



WELFARE HANDBOOK 2023-2024

SOMERVILLE JCR



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Before Reading the Booklet

We realise this booklet is really long and has a lot of information, which can be a bit intimidating! But don't worry – **all the key information can be found at the back of the booklet**. The booklet is more for your reference, so that you can locate how to address any specific concerns you may have at any point during the year. So, while it may contain a lot of information, chances are you won't end up using it at all. There's a great support network here at Somerville, so please don't be overwhelmed by the amount of info provided here.

Wishing you the best possible year at Somerville,
Your College Welfare Team

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 reach out to 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](#), so you don't need to worry about anything you tell us being disclosed to anyone else.

JCR Welfare Officers



Hi, I'm Ollie (he/him), a second year studying Biology here at Somerville. I'm from a small town near Salisbury and in my spare time I love to read and crochet. When I'm not doing uni work, I am probably sat making yet another bucket hat or reading. I was exceedingly panicked before Results Day last year that I hadn't made it into Oxford, and once I found out I had a place I was even more nervous trying to get myself ready for uni and worrying about how I might fit in, but I can honestly say that if that latter point is you then you needn't worry. There is a place for everyone at Somerville, and I hope the year to come will help show you this. As part of your welfare team, myself and the rest of us are here to support you in any way we can,

whether that be a quick chat on quad, a coffee in a peer support session or anything else you may require. Feel free to give either Michelle or myself a quick message on messenger (or email anyone else down below) and we can point you in the right direction.

Hi, I'm Michelle (she/her) and I'm a third-year musician. I'm from Bristol and love travelling, the outdoors (and obviously music). You can usually find me swimming in the river at port meadow, playing my double bass at an orchestra/ musical rehearsal or continuously talking about how much I love the Canadian Rockies (where I spent my gap year). I was so nervous before coming to Oxford that I wouldn't fit in, but Somerville is so friendly and college now feels like my home away from home! Everyone has ups and downs, but the welfare team is here to support you through anything you might be going through. I'm a trained peer supporter which involves completing 24 hours of training so feel very welcome to come and have a chat with me about any issues you're having. I'm also a Rainbow Peer which is for Peer Supporters who identify as LGBTQ+ and attend a further supervision session per term to discuss how to better support queer students. I'm always open for a chat about anything at all, I hope I can help you feel welcome and comfortable!



Our role is to make sure Somerville is a place where people can feel welcome, comfortable, and able to talk freely about any issues they may be facing. We want to make sure that you can access all support available to you, and know where to find it. We're here to provide non-judgemental

support for any welfare or mental health concerns you might have. One of our responsibilities is hosting Welfare Teas every two weeks, 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 some events to help fight off those 5th week blues (activities in the past have included a bouncy castle, having alpacas visit, 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 michelle.stanley@some.ox.ac.uk and oliver.eyre@some.ox.ac.uk. Just talking things through with a friendly face can help so much. No problem is too small. We look forward to meeting you properly around college and we hope you have an amazing year at Somerville!

Big Ville love,
Your Welfare Officers

Student Welfare Lead – 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, or via Teams. 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.lead@some.ox.ac.uk, 01865 270525, Mon-Thurs 9am-5pm.

College Nurse – Jenny Fitzgerald (joins Somerville 20th November 2023)



My name is Jenny and I will be your College Nurse. I have been a Nurse and a Midwife for 30 years and have worked in Schools and Colleges for the last 15 years. I have three older children, the youngest has just finished University this year, and two gorgeous grandchildren who now live in Thailand as my daughter is teaching there. I live in a tiny village on the outskirts of Oxford and love walking our two mad dogs around the fields and river nearby. I very much enjoy listening to music and playing it myself, with a mixed reviews from my family. One of my favourite hobbies is outdoor swimming in all weathers. My role as your College Nurse is to support you with minor injuries and minor illness and to help signpost you to the relevant medical and dental services where appropriate, I also work with the welfare team to support anyone who is struggling with their mental health or other issues. Please feel free to pop in during these times for a chat or advice. I look forward to meeting you and hope you will be very happy at Somerville.

Email: pml.somervillenurse@nhs.net, 01862 270608, Mon-Fri 10:30-16:00, term time only.

College Councillor - Elizabeth Edginton



I'm Elizabeth, the College Counsellor at Somerville. As a Somerville student, you can contact me to arrange a 45-minute, one-to-one session to discuss any emotional or mental health issues you might 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 Wednesdays, in person, or on Teams in exceptional circumstances.

I'm a fully qualified and experienced psychotherapist specialising in working with young people, but am happy to see students of all ages. I have worked in the NHS and universities for over 10 years, both clinically and in research, and prior to that, was an academic. I started as the College Counsellor at Somerville in Michaelmas 2023 and 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 through and think about any issues that you might be having. If you have questions or would like to arrange a session, please email me on college.counsellor@admin.ox.ac.uk

If you feel that you are at risk, please ensure that you make an urgent GP appointment, see the College Nurse, call NHS 111, or in case of emergency, go to Accident and Emergency at the hospital or call 999. Please also see the crisis contact numbers at: [Emergency contacts | University of Oxford](#)

Senior Tutor – Dr Steve Rayner



I was born in Stoke-on-Trent, hence the sad devotion to the 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 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), 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 Student Welfare Lead, 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 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 feel free to drop by. I don't have fixed office hours but I usually get to work sometime between 7.30 - 8am and I usually leave sometime 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 Helen, my executive assistant at ea.senior.tutor@some.ox.ac.uk, to set up an appointment.

