



**EXETER  
COLLEGE  
JCR  
WELFARE  
HANDBOOK  
2022/23**

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# JCR SUPPORT



# WHAT WE DO

## Signposting

We aim to help people in finding the relevant support for them, whether that be college or external.

## Welfare teas

Every Wednesday we host a welfare tea, with snacks, hot drinks and friendly faces. We will publicise what time it will be on the JCR Facebook Page on the Tuesday, so make sure to come along!

## Supplies

We liaise with the SU to provide the JCR with free sexual health supplies, such as condoms. This is in conjunction with the work of the Womxn's rep who can help supply and/or reimburse emergency contraception, pregnancy tests and sanitary products.

## Information

We also provide information and resources on mental and sexual health including contact links both within the university and externally, to relevant services.

## Welfare weeks

Every 5th Week we host a 'welfare week', with an abundance of activities and welfare events. We will keep you all updated on the plans for welfare weeks to come on the JCR Facebook.

# YOUR WELFARE TEAM

**WELFARE VP**  
+447542603638

Tanay Mukherjee (he/him)  
tanay.mukherjee@exeter.ox.ac.uk

Hey everyone, I'm Tanay, a 2nd year doing PPE and your current Welfare VP. My role is to liaise with your welfare reps (Olive and Misha), the wider welfare team and the welfare support staff to try and make things that may help or improve your welfare more accessible and more widely known about in college, as well as add to current initiatives. If you ever have any questions or suggestions I am always open to them, as well as open to talking about almost anything if you fancy a chat. The welfare team can also help to find you support within or outside of college if you feel like it would be helpful or necessary, and you are unsure where to go. Overall, the welfare team are aiming to keep the college environment friendly and accepting, judgement free and more conducive to better welfare as much as we can. Feel free to drop me a message whenever with any questions or concerns.



**FEMALE WELFARE REP** Olive Matthews Prichard (she/her)  
+447484332617 olive.matthewsprichard@exeter.ox.ac.uk

Hello! I'm Olive, a second year English Language and Literature student from London. I work with Misha and Tanay to make sure everyone at college is sufficiently supported when it comes to welfare. I'm here to provide anything from a simple chat at welfare tea, to helping you contact the wider university welfare resources like the counselling service. I think it's important to note that despite my title being 'Female Welfare Rep', my help is not restricted to those assigned female at birth, I'm here to help anyone that feels comfortable talking to me. The easiest place to find me is on Wednesday at welfare tea or in the marquee!

Please contact me with any further questions.



**MALE WELFARE REP** Misha Pemberthy (he/him)  
+447759704962 misha.pemberthy@exeter.ox.ac.uk

Hi! I'm Misha, your Male Welfare rep. I'm a 2nd Year PPEist from Devon. You'll see me dotting around college, often in the GCR (the room on the left as you go into Staircase 6), or on the JCR Facebook page posting unnecessarily elaborate Welfare Tea reminders.

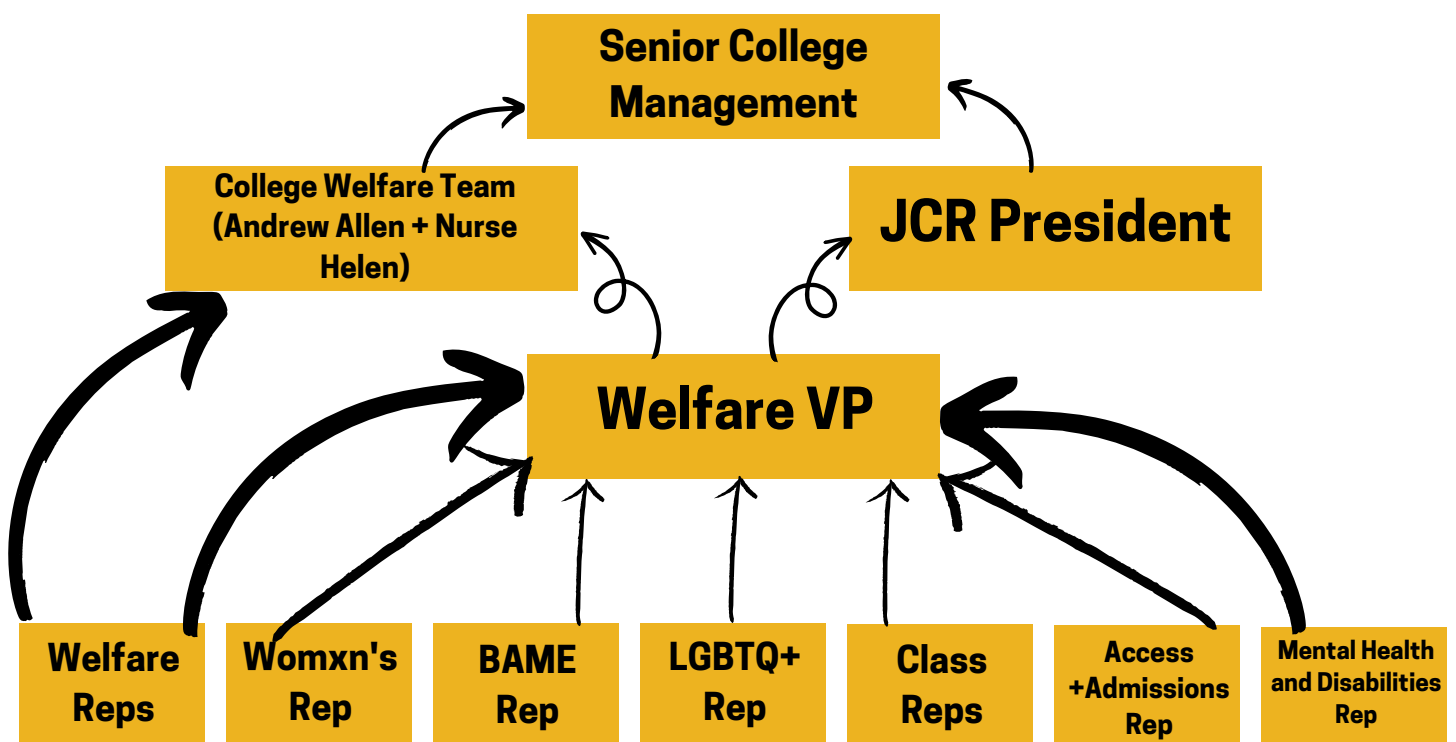
If you have any welfare concerns at all, any of us are available to be a listening ear and help point you in the right direction.



