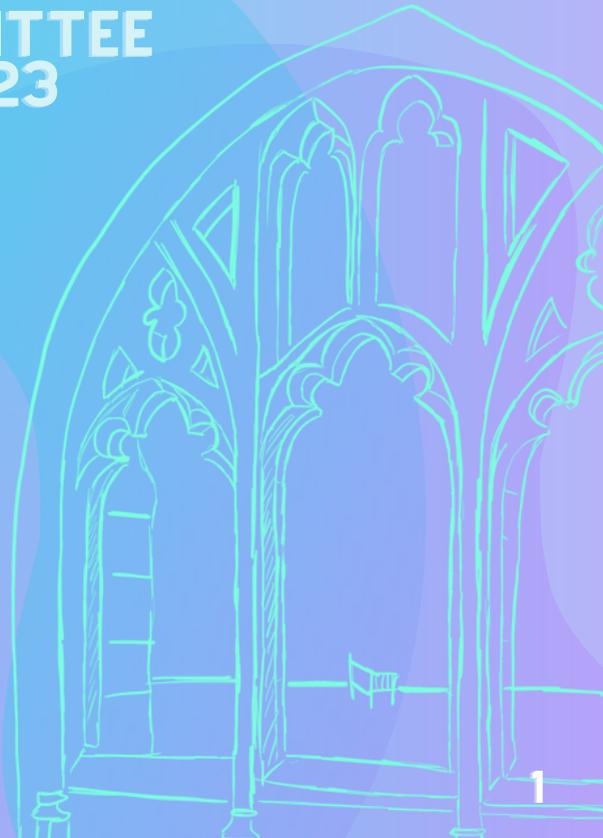


*New College*

# WELFARE BOOKLET

CWE COMMITTEE  
2022-2023



# COLLEGE RESOURCES: STAFF

## PORTER'S LODGE:

**01865 279500**

Here to support you in-college with any queries or emergencies & direct you to the right people to talk to if you have any issues.

## STUDENT & STAFF WELFARE SUPPORT OFFICER

**Milly Gray, [camilla.gray@new.ox.ac.uk](mailto:camilla.gray@new.ox.ac.uk)**

Here to chat about personal matters or concerns about life in College

## COLLEGE NURSE –

**[newcollegenurse@oxfordhealth.nhs.uk](mailto:newcollegenurse@oxfordhealth.nhs.uk)**

Here to provide you with many of the services you would expect from a practice nurse, including sexual health advice

## ACADEMIC REGISTRAR

**Freyja Madsen, [frejja.madsen@new.ox.ac.uk](mailto:frejja.madsen@new.ox.ac.uk)**

Here to chat about personal matters, support for disabled students, or any academic concerns. She is a first point of contact for all students.

## COX FELLOW:

**Andrew Ramos,**

[andrew.ramos@new.ox.ac.uk](mailto:andrew.ramos@new.ox.ac.uk)

## SALVESEN FELLOW:

**Annabella Massey,**

[annabella.massey@new.ox.ac.uk](mailto:annabella.massey@new.ox.ac.uk)

The Cox and Salvesen fellows are here to listen to you and to help you manage any problematic situation you might be facing. You can use them as a safe person to vent to, or they can help you to review your problem and talk about what options you have in dealing with it. They can also help to signpost services which might help.

**For more information, visit:**

<https://www.new.ox.ac.uk/health-welfare>

# COLLEGE RESOURCES: STUDENTS

## PEER SUPPORTERS:

**Emma Aarts** emma.aarts@new.ox.ac.uk

**Mufaro Mutsatsa** mufaro.mutsatsa@new.ox.ac.uk

**Lucy McCaughan** lucy.mccaughan@new.ox.ac.uk

**Matthew Strutton** matthew.strutton@new.ox.ac.uk

**Harriet Nokes** harriet.nokes@new.ox.ac.uk

**Anne Marie Schroder** anne.schroder@new.ox.ac.uk

**Pearl Young** pearl.young@new.ox.ac.uk

More Peer Supports will  
be trained soon, keep an  
eye on your emails!



## WELFARE OFFICERS:

**Male & Transmasculine**

**Welfare Officer:**

Aiden Dillon,

aiden.dillon@new.ox.ac.uk

**Female & Transfeminine Welfare**

**Officer:**

Sofie Procter,

sofie.procter@new.ox.ac.uk

07983 273031

## VICE PRESIDENT FOR WELFARE & EQUALITY:

**Imaan Haider,**

imaan.haider@new.ox.ac.uk

# UNIVERSITY RESOURCES

Outside of New College itself, there are a number of resources available provided by the university as a whole. These can be very useful if you find yourself in need of support when outside of College, or if you want support with a degree of separation from college.

