially distance with people inside your household but should practice social distancing with people outside your household. You will only be able to have members of your own household in your room. If any member in your bubble is required to self-isolate, then your entire household will be required to isolate. This is likely to change over your time at Somerville due to changes in government guidance, so we will make sure to keep everyone updated.

Living in College and The Room Ballot

From 2019, all undergraduates at Somerville will not have to live out. First years are guaranteed a college room and normally live in the Vaughan, Penrose or Park buildings. The remaining rooms are allocated to older years by the JCR Room Ballot. This is a ballot among the second, third and fourth years for rooms in Park, DHQ, ROQ, Wolfson, Holtby, Hostel/House, Darbshire, CHB and Walton Street. Find more information here: blogs.some.ox.ac.uk/jcr/accomodation/.

Room Maintenance

If you have any maintenance issues with your room, you can request our maintenance team to fix it via the Maintenance Request Form: www.some.ox.ac.uk/intranet/maintenance-request/. One of the team will see you within the timescale you specify. For other accommodation issues contact the Housekeeping Manager, Mrs. Teresa Walsh on housekeeping.manager@some.ox.ac.uk or senior.scouts@some.ox.ac.uk

Living Out

College is now able to provide all undergraduates accommodation on-site. However, should you wish to live out, there are several resources available to you. The **JCR Domestic Officer** should be your first port of call. However, a number of property agencies, including **North Oxford Property Service** ([Website: www.nops.co.uk/](http://www.nops.co.uk/)), **James C Penny** ([Website: www.jamescpenny.co.uk](http://www.jamescpenny.co.uk)), **Finders Keepers** ([Website: www.finders.co.uk](http://www.finders.co.uk)) and **Martin & Co** ([Website: www.martinco.com](http://www.martinco.com)) can provide you with more details of properties available. The Oxford **Student's Union** ([Website: www.oxfordsu.org/wellbeing/student-advice/accommodation-looking/](http://www.oxfordsu.org/wellbeing/student-advice/accommodation-looking/)) also has several catered services related to living out.

Alcohol and Drugs

Recreational drugs affect the brain and are taken for pleasure, often socially. This includes nicotine, alcohol and street drugs like cannabis. New drugs which mimic the effects of older drugs are constantly appearing. These drugs were previously known as “legal highs”, however, the Psychoactive Substances Act (May 2016) made all psychoactive substances, including these new recreational drugs, illegal by default. Misusing drugs is dangerous and it's important to be aware of the effects.

Drugs and their Effects

Name	Effects	Effects on Health
Cannabis Cannabis is a plant recreationally smoked, eaten or drunk.	Cannabis makes you feel relaxed and happy. However, you can also experience lethargy, anxiety, paranoia, even psychosis (delusions and hallucinations).	Cannabis has been linked with mental health problems like schizophrenia. When smoked (particularly with tobacco) it can lead to asthma, heart disease and lung cancer. Frequent use can also negatively affect concentration and fertility.
Cocaine All forms of cocaine are powerful stimulants. It is snorted as a powder or injected.	Cocaine makes you feel energized and happy for short time periods. Comedowns (feeling depressed or unwell) often follow cocaine consumption.	Cocaine can be fatal if you overstimulate your heart and nervous system, which can lead to a heart attack. If you have previous or ongoing mental health issues it can increase them or the risk of their recurrence. All forms of Cocaine are highly addictive.
Ecstasy (MDMA) Ecstasy is a psychedelic stimulant, taken as a pill or as a powder dabbed onto gums or snorted.	Ecstasy makes you feel alert, affectionate, chatty, and often enhances your sensory experiences. It can also cause anxiety, confusion, paranoia and psychosis.	Ecstasy can cause overheating, dehydration, or water retention, all of which can be life threatening. Long term and frequent consumption of ecstasy has been linked to mental health problems like anxiety, depression and memory-loss. High doses can be fatal. Ecstasy can be addictive.