College Porters

Though the college porters are not strictly part of the welfare team, they have some welfare responsibilities. They are all super lovely as you will find out/already know. Their main roles are to be friendly and welcoming, provide first aid and help with any queries you may have. The porters can be reached at any time of day or night by visiting the **Porters' Lodge (Plodge)** or calling **01865270600**.

Student Welfare Advisors

We're Shamsideen, Tamsin and Jisoo, and we are the Somerville Student Welfare Advisors. 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 on **07805 784964**, at student.welfare.advisor@some.ox.ac.uk, or via **Plodge**, and we look forward to seeing you round College!

Shamsideen Yusuf



I'm Shamsideen, but you can call me Shams (unless you're feeling particularly formal). I'm a 3rd year PhD student looking at how iron deficiency affects the memory of our immune system. Yes, that means I spend a lot of time in the lab with very cute mice. My academic past is a bit diverse as I originally studied mathematics before changing direction to study psychology and then neuroscience. I then took a hard left turn into immunology which landed me in Oxford. Makes for great party talk, let me tell you.

I'm also a bit of a globe-trotter— I have lived everywhere from Uzbekistan to Moscow, to Ghana, to America. Now I'm braving the

British weather. It's like collecting passport stamps but with more tea involved.

Given my psychology background, I am passionate about people's mental health and welfare. Over the years, I have volunteered with different mental health organisations including Samaritans and worked as a Junior Dean at various other universities. So, if you're a Sommervillian dealing with anything from study stress to life's bigger bumps, consider me your go-to guy.

Tamsin Greene Barker



Hello, I'm Tamsin and it is my pleasure to serve as an On-Call Student Welfare Advisor at Somerville College. I'm from Ireland and currently reading for a DPhil in Social Policy and Intervention. I care deeply about improving young people's mental health, so much so that this is the focus of my research. In my spare time, I row with Wolfson College Boat Club and train with Linacre Ladies that Lift. I also enjoy walks in the countryside and exploring Oxford's beautiful libraries.

Studying at Oxford can be wonderful but also very challenging. If you have any questions, welfare concerns (big or small) or would simply like a friendly face to chat to, please get in touch. The On-Call Student Welfare Advisors are here to support you throughout your time at Somerville College and I would be delighted to hear from you.

Jisoo Seo



Hi! My name is Jisoo, and I am a DPhil student at the Department of Education. I was a teacher before coming to Oxford and now I am studying how spatial reasoning relates to arithmetic word problem solving in young children. In addition to being a Welfare Advisor at Somerville College, I teach on the PGCE Mathematics Programme, and I am also the president of the Oxford Korean Academic Society. In my free time, I like to travel, browse thrift stores, go to the gym and watch Netflix. My goal for the next two years is to learn Spanish. Feel free to reach out if you think I may support you in any way!

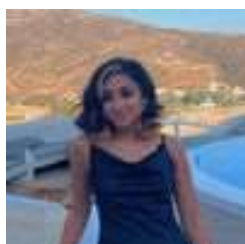
JCR President – Maddie Gordon



Hey Guys! My name is Maddie and I'm a second year PPEist, and your JCR president for this academic year. My role at the Ville is basically to lead the JCR, which consists of all the identity officers, welfare and administrative officers who represent you and run the JCR. As well as leading the JCR more formally such as at our fortnightly Open Meetings, I'm also just always around if you ever just want to chat or ask questions about Somerville, academics or Oxford as a whole! Thinking back to this time last year, I can imagine that the prospect of starting at Oxford is no doubt seeming very daunting; all I can say though is that college life really is a lot of fun, and that both the people and the vibes at the Ville are in my opinion the best in Oxford. If you want to ask me about literally anything before October– you can contact me via email (madelina.gordon@some.ox.ac.uk) or messenger. Really looking forward to meeting you all!

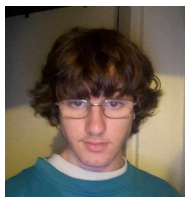
JCR Peer Supporters – Michaelmas 2022

Diya Badami



Hi, I'm Diya (she/her), and I'm a third year studying History. I know how Oxford (and uni in general) can be overwhelming at times, but also that talking about things can make a huge difference, so I'm always around for a coffee and a chat if you ever feel like it. Feel free to drop me a message on Facebook at any time if there's anything at all you want to talk about, no problem is too small to share.

Tiago Costa



Hey! i'm Tiago, a third year experimental psychologist! As a former welfare officer, I fully appreciate the possible difficulties and issues there are here at Oxford and in college. If you ever have anything on your mind, please feel free to reach out :))

Email: tiago.costa@some.ox.ac.uk

Jessica Richards



Hi, I'm Jessica (she/her), a fourth year maths and computer science student. Hobbies include video gaming, judo and bassoon. (Don't worry I'm not very good at the judo one). When I joined Oxford I felt a bit isolated but the welfare events really helped me to get out of my room and meet people. So if you ever want to talk, even if it's just to have a chat about the newest Zelda game, I'm available 😊.

