

ST ANNE'S JCR WELFARE BOOKLET 20010-2011



Welcome

Hi everyone at St Anne's! This booklet serves as a summary for all the welfare support available in College, and further afield around Oxford. Although not exhaustive, by any means, it's a good starting point for you guys if you have any problems at all.

But don't think that we're doing away with the welfare reps' role! If you have any problems or just want a bit of a chinwag we're always here for chat and we still hand out all the usual supplies and hold all the usual events.

So use this booklet if and when you need it.

Take care, and have a good year!

Elle and Saras

Welfare Reps 20010-2011

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JCR Welfare Reps

We, Elle and Saras, are your welfare reps this year. Welfare reps have a few roles within college. Firstly, we are here for you! Our primary job is to be around for you to talk to if you need a chat during the year and act as a listening service. In taking up the role, we agreed to undergo peer support training during Michaelmass Term so that we are better prepared to help you with any concerns whether they result from issues at Oxford or at home. Privacy and confidentiality are our top priorities. We won't abuse your trust, however if we feel that your personal tutor should know your situation because it is affecting your work, we can support you in telling him/her or contacting them for you. Please free feel to get in contact with us at any time, however small and insignificant you feel your problem may be.

Other roles include handing out supplies. Condoms, dental dams, lube and rape alarms are all free of charge from the welfare reps. You can confidentially e-mail either of the reps and we shall do our best provide you with supplies either by placing them in your pidge or arrange a collection time from our rooms in college.

In addition to this the welfare reps hold lots of events throughout the terms including Freshers' Week film nights, tea and coffee mornings and the legendary cake nights as well as a whole host of things for finalists in Trinity Term.

Our final responsibility is to represent the JCR community on all issues that involve welfare within college. Close communication with the Senior Tutor, the assistant deans and other members of the welfare team allows us to effectively report any issues to the team and in doing so hopefully resolve them.

Elle Hamblen

Hello! I'm a second year French Sole student and when not immersing myself in all things French I'll probably be found in STACS or another of Oxford's many cafés perfecting the art of tea drinking. I love meeting new people so feel free to get in touch!

eleanor.hamblen@st-annes.ox.ac.uk

Wolfson 25, 07754469761



Saras Mane

Hi. I'm a 2nd year who's fond of Mario Kart, music and medicine, as well as facial hair of course (!). I'll be inhabiting Wolfson this year, and my favourite form of procrastination is conversation, so feel free to drop a line or drop by in person.

saras.mane@st-annes.ox.ac.uk

Wolfson 37, 07990837049

Peer Supporters

Peer Support is a listening service that is provided within college for everyone to use. Everyone involved undergoes an extensive training programme run by the university so that no one is put into this position of responsibility without careful consideration and the tools for the job.

Below are the Peer Supporters for the start of Michaelmas 2009.

jonathan.flynn@st-annes.ox.ac.uk

alex.barry@st-annes.ox.ac.uk

matthew.freeman@st-annes.ox.ac.uk

sarah.fleming@st-annes.ox.ac.uk

ana.vucetic@st-annes.ox.ac.uk

alexandra.nowasiad@st-annes.ox.ac.uk

Welfare in College

Senior Tutor

anne.mullen@st-annes.ox.ac.uk

Dr. Mullen is responsible for the co-ordination and smooth running of all aspects of welfare support available in College. She is keen to ensure that students know what help is available and that they seek information, guidance and support as soon as they think they need it. She is able to offer informal and confidential advice and support to students on academic, welfare and pastoral issues. Her room is within the *Academic Office* on the first floor of *Hartland House*.

Personal Tutor

You can contact your Personal Tutor regarding academic issues or more personal matters. It is often a good idea to let them know what is going on as they have a duty of care towards their students as well as a responsibility to monitor their students' academic progress.

College Nurse

lynn.cross@st-annes.ox.ac.uk

Lynn Cross' room is on site [27 Banbury Road, ground floor] and is available from 09.30-12.30 every Monday, Wednesday and Friday and from 13.00-16.00 on Thursday and Friday. She can also be contacted via the Lodge. Lynn has a wealth of knowledge to help you deal with any problem, big or small, welfare or medical related. The College Nurse works alongside the College Doctors at the Jericho Health Centre.