Speed Speed is a stimulant, usually an off-white or pink powder snorted, dabbed onto gums or swallowed in paper. It is the name for amphetamine-based drugs.	Speed makes you feel alert, confident, energized, and can reduce appetite. It can also cause agitation, aggression, confusion, paranoia and psychosis. Heavy usage can also cause depression and lethargy for extended time periods.	Speed can cause dangerously high blood pressure, potentially causing a heart attack. Risk is increased when mixing speed with alcohol. Speed can be highly addictive.
Ketamine Ketamine is a hallucinogenic dissociative normally sold on the street as a grainy white powder.	Ketamine makes you feel confused, agitated, delirious, nauseated and disconnected from reality by altering your perception of space and time so you hallucinate. It stops the feeling of pain making you vulnerable to hurting yourself.	Ketamine increases heart rate and blood pressure. It can make you feel sick and cause short and long term memory damage. Mental health effects can include flashbacks, memory loss and concentration issues

Alcohol Misuse Risks

Short Term	Long Term
These risks result from reduced inhibition and awareness of surroundings: <ul style="list-style-type: none"> • accidents and injuries • being the instigator or victim of violence • unprotected sex • loss of possessions • alcohol poisoning 	These risks seriously impact physical and mental health as well as social and personal well-being: <ul style="list-style-type: none"> • alcoholism • heart and liver disease • liver, bowel and mouth cancer • pancreatitis • anxiety, depression, insomnia, and hallucinations

Signs You or Someone Else May be Misusing Alcohol

You	They
<ul style="list-style-type: none"> • feel you should cut down your drinking • feel guilty about your drinking • drink in the mornings or alone • notice other people have commented on your drinking 	<ul style="list-style-type: none"> • regularly exceed recommended amounts of alcohol • cannot remember events from the previous night because of alcohol • fail to keep commitments because of being drunk or hung over

Further Help, Advice and Support – Drugs

For further advice and support either get in touch with the **College Welfare Team** or use the following resources. Don't worry if you don't know which one to use, we included a lot as we wanted to be thorough. **FRANK** and the **NHS** webpage are the best and can refer you elsewhere if it is more appropriate:

Recreational Drugs

Heart or blood pressure conditions make these drugs more dangerous. Snorting any drug in powder form damages nose cartilage. Injecting any drug damages veins and body tissue, and increases risk of overdose. By sharing needles, you risk contracting HIV and hepatitis. The main risk when taking illegal drugs is that you cannot know exactly what you're taking or their risks. If you have consumed these

substances and experience their negative effects go to a doctor (don't worry about being in trouble, doctor-patient confidentiality protects you).

NHS Drugs Overview

Website: www.nhs.uk/Livewell/drugs/Pages/Drugsoverview.aspx

FRANK: A-Z of Drugs

Website: www.talktofrank.com/drugs-a-z

Phone: 0300 123 6600 (24-hour helpline)

Addiction Helper

Website: www.addictionhelper.com

Phone: 0800 540 4154 (24-hour helpline)

Narcotics Anonymous

Website: www.ukna.org

Phone: 0300 999 1212 (daily, 10am to midnight)

Further Help, Advice and Support – Smoking

Nicotine is addictive. The effects of nicotine, tar, carbon monoxide, and the other harmful substances in tobacco can lead to various health conditions. Smoking causes 96,000 deaths in the UK per year – far more than alcohol, illicit drugs, obesity and road accidents combined. Not smoking is the biggest improvement you can make to your health. Speaking to and getting support from your GP makes you 4 times more likely to quit. Smoking is not allowed in College. For further advice and support either get in touch with the welfare team or use the following resources:

NHS Smoking Support

Website: www.nhs.uk/smokefree

Further Help, Advice and Support – Alcohol

For further advice and support either get in touch with the **College Welfare Team** or use the following resources. Don't worry if you don't know which one to use, we included a lot as we wanted to be thorough. **Alcoholics Anonymous** and the **NHS** webpage are the best and can refer you elsewhere if it is more appropriate:

