



Welfare Provision



MICHAELMAS TERM 2025

Welfare at Jesus College

Oxford is a wonderful place, rich in opportunities to fulfil your 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 to help you reach your academic potential, navigate any problems you encounter in the most helpful ways and make the most of your time at Oxford. For further info please visit the College intranet: <https://jesuscollegeintranet.web.ox.ac.uk/welfare>

Meet the College Welfare Team



KIRREN MAHMOOD
Welfare Officer
welfare@jesus.ox.ac.uk
Kirren will generally be your first point of contact for any welfare/wellbeing issues, including mental health, relationship/ family issues, or worries about work.



DR LOWRI JONES
Academic Registrar
registrar@jesus.ox.ac.uk
Lowri advises on academic-related issues (e.g. exam arrangements, extensions, mitigating circumstances), disability matters and financial concerns.



DR ALEXANDRA LUMBERS
Academic Director
alexandra.lumbers@jesus.ox.ac.uk
Alex advises on all academic related concerns, and any welfare issues that impact your studies and academic performance.

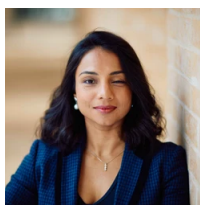


KATIE CRABTREE
Student Support Officer
student.support@jesus.ox.ac.uk

As Disability Coordinator, Katie advises on disability matters, including exam adjustments. She also provides guidance to students experiencing financial difficulties.



REVD PHILIP HARBIDGE
Chaplain
chaplain@jesus.ox.ac.uk
Philip gives pastoral support to all members of the College, regardless of religious affiliation.



DR MAHREEN KHAN
International Fellow
mahreen.khan@oxfordmartin.ox.ac.uk
Mahreen is available to all our non-UK students for any distinct issues that may arise for you as an international student



CAROLINE WARMAN
Welfare Fellow
caroline.warman@jesus.ox.ac.uk
Caroline is responsible for helping the College to develop its Welfare Policy. Please contact her if you wish to discuss College welfare support, including any ideas for enhancing our welfare provision.

Junior Deans

Natasha Ali, Munib Mesinovic and Nicole Mfoafo-M'Carthy have a rotating roster, and are available to all students out of hours (7pm-8am) during term time (Weeks 0-9) who require help or advice for any pastoral or welfare issue, a personal problem, illness or crisis, and matters relating to inconsiderate or antisocial behaviour. Please call the lodge on 01865 279700 to request support from the on call JD



Peer Supporters

Sometimes students prefer to speak with a fellow student rather than a staff member. Please visit <https://peersupport-jesus.carrd.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



The JCR 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 or Yoga. You will be emailed further details.

Paddy Quirk - paddy.quirk@jesus.ox.ac.uk

Charlie Soanes - charlotte.soanes@jesus.ox.ac.uk

MCR Welfare Officers



The MCR Welfare Reps will be available to our postgraduate community for any concerns related to welfare and wellbeing. Further details will be confirmed during term-time. 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, MCR/JCR Yoga and Park Runs. You will be emailed further updates.

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>

Medical Help

COLLEGE NURSE

Our College Nurse is Nicola James, who runs an appointment only clinic from Weeks 0-9 and is available for remote or face-to-face consultations. Her office is on Staircase XV, and you can book an appointment by emailing pml.jesusnurse@nhs.net.

She's available at the following times:

Mondays 14:00-19:00

Wednesdays 08:00-13:00

Fridays 13:00-18:00



Nurse Team at KES@Northgate Surgery

Sophie Conway and Tara Gowen make up the Nurse Team at KES@Northgate and they will also be able to help you with the following problems, including blood tests, immunisations, wound care, advice on smoking cessation, healthy lifestyle and contraception.

COLLEGE DOCTORS

The College Doctors Surgery is KES@Northgate Surgery, and is located in the Cheng Building (entrance on Market Street). To access a wide range of medical care/treatments, book a GP consultation by contacting the surgery on 01865 242657. Alternatively use the NHS App to manage your healthcare (download via Google play or App store), including booking appointments and ordering repeat prescriptions.

Register with the surgery on **GP Registration Online** (campusdoctor.co.uk)

Find out more about the surgery, and opening times, at **KES@Northgate** (kingedwardst.nhs.uk)



Further College Resources

CONFIDENTIALITY POLICY

The College has a Confidentiality Policy which you can read here:

[Guidelines-on-Confidentiality-in-StudentHealth-and-Welfare-2024.pdf](#)

PERSONAL SAFETY

For information on personal safety, please visit:

<https://www.ox.ac.uk/students/life/community/personal>

LIBRARY STUDENT SUPPORT COLLECTION

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 wellbeing, for your own use or to help you support a friend.

JCR & MCR

Further information on JCR and MCR activities is available here:

JCR - <https://www.jesusoxfordjcr.com/>

MCR - <https://www.jesuscollegemcr.com/>

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: <http://www.ox.ac.uk/students/welfare/counselling>

UNIVERSITY DISABILITY ADVISORY SERVICE

disability@admin.ox.ac.uk: <https://www.ox.ac.uk/students/welfare/disability>

OXFORD STUDENT UNION ADVICE & WELLBEING

advice@oxfordsu.ox.ac.uk ; <https://www.oxfordsu.org/advice/get-help/>

NIGHTLINE (STUDENT-RUN)

Nightline offers support and advice during term time - Week 0-9 - and from 8pm-8am each day.

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

OXFORD SAFE HAVEN

For those experiencing a mental health crisis, this service is open 7 days a week 6pm-10pm

You will need to phone or email ahead on 01865 903 037 / 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](https://www.samaritans.org/): www.samaritans.org/branches/oxford-samaritans

SEXUAL HARASSMENT & VIOLENCE SUPPORT SERVICE

supportservice@admin.ox.ac.uk: <https://www.ox.ac.uk/students/welfare/supportservice>

INDEPENDENT SEXUAL VIOLENCE ADVISOR (ISVA)

oxforduniisva@osarcc.org.uk

The University's Single Comprehensive Source of Information sets out the University's approach to preventing and responding to harassment and sexual misconduct

HOPELINE UK

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