

SOMERVILLE JCR

SOMERVILLE WELFARE HANDBOOK

2021-2022

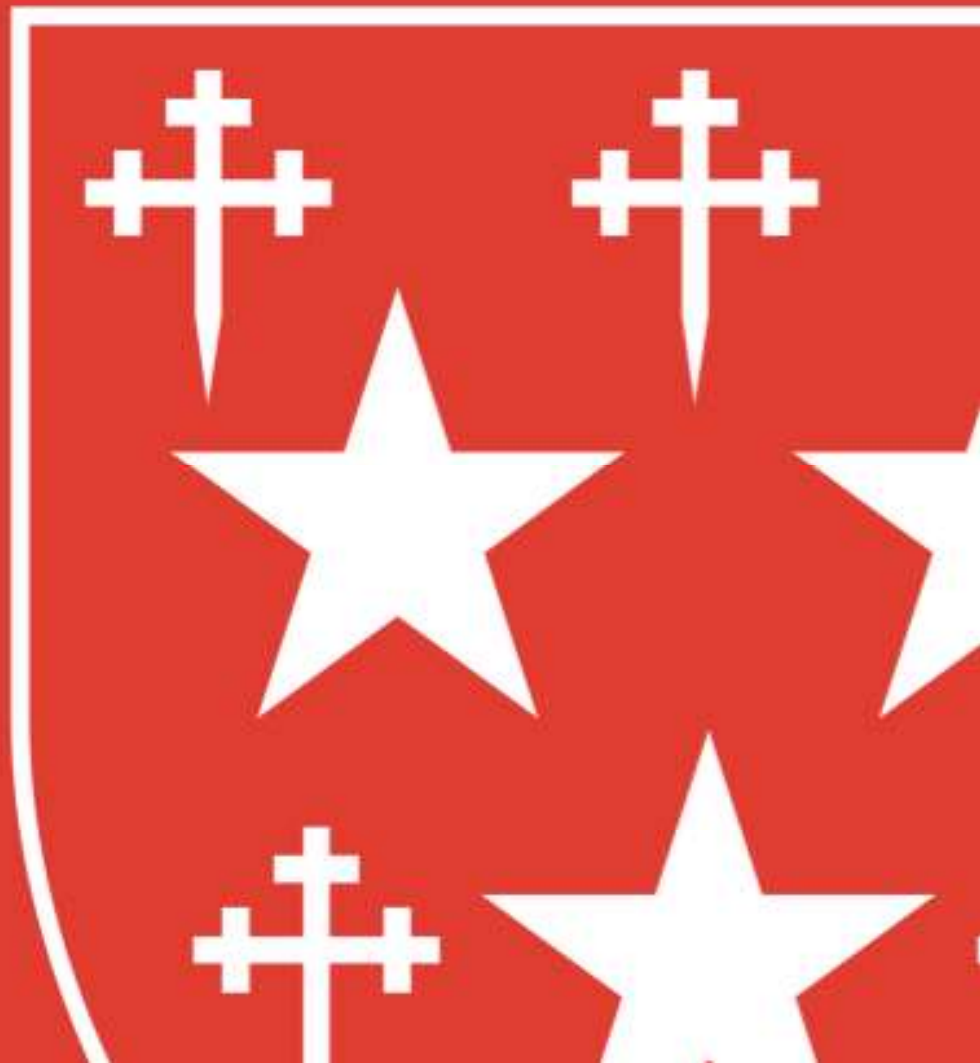


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Before Reading the Booklet

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.

There may still be some uncertainty this year regarding COVID, 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 https://www.some.ox.ac.uk/wp-content/uploads/2021/07/Welfare_Somerville-College-Confidentiality-Policy-July-2020.pdf so you don't need to worry about anything you tell us being disclosed to anyone else.

JCR Welfare Officers



Hi everyone!!

We're Katie (they/them) and Alfie (he/him), a second-year physicist and computer scientist respectively and the JCR welfare officers this year.

I'm Katie (they/them) and I am one of your welfare officers! I've lived a bit all over the place but I currently stay in Littlehampton on the south coast when I'm not in Oxford. When I'm not working, I'm usually buying far too much from charity shops, watching Grey's Anatomy or playing the Sims 4. I'm very excited to be one of your welfare officers this year and run lots of events for you all!

