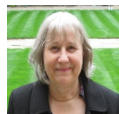


## Medical Help



**College Doctor and Nurse**  
Dr Cathy Aylward, and Carolyn Ruhle

**The College Nurse Carolyn Ruhle runs an appointment only clinic from weeks 0-9 and is available for remote and face to face consultations at these times:**

Monday 14:00-17:00  
Tuesday 13:00-16:00  
Wednesday 10:00-13:00  
Thursday 09:00-12:00 (remote only)  
Friday 11:15-12:00

Please email [pml.jesusnurse@nhs.net](mailto:pml.jesusnurse@nhs.net) to book an appointment

### College Doctor:

The College GP Dr Cathy Aylward runs a weekly clinic on Friday mornings from weeks 1-8 at 09:00-11:30 in college. You can also attend the main surgery if you prefer.

For in person or phone consultations with a GP please book via the **Banbury Road Medical Centre** on **01865 515731**

[www.banburyroadmc.nhs.uk](http://www.banburyroadmc.nhs.uk)

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

If you need a doctor out of hours, ring 01865 515731 and you will be connected to the doctor on call.

For emergencies ring 999  
For urgent medical/mental health concerns call 111

### Healthcare Information for International Students:

<https://ukcisa.org.uk/Information--Advice/Studying-living-in-the-UK/Health-and-healthcare>

## University & Community Services

For further info on central university **Student**

**Welfare and Support Services** please visit:

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

### University Counselling Service

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

### University's Disability Advisory Service

[disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk)  
<https://www.ox.ac.uk/students/welfare/disability>

### Oxford Student Union Advice & Wellbeing

[advice@ousu.ox.ac.uk](mailto:advice@ousu.ox.ac.uk) / [advice@oxfordsu.ox.ac.uk](mailto:advice@oxfordsu.ox.ac.uk)  
<https://www.oxfordsu.org/advice-wellbeing/>

### 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  
7 days a week 6pm-10pm  
You will need to phone or email ahead on:  
01865 903 037 / [osh@oxfordshiremind.org.uk](mailto:osh@oxfordshiremind.org.uk)  
<https://www.oxfordshiremind.org.uk/support-for-you/safe-haven/>

### Samaritans Helpline 24/7

*Offer a confidential listening service for everyone in the UK*

Free telephone: text 116 123; [jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org/branches/oxford-samaritans](http://www.samaritans.org/branches/oxford-samaritans)

### Sexual Harassment & Violence Support Service

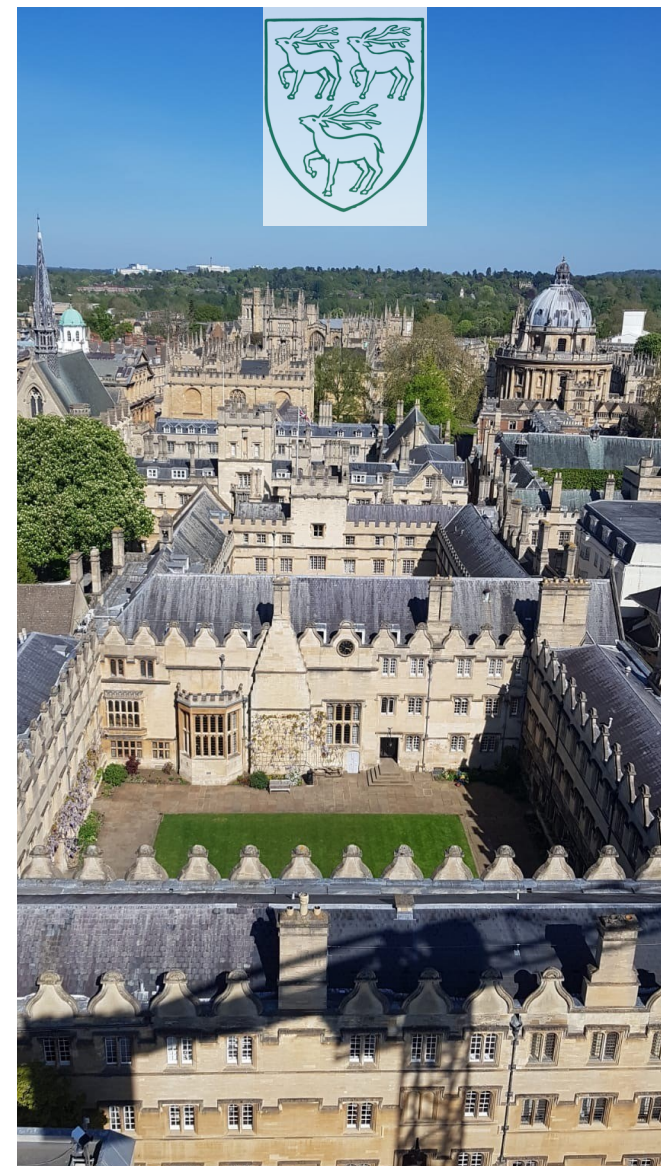
[supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk)  
<https://www.ox.ac.uk/students/welfare/supportservice>

### Independent Sexual Violence Advisor (ISVA)

[oxforduniisva@osarcc.org.uk](mailto:oxforduniisva@osarcc.org.uk)

### Hopeline UK

(if you're experiencing thoughts of suicide):  
0800 068 41 41 / <https://www.papyrus-uk.org/>



**WELFARE  
PROVISION**  
**Trinity Term 2024**

## 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 needs to arise during a student's time here.

Many students find that their tutor, supervisor or college advisor is a good first point of contact when in difficulty. However sometimes it can be helpful to speak to someone who is not directly involved with your studies.