# WELFARE COMMITTEE

Chaired by our fantastic Welfare VP Tanay, the welfare committee is an amalgamation of welfare specific roles and identity-based roles on the JCR. The constitution says the committee shall "generally concern itself with the wellbeing of students with a focus on ensuring equal opportunities are enjoyed by all members of the Society [JCR]". In layman's terms though, the aim of the committee is to promote welfare for everyone in the JCR! The committee meets several times a term and the ideas brought forward at these meetings may be raised with both the College Welfare Team and, via the JCR President, with the senior members of college.

## Welfare Committee Diagram



# Electra Goodwin - Womxn's Rep

Electra (she/her) is the JCR's Womxn's rep.

She is a 3rd year E+M student. The Womxn's Rep serves as a representative of women within college to ensure that college policy is inclusive of women and their rights.

She helps with the provision of free period products (including pads, tampons, and menstrual cups) and also handles the reimbursement of pregnancy tests and emergency contraception.

She lobbies for women's rights, liaises with other bodies both within and external to the college, and works with college to combat academic attrition and the gender gap at finals.

As the Womxn's Rep, she helps provide support and welfare not only for female identifying students, but any students who may be facing womxn's issues.

These include but are not limited to people with a uterus, trans women, non-binary people, and a whole range of other gender identities! Identifying as female is not a requirement for accessing the Womxn's community and its resources; anyone is welcome!

**Contact info:**

**[electra.goodwin@exeter.ox.ac.uk](mailto:electra.goodwin@exeter.ox.ac.uk)**

# Deborah Ogunnoiki - BAME Rep

Hey gang! I'm Deborah (she/her), and I'm this year's BAME rep here at Exeter College (the best college in Oxford!). My role is essentially to represent the BAME students here at our college. This means that you're never left alone and unsupported. Oxford can feel isolating for people like us, most people don't look like us, and many people experience a sense of not-belonging. I mean some of these tutors are old and sometimes it feels like you're the first ethnic minority they've ever met! For some of us who grew up surrounded by our communities and people who look like us, Oxford can feel like a whole other world.



My job is to make sure that BAME students aren't left out of the feeling of community at college. I organise pizza parties, movie nights, and work with other colleges to max out all possible fun and good vibes for BAME students. I would never claim to speak for all BAME students or identities (I'm only one person!), but I hope to work with everyone in college so that we all can enjoy "the friendliest college in Oxford" together :))

**Contact info:**

**[deborah.ogunnoiki@exeter.ox.ac.uk](mailto:deborah.ogunnoiki@exeter.ox.ac.uk)**

# Uni-wide societies

## Oxford African and Caribbean Society (Oxford ACS)



@oxfordacs



Oxford ACS



<https://www.oxfordacs.org/>

Oxford ACS is a student-run organisation within the University of Oxford, with the mission of helping African and Caribbean students to thrive at the University of Oxford without compromising their cultural identity. Their primary goals are to build a confident, self-aware and independent generation of young students through regular interaction and education of secondary school students and those in sixth form; provide exposure to a wide range of career paths through the creation of personal networks and opportunities with partners; and ensure that members can thrive, both socially and academically, at the University of Oxford.

## Oxford University Islamic Society



@oxforduni\_isoc



Oxford University Islamic Society



<https://ouisoc.org/>

Oxford University's Islamic Society (ISoc) is a student-run organisation that serves as a focal point for Muslims in Oxford. ISoc is an open and diverse society, known for its vibrant and active nature. Through its various activities, services and events, ISoc seeks to engage and bring together the Muslim community in Oxford.



## Uni-wide societies (cont.)

### Oxford JSoc



 @oxford\_jsoc


 Oxford JSoc

Oxford JSoc provides a home away from home for Jewish students studying in Oxford. They offer frequent events, such as weekly kosher Friday Night Dinners and Shabbat lunches, as well as educational, social and social action events. All of their events take place in the Oxford Jewish Centre, a synagogue located within a ten minute walk from Oxford's city centre.

### Oxford Sikh Society



 @oxfordsikhsoc

 University of Oxford Sikh Society

The Oxford Sikh Society welcomes students from all backgrounds to come and learn more about Sikhi. Throughout the year, the Society organizes a variety of events such as socials, talks and Kirtan to provide a home away from home for Sikh students and to spread awareness of the Sikh faith.

There are dozens of further societies representing a variety of cultures, faiths and ethnic minorities, which can be found on the SU website at this link:

**<https://www.oxfordsu.org/activities/clubs-and-societies/>**

# Jess Leunig - LGBTQ+ Rep

Hello! I'm Jess (she/her), a second year English student and your LGBTQ+ rep. I work alongside the SU reps and the other colleges' LGBTQ+ reps to make uni life a fun and safe experience for all of us, regardless of gender and sexuality. I'd love for you to be involved in our community by joining our Facebook group (LGBTQ+ @ Exeter College), by coming to events in college, or just by getting to know me. The chat is just for those who identify as LGBTQ+, and requires some personal discretion and respect of others- although you can see fellow members, be considerate as not everyone is publicly out. However, my job is to make our college a place where everyone can be open about their sexuality and gender expression, so events are absolutely open to cis and straight allies!



## Exeter Gender Expression Fund

The Gender Expression Fund is an unlimited reserve to reimburse students who buy gender affirming items like binders, packers, haircuts, or clothing. Accessing this fund is anonymous other than going through me- your name and item will not be disclosed to the treasurer or other JCR members.