Though legal and socially acceptable, alcohol can cause serious short- and long-term harm. Alcohol intake is measured in units. The NHS recommends not to exceed 14 units of alcohol a week (or if you do, to do so across 3 or more days), and to have a few days a week without alcohol. There is about 1 unit (10 ml of pure alcohol) in half a pint of lager, and a single measure of spirits. A glass of wine contains 1.5 units. This varies depending on the drink's "alcohol by volume" (ABV). For further advice and support either get in touch with the welfare team or use the following resources:

Alcoholics Anonymous

Website: www.alcoholics-anonymous.org.uk

E-mail: help@aamail.org

Phone: 0800 9177 650 (24-hour helpline)

NHS Alcohol Support

Website: www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx

Drinkaware

Website: www.drinkaware.co.uk

E-mail: contact@drinkaware.co.uk

Phone: 020 7766 9900 (24-hour helpline)

Financial Advice

College Accountant – Elaine Boorman



Elaine and the Treasury team are responsible for the College accounts, banking and finances, for student fees and battels, for payments to suppliers, for invoicing, for loans and grants to students including vacation and hardship grants, and for general advice on financial matters, particularly in cases of financial difficulty.

E-mail: college.accountant@some.ox.ac.uk

Phone: 01865 270636

The JCR Treasurer – Ellie Washington

Hi, I'm Ellie (she/her), a second-year maths and stats kid. As JCR treasurer I can hopefully point you in the right direction if you have any financial concerns. Feel free to drop me a message via Facebook, or send an email, (eleonor.washington@some.ox.ac.uk) anytime and I'll get back to you asap.



Further Help, Advice and Support Outside of College/University – Finance

National Debtline

Website: www.nationaldebtline.org

Phone: 0808 808 4000 (9am to 8pm during the week, and 9.30am to 1pm at weekends)

Money Advice Service

Website: www.moneyadviceservice.org.uk

Phone: 0800 138 7777 (Monday to Friday, 8am to 6pm)

A-Z of Welfare

Here you will find a list of contact details for external services providing confidential, non-judgemental, and anonymous support. These services are also great for supporting someone else. Don't worry if you are unsure as to which resource to use, they are all equally good; we have chosen a few to provide more specific helpline coverage for various welfare concerns not already covered in this booklet. Remember, you can also always come to the college welfare team with any concerns you may have.

Mind A-Z of Welfare

Website: www.mind.org.uk/information-support/a-z-mental-health/

Oxford Student Union Advice Service Welfare Resources

Website: www.oxfordsu.org/resourcehub/

Oxford University Student Welfare Page

Website: www.ox.ac.uk/students/welfare/

NHS

Website: www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx

A

A – Addiction

National Gambling Helpline

Website: www.begambleaware.org

Phone: 0808 8020 133 (daily, 8am to midnight)

Sex and Love Addicts Anonymous

Website: www.slaauk.org

Phone: 07984 977 884 (calls returned within 24-hours)

A – Anxiety

Anxiety UK

Website: www.anxietyuk.org.uk

Phone: 03444 775 774 (Monday to Friday 9:30am-5:30pm)

A – Autism

National Autistic Society

Website: www.autism.org.uk

Phone: 0808 800 4104 (weekdays, 10am to 12pm, 1 pm to 3 pm)

A – Alzheimer's Disease

Alzheimer's Society

Website: www.alzheimers.org.uk

Phone: 0300 222 1122 (Monday to Friday 9am to 5pm, and 10am to 4pm on weekends)

B

B – Bereavement

Cruse Bereavement Care

Website: <https://www.cruse.org.uk/>

Phone: 0844 808 1677 (Monday and Friday 9:30am to 5pm, Tuesday to Thursday 9:30am to 8pm)