I'm Alfie (he/him) and I'm super excited to work be one of your welfare officers this year! I am a big music fan, playing, writing, streaming, singing, going to gigs or whatever else, (did someone say top 0.5% Taylor Swift fan on Spotify?). I also love baking, so if you have cooked up any cool creations please send me pics and I will be very jealous of you for getting to eat them!



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. Despite restrictions in England having been almost completely eased, coronavirus is still likely to impact student experience this year, so we want to make sure that you can access all support available to you.

We're here to provide non-judgmental support for any concern you might have. Alfie has completed 24 hours of peer support training to develop the necessary skills to support students. Katie will do the peer support training in Oxford as soon as they 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 if you're just in it for the free food and chill. In 5th week (aka welfare week) we'll be hosting tons of events to help fight off those pesky 5th week blues (activities normally include 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 alfie.brazier@some.ox.ac.uk and katie.walker@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 around college 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! Please email me if you need a confidential chat about anything and we can arrange 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 – Rachel Slater



I am Rachel Slater and I am your college nurse. I have been a nurse for 35 years. Wow! (Now I do feel old!). I originate from West Yorkshire but I have lived in Oxford for 27 years now. I have still got my broad Yorkshire accent. When I'm not working and being a mum to my two teenagers I love to walk and enjoy live music.

My role as your college nurse is to support students who have minor illnesses, minor injuries and to signpost you to medical and dental services when necessary. I am also available along with the welfare team to support anyone who is struggling with mental health issues. I am available from 1030 to 430 on weekdays during term time and I can be contacted on (01865) 270608 or you can email me on somenurse@nhs.net to make an appointment.

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. 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.

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 Anna, Barbara and Mohini, 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!



Anna Yakovleva

Hello, I'm Anna. I am a first year Graduate Entry Medicine student. My background is in virology, and most recently I worked on the development of new vaccine delivery technologies for my PhD thesis. I have been a Junior Dean at Somerville since the beginning of 2021 am looking forward to continuing to support Somerville students in 2021-22!



Amine M'Charrak

Hi, my name is Amine. I'm originally from Solingen, Germany, which means I get very excited whenever I see someone uses Zwilling kitchenware or when a new bakery opens in Oxford. I am a doctoral student in Computer Science. My research interests are in statistical and causal learning methods for healthcare. I try to understand how we can extract causal relations from observational data to support clinical decision making. In my free time, you can find me learning Korean, running in Oxford, cycling near Oxfordshire, and reading a lot about cultures and societies around the world. I am happy to chat over a coffee with oat milk.



Mohini Gupta

Hello! I am Mohini, a DPhil student at the Faculty of Oriental Studies. My research work is on the politics of language in South Asia. I worked with a higher education institute for women in India before joining Oxford and have a Master's in Cultural Studies from SOAS University of London. I am excited to start my journey at Somerville College as Junior Dean and can't wait to meet the diverse community of students at the College.

The JCR President – Ying Di



Heya! I'm Ying (he/him), a second-year Physics student here at Somerville and the current Junior Common Room (JCR) President. I chair the bi-weekly meetings of the JCR committee, represent the undergraduate body in meetings with senior members of college and the Governing Body. I act as your link between the students and the College administration, representing your interests and concerns. We strive to improve the lives of all undergraduates here at Somerville and to create a vibrant community that works for everyone, regardless of background. So with this in mind, please don't hesitate to get in touch with any issues you may have with how college is run, or any initiatives you want to start up. My emails and Facebook messenger are always open and I am always really happy to hear from anyone and everyone in the JCR!