Counsellor

mimi.kester@st-annes.ox.ac.uk

Mimi Kester is St Anne's own Counsellor. Her room [number 11] is at the top of 27 Banbury. She is here on Mondays and Tuesdays, weeks 0th to 9th. You can leave a voicemail on 01865 292 883, email or place a note in her box in the Lodge.

Decanal Team

mandy.izadi@st-annes.ox.ac.uk

miles.jackson@st-annes.ox.ac.uk

naomi.walker@st-annes.ox.ac.uk

These are our three assistant deans who have welfare responsibilities within the college. They are

graduate students who live onsite and can be contacted by e-mail or via the Lodge. One of them is always on duty after hours, and they can usually be contacted during regular office hours as well so if you ever need any help they are another excellent source of assistance, guidance and support.

Disability Advisor

zoe.sparrowhawk@st-annes.ox.ac.uk

Zoe Sparrowhawk is the College's Disability Advisor. If you have a disability then we encourage you to let Zoe know. There's a lot of funded support available and it's also really important that Zoe knows about any special requirements to assist with examination needs. E-mail as above or telephone: **01865 284 685**.

LGBT Rep

For those of you unaware of the term, LGBT stands for Lesbian, Gay, Bisexual, and Transgender. Oxford is an extremely liberal and tolerant community and one where nobody need fear coming out.

Homophobia is not tolerated and there is widespread understanding of and support for the LGBT population. If you have any questions about coming out, or anything else on your mind, you can talk to the college LGBT Rep or the Welfare Team in complete confidence. You can also report incidents of homophobic activity to the reps in confidence - disciplinary measures can and will be taken.

St Anne's LGBT rep this year is George Hicks. He acts as a point of contact if you want someone to introduce you to Oxford's wider LGBT community. *Oxford's LGBT Society (LGBTSoc)* meets a couple of times a week for a variety of events from great nights out to great nights in, or just relaxing in the park or with an ice cream. Whether you're having problems, have concerns, want information or just a friendly chat with a cup of tea, do go and see him; you can get in touch any time.

George Hicks

Hello, I'm a 2nd year studying German & Italian so I'm pretty into the old lingo. My other interests include Lady GaGa and as you will soon discover...the ukulele. Please drop in anytime for a chat!

George.hicks@st-annes.ox.ac.uk



www.lgbsoc.com

Queer Oxford

- A queer information website specific to Oxford.

www.queeroxford.co.uk

Terence Higgins Trust

- The Terence Higgins Trust is the largest HIV and AIDS charity in Europe.

Oxford Branch: **01865 243 389**

National Helpline: **0845 122 1200**

www.tht.org.uk

OUSU Queer Rights Campaign

- The Queer Rights Campaign fights against all forms of discrimination on the basis of sexuality.

www.ousu.org/main/campaigns/queerrights/

Oxford Friend

- Provides a confidential information, support and counselling service.

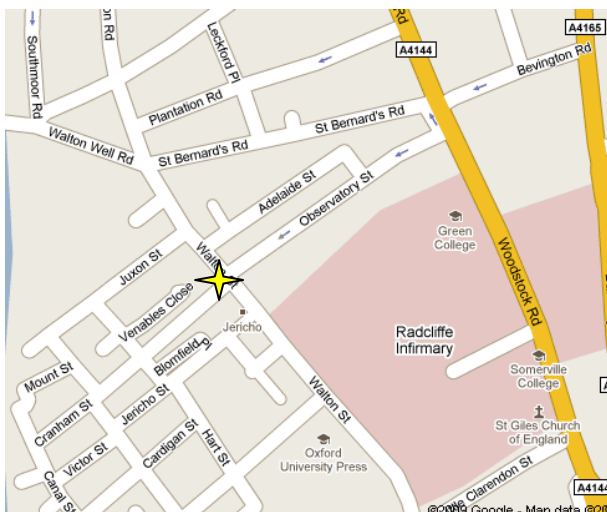
Tel: **01865 726 893**; (Tuesdays, Wednesdays, and Fridays, 7PM till 10PM)

www.oxfordfriend.co.uk

Doctors and Dentists

Jericho Health Centre

All students must register with a doctor in Oxford. St Anne's is affiliated with the Jericho Health Centre. Freshers will be able to register with the Jericho practice at the Welfare and Medical provision meeting here in College in 0th Week Michaelmas Term. Sign up!



Appointments can be made directly, or via the College Nurse. The health centre can be found on *Walton Street* [the far end of Observatory Street which is opposite the Lodge] and can be contacted on **01865 311 234**.