**Contact info:**

**[jessica.leunig@exeter.ox.ac.uk](mailto:jessica.leunig@exeter.ox.ac.uk)**



# Further LGBTQ+ information

## Societies

The Uni Wide LGBTQ+ group, which meets on Tuesdays, and has a mailing list (<https://www.ougbtq.org/signup.html>), has many subsections who hold their own events

If you want to be added to the...	Please contact...
New LGBTQ+ Society Discord	ouitofficer@gmail.com (Zoë, she/her)
Asexual & Aromantic group (Facebook & Whatsapp)	ouacearo@gmail.com (Ash, she/they)
Bi/Pan group (Facebook)	oubipan@gmail.com
Class group (Facebook)	ouclassrep@gmail.com
Disability & Neurodiversity group (Facebook)	oudisab@gmail.com (August, he/they)
People of Faith group (Facebook)	oufaith02@gmail.com (Ims, he/him)
People of Colour group (Facebook & Instagram)	ouraem01@gmail.com (Dan, he/him) or ouraem02@gmail.com (Anne, she/they)
Queer Women of Oxford group (Facebook)	ouwomoff@gmail.com (Melissa, she/her)
Trans & Non-binary group	outrans01@gmail.com (Skye, he/him) or ourans02@gmail.com (Ruskin, any pronouns)

**The Oxford Friend:** not affiliated with the uni, this is a volunteer run helpline focussing on counselling for LGBTQ+ folks. It's found at [www.oxfordfriend.co.uk](http://www.oxfordfriend.co.uk)

# Sophie Kitchen, Olivia Clarke and Evan Burke - Class Reps

Hey everyone! I'm Sophie (she/her), a second year biochemist and one of your class reps this year. As class reps, it's our role to make sure that college is a comfortable environment for people from typically underrepresented social backgrounds and act as a point of contact for any class-related issues anyone is facing. We will be hosting lots of events/meet ups throughout each term and hopefully fostering a super friendly environment around college. Please don't hesitate to join our Exeter College Class Act page (as we will be posting advice and details about events on here) and feel free to pop me a message/email if you ever need anything at all <3



Hello everyone! I'm Liv (she/her), a second year sole Spanish student and one of the class reps at Exeter. As a class rep my role is to assist in the welfare of any Exonians from a lower income/ working class background. Alongside Sophie and Evan, I will be working to ensure that college is a comfortable space for all students-irregardless of their backgrounds. I am also easily contactable via Facebook messenger or email if anyone has any worries and concerns regarding class or is finding it difficult to integrate themselves more generally. Please do not hesitate to contact me!



I'm Evan (he/him) and I'm a third-year biochemist from Carmarthen, South Wales. I'm always around in college so feel free to stop me for a chat about anything class related at any point. Along with my two fantastic colleagues (Sophie and Liv) I'll be working within my role to help make Exeter a more comfortable space for everyone, regardless of background. We're looking to organise exciting events in the coming months so please do join the Facebook group to avoid missing out!



Exeter Class Act Facebook Group 22/23:  
<https://www.facebook.com/groups/874076096864524/>

**Contact info:**  
[sophie.kitchen@exeter.ox.ac.uk](mailto:sophie.kitchen@exeter.ox.ac.uk)  
[olivia.clarke@exeter.ox.ac.uk](mailto:olivia.clarke@exeter.ox.ac.uk)  
[evan.burke@exeter.ox.ac.uk](mailto:evan.burke@exeter.ox.ac.uk)

# CLASS ACT

The below is written by Jenni Lynam, Co-chair of Class Act:

—  
**Class Act**  
**Oxford SU**  
—

Class Act is a student led campaign that provides support, advice and a welcoming community for students from a range of socially underrepresented backgrounds. These backgrounds include working class, low income, estranged, first generation, care leaver and state comprehensive. Over the past few years, the number of students from these backgrounds that have gained their place at Oxford University has greatly increased thanks to the work of outreach programmes that support students with their applications. Despite the door being more accessible to this group of students, their experience of Oxford can be extremely difficult for many reasons including financial, social and academic. This is where Class Act comes along. We are here for the difficulties students experience during their time at university. Through social events, Class Act provides the space to make new acquaintances and meet people from similar backgrounds and with similar circumstances. Our campaign also offers advice and support to students who are experiencing an issue that is directly associated with their background, this could be both financial or academic. We are trying to make the university a more welcoming and tolerant place for people regardless of background. If you are from a Class Act background, we would love to welcome you to be a member of our campaign and follow our social media for updates on events and projects that we are running.



@oxfordclassact



@oxfordclassact



Oxford SU Class Act Campaign



<https://www.oxfordsu.org/campaigns/classact/>

## Jacob Newman - Access and Admissions Rep

Hi! I'm Jacob (he/him), a first year historian and the Access and Admissions rep for the Exeter JCR. I work with the Outreach team to help with events tailored towards state schools and pupils from lower income backgrounds.



I am also planning to run events for next year's freshers, as well as creating voluntary mentoring schemes to make their transition to uni life as easy as possible. Equal access is really important to me as I got my offer to study here through the Opportunity Oxford programme and attended summer schools such as UNIQ, so I have felt the importance of inclusive access first hand. If ever you have any questions about Access, let me know!

**Contact info:**

**[jacob.newman@exeter.ox.ac.uk](mailto:jacob.newman@exeter.ox.ac.uk)**

# Kathleen Lai - Mental Health and Disabilities Rep

Hi I'm Kathleen (she/her), a first year Law student and the Mental Health and Disabilities Rep for Exeter JCR this year!

Dealing with the demands of university can be overwhelming and isolating at times. Given the academic pressure that surrounds our studies, not to mention any external circumstances, it can all get a bit too much to handle. My role as Mental Health Rep is to support you through any and all challenges you are facing, no matter how severe. I will gladly be your first point of call if you have any questions or concerns! I will try my best to address them, or alternatively, link you up with the college welfare team or external organisations. I want to stress that any information you share with me will be strictly confidential — my priority is to support your mental health in a safe setting. Please do not hesitate to contact me — you can email, message or come find me in the Marquee or JCR!



Meanwhile, as Disabilities Rep, my role is to improve support for disabilities so that the college can be the most accommodating and comfortable place possible. “Disabilities” can take many different forms, and cover a wide array of conditions. Therefore, I will strive to provide individualised support for each person. For details about the university’s Disability Advisory Service (DAS), please see below. This is extremely helpful for a range of services, e.g. requesting learning support or alternative exam arrangements etc. I would love to hear what suggestions you have for mental health / disabilities provisions— in particular, what you would like to see the budget spent on!

Please raise your suggestions via the google form, which can be found through:

- QR codes in various locations around college
- Links on Facebook

I look forward to hearing from you!

For information about the university counselling service, please see p. 28.

For details about external mental health support, please see p.43-45.

**Contact info:**

**[kathleen.lai@exeter.ox.ac.uk](mailto:kathleen.lai@exeter.ox.ac.uk)**



## Further information on mental health and disabilities

### Disability Advice Service (DAS)

The DAS offers support and advice for students with disabilities, including:

- learning support
- mental health advice
- support for those with sensory and mobility impairments
- health conditions, and
- autistic spectrum conditions.
- assessing mental and physical health disabilities

The DAS could also help you apply for funding (e.g. the Disabled Student Allowance, which might cover costs for specialist equipment)

To request alternative exam arrangements for physical or mental health disabilities, the best thing to do is to make an appointment with the DAS.