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

JCR Peer Supporters

Ellie Walker



I'm Ellie (she/her) a current 2nd year Medic and one of the Somerville peer supporters. My hobbies include playing the guitar (very badly), making necklaces and any other forms of procrastination I can think of. I probably spend more time watching Netflix than watching lectures - at this point I'm convinced I'm learning most of my degree from Grey's Anatomy and House. I love pretty much all hot drinks and can't function without a worrying amount of caffeine in my system, so if you ever need to chat or vent over a coffee I'm your gal! I trained to be a Peer Supporter because I'm really passionate about mental health and know how hard it can be to talk about your problems, but also how beneficial it can be. Please don't hesitate to drop me a message if you're ever feeling down or just want to rant about your degree/any other problems. **E-mail:** ellie.walker@some.ox.ac.uk

Inês Castro



Hey everyone, I'm starting off the introductions for this term's peer supporters! I'm Inês (she/her), a third year experimental psychology student and now a Somerville peer supporter! I love reading, dancing, and playing the piano. If you ever need immediate cheering up let me know and I will flood you with photos of my two cats (I love showing her off). Please don't hesitate to come talk to me if you see me around college, or to message me if you ever need a chat, I'm always happy to be there! **E-mail:** ines.castro@some.ox.ac.uk

Jake Longley



Hey guys!! I'm Jake (he/him) doing 2nd year Maths and I'm another one of the peer supporters at Somerville!! My main hobbies are listening to/playing music, video games and just chilling with people in general (I don't know if you can call it a hobby but it is now). Feel free to come say hi and chat whenever about anything, over message or outside if you ever see me, always down for that. Hopefully will see you around! **E-mail:** jake.longley@some.ox.ac.uk

Lily Sheldon



Hey all!! I'm Lily (she/her) and am a second year studying history. I'm one of the peer supporters at Somerville. I am one of the section editors of the Cherwell and am a regular at TuesGAYS and Jsoc Friday nights so can talk about anything queer, Jewish or the intersection. I love getting to know different people and hearing different peoples stories so please feel free to message me or just come up to me in college if you want to have a chat about anything! I became a peer supporter because Oxford life can often feel isolating and lonely and so I want to be a part of building a meaningful community which cares for one another. So if you need something: a chat, a coffee, a walk or anything else, don't be a stranger! **E-mail: lily.sheldon@some.ox.ac.uk**

Alex Pay



Hello! I'm Alex (he/him), I'm a 3rd year Computer Scientist and peer supporter! I love cooking, coffee and the film Ratatouille. I'll keep it short and sweet and say that for all its positives, Oxford can be a pretty stressful place, but that's what we peer supporters (and the rest of the welfare team) are here for. If there's ever anything you want to talk through, feel free to contact me – I'm always happy to meet up or just message if you prefer!

E-mail: alex.pay@some.ox.ac.uk

Ville Virtualfare and JCR noticeboard

During the pandemic we used a Facebook group called Ville Virtualfare as an online hub for all things Somerville welfare, as of writing this we are unsure which restrictions will be in place, and hence how much we will use this group during term, but it will be useful for welfare support over the vacs, so join here: **<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! **<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

Despite easing of restrictions in England, COVID may still impact our lives throughout the coming academic year, particularly in the winter. 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 may change. 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 or call the porters on **01865 270600** to let them know you're self-isolating and book a PCR test. 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 using the university testing service, which is specifically for Oxford uni students: 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 Mondays, and will may take place via Teams (as was the case for Trinity 2021), 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 usually offer confidential walk-in clinics, bookable appointments and contraception fitting, but due to coronavirus, they currently only offer appointments by arrangement. 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 restrictions ease. The closest 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 STI's you would usually be able to visit the **Churchill Hospital Sexual Health Clinic (pg.12)**, but you should check which services it is currently offering before going due to COVID. 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
- Talk honestly with potential sexual partners about your sexual health status
- Consider pre-exposure prophylaxis (PrEP), a medication that someone who is HIV negative can take to greatly reduce their risk of contracting HIV
- Getting checked when changing sexual partner and at least once a year
- Consult your doctor or a sexual health clinic about which STI vaccines may be recommended for you
- Using external or internal condoms, even with sex toys
- Using condoms or dental dams for oral sex
- Maintaining good hygiene, including hand washing before/after sexual contact
- Urinating after sex to help prevent UTIs

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. Self-identifying MSM make up only a smaller percentage 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 Phone: 0300 130 3036

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

Sexual Harassment and Violence Support Service

supportservice@admin.ox.ac.uk

Harassment and Discrimination

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 – Rosie Seymour



Hey! I'm Rosie Seymour (she/her), I'm a second-year English and Spanish 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 (rosie.seymour@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, collaborate with the Welfare Officers on sexual health issues 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 get involved with my new role and keep upholding the legacy of equality and feminism that this college has enjoyed for a century. I'm looking forward to meeting you all, and I really hope that you all feel you can come to me with any ideas for events, or indeed any concerns no matter how big or small! If you see me around college please don't hesitate to stop me for a chat, as I'm always up to talk 😊