Email: jessica.richards@some.ox.ac.uk

Maddie Gordon

Maddie is also peer support trained and able to assist you should you need it. You can find her bio above.

JCR noticeboard

The JCR noticeboard on Facebook is where you'll find most information about college life. This is where other undergrads in college post info about upcoming events going on in college and across the university, or other updates. Make sure to join to be in the loop! You'll also find a lot of welfare-related posts too, such as timings of Welfare Teas or Peer Support drop-ins.

<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 mental health problems 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

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** or **College Nurse**. Ring **111** or seek advice from the **Porters** and

College Nurse, 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** or **College Nurse** 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)*

Dental Care

The College has agreed limited dental cover with David Le Tocq at 31 Beaumont Street, Oxford, OX1 2NZ. Further details can be obtained from the practice's website at www.gentledentalcare-oxford.co.uk. If you require emergency dental treatment Mr Le Tocq will provide that either on the same day or the next day. Students are required to pay for their own treatment costs. Please note that, depending on your residency status, you may not be eligible to access all services provided by the NHS, the State-run service covering all aspects of healthcare in the UK. **East Oxford Emergency Dental Clinic**

Covid-19

Though we no longer have any restrictions and the pandemic thankfully seems to have slowed down in England, it still poses a risk and may be concerning for some. Therefore, we have decided to still include some key information.

The three main symptoms to keep an eye out for are a high temperature, a continuous cough, and 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.

If you're in any doubt about anything related to coronavirus, please check the NHS and government websites for advice and guidance, as the information in this booklet might be outdated by the time you read this.

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do>
- <https://coronavirus.data.gov.uk/>

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 important to prevent the virus spreading any further. 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. The whole process can be quite lonely and stressful, so know that all of the college welfare team are here to support you.

Mental health and coronavirus:

The pandemic has understandably led to long-term and lingering concerns and anxieties. So please know that you are not alone if Covid-19 is still a source of mental health issues, even if it feels like most people have moved on from it. As always, you can contact a member of the college welfare team, 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

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 using the website www.ox.ac.uk/students/welfare/counselling, or you can book an appointment by ringing **01865 270300** (daily during term, 9am - 8pm), using the email address 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 problem 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** 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 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** 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. The **Get Home Safe service** can be used if you are feeling unsafe or nervous when walking home at night; someone will stay on the phone with you until you are home safely.

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)

Togetherall

Togetherall is a free, online peer-to-peer support community that is available 24/7 via web browser. All you need is an active university email address, and it's endorsed by the university. Togetherall offers online discussions moderated by mental health professionals, as well as self-learning courses and resources. It is a safe space for students to help manage mental health and issues such as struggling to sleep, feeling low, stressed or unable to cope.

Website: <https://togetherall.com/en-gb/>

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: call 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends) or text 07860 039967

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 usually talk to their friends first when they're struggling. Here are some tips you can use to support 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"s as they can sound aggressive. Avoid giving advice as this can make them feel trapped, but let them know you are there to listen.

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 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** 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 (Plodge)** or the **Junior Deans** 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 on you too much, or if they 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**.

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 practise safe sex, we've provided 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 walk-in clinics on wednesdays, bookable appointments and contraception. 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. The closest clinics to us is Rectory road, however this does not offer drop ins, Churchill Hospital is only an extra 20 minute walk. Details for both 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

Drop-in (no appointment required) on Wednesdays 13:00 – 17:30. Services offered include STI tests, Emergency Contraception, PEPSE and PrEP.

All other times and services must be made by appointment, either by phoning or visiting the website.

East Oxford (Rectory Road) clinic

Address: Rectory Centre 29 Rectory Road Oxford OX4 1BU

Website: www.sexualhealthoxfordshire.nhs.uk

Phone: 01865 231231

With the exception of the under 18s drop-in sessions, this clinic is open by arrangement only (please do not drop-in).

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 bodily fluids such as semen, physical contact with another person's genitals or even skin-to-skin contacts. 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 one a year – even if you are having safe sex. This is because STIs often do not cause obvious symptoms. You may want to test more frequently if you are in a high-risk group such as men who have sex with men (see FAQs). Additionally, you should test after taking part in unsafe sexual activity or if you experience symptoms of an STI. You should also encourage any regular partners to get tested. To get tested for STIs you should usually be able to visit the **Churchill Hospital Sexual Health Clinic or Rectory Road Clinic**. The Chlamydia Testing Scheme can post a test kit discreetly to you if you'd rather not go to a clinic, use the following link to request one: <https://www.sexualhealthoxfordshire.nhs.uk/chlamydia-screening/>. 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 of 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 partners, 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.

FAQs

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 one of the above clinics to get tested for both chlamydia and gonorrhea. 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** 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 from 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, 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** with you, and ask the **Porters** for a free taxi.

You can also seek advice and support from Oxford **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 important to visit one of these places first. Of course, any member of the **College Welfare Team** 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, Queens 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 behaviour 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 behaviour of one person towards another of a sexual nature. Examples might include making provocative suggestions, unnecessary physical contact, jokes of a sexual nature, and suggestions of sexual contact.