More details are available here:

**[www.ox.ac.uk/students/academic/exams/arrangements?wssl=1](http://www.ox.ac.uk/students/academic/exams/arrangements?wssl=1)**

Address: **3 Worcester Street, Oxford, OX1 2BX**

Website: **[www.ox.ac.uk/students/shw/das](http://www.ox.ac.uk/students/shw/das)**

Email: **[disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk)**

Phone: **01865 280459**

The College disability coordinator, Josie Cobb, can be contacted at:

**[josephine.cobb@exeter.ox.ac.uk](mailto:josephine.cobb@exeter.ox.ac.uk)**

### Mind

**<https://www.mind.org.uk/>**

Mind offers:

- Online peer support
- Local charity branches which offer individualised support
- Information about mental health
- Helplines

What is particularly useful is its online peer support programme (Side-by-side)

For information about the side-by-side programme, please see:

**<https://www.mind.org.uk/information-support/side-by-side-our-online-community/>**

Address for the Oxfordshire Mind

**2 Kings Meadow Osney Mead Oxford OX2 0DP**

Phone: **01865 247788**

Email: **[info@oxfordshire-mind.org.uk](mailto:info@oxfordshire-mind.org.uk)**

Website: **<http://www.oxfordshire-mind.org.uk>**

# WELFARE WEEK

Welfare weeks are held in the 5th week of each term. They are filled with activities and events, including pidge packs, movie nights, a massive welfare tea and much more. In Michaelmas we hosted a pottery event, and stay tuned for Hilary Term plans.

If you have any suggestions for what we should do in the coming welfare weeks feel free to fill in this form and let us know:

**<https://forms.gle/vomMjVoJXuvmLzSs8>**



# WELFARE TEA

Every Wednesday, the welfare reps host a welfare tea in the JCR. This is a fantastic opportunity to take a break midweek and catch up with friends from across the college.

A much loved tradition, we are always looking to take on suggestions and criticisms (\*cough cough\* Khusrau), so if you have any suggestions for what we should provide at welfare tea, let us know through this form:

**<https://forms.gle/vEvD4y5Q74eVX3Gu6>**



To find out when on Wednesday Welfare Tea will be, look out for the reminder posts on Facebook on Tuesdays!



# WELFARE SUPPLIES

Welfare supplies including condoms can be found outside the JCR toilets down staircase 6.

## A quick overview of the condoms on offer:



### Manix Natural

Width: 54mm  
Length: 180mm  
Thickness: 0.07mm



### Manix King Size

Width: 56 mm  
Length: 180 mm  
Thickness: 0.07 mm



### Manix Conform

Width: 49 mm  
Length: 180 mm  
Thickness: 0.07 mm



### Manix Ultra Thin

Width: 54 mm  
Length: 185 mm  
Thickness: 0.05 mm



### Pasante Taste

Width: 53mm  
Length: 190mm  
Thickness : 0.07 mm  
Flavours: Mint (green),  
Strawberry (red),  
Chocolate (brown) and  
Blueberry (blue)



### Skyn Latex-free

Width: 53mm  
Length: 180mm  
Thickness : 0.07 mm  
Please only take these  
if you have a latex  
allergy as we have a  
very limited supply of  
these!

We have also ordered a selection of Sheer Glyde dental dams. These are 25cm by 15 cm and come in four flavours: strawberry, wildberry, cola and vanilla. We will post on the JCR when these arrive.

We will typically do one or two orders from the SU a term, to help us gauge what is wanted please fill in this form:

<https://forms.gle/xbHcL9XTnMkJas4cA>

# WELFARE SUPPLIES PROVIDED BY THE WOMXN'S REP

In addition to the condoms supplied by the welfare reps, Electra, the JCR Womxn's rep, can help with the provision of period products, and the provision/reimbursement of pregnancy tests and emergency contraception.



The period products can be found in the same place as the condoms, outside the JCR toilets, but also in the Cohen Common Room and in each of the Cohen main bathrooms.

It is important to note that despite the contribution of pregnancy tests and sanitary products falling under the responsibility of womxn's rep, we do note that not everyone who might get pregnant/need sanitary products will identify as a woman. This only represents a delegation of responsibilities, and ultimately, we work as a team and these supplies can and should be used by anyone who needs them.

The following page is a poster from Electra regarding emergency contraception and pregnancy test reimbursement!

# Emergency Contraception and Pregnancy Test Reimbursement



## Services offered include:

- Purchase and provision of pregnancy tests
- Money reimbursed for morning after pill (or other types of emergency contraception)
- Reimbursement of pre-purchased pregnancy tests

Contact the Womxn's Rep (Electra Goodwin) with a copy of your receipt to be reimbursed via:

Facebook Messenger: Electra Goodwin

Email: [electra.goodwin@exeter.ox.ac.uk](mailto:electra.goodwin@exeter.ox.ac.uk)



Remember there is no judgement! Everything will be kept strictly confidential

# PEER SUPPORTERS

The Peer Support Programme at Exeter is an invaluable addition to the college's welfare support system. It provides students with the opportunity to access support from peers who have a shared understanding of the student context, allowing for mutual support in a safe and non-judgemental environment.

The peer supporters are here to support the wider welfare network, not to replace counselling but to provide a confidential space for students to talk openly, without judgement, with curiosity, and with respect for the other's words. The peer support programme trains students in listening, including under circumstances of heightened emotions, and with an awareness of position and privilege in this aim. Peer supporters are equipped with healthy, respectful, and assertive communication skills and as a result are a valuable resource for anyone in need of a chat for any reason, be it homesickness, anxiety, or if you just want someone to talk to. Peer supporters aren't therapists, but they're here so you always have someone who will listen!