## SAFE LODGE

Most Oxford colleges are part of this university-wide initiative. Any student can visit the porter's lodge of the nearest college for safety, sanctuary, and assistance at any time. You can expect a friendly welcome, access to a phone to contact your home college, and additional support as necessary.

**Look for a green dot on the window** nearest to the lodge entrance, this indicates a college is part of the Safe Lodge scheme.

## SECURITY SERVICE 24HR HOTLINE

The hotline is open around the clock for both emergency and general inquiry calls. In an emergency, their control room operators can stay on the phone with you as you walk, monitor you on University CCTV, send out patrol staff, or call the police for you as needed.

The emergency number is: **+44 (0) 1865 289999**.  
And for general inquiries: **+44 (0) 1865 272944**.  
Both are available 24 hours a day.



## OXFORD NIGHTLINE

Nightline is run independently, by and for students of Oxford and Oxford Brookes.

They're open from 8pm–8am each night from 0th to 9th week every term if you want to talk confidentially.

They also have a "Get Home Safe" service, and will stay on call with you until you get home safely.

Call: **01865 270270**  
<https://oxfordnightline.org>

## COUNSELLING SERVICE

The university counselling service is currently operating via video call, text chat, or phone. You can make an appointment by email at [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) or visit [www.ox.ac.uk/students/welfare/counselling](http://www.ox.ac.uk/students/welfare/counselling) for more info on the available services.

# SEXUAL HEALTH RESOURCES

## SEXUAL HEALTH CLINICS IN OXFORD

The **Oxford University Hospitals NHS** website has a coherent list of sexual health resources in the area. You can order a **free STI self-test kit** which is perfect for if you have no symptoms of infection, or for the convenience of testing at home. You can also book a **telephone consultation** if you have symptoms or have been in contact with an infection. There are numerous sexual health clinics around Oxford, the nearest of which is **Churchill Hospital., Headington.**, for which you have to book an appointment. Your welfare team is also working hard to explore the possibility of having an STI test drop-in clinic in College once every term to encourage everyone to be on the safe side as much as possible!



**NHS website:** <https://www.sexualhealthoxfordshire.nhs.uk/>  
**Clinics:** Churchill Hospital, Headington, OX3 7LE.



# CONTRACEPTION INFORMATION

## EMERGENCY CONTRACEPTION

We understand that accidents happen, and the Oxfordshire Sexual Health website has the information you might need to access emergency contraception. You can get advice and access emergency oral contraception (most commonly known as the morning after pill) from sexual health clinics, Brook centres, and some pharmacies. Below is a link to a list of all the pharmacies in Oxford which **offer emergency contraception free of charge** to those under 21.

Oxfordshire sexual health website:

<https://www.sexualhealthoxfordshire.nhs.uk/contraception/emergency-contraception/>

Pharmacies:

[https://oxme.info/sites/default/files/202010\\_ehc\\_approved\\_pharmacies.pdf](https://oxme.info/sites/default/files/202010_ehc_approved_pharmacies.pdf)

Further emergency contraception services:

<https://oxme.info/health/emergency-contraception>

	S	M	T	W	TH	F	S
START	●	●	●	●	●	●	●
WEEK 1	●	●	●	●	●	●	●
WEEK 2	●	●	●	●	●	●	●
WEEK 3	●	●	●	●	●	●	●
WEEK 4	●	●	●	●	●	●	●

# SEXUAL VIOLENCE RESOURCES AND HELP

## OXWARNINGS FACEBOOK PAGE

Any student in Oxford may join the Oxwarnings Facebook page, which is a **safe place to report any abusive or uncomfortable behaviour** they experience in or around the area. Oxford is generally a very safe place, but this page just warns people about situations or places you might want to avoid on a particular evening.

<https://www.facebook.com/groups/243629820799561>

## OXFORDSHIRE SEXUAL ABUSE RAPE CRISIS (OSARCC)

This is a feminist organisation committed to supporting **survivors** of sexual abuse, rape domestic abuse, and harassment. OSARCC offer free and confidential service to survivors who deal with the effects of sexual violence, and to those who support survivors.