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 – Lis Hill



Hi I'm Lis (She/He) and I'm a second year studying German and linguistics. I'm one half of the LGBTQ+ rep team at Somerville. I'm originally from Sheffield and when I'm not study I love reading, buying too many plants, cooking and getting a bit too competitive on geoguesser. I'm always up for a wholesome chat so don't be scared to approach me with any concerns!

Email: alicia.hill@some.ox.ac.uk

JCR LGBTQ+ Officer – Saz Kwok

Hiya! I'm Saz (they/them), a second year studying PPL, and one of the two LGBTQ+ reps in Somerville 😊 I'm from Hong Kong and because that plus the fact that I'm gay constitute my entire personality, I'm also part of the Oxford LGBTQ+ Society as their International Rep. Have dedicated my life to living out the gay stereotype of changing one's hair every two weeks, so I apologise in advance if I am unrecognisable when you get here. Feel free to hit me up if you have any questions about Somerville, being LGBTQ+ at Oxford, or if you just want to chat in general!

E-mail: sarah.kwok@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 – Maria Rotaru



Hey guys! I'm Maria (she/her), a second year Philosophy, Politics and Economics student. I'm Romanian and have lived in Bucharest all my life. I will be 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 college life and traditions 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 (maria.rotaru@some.ox.ac.uk), Facebook (Maria Rotaru), 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 – Dona Josh



Hey guys my name is Dona (she/her) and I am the JCR Access and Admissions officer. My main role is to make Somerville as accessible as possible! This involves running the access Instagram, helping with outreach events and inreach (looking after the general welfare of students). When I am not pouring through a problem sheet, I will most likely be watching Grey's anatomy or eating a concerning amount of squashies (THE best sweets ever). My favourite hobby is baking - it's what I do when I am happy, stressed, sad or bored so I will always have cake or biscuits in my room. If you need some advice, a chat or even just a rant at any point, I am more than happy to help. If you need more incentive, I will provide snacks and baked goods!!

Email: dona.josh@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 a **JCR BAME Officer**. 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.



JCR BAME Officer – Hannah Bello

Hiya, I'm Hannah, one of the two BAME Officers for this year along with Rohan! I'm a second year from Birmingham doing English 🧐 As BAME Officer, I'm dedicated to making sure that minority students have the best Somerville experience they can, especially in our weird post-Covid world. If you need anything (like really, anything) my email is hannah.bello@some.ox.ac.uk



JCR BAME Officer – Rohan Silvestro

Hey everyone, I'm Rohan, I'm a second year from Birmingham studying German and Italian, and I'm one of the Ethnic Minorities officers! My job in the JCR is basically to represent the views of ethnic minority students in college, to make sure everyone feels included in the Ville community. When I'm not busy with my degree, I love to cook, play drums and (attempt to) learn new languages. If anyone has any questions or wants to reach out for a chat, hit me up at rohan.silvestro@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 – Charlotte Arben



Hello! I'm Charlotte Arben (she/her), I'm a second-year mathematician, and JCR Disabilities Officer. My role is to represent disabled students at Somerville and help them to access any help that they need to study at their best. 'Disabilities' covers a wide range of conditions, both mental and physical, visible and invisible; everyone's requirements are different, but there's so much support on offer here at Oxford, not just within college but from the university's DAS too. If you have any questions or want to talk to someone about anything disabilities related (or otherwise) the please feel free to get in touch, via email at: charlotte.arben@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 third-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. 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 rustication, 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 – Leah O'Grady



Hi! I'm Leah, I'm a second year PPEist and the JCR domestic officer. I manage rooms, particularly the ballot, and college facilities e.g. terrace. Feel free to contact me with any domestic queries!!