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

Stalking: Stalking is unwanted obsessive or persistent behaviour of one person towards another. The unwanted behaviour may be in person, or via another means such as email or contact via social media. Behaviour 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 one of Somerville's Harassment Advisors. You can find more information about this in the "College Harassment Policy and Procedure," available at <https://www.some.ox.ac.uk/policies/>.

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 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 a witness of a 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**. 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

JCR Women's Officer – Violet Aitchison



I'm Violet Aitchison, (she/her), I'm a second-year History Student and I am this year's W*men's Officer! I'd like to continue and further the supportive atmosphere for all W*men of Somerville and ensure that everyone feels safe and represented. Something that struck me in my first year at Somerville was just how friendly and welcoming everyone at the college was which was so integral to feeling at ease during my transition to university. I believe having a strong community of W*men who help to uplift and support each other through any issues during the year, whether that be academic, social, or mental is so important, especially for a college that has such a rich history of amazing W*men. For me, one of Somerville's selling points was its involvement with supporting W*men's education at Oxford, and thus I am devoted to ensuring this ethos remains at the core of Somerville

in the year ahead. Somerville's FemSoc will meet fortnightly for relaxed conversations, drinks, and other fun events and it is a great opportunity for new students at Somerville to meet other W*men across year groups; have fun and lively discussions but also it just stands as a safe space for people to hang out. If you have any queries or are ever feeling uneasy about starting Somerville, or anything throughout the year, you can contact me violet.aitchison@some.ox.ac.uk. Overall, I hope you have a brilliant start to your term and hopefully, I will see many of you at the events organized during Freshers Week, the W*men's drinks on Thursday, and the Fem Soc picnic on Saturday!

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 emphasise 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 per-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 pidge. 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 don't hesitate to get in touch!

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

WomCam (Women's Campaign)

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

Website: www.womcamoxford.wordpress.com

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

LGBTQ+ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, with the “+” including a range of other identities like 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 LGBTQ+ presence in Somerville willing to provide advice, company and help to any who may need it. You can join the **Somerville LGBTQ+ Facebook group** to find out about events being run in college: <https://fb.me/g/9s2CLrx8J/DvtsytWk>

JCR LGBTQ+ Officer – Martha Wells



Hi, I'm Martha (she/they) ! I'm going into my third year here at Somerville, studying Philosophy and Linguistics. I am one of the LGBTQ+ representatives for the JCR which means I run events for the LGBTQ+ community here in college and work to make sure queer voices are respected and represented within college. These events include anything from pres before nights out to formal dinners and speaker events. If you have any questions or concerns about LGBTQ+ issues in college, then please get in touch !

Email: martha.wells@some.ox.ac.uk

JCR LGBTQ+ Officer – Charlotte Lim

Hi, I'm Charlotte Lim (she/ they) and I'm a second year Chemist, as one of Somerville's LGBTQ+ officers I want to make college as safe and welcoming a place for LGBTQ+ students as possible. Somerville has a brilliant inclusive and warm queer community which runs frequent events that are loads of fun. If you have any questions or concerns about LGBTQ+ issues or just want to chat about anything, feel free to get in contact!

Email: charlotte.lim@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

JCR International Students' Officer – Tarini Kadambi

Hi!! I'm Tarini and I'm a second-year biochemist. I'm super excited to be the International Students' Officer for this year :)

While I'm originally from India, I've been brought up in Singapore. So, I completely understand how daunting moving abroad for university can be as an international student. Despite being far away from your family, I really hope to make Somerville feel like a second home to you. I really hope to strengthen the international community at Somerville by creating a platform where students from all over the world with completely different backgrounds can find a common ground to celebrate our cultures, experiences and perspectives. I hope to do regular dinners, pub nights, organise celebrations for some popular festivals, and potluck dinners for international students to cook food from home and share this with other international students. Additionally, this year, I hope to work with college to increase the storage space available for international students.



Even if you're not an international student, I'm always here to talk or if you have any questions, please do not hesitate to contact me via facebook or instagram (@tarini_kadambi)

Congratulations on getting into Oxford and I'm super excited to meet you in October!

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

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

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

Oxford SU International Students' Campaign

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

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!

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

Access and Admissions

JCR Access and Admissions Officer – Aarthee Parimelalaghan



I'm Aarthee and I'm the JCR Access and Admissions officer. My main role is working with college and the JCR on increasing our outreach and inreach efforts. This includes helping with tours and Q&As from visiting schools and students, organising the undergraduate interview helpers and running the JCR Access Roadshow which sees JCR members visit target schools in London to increase admissions to Oxbridge. On inreach, I work with the other identity officers to make college as welcoming and accessible a space as possible. If there are any issues in terms of accessibility, or any structural discrimination issues you face that you're not sure who to approach, please let me know and I will do my best to help! Additionally, if there are any more initiatives you think the JCR could take on to improve diversity and accessibility within and into college,

please bring them to me. Looking forward to meeting you all this October 😊

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 **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 and meets once a week; 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 – Danae Ali



Hey everyone! I’m Danae (they/them), a second year PPEist and one of your Ethnic Minorities’ Officers. I’m Indo-Caribbean and I live in Trinidad and Tobago. My job is basically to make sure that the concerns of BAME students are heard and communicated to the JCR and College to make sure that your needs are met. You can come to me or Minshu about anything that you might be worried about, nothing’s too small, we’re here to help you transition to uni life as painlessly as possible. If you have any welfare issues that specifically relate to being an ethnic minority you can come to us and we’ll do our best to resolve it, or support you if it needs to be taken up further with College/University administration. We also host social events during Freshers week and throughout term for the BAME community at