Survivors of Bereavement by Suicide (SOBS)

Website: www.uk-sobs.org.uk

E-mail: email.support@uksobs.org

Phone: 0300 111 5065 (Monday to Friday, 9am to 9pm)

B – Bipolar

Bipolar UK

Website: www.bipolaruk.org.uk

E-mail: info@bipolaruk.org

Phone: 0333 323 3880 (ring to arrange a call back)

C

C – Covid-19

NHS advice

Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Oxford University Coronavirus Updates and Advice

Website: <https://www.ox.ac.uk/coronavirus>

D

D – Depression

Students Against Depression

Website: www.studentsagainstdepression.org

Depression UK

Website: www.depressionuk.org

E-mail: info@depressionuk.org

D – Drugs

NHS Drugs Overview

Website: www.nhs.uk/Livewell/drugs/Pages/Drugoverview.aspx

FRANK: A-Z of Drugs

Website: www.talktofrank.com/drugs-a-z

Phone: 0300 123 6600 (24-hour helpline)

Addiction Helper

Website: www.addictionhelper.com

Phone: 0800 540 4154 (24-hour helpline)

E

E – Eating Disorders

Beat

Website: www.b-eat.co.uk

Phone: 0808 801 0811 (12pm to 8pm during the week, and 4pm to 8pm on weekends)

H

H – HIV/AIDS

Terrence Higgins Trust

Website: www.tht.org

E-mail: info@tht.org.uk

Phone: 0845 1221 200 (Monday to Friday 10am to 10pm, and Saturday to Sunday 12 pm to 6pm)

L

L – Learning Disabilities

Mencap

Website: www.mencap.org.uk

Phone: 0808 808 7777 (Monday to Tuesday, 10am to 4pm)

Carers UK

Website: www.carersuk.org

Phone: 0808 808 7777 (Monday to Friday, 9am to 6pm)

O

O – OCD

OCD Action

Website: www.ocdaction.org.uk

E-mail: support@ocdaction.org.uk

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 8pm)

OCD UK

Website: www.ocduk.org

P

P – PTSD

PTSD Resolution

Website: www.ptsdresolution.org

Phone: 0300 302 0551 (daily, 9am to 5pm)

R

R – Relationships

Relate

Website: www.relate.org.uk

S

S – Schizophrenia

Hearing Voices Network

Website: www.hearing-voices.org

E-mail: info@hearing-voices.org

Glossary

Disclaimer

We are certainly not able to speak on behalf of all those who identify with or have experience of the terms we have described below and as such, if anyone wishes to contribute or alter definitions provided in this booklet, please email the relevant rep or anyone on the Welfare team! We're working very hard to provide representation to all JCR members and would be more than grateful for additional input. (Based on definitions originally compiled by members of Christ Church College JCR – 2015/16)

Mental Health

- i. **Confidentiality** - a set of rules or a promise that limits access or places restrictions on certain types of information. For Mental Health and Welfare teams, this means that information cannot be passed on, except in the case where there is immediate danger to the individual or others
- ii. **Counsellor** - a person trained to give guidance on personal or psychological problems
- iii. **Mental Disability** - a mental or behavioural pattern that causes suffering or a poor ability to function in ordinary life, where it has a long-term effect on your normal day-to-day activity, e.g. depression, bipolar disorder, obsessive compulsive disorder, schizophrenia
- iv. **Mental Health** - the state of someone's psychological and emotional wellbeing
- v. **Mental Health Difficulty/Problem** - a pre-diagnosed psychiatric condition for which a person may, or may not, be receiving medical or psychological treatment, e.g. anxiety, depression, eating disorders
- vi. **Peer Support** - people providing knowledge, experience, emotional, social or practical help to each other
- vii. **Psychiatrist** - a doctor specialising in the diagnosis and treatment of mental illness
- viii. **Psychologist** - an expert or specialist in psychology. A clinical psychologist is someone who specialises in diagnosing and treating mental illness (but is not a doctor)