## Exeter Peer Supporters 22/23



Carla Handford [She/Her]  
3rd Year, Medicine  
Email:  
carla.handford@exeter.ox.ac.uk  
Instagram: @carla\_handford  
Things I like: Being outside in the sun, Spending time with friends, Music, Swimming



Khusrau Islam [He/Him]  
4th Year, Classics  
mohammad.islam@exeter.ox.ac.uk  
Instagram: @khusrau.islam  
Facebook: Khusrau Islam  
Interests Include: Taylor Swift, Batman, Travelling, Cooking



Faith Wong [She/Her]  
3rd Year, English  
faith.wong@exeter.ox.ac.uk  
Instagram: @faithwyw  
Interests Include: Photography, Film, Dancing, Cooking



Jack Klein [He/Him]  
3rd Year, French and Philosophy  
jack.klein@exeter.ox.ac.uk  
Instagram: @\_jack\_klein\_  
Interests Include: Drama, Music, Roller Skating, Pasta



# PEER SUPPORTERS

## Exeter Peer Supporters 22/23 (cont.)



Matt Lister [He/Him]  
3rd Year, PPE  
matthew.lister@exeter.ox.ac.uk  
Instagram: @\_matt.lister\_  
Interests Include: Funk,  
Baseball, Stamps



Orthi Onupom [She/Her]  
3rd Year, Biochemistry  
orthi.onupom@exeter.ox.ac.uk  
Instagram: @orthi\_onupom  
Interests Include: Violin,  
Dancing, Long walks, Tortilla



Sandra Hernandez Chang  
[She/Her]  
3rd Year, English  
sandrahernandezchang@exeter.ox.ac.uk  
Interests Include: Poetry,  
Walking, Dancing Exclusively  
to Reggaeton



Anshu Ramaiya [He/Him]  
3rd Year, Medicine  
anshu.ramaiya@exeter.ox.ac.uk  
Interests Include: Chess,  
Cricket, Table Tennis

In addition to the Exeter Peer Supporters there are also dedicated identity-based university peer support groups that can be found at:

<https://www.ox.ac.uk/students/welfare/peersupport/finding-peer-supporter>

These include Peers of Colour, Rainbow Peers, Disability Diversity Peers and Peers of Faith

## Exeter Peer Supporters 2023/24? Could be you!

The Peer Support scheme is fantastically fulfilling. Training as a Peer Supporter is a great way to develop personal and social skills that will be useful in all your relationships as well as making a positive contribution to the welfare support in your college.

In Trinity details will come out about how to join the peer support team, please do apply- it's an amazing opportunity that you don't want to miss!

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# **IMPORTANT INFORMATION**

# COLLEGE WELFARE TEAM

The college has a fantastic and dedicated welfare team who are able to assist with a variety of matters including: They can help you with issues such as: resilience, anxiety, settling in to Oxford, relationships, gender, sexuality and self development and will be able to liaise and triage for relevant help for other issues. More info can be found at: [www.exeter.ox.ac.uk/welfare](http://www.exeter.ox.ac.uk/welfare)



## **The Rev'd Andrew Allen - Welfare Coordinator**

Andrew works alongside the other welfare officers in providing support, guidance, and help to all members of College. This is irrespective of any religious affiliation, so everyone is welcome to come and chat to him. His room is 9.8 (Staircase 9, Room 8), and you can just pop in or send him an email if you want to see him.

**[andrew.allen@exeter.ox.ac.uk](mailto:andrew.allen@exeter.ox.ac.uk)**



## **Helen Thornton - Welfare Officer and College Nurse**

Helen is both the College Nurse and the dedicated Welfare Officer. She has been a nurse since 2002 and has a background in emergency nursing and urgent care.

To chat to Helen, you can email her to arrange an appointment.

**[helen.thornton@exeter.ox.ac.uk](mailto:helen.thornton@exeter.ox.ac.uk)**



## **Professor Cath Green - Welfare Dean**

Professor Cath Green has the overall responsibility for student welfare at Exeter. For further information on student welfare, you can email her at:

**[welfare.dean@exeter.ox.ac.uk](mailto:welfare.dean@exeter.ox.ac.uk)**

# BURSARIES AND FINANCIAL SUPPORT

Finances can cause anxiety for many students at some point in their University careers. Fees, loans and the general costs of living can seem bewildering at times, even overwhelming. However, there is plenty of help available, from advice and guidance to bursaries and grants to help with the costs of academic study.

Below are some of the financial support options provided by the college and university.



## Exeter College Hardship Funding

The college and the university each have a range of grants available to help you if you experience unforeseen or exceptional financial difficulties after starting your course. These funds are called Hardship Funding, and can provide grants or loans to help you overcome financial difficulty experienced during your studies. Exonian Bursaries (college financial assistance grants), most of which are generously funded by former Exeter students, are usually in the region of £500–£1,000.

To ask for further information on college hardship funding, or to discuss your situation to see what help might be available, you can make an appointment to see the Academic Registrar in the Academic Office:

**[academic.registrar@exeter.ox.ac.uk](mailto:academic.registrar@exeter.ox.ac.uk)**

**01865 (2)79665**

## Sports and Arts Grants

A limited amount of funding is available to anyone who wishes to undertake a sporting or arts activity. Applications are considered on a first-come, first-served, basis until the funds are exhausted. An application form can be downloaded here:

**<https://www.exeter.ox.ac.uk/file/2022/12/College-Sports-and-Arts-Grant-Application-2022-23-Subs.docx>**

An in-depth financial guide created by the college can be found:

**<https://www.exeter.ox.ac.uk/file/2022/09/2022-23-UG-Finance-Guide.pdf>**

Further financial information can be found at:

**<https://www.exeter.ox.ac.uk/students/financial-support/grants-for-undergraduate-students/>**



# UNI COUNSELLING SERVICE

The University Counselling Service offers free counselling for all members of the University of Oxford. There are options for both individual and group counselling, as well as workshops that help students build necessary skills for an optimal university experience, from overcoming perfectionism to relaxation.

## How to make an appointment

To request an appointment you can contact the Counselling Service in person, by phone or by email.

Tel: **01865 270300**

Email: **counselling@admin.ox.ac.uk**

Address:

**Student Welfare & Support Services**

**Counselling Service**

**3 Worcester Street**

**Oxford**

**OX1 2BX**



You will then be given a form to fill in with two parts. The first requires you to briefly summarise the problem(s) bringing you to counselling. The service says that if you do not feel able to complete this part to let them know as while it is helpful that you are able to complete the form it should not be a barrier to accessing counselling.

The second part of the form is optional and includes questions about family, identity and significant life experiences. This can help you get more from your first counselling session- but if these questions seem either irrelevant or too difficult to complete they are optional.

### **Waiting Times**

The service says that you will be seen as soon as possible after you have returned your completed pre-appointment form. Waiting times can be longer in busy periods so they encourage you to request an appointment as soon as you are likely to want one.