Somerville so you can get to know other BAME students. Last term we did a BAME x LGBTQ+ Pub Quiz for Pride Month, and jewellery making on quad with snacks for welfare week. We also organise a BAME formal in Michaelmas, so keep an eye out for that next term! We’ll be doing similar events to

the ones I mentioned before, to give you a chance to meet other BAME students in College, and also just as a bit of a break from academic work. If there's anything you'd particularly like to do, and you think other people would enjoy it as well, please mention it to me or Minshu and we'll do our best to make it happen (within reason, of course). In my free time I like to knit, crochet, play animal crossing, try new cafes (I've judged 35 in Oxford so far so I can give recommendations if needed), read, go on walks, and play pool. Coming to Oxford is quite intimidating, especially as an ethnic minority, I remember feeling a bit hesitant and afraid that I wouldn't be able to fit in, or I would have to hide certain parts of my culture, and wouldn't be able to celebrate certain holidays and festivals like I usually do. Don't worry if you feel the same way, we have quite a large BAME community at Somerville and everyone is generally very friendly and welcoming, and there are also University-wide societies that you can join to connect with people of similar backgrounds. Feel free to get in touch with me if you have any questions or would like advice about anything to do with being a POC at Somerville/Oxford, and I can't wait to welcome you all to the Ville in person in October!!!

JCR BAME Officer – Minshu Gupta



Hi, I'm Minshu (she/her, on the right in the photo), a third-year medic. I'm very excited to be your Ethnic Minorities officer for next term! Feel free to contact me if you have any questions or concerns, whether they are general or more specifically BAME-related.

Email: minshu.gupta@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 BAME 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

JCR Disabilities Officer – Cameron Hodgkinson



Hi, I'm Cameron Hodgkinson (he/him) and I am the JCR Disabilities Officer. I'm a third year PPEist. My job for the JCR is to represent the views and needs of students with disabilities. I also help students access and navigate Oxford's complex and complicated system of support. If there are any issues or concerns you may have surrounding disabilities, please don't hesitate to drop me a message 😊 and please as someone who as a fresher asked way SO MANY questions, nothing you may feel like asking is too small or too big :)) Drop me an email or add me on Facebook, more than happy to chat any time day or night! Big ville love, Cameron.

E-mail: cameron.hodgkinson@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 **Student Welfare Lead and Disability Coordinator, Jo Ockwell**. 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 lot of key 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/

How to Request Alternate Arrangements or an Assessment new Disabilities

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.lead@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** or the **Senior Tutor**. If you have underlying health or personal problems that are affecting your ability to satisfy your commitments, they need to know about it! It's the only way they can help.

JCR Academic Affairs and Careers Officer – Callum Lloyd



Hi, I'm Callum, a second-year Law student and the JCR Academic Affairs and Careers Officer. In my role as Academic Affairs Officer, I sit on the Education Committee and work with the college administration to maintain the academic wellbeing of students at Somerville. Accordingly, if anyone experiences academic-related difficulties whilst at Somerville, please feel free to get in contact with me and we can try and find a solution to your concerns. This can be anything, from unreturned collection papers to difficulties finding resources.

Email: callum.lloyd@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 or send an email to welfare.lead@some.ox.ac.uk about this. She will advise you on what you need to do. Also, see: www.ox.ac.uk/students/academic/exams/guidance

How to Register a Complaint Against a Tutor

The **Senior Tutor** is the main person to approach should you have a complaint about a tutor. Alternatively, you can approach **Jo Ockwell**, your **Personal Tutor**, or another tutor you trust. Feel free to bring a friend with you! The **College Welfare Team** 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 penalised 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**, 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 information can be found here: www.ox.ac.uk/students/academic/guidance/undergraduate/status

Housing

JCR Domestic Officer – Eden Kilgour



Hey all I'm Eden (she / her) and I'm a second year law student! I'll be acting as your domestic officer, meaning that I'm essentially responsible for liaison between college and students in regard to accommodation, catering and other college facilities, whilst also managing the Room Ballot in Hilary Term, which allows students to choose their accommodation for the following year. I'll be here to answer any questions or concerns about any of the above, or just for a chat!

My email is eden.kilgour@some.ox.ac.uk :)

Living in College and The Room Ballot

All undergraduates at Somerville do not have to live out. First years are guaranteed a college room and normally live in the Vaughan, Penrose or Darbishire 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, CHB and Walton Street. Find more information here: blogs.some.ox.ac.uk/jcr/accommodation/.

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 at housekeeping.manager@some.ox.ac.uk or senior.scouts@some.ox.ac.uk

Living Out

College is 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/), **James C Penny** (Website: www.jamescpenny.co.uk), **Finders Keepers** (Website: www.finders.co.uk) and **Martin & Co** (Website: www.martinco.com) can provide you with more details of properties available. The Oxford **Student's Union** also has several catered services related to living out. (Website: www.oxfordsu.org/wellbeing/student-advice/accommodation-looking/)

Alcohol and Drugs

Whether you choose to drink or not, alcohol is a big part of university social life and the culture here. Therefore, it's good to be able to keep an eye out for each other and ourselves in order to ensure alcohol is being used as responsibly as possible. At Somerville, we want to foster a positive environment where members of our community look out for one another if someone has drunk a bit too much, or needs help for long-term issues with alcohol.