- ix. **Psychotherapist** - a person who uses the techniques of psychology or psychiatry to treat mental and emotional disorders, including psychoanalysis, cognitive behavioural therapies etc.
- x. **Rustication** - to temporarily suspend your studies, for welfare or health reasons.
- xi. **Self Care** - looking after yourself in a healthy way, whether it's brushing your teeth, taking medicine when you have a cold, doing exercise or making a cup of tea
- xii. **Self Harm** - (also known as self injury or self-mutilation). The act of deliberately causing harm to oneself either by causing a physical injury, putting oneself in dangerous situations and/or self neglect. This isn't necessarily synonymous or a precursor to feeling suicidal.
- xiii. **Suicidal** - feeling deeply unhappy or depressed, and likely to kill themselves. This is not the same as thinking about death or dying, and is considered an emergency.
- xiv. **Therapist** - someone who treats physical, mental or behaviour problems with the aim of curing or rehabilitating
- xv. **Welfare** - the health, happiness, good fortune and wellbeing of a person or group
- xvi. **Wellbeing** - the state of being comfortable, healthy, or happy

Sexual Health, Sexual Assault, Gender Equality

- i. **Assault by Penetration** - when a person intentionally penetrates the vagina or anus of another person with a part of their body or anything else, without consent or reasonable belief that the other person consents.
- ii. **Causing Sexual Activity Without Consent** - when a person intentionally causes another person to engage in a sexual activity, without consent or reasonable belief that the other person consents. This is the legal equivalent to a charge of rape for a female offender.
- iii. **Consent** - a person consents if they agree by choice, and have the freedom and capacity to make that choice. Situations where consent may be compromised include the use of force or threats, being under the influence of drink or drugs, having a mental disability which renders a person unaware of what is occurring or incapable of giving consent, or being under the age of consent (16 in the UK).
- iv. **Contraception** - the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse, e.g. condoms, the contraceptive pill.
- v. **First Responder (to Sexual Assault)** - the first person to whom a survivor of sexual assault discloses.
- vi. **Gender Discrimination/Sexism** - prejudice or discrimination based on a person's sex or gender
- vii. **Gender Equality** - the state in which access to rights or opportunities is unaffected by gender
- viii. **GUM** - Genito-Urinary Medicine
- ix. **Rape** - when a person intentionally penetrates the vagina, anus or mouth of another person with their penis without consent or reasonable belief that the other person consents.
- x. **SARC (Sexual Assault Referral Centre)** - a centre providing services and support to victims of rape or sexual assault
- xi. **SARCC (Sexual Assault and Rape Crisis Centre)** - a centre providing services and support to victims of rape or sexual assault, for women and girls
- xii. **Sexual Assault** - when a person intentionally touches another person, where the touching is sexual, without consent or reasonable belief that the other person consents
- xiii. **STI/STD** - Sexually Transmitted Infection/Disease

Disability

- i. **Ableism** - discrimination in favour of able bodied people
- ii. **Access Barriers** - an obstruction that prevents people with disabilities from using standard facilities, equipment or resources
- iii. **Accessible** - a facility, activity or resource that can be used by someone, regardless of any disabilities they have
- iv. **Adaptive Technology** - a subset of assistive technology which is designed specifically for people with disabilities, and would not be used by those without disabilities
- v. **Alternative Examination Arrangements** - examination arrangements which help students with a disability, for example extra reading time or use of a word processor (laptop)
- vi. **Assistive Technology** - an item, piece of technology or piece of equipment which can improve the functional capabilities of someone with disabilities, e.g. wheelchair
- vii. **BSL - an abbreviation for British Sign Language Cognitive Disability** - a broad concept encompassing various intellectual or cognitive deficits where a person has greater difficulty with one or more types of

mental tasks than the average person, e.g. dementia, acquired brain injury, specific learning disabilities, intellectual disability