# SEXUAL HEALTH

## Safe Sex

"I'm getting weighed down with all this information

Safe sex doesn't mean no sex it just means use your imagination"

**Billy Bragg**



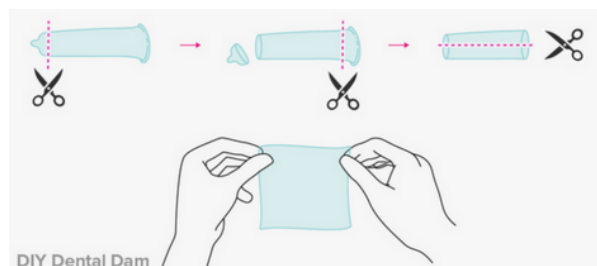
Safe sex involves learning about the potential consequences of sexual activity so that people can protect themselves and their partner from unplanned pregnancies or sexually transmitted infections.

## STIs

STIs are very common among young people, but the good news is that they are also highly preventable. Using protection like condoms or dental dams during sex where body fluids could be exchanged can help prevent the spread of STIs. This includes oral, anal and vaginal sex. **Even if you're using another form of contraception, it's important to use protection until both partners have tested negative for STIs.** If you don't like using condoms or dental dams for oral sex, you can consider avoiding oral sex with partners who have not been tested for STIs. By taking these precautions, you can help keep yourself and your partners safe.

## Dental Dams- what they are and how to make your own

A dental dam is a rectangular piece of latex which can be put over the vagina or anus during oral sex for protection against STIs. From the 21st January we will stock these, but until then you can make a dental dam from a condom by cutting both ends and unrolling the condom!



# SEXUAL HEALTH

## STI testing

### When should you test?

Whenever you...

- Have a new sexual partner
- Have vaginal, oral or anal sex without a condom or oral sex dam
- Have or recently had a sexually transmitted infection (STI)
- Have or recently had any symptoms of chlamydia
- Or at least once a year even if you are having safe sex

### Where do I get a test?

If you need to arrange an appointment at the main sexual health clinic in Oxford, which is located at:

**Churchill Hospital on Old Road in Headington, OX3 7LE**

You can call the clinic at **01865 231231** between 1.30-17.30 Monday to Thursday and 13.30-15.30 on Friday.

For more information about what to expect from your visit, you can visit the NHS Choices guide at:

**<https://www.nhs.uk/live-well/sexual-health/visiting-an-sti-clinic/>**

The SU also occasionally run drop-in STI testing. If this is happening the welfare reps will drop a post about it on the JCR page.

# SEXUAL HEALTH

## Pregnancy

If you are participating in sex that might risk pregnancy then a further consideration for safe sex includes contraception. Rather than risking things with 'Coitus interruptus' AKA 'the pull out method', there are a variety of options available for you which are outlined in the table below.

Method	What is it?	Effectiveness	Advantages	Disadvantages
Contraceptive implant	A small, flexible rod put under the skin of the upper arm releases progestogen.	Perfect use: over 99%. Typical use: over 99%.	Works for 3 years but can be taken out sooner.	It requires a small procedure to fit and remove it.
Intrauterine device (IUD)	A small plastic and copper device is put into the uterus (womb).	Perfect use: over 99%. Typical use: over 99%.	Works for 5 or 10 years depending on type but can be taken out sooner.	Periods may be heavier, longer or more painful.
Intrauterine system (IUS)	A small, T-shaped, progestogen-releasing, plastic device is put into the uterus (womb).	Perfect use: over 99%. Typical use: over 99%.	Works for 3, 4 or 5 years but can be taken out sooner. Periods often become lighter, shorter and less painful	Irregular bleeding or spotting is common in the first 6 months.
Contraceptive injection	An injection of progestogen.	Perfect use: over 99%. Typical use: around 94%.	Works for 8 or 13 weeks - you don't have to think about contraception during this time.	Can't be removed from the body, so side effects may continue while it works and for some time afterwards.

Sterilisation	Either the fallopian tubes or the tubes carrying sperm are cut, sealed or blocked.	Overall failure rate is about 1 in 200 for those with fallopian tubes and 1 in 2,000 for those with sperm ducts.	Sterilisation is permanent with no long or short-term serious side effects.	Shouldn't be chosen if in any doubt about having children in the future.
Contraceptive patch	A small patch stuck to the skin releases estrogen and progestogen.	Perfect use: over 99%. Typical use: around 91%	Can make bleeds regular, lighter and less painful.	May be seen and can cause skin irritation.
Contraceptive vaginal ring	A small, flexible, plastic ring put into the vagina releases oestrogen and progestogen.	Perfect use: over 99%. Typical use: around 91%	One ring stays in for 3 weeks – you don't have to think about contraception every day.	You must be comfortable with inserting and removing it yourself.
Combined pill (COC)	A pill containing oestrogen and progestogen, taken orally.	Perfect use: over 99%. Typical use: around 91%.	Often reduces bleeding and period pain, and may help with premenstrual symptoms.	Missing pills, vomiting or severe diarrhoea can make it less effective.
Progestogen-only pill (POP)	A pill containing progestogen, taken orally.	Perfect use: over 99%. Typical use: around 91%.	Can be used if you smoke or are over 35	Late pills, vomiting or severe diarrhoea can make it less effective.
External condom	A very thin latex (rubber) polyurethane (plastic) or synthetic sheath, put over the erect penis.	Perfect use: 98%. Typical use: around 82%.	Condoms are the best way to help protect yourself from sexually transmitted infections. <b>Free from the JCR!!!</b>	May slip off or split if not used correctly or if wrong size or shape.
Internal condom	Soft, thin polyurethane sheath that loosely lines the vagina and covers the area just outside.	Perfect use: 95%. Typical use: around 79%.	Condoms are the best way to help protect yourself from sexually transmitted infections.	Not as widely available as external condoms.
Diaphragm	A flexible latex (rubber) or silicone device, used with spermicide, is put into the vagina to cover the cervix.	Perfect use: 92–96%. Typical use: 71–88%	Can be put in any time before sex.	You need to use the right size- you will need an appointment to ascertain this. If you have sex again extra spermicide is needed.

Info courtesy of [sexwise.org.uk](http://sexwise.org.uk)

This is not an exhaustive list, nor does it include all of the pros and cons of each method, many of which will vary from person to person.

No single method has no drawbacks, and you will have to work out what suits you best.

Contraceptive may seem a bit of a faff but it is better than risking an unwanted pregnancy!