Alcohol Misuse Risks

Short-Term	Long-Term
<ul style="list-style-type: none">• Accidents and injuries• Being the instigator or victim of violence• Unprotected sex• Loss of possessions• Alcohol poisoning	<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 like you should cut down on your	<ul style="list-style-type: none">• Regularly exceed recommended amounts

drinking <ul style="list-style-type: none"> • Feel guilty about your drinking • Drink alone or in the mornings • Notice other people have commented on your drinking 	of alcohol <ul style="list-style-type: none"> • Cannot remember events from the previous night because of alcohol • Fail to keep commitments because of being drunk or hungover
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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. Though there are quite a few resources included here, **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 about 1.5 units. This can vary depending on the drink's alcohol by volume (ABV). For further advice and support you can use these 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)

Spiking

Spiking is when alcohol or drugs have been put in your drink without your knowledge or consent.

Another possible method of drugs being administered into your system is via injection. It is important to note that spiking is not just adding drugs to an alcoholic or non-alcoholic drink; this can also include adding shots to a drink so that the person drinking becomes more drunk more quickly. In this case, the intent could be to “help a friend have fun” rather than it being malicious, but we remind you that tampering with anyone’s food or drink without consent, no matter the intention, is wrong and dangerous.

We recommend this great website, which has a thorough summary of what spiking is and how to approach a situation where someone has been spiked:

<https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/drink-spiking-and-date-rape-drugs/>

Precautions to Take

We recognise that there is no way to actually “prevent” spiking, but there are certain measures that can make your night out safer:

- If possible, watch your drink being poured
- Never leave your drink unattended, whether it’s alcoholic or not
- Don’t accept drinks from someone you don’t know, especially if they’re already poured
- If drinking from a bottle, cover the top with your thumb
- Stick together with friends, and look out for each other
- Some bars can provide drink covers if requested

Starting this term, you can also request **reusable drink covers** from the Welfare Team, using the link in the “About” tab of the Facebook JCR Noticeboard.

Please remember that if something happens and you either did not take precautions, or they did not prevent an incident, **it is never your fault**. Don’t blame yourself and don’t be afraid to seek help if you need to.

How to Recognise Spiking

Symptoms can vary based on factors like the substance used, the dose, your size and weight, and how much alcohol or drugs you have already consumed. These may include:

- Lowered inhibitions
- Loss of balance
- Feeling sleepy
- Visual problems
- Confusion
- Nausea and/or vomiting
- Unconsciousness

If you or a friend start to feel strange or drunker than you should reasonably be, then get help straight away.

What to Do

If you think a friend has been spiked or is showing symptoms listed above, there are a few things you can do to help:

- Tell a bar manager, bouncer or member of staff
- Stay with them and keep talking to them
- Call an ambulance if their condition deteriorates
- Don’t let them go home on their own
- Don’t leave them with someone you don’t know or trust
- Don’t let them drink more alcohol, as this could lead to more serious problems

Calling **111** can provide you with urgent medical advice if you have any symptoms you are worried about; they can also signpost you to further help depending on the situation. You should also contact the police by calling **999**, **101** or **01865 841148**, which is the number for **Thames Valley Police at St Aldates**, and let them know what has happened.

Spiking and Sexual Assault

One of the effects of date rape drugs is memory loss and amnesia, which means you might not be able to remember exactly what has happened. But if your drink has been spiked or you've been injected with an unknown substance, and you suspect you might have been physically or sexually assaulted, it's important to tell someone. You can go to the nearest **Sexual Assault Referral Centre (SARC)** for specialist care and support, which is located in Bicester. As outlined in the **Sexual Assault** section (page 15) you can take a friend or member of the College Welfare Team with you.

SARC Bicester *Phone: 0300 130 3036*

Address: Solace Centre, Police House, Queens Avenue, Bicester

Sexual Harassment and Violence Support Service

supportservice@admin.ox.ac.uk

Drugs and their Effects

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 their effects.

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).

Name	Effects	Effects on Health
Cannabis Cannabis is a plant recreationally smoked or eaten.	Cannabis makes you feel relaxed and happy. However, you can also experience lethargy, anxiety, paranoia and 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 usually snorted as a powder.	Cocaine makes you feel energised and happy for a short time period. Comedowns (feeling depressed and unwell) often follow cocaine usage.	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 that is snorted or dabbed onto the gums.	Ecstasy makes you feel alert, affectionate, chatty and often enhances your sensory experiences. It can also cause anxiety, confusion, paranoia and psychosis.	Ecstasy can cause overheating, dehydration, or water retention, all of which can be life-threatening. Long-term and frequent consumption of ecstasy has been linked to mental health problems like anxiety, depression and memory loss. High doses can be fatal. Ecstasy can be addictive.
Speed Speed is a stimulant, usually an off-white or pink powder snorted, dabbed onto gums or swallowed in paper. It is the name for amphetamine-based drugs.	Speed makes you feel alert, confident, energised, and can reduce appetite. It can also cause agitation, aggression, confusion, paranoia and psychosis. Heavy usage can also cause depression and lethargy for extended time periods.	Speed can cause dangerously high blood pressure, potentially causing a heart attack. Risk is increased when mixing speed with alcohol. Speed can be highly addictive.
Ketamine Ketamine is a hallucinogenic dissociative normally sold 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, which makes 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.