Studental

Oxford Brookes have set up a dental practice based on Headington Hill Campus which is open to Oxford University students (despite what the website says). It is called 'Studental'. Emergency treatment and extended work are available to both graduates and undergraduates.

Tel: **01865 484608**

studental@brookes.ac.uk

*Helena Kennedy Student Centre,
Headington Hill Campus*



Nightline

Nightline is a confidential listening, information and support service run by students, for students. They don't claim to be able to solve problems but they will listen sympathetically without judging. Each night from the beginning of 0th week until the end of 9th week there will be a male and a female volunteer available from 8pm to 8am. All calls are in complete confidence; you won't even be asked to give your name. Although not professionals, all the volunteers have successfully completed a course of training.

01865 270270 any time from 8pm to 8am.

Student Advice Service

OUSU, Thomas Hall House, New Inn Hall Street

welfare@ousu.org 01865 288461 or see Student Advice Service at www.ousu.org

The OUSU Student Advice Service is a confidential listening, information and advocacy service. OUSU also produces *The Oxford Survival Guide* with more advice and details of support available. Copies of this survival guide and many others are in College but check the OUSU website for PDF copies of the publications.

University Counselling Service

11 Wellington Square

01865 270300 reception@counserv.ox.ac.uk

The Counselling Service is independent from the University, although it is funded by the University and by colleges. It offers a professional, confidential, general counselling service that deals with a wide range of emotional and psychological issues. The Counselling Service provides group therapy as well as one-to-one sessions. If appropriate, the counsellors will refer people to other organisations.

There is usually a waiting list, but the Counselling Service can almost always manage to see people for an initial session within a week and there are also places for absolute emergencies. There are both male and female counsellors available. An initial appointment will be made which lasts for approximately an hour, after which the student and counsellor decide together whether further counselling would be helpful, and, if so, what form it should take. The Counselling Service is open in term time and the vacations, on weekdays, 9.15am to 5.15pm.

More information can be found at:

University of Oxford Student Health and Welfare Page

<http://www.admin.ox.ac.uk/shw/counserv.shtml>

OUSU Welfare Resources Web page

<http://www.ousu.org/main/advice/welfare>

Personal Safety

Oxford is a relatively safe city, but unfortunately attacks do occur. Walk in groups, cycle, make use of the relatively cheap taxis. Personal attack alarms are available to all members of the JCR, and can be obtained from the JCR Welfare Officers. Carry it and your mobile phone everywhere.

The following personal safety advice is taken from the Home Office website

(http://www.homeoffice.gov.uk/docs2/hs_safesecure6.html):

Some General Points:

- You will be safest in bright, well-lit and busy areas. Try and avoid dark alleyways like Magpie Lane, use large, well lit streets like Oriol Square.
- Try to look and act confident – look like you know where you are going and walk tall.
- You might like to spread your valuables around your body. For example, keep your phone in your bag, your keys in your trouser pocket and your money in your jacket.
- If someone tries to take something from you, it may be better to let them take it rather than to get into a confrontation and risk injury.
- You can use reasonable force in self-defence. You are allowed to protect yourself with something you are carrying anyway (for example, keys or a can of deodorant), but you may not carry a weapon.
- If you decide to defend yourself, be aware that your attacker might be stronger than you, or may take what you are using in self-defence and use it against you. It is often better just to shout loudly and run away.
- Shout 'fire' rather than 'help' – it can get more results.
- Try not to be conspicuous about the valuables you are carrying. Talking on your mobile phone, carrying a laptop, or showing your friend your new gold ring all show thieves that you are worth robbing.
- When out walking or jogging, you should not listen to a personal stereo through headphones, so you can stay more alert to your surroundings.

More information about personal safety can be found at:

Home Office Website

http://www.homeoffice.gov.uk/docs2/hs_safesecure6.html

Crime Reduction Website

<http://www.crimereduction.gov.uk/personalsafety.htm>

The Suzy Lamplugh Trust Website

<http://www.suzylamplugh.org/home/index.shtml>

Cycling Safely

Cycling is an environmentally friendly, rapid and fun method of transport; being almost entirely flat, Oxford is the cyclist's dream city. With a flux of 20,000 cyclists moving into and out of the city centre each day, the swarms of cyclists that hit the streets at rush-hour will soon become a familiar sight to you. However, cycling is not without risk; regretfully, two Oxford students have been killed since 2004 and many more have been injured. It is critically important, therefore, that you take the appropriate measures to protect yourself as you take to the road.