Email: leah.ogrady@some.ox.ac.uk

Facebook: Leah O'Grady

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	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.

amphetamine-based drugs.		
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
<p>These risks result from reduced inhibition and awareness of surroundings:</p> <ul style="list-style-type: none"> • accidents and injuries • being the instigator or victim of violence • unprotected sex • loss of possessions • alcohol poisoning 	<p>These risks seriously impact physical and mental health as well as social and personal well-being:</p> <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/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)

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 – Kitty Towler

Hey I'm Kitty (she/her) and I'm a third year studying maths and stats. As JCR treasurer, I'm here to point you in the right direction if you have any financial concerns. Feel free to message me on Facebook or send me an email at kitty.towler@some.ox.ac.uk and I can get back to you as soon as!!



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** – trained peers providing other students with a confidential place to share their problems and seek help
- 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 and maintaining your health, whether it's brushing your teeth, taking time off to recuperate, or exercising, etc
- 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, to the point of wanting to kill oneself. 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 level of being comfortable and health of an individual

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 against someone due to their disability
- ii. **Access Barriers** - an obstruction that prevents people with disabilities from using standard facilities, equipment or resources as effectively as non-disabled people
- iii. **Accessible** - a facility, activity or resource that can be used by anyone, regardless of any disabilities they may have
- iv. **Adaptive Technology** - a subset of assistive technology which is designed specifically for disabled people, and would not usually be used by non-disabled people
- v. **Alternative Examination Arrangements** - examination arrangements which help disabled students, 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 a disabled person, e.g. a wheelchair
- vii. **BSL** - an abbreviation for British Sign Language
- viii. **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, (may also be referred to as an intellectual disability)
- ix. **DAS (Disability Advisory Service)** - a department of Oxford University which helps to support disabled students, for example through mentoring sessions
- x. **Developmental Disability** - chronic condition due to mental/physical impairments. Can be detected early and persist through an individual's life, e.g. Down's syndrome, cerebral palsy, Fragile X, autism
- xi. **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).

- xii. **Disability Hate Crime** - crimes that are targeted at a person because of hostility or prejudice towards that person's disability
- xiii. **DSA (Disabled Students' Allowance)** - a government grant that can be applied for (usually when you apply for student finance), which helps with funding for support for disabled students at university
- xiv. **Emotional Disability** - a disability that impacts a person's ability to effectively recognise, interpret, control or express fundamental emotions. Also includes behavioural disability
- xv. **Invisible Disabilities** - disabilities which are not immediately apparent, e.g. someone who is hard of hearing chooses not to use a hearing aid, or someone with a cognitive impairment
- xvi. **Limited Mobility** - mobility impairment, which could be caused by a number of factors
- xvii. **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
- xviii. **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
- xix. **Mentor** – at Oxford there are two types of mentor, a peer mentor and a DAS mentor. A peer mentor is another student in college who you can talk to. A DAS mentor is a member of the DAS who is qualified help students with a variety of disabilities, for example there are specialist autism mentors.
- xx. **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,
- xxi. **Reasonable Adjustments** - alterations which should be made to enable a disabled person to carry out work or study without being at a substantial disadvantage. This is required by law under the Equalities Act 2010
- xxii. **SEN(D)** - Special Educational Needs (and Disability)
- xxiii. **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)
- xxiv. **Student Support Plan (SSP)**- at Oxford, this is a document which sets out the reasonable adjustments required by a particular student, for example any assistive technology they may need or alternative examination arrangements that they require. With the student's permission, it is usually shared with their tutors and other relevant members of staff to ensure that they get the support they need
- xxv. **Study Needs Assessment**- an assessment done online or in person, by an external company, to determine the reasonable adjustments that a disabled student will require DSA funding for, for example specialist mentoring

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

Ethnicity, Race and Religion

- i. **BME/BAME - Black and Minority Ethnic or Black, Asian and Minority Ethnic** is the term used in the UK to describe people belonging to an ethnic minority grouping
- ii. **ERM - Ethnic and Religious Minorities** is the term used in the UK to describe people of ethnic minority 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 attribute



Where can you get support from?