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, as a lot are included to be thorough. **FRANK** and the **NHS webpage** are the best and can refer you elsewhere if it is more appropriate.

NHS Drugs Overview

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

FRANK: A-Z of Drugs

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

Phone: 0300 123 6600 (24-hour helpline)

Addiction Helper

Website: www.addictionhelper.com

Phone: 0800 540 4154 (24-hour helpline)

Narcotics Anonymous

Website: www.ukna.org

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

Further Help, Advice and Support – Smoking

Nicotine is addictive. The effects of nicotine, tar, carbon monoxide, and 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 resources such as the **NHS Smoking Support** (**Website:** www.nhs.uk/smokefree).

Financial Advice

College Accountant – Elaine Boorman

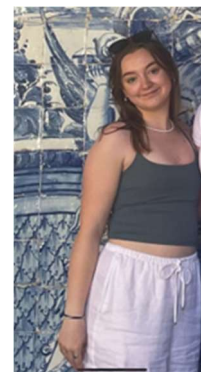


Elaine and the Treasury team are responsible for the College accounts, banking and finances, for student fees and battels, for payments to suppliers, for invoicing, for loans and grants to students including vacation and hardship grants, and for general advice on financial matters, particularly in cases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

E-mail: college.accountant@some.ox.ac.uk, **Phone:** 01865 270636

JCR Treasurer – Naomi Hyde

Hi! I'm Naomi (she/her), a third-year lawyer and the JCR treasurer. I deal with any expenses related to the JCR and always happy to point you in the right direction for any financial concerns or issues. Feel free to message me on Facebook or email me at naomi.hyde@some.ox.ac.uk.



Further Help, Advice and Support Outside of 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: <https://www.oxfordsu.org/support/resourcehub/>

Oxford University Student Welfare Page

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

NHS

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

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)

Anxiety

Anxiety UK - **Website:** www.anxietyuk.org.uk, **Phone:** 03444 775 774
(Monday - Friday, 9:30am - 5:30pm)

Autism

National Autistic Society - **Website:** www.autism.org.uk, **Phone:** 0808 800 4104
(weekdays, 10am - 12pm, 1 pm - 3 pm)

Alzheimer's Disease

Alzheimer's Society - **Website:** www.alzheimers.org.uk, **Phone:** 0300 222 1122
(Monday - Friday 9am - 5pm; 10am - 4pm on weekends)

Bereavement

Cruse Bereavement Care - **Website:** <https://www.cruse.org.uk/>, **Phone:** 0844 808 1677
(Monday + Friday 9:30am - 5pm; Tuesday - Thursday 9:30am - 8pm)

Survivors of Bereavement by Suicide (SOBS) - **Website:** www.uk-sobs.org.uk, **E-mail:** email.support@uksobs.org,
Phone: 0300 111 5065 (Monday - Friday, 9am - 9pm)

Bipolar

Bipolar UK - **Website:** www.bipolaruk.org.uk, **E-mail:** info@bipolaruk.org,
Phone: 0333 323 3880 (ring to arrange a call back)

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>

Depression

Students Against Depression - **Website:** www.studentsagainstdepression.org
Depression UK - **Website:** www.depressionuk.org, **E-mail:** info@depressionuk.org

Drugs

NHS Drugs Overview - **Website:** www.nhs.uk/Livewell/drugs/Pages/Drugsoverview.aspx
FRANK: A-Z of Drugs - **Website:** www.talktofrank.com/drugs-a-z, **Phone:** 0300 123 6600
(24-hour helpline)
Addiction Helper - **Website:** www.addictionhelper.com, **Phone:** 0800 540 4154 (24-hour helpline)

Eating Disorders

Beat - **Website:** www.b-eat.co.uk, **Phone:** 0808 801 0811 (12pm to 8pm during the week;
4pm to 8pm on weekends)

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; Saturday and Sunday 12 pm to 6pm)

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)

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

PTSD

PTSD Resolution - **Website:** www.ptsdresolution.org, **Phone:** 0300 302 0551 (daily, 9am to 5pm)

Relationships

Relate - **Website:** www.relate.org.uk

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 2015-2016)

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, exercising, etc.
- XII. **Self Harm** - 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, autism, cerebral palsy
- 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, spacial 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

LGBTQ+

- I. **Coming out** - a figure of speech used by the LGBTQ+ 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, e.g. heteronormativity
- 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** - revealing someone's sexuality or gender identity without their consent; it's 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 it can just be the process of disclosing one's identity