<https://www.osarcc.org.uk/>

## IT HAPPENS HERE

'It Happens Here' is the **Oxford Student Union's anti-sexual violence campaign**. Their Facebook page has a number of resources related to sexual violence. They have a linked **support group** for survivors and are here to help in any capacity possible.

**It Happens here Facebook page:**

<https://www.facebook.com/ItHappensHereOxford/>

**Survivors Facebook page:**

<https://www.facebook.com/groups/2537052563277240>

## HER RIDE: TAXI SERVICE IN OXFORD

Her Ride is a private hire taxi company dedicated to taking the people of Oxford safely and comfortably to their destinations. They recruit both male and female drivers who operate 24 hours a day, 7 days a week, throughout the year to ensure you get to your destination safely.

For online booking call: **01865776680**

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# EATING DISORDER RESOURCES

## ED-UCATING OXFORD

### COLLEGE NURSE

We understand that seeking help can be a daunting or scary process, but we really encourage you to seek professional medical help where needed. our College nurse is a supportive and friendly face to hear about Your concerns. Find out more about the College nurse's confidentiality policy and how to get in touch below:

Jo, [newcollegenurse@oxfordhealth.nhs.uk](mailto:newcollegenurse@oxfordhealth.nhs.uk)

## STUDENT MINDS- ED RECOVERY GROUP OXFORD

Oxford 'Student Minds' Eating Disorder Group meets weekly during term-time to **support students with eating disorders**. The group is run by a team of trained student volunteers; the meetings are friendly and relaxed. They aim to bring students together to share strategies for managing mental health, to talk honestly in a safe and pro-recovery environment.

The group has a **pro-recovery focus**. Each session has a **suggested discussion topic**, such as settling into university or talking to friends, but you are welcome to bring along any topic of your own which you would like to discuss. There is no need to sign up, **just drop by** and say hello.

# MENTAL HEALTH RESOURCES

## MALE SPECIFIC -

### CALM

The Campaign Against Living Miserably is a charity that is devoted to supporting and improving mental health in men of all ages. Their **free, confidential helpline** and webchat are both available from **5pm-12am** every day. Though their campaigns are primarily addressed towards men, their services are **available to anyone who needs them**.

Their helpline is available on: **0800 58 58 58**  
Or their webchat at: [www.thecalmzone.net/help/webchat](http://www.thecalmzone.net/help/webchat)

## Men's Health Forum

Men's Health Forum are focused on all aspects of male health, including mental health. Their website offers information and guidance on nearly any worry you can think of.  
Visit [www.menshealthforum.org.uk/howru-hub](http://www.menshealthforum.org.uk/howru-hub)

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## GENERAL -

### Mind

Open **9am-6pm, Mon-Fri (except bank holidays)**, the Mind Infoline provides information on mental health problems and where you can get support.  
Phone: **0300 123 3393**  
Website: [www.mind.org.uk](http://www.mind.org.uk)

### Student Minds

Student Minds works with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students. They focus on a preventative approach, providing resources and resources to help young people take active care of their mental health. Their website, [www.studentminds.org.uk](http://www.studentminds.org.uk), offers support workshops as well as online resources such as articles and podcasts.

*The resources provided on this page are generally available to anywhere in the UK. Be sure to check the resources available from Oxford and New College earlier in this booklet too!*

# ADDITIONAL RESOURCES

## FOR OUR FULL LIST OF RESOURCES:

[https://docs.google.com/document/d/1Vpj\\_XG8DQlopouDZ8y5IV5gs3pWMQRZ1h8bzfY8yrY/edit?usp=sharing](https://docs.google.com/document/d/1Vpj_XG8DQlopouDZ8y5IV5gs3pWMQRZ1h8bzfY8yrY/edit?usp=sharing)

## DEALING WITH BEREAVEMENT:

### **The Oxford Student Grief Network:**

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

**Cruse Bereavement**  
01865 245398

## NHS MASTERLIST OF HELPLINES:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

## HEADSPACE

New College offer a free subscription to Headspace! Just email [camilla.gray@new.ox.ac.uk](mailto:camilla.gray@new.ox.ac.uk) to receive your personalised login details.

## HOMESICKNESS

<https://www.new.ox.ac.uk/homesickness>

## ALL IN YOUR HEAD:

A new, Oxford-based mental health magazine (on Facebook and Instagram @inyourheadmag)