# SEXUAL HEALTH

## Pregnancy testing

The JCR can help with the purchase or reimbursement of pregnancy tests (more info on this can be found on page 22).

You can carry out most pregnancy tests from the first day of a missed period. If you don't know when your next period is due, do the test at least 21 days after you last had unprotected sex. Some very sensitive pregnancy tests can be used even before you miss a period. You can do a pregnancy test on a sample of urine collected at any time of the day. It doesn't have to be in the morning.

## Morning After Pill and other emergency contraceptives

The morning after pill is an effective way to prevent pregnancy from occurring after unprotected sex. It should be taken as soon as possible and within a maximum of 72 or 120 hours after sex (depending on the brand).

You can get advice and access emergency oral contraception from:

- Contraception or sexual health clinics.
- Brook centres
- Some pharmacies
- Most NHS walk-in centres and minor injuries units
- Most GP surgeries

A full list of Oxford pharmacies that sell the morning after pill can be found at: **<https://oxme.info/health/emergency-contraception>**

This is free of charge if you are under 21. The JCR can also reimburse you if you keep the receipt, more info on this scheme can be found on page 22.

When asking for emergency contraception, the doctor or nurse you see may ask:

- when you have had unprotected sex in your current menstrual cycle
- the date of the first day of your last period and the usual length of your cycle
- details of any contraceptive failure (such as how many pills you may have missed and when)
- if you've used any medications that may affect your contraception

Depending on some of these variables, the doctor or nurse might instead recommend an emergency IUD. Do not worry about this however, the doctor or nurse will help and talk you through any decision.

# ALCOHOL MISUSE

Alcohol is the most socially acceptable recreational drug, with the common perception of university students often being closely associated with a high alcohol intake, as well as binge drinking. Enjoyed responsibly, alcohol's overall impact on your life can be minimal, but it is easy to drink too much.

## Some tips to make sure your alcohol consumption is safe and healthy:

### Know your limits:

People get drunk at different rates, and the same drink might affect you differently than other people. By knowing your limits you can know when you've had too much.

### Eat plenty before drinking:

Drinking on an empty stomach can seriously affect your tolerance and can be both dangerous and unpredictable as it hinders your ability to know how drunk you are.

### Drink plenty of water:

Due to the dehydrating nature of alcohol, it is important to rehydrate your body on a night out, as this will firstly reduce your intoxication, but also reduce your hangover!



### Don't assume all units are comparable:

While a shot of vodka has a lower unit value than a pint of ale, you are likely to drink the shot a lot quicker, and get drunker as a result.

### Don't stack your risks:

Everyone is more vulnerable when drunk, so don't compound this with unnecessary risks: avoid drinking to the point of clouding your judgment, surround yourself with people you can trust, get a taxi back home if you are very drunk, stay in groups when walking at night.

### Don't drink competitively and don't drink too quickly:

The effects of drinking can be more intense and overwhelming the quicker you drink- you don't need to keep up with your mates' rates of drinking, and definitely not at the cost of your own safety.

If you are stuck with no alternative but to walk home alone, you might feel safer if you call the Oxford Nightline at **01865 270 270** who offer confidential chats from 8pm-8am for Oxford students

# ALCOHOL MISUSE

Alcohol abuse and addiction can quickly take over someone's life, with serious effects. There are the short term risks of accidents, injuries, unsafe sex, violent behaviour, loss of your possessions, and even alcoholic poisoning. There are also the long term risks of severe health implications for the heart, liver and bowel.

Also, as alcohol causes intoxication and hangovers, excessive use could have a negative impact on your ability to work and socialise.

If you think that you might be suffering from alcohol addiction, there are plenty of options available.

DrinkAware has a confidential helpline offering advice on alcohol related issues. It offers help to people worried about their own drinking as well as support to the family and friends of people who are drinking. Their number is: **0800 917 8282**

Alcoholics Anonymous is a service for people with more severe drinking problems, which can help them overcome alcohol abuse and addiction.

e: [help@alcoholicsanonymous.org.uk](mailto:help@alcoholicsanonymous.org.uk)

t: **0800 9177 650**

The nearest AA meetings to the Turl St site is hosted at **St Michaels at the Northgate Church, Cornmarket St (on the corner of Ship St)**

These are hosted:

Mondays at 18:00 (for 1hr) on the 3rd Monday of each month.

Tuesdays: 13:00 (for 1hr) every week

Tuesdays: 18:00 (for 1hr) meetings on request

Thursdays: 19:30 (for 1 hr): every week - special young person focus.

Saturday: 19:00 (for 1hr)

The Oxford specific AA helpline is: **01865242373**



# DRUG MISUSE

Recreational drugs, such as nicotine, alcohol, and other drugs like cannabis, as well as newer drugs that mimic the effects of older drugs, are taken for pleasure and affect the brain. It is important to be aware of the effects of misusing drugs, as the Psychoactive Substances Act 2016 made all psychoactive substances, including so called 'legal highs', illegal by default. You may encounter these drugs at some point in your life, and it's important to be aware of the legal penalties for possession and distribution of illegal drugs, which can vary depending on the class of drug (class C being the least severe, then B, then A) and amount, as well as your previous record. A full list of information about psychoactive drugs would be impractical here as it could fill another booklet on its own, but here is a short list of some substances you may encounter...

Name	Effects	Effects on health
<p><b>Cannabis</b> Cannabis is a plant recreationally smoked, eaten or drunk. <b>Class B</b></p>	<p>Using Cannabis can make you feel relaxed and happy. However, it can also make you experience lethargy, anxiety, paranoia, even psychosis (delusions and hallucinations).</p>	<p>Cannabis has been linked with mental health problems like schizophrenia. When smoked (particularly with tobacco) it can lead to asthma, heart disease and lung cancer. Frequent use can also negatively affect concentration and fertility.</p>
<p><b>Cocaine</b> All forms of cocaine are powerful stimulants. It is snorted as a powder or more rarely injected. <b>Class A</b></p>	<p>Cocaine makes you feel energised and happy for short time periods. Comedowns (feeling depressed or unwell) often follow cocaine consumption.</p>	<p>Cocaine can be fatal if you overstimulate your heart and nervous system, which can lead to a heart attack. If you have previous or ongoing mental health issues it can increase them or the risk of their recurrence. All forms of cocaine are highly addictive</p>
<p><b>Ecstasy (MDMA)</b> Ecstasy is a psychedelic stimulant, taken as a pill or as a powder dabbled onto gums or snorted. <b>Class A</b></p>	<p>Ecstasy makes you feel alert, affectionate, chatty, and often enhances your sensory experiences. It can also cause anxiety, confusion, paranoia and psychosis.</p>	<p>Ecstasy can cause overheating, dehydration, or water retention, all of which can be life threatening. Long term and frequent consumption of ecstasy has been linked to mental health problems like anxiety, depression and memory-loss. High doses can be fatal. Ecstasy can be addictive.</p>
<p><b>Speed</b> Speed is a stimulant, usually an off-white or pink powder snorted, dabbled onto gums or swallowed in paper. It is the name for amphetamine-based drugs. <b>Class A</b></p>	<p>Speed makes you feel alert, confident, energized, and can reduce appetite. It can also cause agitation, aggression, confusion, paranoia and psychosis. Heavy usage can also cause depression and lethargy for extended time periods.</p>	<p>Speed can cause dangerously high blood pressure, potentially causing a heart attack. Risk is increased when mixing speed with alcohol. Speed can be highly addictive.</p>

