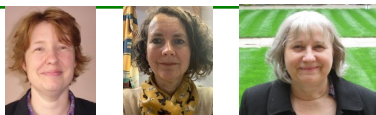


Medical Help



College Doctors and Nurse

Dr Cathy Aylward, Dr Linda Jones and Carolyn Ruhle

College Nurse is available for phone, email or video consultations at these times:

College Nurse Carolyn Ruhle: weeks 0-9

MONDAY:	2.30pm - 5.30pm
TUESDAY:	3.45pm-4.45pm
WEDNESDAY:	1:30pm-4:00 pm
THURSDAY:	9:30pm-12:00 pm
FRIDAY:	9:00-am-12:00 pm

Please email jesus.nurse1@nhs.net to book an appointment

College Doctors: weeks 1-8

For remote and secure video/phone consultations with a College GP please book via the **Banbury Road Medical Centre** on **01865 515731**

www.banburyroadmc.nhs.uk

Opening hours: Monday - Friday 8.30am-6.30pm.

Dr Aylward's surgery: Fridays 10:30-11:30

Dr Jones's surgery: Tuesdays 14:30-15:30

For emergencies ring 999

For NHS (health services) emergencies ring 111

COVID-19 ADVICE AND INFORMATION:

<https://www.ox.ac.uk/students/coronavirus-advice?wssl=1>

Please refer to the above link for up to date information. If at any point you develop symptoms of COVID-19 **you will need to book a test via the University's Early Alert Service (EAS) on <https://www.ox.ac.uk/coronavirus/health/covid-testing>. If you don't have symptoms please don't book a test.** If you are worried that you may have come into close contact with someone who is COVID-19 positive, please dial 111.

Oxford University Services

For further info on central university **Student Welfare and Support Services** please visit:

<https://www.ox.ac.uk/students/welfare?wssl=1>

Under "**Emergencies**" you will also find clear guidance on how to help yourself or any friends in a crisis. There is also useful information here on keeping your mind and body healthy, dealing with harassment and conflict and advice for parents

University Counselling Service

01865 (2)70300; counselling@admin.ox.ac.uk
<http://www.ox.ac.uk/students/welfare/counselling>

The OUCS will continue offering their services virtually. Please email counselling@admin.ox.ac.uk to make an appointment.

University's Disability Advisory Services

disability@admin.ox.ac.uk

<https://www.ox.ac.uk/students/welfare/disability?wssl=1>

Oxford Student Union Welfare

advice@ousu.ox.ac.uk; advice@oxfordsu.ox.ac.uk
www.oxfordsu.org/wellbeing/student-advice

Nightline (Student-run)

offers support and advice 0th-9th weeks, 8pm-8am. Tel: 01865 2-70270

<https://oxfordnightline.org/>

Oxford Safe Haven

for those experiencing a mental health crisis

Fridays, Saturdays, Sundays 6pm-10pm

You will need to phone or email ahead on

01865 903 037 / 07710 092 849

oxonsafehaven@oxfordhealth.nhs.uk

Manzil Resource Centre Entrance 2,

Manzil Way, Oxford, OX4 1XE

Also... Samaritans

Offer a confidential listening service for everyone in the UK

Free telephone: 116 123; jo@samaritans.org
www.samaritans.org/branches/oxford-samaritans



WELFARE PROVISION

Hilary Term 2021

"Oxford may be silent, it is certainly not soulless"

Welfare at Jesus College

Oxford is a wonderful place, rich in opportunities to fulfil one's potential. However, it is not unusual for some welfare need to arise during a student's time here, especially during the Coronavirus pandemic.

In these current challenging and unusual circumstances students may become more prone to running into difficulties with their mental health and wellbeing, and some students may require additional support from the welfare team and/or other services to stay and work well.

The Welfare Team will continue offering their support and services virtually over this time until things return to near normal. Please email as you usually would to book meetings/appointments.