- Wear a helmet that meets current safety standards (look out for 'BS EN 1078 SNELL CERTIFIED'). Ensure that: -
 - it does not obstruct your vision or hearing.
 - it is fitted snugly, securely and squarely on your head, sitting just above your eyebrows and not tilted backwards or forwards.
 - you secure the straps without twisting, leaving only enough room to fit two fingers between the

chin and the strap.

- At night your cycle must have front and rear lights lit. It must also be fitted with a red rear reflector and amber pedal reflectors. White front reflectors and spoke reflectors will also help you to be seen (Highway Code Law RVLRL regs 18 & 24).
- You must not cycle on a pavement. Do not leave your cycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use cycle parking facilities where provided (Highway Code Laws HA 1835 sect 72 & R(S)A sect 129).
- Tempting as it may be if you are late for lectures, you must not cross the stop line when the traffic lights are red. Value your life above your speed. On-the-spot-fines are becoming commonplace; earlier this year, police gave 80 £30 fines in just two hours (BBC News 24). If you jump a red light and cause an accident, you will also be legally responsible and are liable for all damages.
- Never ride more than two abreast and on narrow or busy roads (most of Oxford!), ride single file.
- Do not listen to your iPod or use your mobile phone whilst cycling; if you're cycling with friends, concentrate on the road.
- Bicycle theft is common in Oxford. Mark the frame with your postcode and write down its serial number. Consider joining the University Cycle Registration Scheme; for 60p, you'll be given a UV pen to mark down a unique registration number on your bike and two hologram stickers. Call **01865 272945** or visit *University Security Services, The Observatory, South Parks Road* to obtain a pack.
- Always lock your bicycle to something solid and not to itself. In the event of theft, registered or not, inform **St. Aldates Police Cycle Unit** on **01865 26628**.
- Check your bike often and ensure that it is well maintained. See the 'Ten Second Bike Check' at the Cyclesense website for pointers.

The above list is non-exhaustive and you are strongly recommended to consult additional sources for further guidance. The above information was compiled from the following websites:

CycleSense – THINK! Cycle Safety

<http://www.cyclesense.net/>

The Highway Code

<http://www.highwaycode.gov.uk/03.htm>

Sexual Health

Contraception

Condoms are available from either of the welfare reps and are absolutely free. Please get in touch with one of the welfare officers. Emergency contraception is available from your GP, though if you are concerned that you will not get an appointment in time, check out the **Alec Turnball Family Planning Clinic (01865 456666)** and the **GUM Dept of the Churchill Hospital (01865 231231)**.

Pregnancy Tests

Pregnancy Tests are no longer available from the welfare reps. However if you need one you can go to the college nurse or any Pharmacy or Chemist.

Chlamydia and other Reproductive Health Tests

The GUM (Genitourinary Medicine) department of the *Churchill Hospital* provide a comprehensive service of sexual health tests, including free Chlamydia testing. See www.wellsafe.org for more details. A drop-in mini screening clinic is available, taking place at the GU Medicine Department, Churchill Hospital, **Monday to Friday 1.15pm to 3.15pm**. You can also call for a routine appointment: **01865 231231**.



Alec Turnbull Family Planning Clinic

The Alex Turnbull Family Planning Clinic can offer free advice about birth control, free contraception, the morning after pill and can give information about continuing with, or terminating pregnancy. *Raglan House, 23 between Town Road, Cowley, Oxford, Oxfordshire, OX4 3JH.*

Oxford GU Medicine, aka Harrison GUM Dept.

Free and confidential advice and treatment on a range of sexual health needs, including contraception and pregnancy testing to HIV and STD testing and free condoms. They can also refer for counselling if you contract an STD. Previously sited at the Radcliffe Infirmary, this service is now found at the *Churchill Hospital, Old Road, Oxford*. Anyone can contact the clinic; a GP referral is not required. **Open 8:30am- 6pm, Monday to Thursday and 8:30am to 5pm on Fridays.**



Sexual Health

National AIDS Helpline **0800 567 123**

Terence Higgins Trust (HIV/AIDs line) **01865 243 389**

Harrison Dept, RI (walk-in HIV testing) 01865 231 231
Alec Turnbull Family Planning Clinic 01865 456 666
Pregnancy Advisory Service 08457 304 030
Care Confidential (pregnancy & post abortion helpline) 0800 028 22 28
Brook (Pregnancy and Sexual Health Advice) 020 7284 6040
Miscarriage Association 01924 200 799

Useful Numbers

The following are phone numbers that you might find handy. They include helplines, counselling services and are arranged in very arbitrary named groups.
The Oxford dialling code is 01865.