- viii. **DAS (Disability Advisory Service)** - a department of the university which helps with students who have a disability.
- ix. **Developmental Disability** - chronic condition due to mental/physical impairments. Can be detected early and persist through an individual's life, e.g. Down syndrome, cerebral palsy, Fragile X
- x. **Disability** - A broad term that in general describes a difficulty or impairment that may be physical, cognitive, mental, sensory, emotional, developmental or a combination of these. These can be congenital (present from birth) or acquired (occurring during a person's lifetime).
- xi. **Disability Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person's disability
DSA (Disabled Students Allowance) - a grant that can be applied for, which helps with funding for support for disabled students
- xii. **Emotional Disability** - a disability that impacts a person's ability to effectively recognise, interpret, control or express fundamental emotions. Also includes behavioural disability
- xiii. **Invisible Disabilities** - disabilities which are not immediately apparent, e.g. someone who is hard of hearing chooses not to use a hearing aid, someone with visual impairment wearing contact lenses, or someone with a cognitive impairment
- xiv. **Limited Mobility** - mobility impairment, which could be caused by a number of factors
- xv. **Mental Disability** - a mental or behavioural pattern that causes suffering or a poor ability to function in ordinary life, where it has a long-term effect on your normal day-to-day activity, e.g. depression, bipolar disorder, obsessive compulsive disorder, schizophrenia
- xvi. **Mental Health Difficulty/Problem** - a pre-diagnosed psychiatric condition for which a person may, or may not, be receiving medical or psychological treatment, e.g. anxiety, depression, eating disorders
- xvii. **Mentor** - there are two types of mentor, a peer mentor and a DAS mentor. A peer mentor is a student in college who you can talk to. A DAS mentor is a member of the DAS who can help students with a variety of disabilities.
- xviii. **Physical Disability/Impairment** - a limitation on a person's physical functioning, mobility, dexterity or stamina, e.g. loss of a limb, mobility impairment, visual impairment, hearing loss,
- xix. **Reasonable Adjustment** - an alteration which could be made to enable a disabled person to carry out work without being at a disadvantage
- xx. **SEN(D)** - Special Educational Needs (and Disability)
- xxi. **Sensory Disability/Impairment** - sensory impairment where one or more of your senses (sight, hearing, smell, touch, taste, special awareness) is no longer 'normal' , e.g. visual impairment (including blindness) or hearing impairment (including being hard of hearing or deafness)

LGBTQIAP+

- i. **Coming out** – a figure of speech used by the LGBTQIAP+ community to describe an individual's self-disclosure of their sexual orientation and/or gender identity. Choosing to 'come out' is solely the decision of an individual, who may or may not wish to reveal their sexuality or gender identity.
- ii. **Erasure** - the denial, dismissal or refusal to acknowledge the identities or sexualities of people. This can include heteronormativity and cissexism
- iii. **Hate Crime/Incident** - any incident, which may or may not constitute a criminal offense, which is perceived by an individual, to be motivated by prejudice or hatred towards someone because of their sexuality, gender or race. A hate incident may be verbal, physical or a perceived threat
- iv. **Outing** - outing is the process of revealing someone's sexuality or gender identity without their consent. It is disrespectful to a person's self-determination to 'out' them without their knowledge and consent
- v. **Transitioning** - a term used to describe the process of moving from one gender to another, sometimes through hormonal or surgical treatment. Transitioning does not require medical involvement, rather can just be the process of disclosing one's identity

Sexuality Glossary

- i. **Aromantic** - an orientation which falls on the asexual spectrum and is characterised by feeling little or no romantic attraction to others. Where romantic people may have an emotional need to be with someone in a romantic relationship, aromantic people may be satisfied with friendships and non-romantic relationships
- ii. **Asexual/ACE** - an orientation generally characterised by not feeling sexual attraction or desire for partnered sexuality. Asexuality is distinct from celibacy, which is the deliberate abstention from sexual

activity. Asexuality is reflective of the nature of sexuality as a spectrum, or sliding scale, and some asexuals therefore may have sex