We have a dedicated welfare team in college to support all aspects of your health and wellbeing whilst you are studying here to help you reach your academic potential, navigate any problems you encounter in the most helpful ways and make the most of your time here at Oxford. You can see from the people opposite who is available to help. For further info please visit the College intranet: <https://jesuscollegeintranet.web.ox.ac.uk/welfare>

The College has a confidentiality policy which you can read at: [Jesus-College-Policy-on-Privacy-and-Confidentiality-in-Student-Health-Feb-2022.pdf](https://jesuscollegepolicyonprivacyandconfidentialityinstudenthealthfeb2022.pdf) (ox.ac.uk)

For information on personal safety, please visit: <https://www.ox.ac.uk/students/life/community/personal>

Further information on JCR and MCR Welfare is available on the intranet, <http://jcr.jesus.ox.ac.uk/> and [Home | Jesus College MCR](#)

There is also a Student Support collection in the Jesus College Library (section SS in the Lower Library) of helpful resources and books on study skills and welfare issues, for your own use or to help you

### Junior Deans (07590 807399)

Natasha Ali, Munib Mesinovic and Lisa Zillig have a rotating roster and are available to our students out of hours (7pm-8am) during term time (weeks 0-9) who require help or advice for any pastoral/welfare issue,

personal problem, illness or crisis and finally matters relating to inconsiderate/ antisocial behaviour

## Jesus College Staff



### Welfare Officer

[welfare@jesus.ox.ac.uk](mailto:welfare@jesus.ox.ac.uk)

Kirren Mahmood will generally be your first point of contact for any welfare/wellbeing issues, including mental health, relationship/family issues, or worried about work



### Academic Director

[alexandra.lumbers@jesus.ox.ac.uk](mailto:alexandra.lumbers@jesus.ox.ac.uk)

Dr Alexandra Lumbers advises on all academic related concerns and any welfare issues that impact your studies and academic performance.



### Academic Registrar

[registrar@jesus.ox.ac.uk](mailto:registrar@jesus.ox.ac.uk)

Dr Lowri Jones deals with a number of academic and non-academic matters, including financial assistance applications and exam issues, such as applications for special exam arrangements, requests for extensions to written work and submission of extenuating circumstances.



### Disability & Grants Officer

[tahmina.sorabji@jesus.ox.ac.uk](mailto:tahmina.sorabji@jesus.ox.ac.uk)

Tahmina Sorabji advises on all disability matters (any physical or mental health condition); exam arrangements, reasonable adjustments as well as financial assistance



### Chaplain

[chaplain@jesus.ox.ac.uk](mailto:chaplain@jesus.ox.ac.uk)

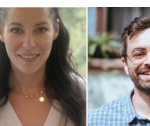
Fr. Chris Dingwall-Jones gives pastoral support to all members of the College regardless of religious affiliation.



### Welfare Fellow

[Ben.Williams@jesus.ox.ac.uk](mailto:Ben.Williams@jesus.ox.ac.uk)

Ben Williams is responsible for helping the College develop its welfare policy. Please contact Ben if you wish to discuss any welfare-related issues, including any ideas you might have for improving the College's welfare provision



### International Fellows

[nada.kubikova@jesus.ox.ac.uk](mailto:nada.kubikova@jesus.ox.ac.uk)

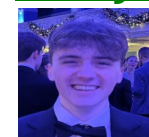
[henry.clements@history.ox.ac.uk](mailto:henry.clements@history.ox.ac.uk)

Henry & Nada are available to all our non-UK students for any distinct issues that may arise for you as an international student

## PEER SUPPORTERS

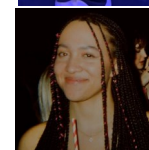
Sometimes students prefer to speak with a peer rather than a staff member. Please visit <https://peersupport-jesus.carird.co/> for more info on our friendly Peer Support Team. All peer supporters have been trained by the University Counselling Service to enable them to listen effectively, communicate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

## JCR Welfare Officers



### Joseph Holmes

[joseph.holmes@jesus.ox.ac.uk](mailto:joseph.holmes@jesus.ox.ac.uk)

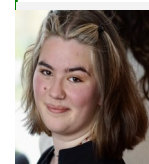


### Beatrice Osbourne

[beatrice.osbourne@jesus.ox.ac.uk](mailto:beatrice.osbourne@jesus.ox.ac.uk)

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

## MCR Welfare Officers



### Johanna Taufenbach & Joshua Fieggen

[johanna.taufenbach@jesus.ox.ac.uk](mailto:johanna.taufenbach@jesus.ox.ac.uk) / [joshua.fieggen@phc.ox.ac.uk](mailto:joshua.fieggen@phc.ox.ac.uk)



Johanna & Joshua are 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 welfare events this term. These will include Welfare Teas and MCR/JCR Yoga. You will be emailed further details.

## ONLINE SUPPORT

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. It is available to all students with an active university e-mail address and can be accessed on <https://togetherall.com>