Sexuality

- 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. **Heteromantic** - a romantic orientation characterised by feeling romantic attraction to someone of an opposite gender
- VI. **Heteronormativity** - the assumption, made by individuals and institutionalised society, that everyone is heterosexual; that heterosexuality is default and superior to other sexualities
- VII. **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
- VIII. **Homophobia** - this is a wider term used to describe prejudice, stereotyping, erasure or discrimination against people who identify on the LGBTQ+ spectrum
- IX. **Homoromantic** - a romantic orientation characterised by feeling romantic attraction to someone of the same gender
- X. **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)
- XI. **Panromantic** - a romantic orientation characterised by romantic attraction to individuals of any gender
- XII. **Pansexual** - term used to describe people who have romantic or sexual desire towards a person of any gender
- XIII. **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 may only use "queer" to describe their sexuality or gender. The use of this word is contentious within the LGBTQ+ community due to its historically derogatory use as a slur. However, for many it is a reclaimed term, meaning it can only be used by those who identify as "queer" or LGBTQ+. Use of this word by others outside of the community (i.e. heterosexual, cisgender) is usually considered to be offensive and appropriative.
- XIV. **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
- XV. **Romantic Orientation** - a description of the gender, genders (or lack thereof) which a person experiences romantic attraction towards
- XVI. **Sexual Attraction** - a sense of wanting to engage in sexual activity with a person
- XVII. **Sexual Orientation** - the gender, genders (or lack thereof) which a person experiences attraction to

Gender

- 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** - 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. A gender fluid individual may identify with two or more genders, or alternatively possess no gender (i.e. being non-binary), 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”
- 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. **Non-binary** - an individual who does not identify with the genders of “man” or “woman”
- 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”). Being trans is not necessarily identifying with the genders of “man” or “woman,” given the diversity of gender identities, as someone might be genderfluid or non-binary.
- 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)** - 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

WHAT TO DO IN A CRISIS

KEY NUMBERS

- **Medical emergency response service:** 999 (or 112 on international phones)
- **Thames Valley Police station:** 01865 841148
- **Non-emergency police:** 101
- **Porters' Lodge:** 01865270600
- **Sexual Assault Referral Centre (SARC):** 0300 130 3036
- **Jericho Health Centre (GP):** 01865 429993
- **College Nurse:** (01865) 270608
- **Junior Deans:** 07805 784964

KEY ADDRESSES

- **John Radcliffe Hospital:** Headley Way, Headington, Oxford OX3 9DU
- **Thames Valley Police:** St Aldates Police Station, Oxford OX1 1SZ
- **Sexual Assault Referral Centre (SARC):** Solace Centre, Police House, Queens Avenue, Bicester OX26 2NT
- **Jericho Health Centre (GP):** New Radcliffe House, Walton Street, Oxford, OX2 6NW

CRIME

- If you are a witness or victim to a crime, you can report it by calling **999**.
 - For non-emergencies you can report it by calling **101**, or visiting www.thamesvalley.police.uk.
- **University Security Services** can be reached 24/7 at **(2)89999** or **01865 (2)72944**
- If you are a victim but don't want the police involved, you can reach out to a member of the Welfare Team for support.
- You can also contact **Victim Support** at **0808 168 9111** (24/7 helpline) or visit www.victimsupport.org for help.

SEXUAL ASSAULT

- If you choose to report the incident, call the **police** (**999**, **101**, or **01865 841148**).
- If you are unsure, you can contact the **Sexual Assault Referral Centre** (**0300 130 3036**) where you can access support, examinations and advice on what steps to take next.
- You can bring a friend or contact a member of the Welfare Team to go with you, and ask the Porters' Lodge for a free taxi.

SPIKING

- Stay with your friend, try to keep them awake and talking, make sure they get home safely, and do not leave them with people you don't trust.
- Call an **ambulance** at **999** (or **112**) if their condition deteriorates.
- Report the crime to the **police** (**999**, **101**, or **01865 841148**).

MEDICAL EMERGENCY

- Call **999** (or **112**) for urgent medical help.
- Call **111** if you require non-urgent medical advice, or the College Nurse at **(01865) 270608**.
- Alert the Porters' Lodge (**01865270600**) if an ambulance has been called.

MENTAL HEALTH

- If you are experiencing a crisis and need someone to speak to late at night
 - **Samaritans: 116 123** (24-hour helpline) or **Nightline: 01865 270 270** (8pm-8am)
- If you think you are contemplating suicide
 - **PAPYRUS**: call **0800 068 4141** or text **07860 039967** (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends)
- If you are struggling with anxiety or panic attacks
 - **No Panic: 0844 967 4848** (daily, 10am to 10pm) or **Anxiety UK: 03444 775 774** (Mon - Fri, 9.30am - 5.30pm)
- If you think you are at risk of hurting yourself or others
 - Go to **John Radcliffe Hospital** as soon as possible or call **999**.
 - Contact a member of the Welfare Team (such as Student Welfare Lead, or Junior Deans past 7pm), and let them know of the situation.
- If you think a friend is at risk of hurting themselves, or is contemplating suicide
 - Call **999** or take them to **John Radcliffe Hospital**, stay with them, and remove any potentially dangerous objects in the vicinity
 - Contact the Junior Deans and/or the Porters' Lodge if you require more help.

Please remember that this is by no means a comprehensive resource, as the context and outcome of every crisis will be different depending on a number of factors. This page is simply trying to provide guidance on as many situations as possible, and highlight key points of access you can turn to if needed. Please do not hesitate to contact a member of the Welfare Team if you have any further questions or concerns.