- iii. **Biphobia** - prejudice, stereotyping, erasure or discrimination against people who identify as bisexual
- iv. **Bisexual** - a person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender
- v. **Demiromantic** - an orientation which falls on the asexuality spectrum, characterised by the need for a strong emotional bond with a person as a prerequisite for developing or experiencing romantic attraction to them
- vi. **Demisexual** - an orientation which falls on the asexual spectrum, characterised by the need for a strong emotional or romantic connection with a partner as a pre-requisite for experiencing sexual attraction towards them. Romantic preference, however, may correspond to a certain gender, i.e. a person may be both homoromantic and demisexual
- vii. **Heteromantic** - a romantic orientation characterised by feeling romantic attraction to someone of an opposite gender
- viii. **Heteronormativity** - the assumption, made by individuals and institutionalised society, that everyone is heterosexual; that heterosexuality is default and superior to other sexualities
- ix. **Heterosexuality** - a sexual identity in which a person is sexually and romantically attracted to a person of an opposite gender, e.g. a man attracted to a woman
- x. **Homophobia** - this is a wider term used to describe prejudice, stereotyping, erasure or discrimination against people who identify on the LGBTQIAP+ spectrum
- xi. **Homoromantic** - a romantic orientation characterised by feeling romantic attraction to someone of the same gender
- xii. **Homosexuality** - a sexual orientation characterised by feeling sexually and romantically attracted to a person of the same gender. This includes being gay (a man attracted to other men) and lesbian (a woman attracted to other women)
- xiii. **Panromantic** - a romantic orientation characterised by romantic attraction to individuals of any gender
- xiv. **Pansexual/Omnisexual** - terms used to describe people who have romantic, sexual or affectional desire towards a person of any gender
- xv. **Queer** - for some 'queer' acts as an umbrella term for all sexualities and gender identities, or as a term for those who do not wish to give a label to their sexuality or gender identity. An individual who identifies with a label in the LGBTQ+ acronym may also use queer as a descriptor, whilst others only may exclusively use 'queer' to describe their sexuality or gender.
 "Use of the word 'queer' - the presence of this word within the LGBTQ+ community is contentious, due to its historically derogatory use as a slur. However, for many it is a reclaimed term which means that it can be used only by those who identify as 'queer' or LGBTQ+. Use of this word by people outside of the 'queer community' (i.e. heterosexual, cisgender) is offensive and appropriative."
- xvi. **Romantic Attraction** - a sense of wanting to be involved romantically with a person. Feelings of sexual attraction are distinct and are not mutually inclusive of feelings of romantic attraction
- xvii. **Romantic Orientation** - a description of the gender, genders (or lack thereof) which a person experiences romantic attraction towards
- xviii. **Sexual Attraction** - a sense of wanting to engage in sexual activity with a person
- xix. **Sexual Orientation** - the gender, genders (or lack thereof) which a person experiences attraction to

Gender Glossary

- i. **Agender** - an individual who identifies as without gender
- ii. **Cisgender/Cissexual** - words used to describe people who are not transgender, or transsexual. It is a simple opposite in prefix 'cis' to 'trans'
- iii. **Cissexism** - the assumption that gender corresponds to genitalia, leading to discrimination against and erasure of non-binary individuals
- iv. **Gender** - a social construct, refers to sociological boundaries and signifiers that define people as feminine, masculine or androgynous. Gender can be the appearance and presentation of a person's identity, but is unrelated to sex
- v. **Gender Binary** - this is a common system of thought which refers to certain societal ideas that many people hold about gender and sex. The gender binary is not correct, however, as it presumes that only two genders exist and that a person can be only male or female. It implies that trans people do not exist, which is harmful and inaccurate