Emergencies

Most circumstances 999
St Anne's Lodge 01865 2
St. Aldate's Police Station 01865 266 000.
John Radcliffe Hospital 01865 741166 or 01865 220 208
Oxford Eye Hospital 01865 234 163
Ear, Nose and Throat emergencies 01865 224 756

General

Nightline (8pm-8am listening service) 01865 270 270
University Counselling Service 01865 270 300
Samaritans 08457 90 90 90
jo@samaritans.org 01865 722 122
Careers Service (56 Banbury Rd) (01865) 274 646

Legal and Financial

Student Finance Direct 08456 077 577
Citizens Advice Bureau 01865 247 578
OUSU Student Advice 01865 288 461
Oxford Student Legal Advice Service (OSLAS) 01865 270 770
Tax and Benefits Confidential Helpline 08456 086 000
Oxford Benefits Office 01865 443 333
Housing Rights Centre 01865 247 853
Consumer Credit Counselling Service 0800 138 1111

Transport

National Rail Enquires 08457 484 950
Oxford Tube 01865 772 250
City Taxis 01865 794 000

General Health

College Doctors (Jericho Health Centre) 01865 311 234

NHS Direct 0845 4647

Health Information Service 0800 665 544

Diabetes UK Careline 020 7424 1030

Meningitis Trust Helpline 0800 028 18 28

Sexual Health

National AIDS Helpline 0800 567 123

Terence Higgins Trust (HIV/AIDs line) 01865 243 389

Harrison Dept, RI (walk-in HIV testing) 01865 231 231

Alec Turnball Family Planning Clinic 01865 456 666

Pregnancy Advisory Service 08457 304 030

Care Confidential (pregnancy & post abortion helpline) 0800 028 22 28

Brook (Pregnancy and Sexual Health Advice) 020 7284 6040

Miscarriage Association 01924 200 799

Mental Health

Mind Information Line (Mental Health) 08457 660 163

MIND (Mental Health) Crisis Line (7pm-1am) 01865 251 152

Oxford Depression Support Group 01865 552 640

SANEline (Mental Health Support & Info.) 0845 767 80 00

Dyslexia Association Helpline 0118 966 8271

No Panic (helpline for those suffering from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders, including tranquilliser withdrawal) 0808 808 05 45

Addictions and Disorders

Alcohol Helpline (Drinkline) 0800 917 82 82

FRANK: National Drugs Helpline 0800 77 66 00

Release (drugs legal line) 0845 450 02 15

Libra (drugs/alcohol issues) 01865 723 500

Clinton Clinic 01865 226 243 (24hr drugs/alcohol advisory service)

Alcoholics Anonymous 01865 242 373 or 0845 769 7555

Quit line (support for those giving up smoking) 0800 002 200

NHS Smoking Helpline 0800 169 0 169

beat (Eating Disorders) Helpline 0845 634 14 14

Victim Support

Oxford Rape Crisis 01865 726 295

Rape Crisis (National) 0207 837 1600

Survivor's UK (Male Sexual Abuse and Rape) 0845 122 12 01

Victim Support 01865 711 186

Women's Aid (Domestic Violence Aid) 0808 2000 247

Family Protection Unit 01865 266 190

Bereavement

CRUSE Bereavement Care 01865 245 398

Relationship

Relate (Relationship Counselling) 01865 242 960

LGBT

Oxford Friend (LGBT Helpline) 01865 726 893

Bisexual Helpline 020 8569 7500

Lesbian and Gay Switchboard 020 7837 7324

Oxford Homophobia Awareness Liaison Team 01865 243 389

University Harassment Advisers 01865 270 760

University Based Advice Lines

Proctors' Office 01865 270 090

OUSU Student Advice 01865 288 450

OUSU Academic Welfare 01865 288 464

OUSU Welfare and Equal Opportunities 01865 288 461

If all else fails, go to this link:

<http://www.ousu.org/welfare>