House 4-01865 270 525
welfare.officer
@some.ox.ac.uk

House 6 - 01865 270 629
senior.tutor
@some.ox.ac.uk

rbshire 16 - 01865 270 865
somervillennurse
@oxfordhealth.nhs.uk

Anna Yakovleva Amine M'Charrak Mohini Gupta
To contact the on call Junior Dean call **07805 784964**
or email **deans.office@some.ox.ac.uk**

To book an appointment,
email **david.anderson**
@admin.ox.ac.uk

Student Union Advice Service
4 Worcester Street
01865 288466

Oxford University Counselling Service
www.ox.ac.uk/students/welfare/counselling
counselling@admin.ox.ac.uk

Katie Walker Alfie Brazier
Message us on Facebook or email
katie.walker@some.ox.ac.uk
alfie.brazier@some.ox.ac.uk

Elie Walker Ines Castro Jake Longley Lily Sheldon Corinne Barker Alex Pay
@some.ox.ac.uk @some.ox.ac.uk @some.ox.ac.uk @some.ox.ac.uk @some.ox.ac.uk @some.ox.ac.uk

Message us on Facebook or email peer.supporters@some.ox.ac.uk – check Facebook for drop in sessions and events

	Nightline	Samaritans	Nightline	Junior Deans	Student Union Advice Service	Nurse	Jo Ockwell (Welfare Officer)	Junior Deans
00-00								
1am								
2am								
3am								
4am								
5am								
6am								
7am								
8am								
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Everyone on this page has undergone **welfare training** and are prepared and willing to help you address any issues/concerns you may have. They will all provide **non-judgemental** and **confidential** support to help you in any way they can. We are all very knowledgeable of the services available within Oxford to help you find whatever you need. Do not hesitate to get in touch with any of us about any issues you may be facing, nothing is too small or insignificant of our time and nothing is too big for us to be able to help you find a solution.

Medical emergencies: call 999 (or 112 from international phones) immediately. When it is safe to do so, someone should try to contact the Welfare Officer, College Nurse or Junior Deans—or the porters if no one else is available.

Medical non-emergencies: see the College Nurse for first aid, advice and referrals to the GP/hospital. Outside of the nurses hours see the Porters for first aid or ring 111 for advice. Appointments with the GP can be made by contacting Observatory Medical Practice.

If you are unsure of who to contact, see the college nurse or call 111 outside the nurse's hours.

Mental health emergencies: if you or someone you know is at risk of serious harm, call 999 (or 112 from international phones) immediately. When it is safe to do so, someone should try to contact the Welfare Officer, College Nurse or Junior Deans—or the porters if no one else is available.

Non-emergencies, but still want help quickly:

Check the timetable to see who is available and use the contact details to get in touch. Most of the time someone on the College Welfare Team will be available quickly. On the very rare occasion that this is not possible someone will be available at Nightline or Samaritans. You can also contact the Senior Tutor or the JCR welfare team at peer_supporters@some.ox.ac.uk

If you are unsure of who to contact, all of the welfare team are trained so contact whoever you feel most comfortable speaking to. For anonymous support contact Nightline, Samaritans or use an anonymous email to contact the JCR Welfare Team. For support from students, contact the JCR Welfare Officers, Peer Supporters or Junior Deans. For support from staff, contact the College Welfare Officer, College Counsellor or Senior Tutor. For university-wide support, contact the Student Union Advice Service or University Counselling Service. For support outside the university, contact Nightline or Samaritans.

Support: If and when you feel ready, it is important that you talk to someone, remembering that you have done nothing wrong. Any support you receive will be treated confidentially and we will assist you with the reporting procedure if that is what you want to do.

Reporting a crime: To report a crime call the police on 999 (emergencies), 101 or 01865 841148.

Reporting Sexual Assault/Discrimination/Harassment: Incidents in college can be reported to the College Dean at deans.office@some.ox.ac.uk. Outside of college, you can seek advice from the university's Sexual Harassment and Violence Support Service at <https://www.ox.ac.uk/students/welfare/supportservice>. Wherever or whenever the incident occurred, the welfare team are all here to offer whatever support you need.

If you develop any symptoms of Covid-19 (high temperature, a new continuous cough, or a loss or change to your sense of smell or taste) arrange for a PCR test as soon as possible through the University's EarlyAlertService or the NHS. You should also email Andrew Parker (treasurer@some.ac.uk) and the Covid helpline, covid@some.ac.uk, to let college know that you have booked a test. The college welfare team are here to support you through Covid in any way you can.