- vi. **Gender Fluid** - this term refers to the spectrum of gender identity and relates to a person who feels an overlap of, or indefinite lines between, their gender identity. Identifying with two or more genders (i.e. being bigender, or pangender). A gender fluid individual may alternatively possess no gender (i.e. being agender, non-gendered, genderless), or move naturally between genders and have a fluctuating gender identity
- vii. **Gender Identity** - this describes the psychological recognition of oneself as being a member of a certain gender. Gender identity is self-determined and separate from anatomical sex, i.e. genitalia
- viii. **Gender-neutral pronouns** - these are used to avoid referring to someone as 'he/him' or 'she/her'. The most common gender-neutral pronouns are 'they/them', 'zie/zim' and 'ey/em'
- ix. **Genderqueer** - this refers to an identity taken on by people who feel that the substance and aspects of their gender exist outside of the binaries 'male' and 'female'
- x. **Intersex** - a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit typical definitions of female or male
- xi. **Pangender** - this term may fall on the gender fluidity spectrum and describes the non-binary experience of an individual who may identify and move between multiple gender identities
- xii. **Sexism** - prejudice, stereotyping, erasure or discrimination against people, based on gender
- xiii. **Transgender** - a person who identifies with a gender that does not correspond to the sex assigned to them at birth (AFAB = 'assigned female at birth', AMAB = 'assigned male at birth'). This includes trans men (an individual who was assigned female at birth but identifies as a man) and trans women (an individual who was assigned male at birth but identifies as a woman). Being trans is not necessarily identifying with the genders of 'man' or 'woman', given the diversity of gender identities; whereby someone may be gender fluid or agender.
- xiv. **Transphobia** - prejudice, stereotyping, erasure or discrimination against people who identify outside the gender binary. It also includes institutionalised forms of discrimination, such as criminalisation, pathologisation, or stigmatisation of non-conforming gender identities and gender expressions

Ethnic and Religious

- i. **BME/BAME - Black and Minority Ethnic or Black, Asian and Minority Ethnic** is the term used in the UK to describe people of non-white descent
- ii. **ERM - Ethnic and Religious Minorities** is the term used in the UK to describe people of non-white descent or non-Church of England descent
- iii. **Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person: disability, race or ethnicity, religion or belief
- iv. **Microaggressions** - the everyday verbal and non-verbal slights or insults which communicate hostile messages that target people based solely upon the fact that they are a member of a marginalised group. Microaggressions are often found in jokes and are heavily linked to stereotypes
- v. **PoC - People of Colour** is another term used to refer to people of non-white descent
- vi. **Prejudice** - an irrational bias against members of a particular racial, religious or social background
- vii. **Privilege** - an advantage or right that is exclusively available to a particular person or group of people
- viii. **Racial Discrimination** - treating someone in a negative way purely because they are a member of a specific race
- ix. **Racism** - our understanding of racism has progressed hugely and it is now commonly thought that racism is a combination of privilege (see above) and power (occupying a position of social/economic/political power). In essence, this means that someone can only be racist if they are both privileged and in a position of power and this new and modified social definition challenges the concept of reverse racism. This new definition is not universally agreed upon and so this progressive view can be supplemented with the current dictionary definition which is that racism is the belief that all members of each race possess characteristics, abilities or qualities specific to that race, especially so as to distinguish it as inferior or superior
- x. **Religious Discrimination** - treating someone differently because of their religion
- xi. **Reverse Racism** - When the racially dominant group in any given society are discriminated against. This term is now largely thought to be incorrect because of the new understanding that power is a crucial element in racism. This is, of course, not to say that the dominant racial group can't face racial intolerance but this is usually classed as prejudice, discrimination or stereotyping.
- xii. **Stereotyping** - The harmful belief that all members of a specific race, ethnicity, religion or social group possess specific, often pejorative characteristics or attributes.