If you have academic related worries, please consult your Tutors, Supervisor or College Advisor by email. For exams and assessments, please email academic.office@jesus.ox.ac.uk

For those of you who have upcoming exams, we would like to wish you all the best. Please contact Kelly Borlase-Hendry regarding any concerns and please also remain in contact with your tutors to stay informed of any changes to your exam arrangements

Online support for mental health is also available via Together All on <https://togetherall.com> and on the College intranet: <https://jesuscollegeintranet.web.ox.ac.uk/welfare>

The College operates a confidentiality policy which you can read on <http://www.jesus.ox.ac.uk/about-jesus-college/public-documents>



Jesus College Staff



Welfare Officer
welfare@jesus.ox.ac.uk

Kirren Mahmood will generally be your first point of contact for any welfare/wellbeing issue. If you ever feel distressed, struggle with your mental health, experience relationship/ family issues, or you are just worried about your work, please email her



Welfare Fellow
david.barron@jesus.ox.ac.uk

Dr David Barron is responsible for helping the College develop its welfare policy. Please email David to book a remote meeting if you wish to discuss any welfare-related issues, including any ideas you might have for improving the College's welfare provision



Academic Director
alexandra.lumbers@jesus.ox.ac.uk

Dr Alexandra Lumbers advises on all welfare concerns especially those which affect your academic studies.



Academic Services Manager & Disability Coordinator
kelly.borlase-hendry@jesus.ox.ac.uk

Kelly Borlase-Hendry advises on academic provision for students, exam arrangements, financial matters, disability matters and general



Chaplain
chaplain@jesus.ox.ac.uk

Fr. Chris Dingwall-Jones gives pastoral support to all members of the College regardless of religious affiliation.



College Counsellor
counsellor@jesus.ox.ac.uk

Juliet Bulman provides confidential online counselling to members of the college on Mondays weeks 0-9 inclusive. Please email Juliet to book a session.



Junior Deans (07590 807399)

For non-emergency situations when the Welfare Officer is unavailable, the Junior Deans are available for remote consultation. You can email them on

heather.mctaggart@lincoln.ox.ac.uk,
vanessa.picker@jesus.ox.ac.uk or

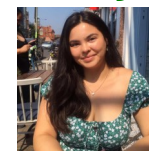
Eli.Berstein@jesus.ox.ac.uk. Heather, Vanessa and Eli have a rotating roster for after-hours support. The on-duty JD is contactable at night and on the weekend on 07590 807399 - if a more pressing situation arises



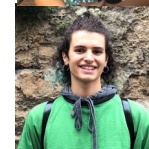
PEER SUPPORTERS

Sometimes students prefer to speak with a peer rather than a staff member. Please visit <https://peersupport-jesus-ht21.carrd.co/> for more info on our friendly Peer Support Team. All peer supporters have been trained with the University Counselling Service to enable them to listen effectively, communicate sensitively, maintain confidentiality, respect boundaries, and help you get in touch with professional support services if needed.

JCR Welfare Officers



Natalie Thomas
Natalie.thomas@jesus.ox.ac.uk



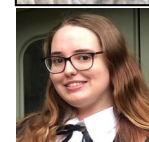
Tomer Amit
tomer.amit@jesus.ox.ac.uk

The Welfare Reps can be contacted re any issue: course; college-related, or personal. As Peer Supporters, they are trained and supervised in listening skills through the University Counselling Service. They also organise events (e.g. Zoom Welfare Teas; Zoom Yoga and other online events. You will be emailed further details

MCR Welfare Officers



Nicholas Wood
nicholas.wood@jesus.ox.ac.uk



Emma Goodyear
emma.goodyear@jesus.ox.ac.uk

Nicholas and Emma will be available to our postgraduate community for any concerns related to welfare and wellbeing. Please email them if you require any advice/support or if you would like further info on the MCR virtual welfare events this term. These will include Welfare Teas, MCR/JCR Yoga and Martial Arts classes. You will be emailed further details.