# DRUG MISUSE (cont.)

## **Ketamine**

Most common as a grainy white powder, which has a bitter taste. It is usually snorted, but can be injected, swallowed as a tablet, or as a 'bomb' (swallowing the powder wrapped in a cigarette paper)

**Class B**

Ketamine can leave you dreamy and detached, relaxed and happy, or in some cases nauseous and disoriented. You can have hallucinations, or an altered perception of time. Too much Ketamine can leave you feeling like your mind and body have separated - a 'K- hole'. This can leave you feeling powerless, vulnerable and scared.

Ketamine can cause agitation, panic attacks, damage to short- and long-term memory, depression, injury, urinary tract damage, and increased heart rate.

One of the best and most comprehensive resources for drug related information is FRANK. The site offers unbiased information and frank discussion - hence the name. It is aimed to keep you safe, and so it favours useful information over scare stories. It is highly recommended that if you do decide to take any recreational substance, you should read the relevant page on FRANK to find all the information you need to minimise the risks - the safest option, however, is always to say no.

<https://www.talktofrank.com/>

## Fentanyl

Fentanyl analogues are synthetic opioids used for pain relief and anaesthesia in medical settings, but are also found in illicit drugs, often blended with a bulking agent. It can be found in opioids such as heroine, but also drugs such as cocaine, LSD or MDMA. This is dangerous as there is a risk of encountering high concentrations that can lead to fatal overdoses. Dance Safe provides testing kits to check for Fentanyl in substances: <https://dancesafe.org/>

## Addiction

Overindulgence in any substance can lead to long term mental and physical health issues. If you think you might be suffering or at risk from suffering narcotic addiction, you are not alone. The following services offer helplines should you need someone to talk to.

Addiction Helper: [www.addictionhelper.com](http://www.addictionhelper.com) **0800 540 4154**

Narcotics Anonymous [www.ukna.org](http://www.ukna.org) **0300 999 1212**

Frank **0300 123 6600**

# SEXUAL MISCONDUCT AND VIOLENCE

If you are a victim of sexual assault, violence or rape, this page will detail how to report the incident, and how to seek support if these are the steps you wish to take. A more detailed overview of this can be found here: <https://www.exeter.ox.ac.uk/file/2022/11/Help-and-Support-for-Students-affected-by-Sexual-Violence.pdf>

## Responding to Instances of Sexual Violence

### SARC

#### **SARC (Sexual Assault Referral Centre)**

For incidents that occurred in the last 7 days, they can provide a forensic medical examination and store forensic samples in case you later decide to report to police.

**0800 970 9952**

24/7 all year round

Located in Bicester

They provide medical, practical, emotional support from doctors and counsellors.

The college lodge can phone a taxi to a SARC, and the college will pay for it. One of the Junior Deans can accompany you.

Calling ahead is **essential**. The SARC team will want as much information as possible in order to advise.

### ISVA/ Support Service

Trained advisers offering independent, confidential advice on your options and ongoing support.

**supportservice@admin.ox.ac.uk**

Self Referral Form:

<https://titanium-web.admin.ox.ac.uk/TitaniumWeb/SHVSS/self>

The ISVA, Morgan Bull, is independent advisor of the university.

**OxfordUnilSVA@osarcc.org.uk**

Self Referral Form:

<https://www.dpmscloud.com/external/referralformselfosarcc>

# SEXUAL MISCONDUCT AND VIOLENCE

## Responding to Instances of Sexual Violence (cont.)

### Police

#### Police

#### 101 (999 in emergency)

Reports can be made via 101, at St Aldate's police station, via the SARC, or via the secure and confidential online crime reporting service.

### Do Nothing

Doing nothing beyond immediate considerations of emergency contraception, sexual health, etc. is a valid choice, and one that must be respected.

### College

Helen Thornton Registered Nurse and Welfare Officer

**[helen.thornton@exeter.ox.ac.uk](mailto:helen.thornton@exeter.ox.ac.uk)**

Andrew Allen Welfare Coordinator and Chaplain

**[andrew.allen@exeter.ox.ac.uk](mailto:andrew.allen@exeter.ox.ac.uk)**

Both can be contacted via the lodge:

**01865 279 600**

After hours/weekends: Contact the Junior Dean on call via the lodge:

**01865 279 600**

The Welfare Dean, James Grant, is available to discuss college no contact arrangements

**[welfare.dean@exeter.ox.ac.uk](mailto:welfare.dean@exeter.ox.ac.uk)**

The Sub-Rector, Barney Taylor, is available to discuss college disciplinary procedures

**[subrector@exeter.ox.ac.uk](mailto:subrector@exeter.ox.ac.uk)**

Making this decision isn't something you have to do alone. Charities such as SafeLine and RapeCrisis have helplines that can help you.

**SafeLine: 01926 402 498**

**RapeCrisis: 0808 500 2222**

Further details on such charities can be found later in the pack on

page 49

# SEXUAL MISCONDUCT AND VIOLENCE

## Immediate Considerations

- Immediate risks to individual or wider population – **999** or university security services – **01865 289 999**
- Sexual health (emergency contraception, HIV prophylaxis): Oxfordshire Sexual Health Service at Churchill Hospital – **01865 231 231**
- Securing forensic evidence (clothing, bedding, etc) in case you want to report to police – SARC (**0800 970 9952**) or police – **101**

## Physical Health

If you are physically injured, a GP or the Accident & Emergency (A&E) department in the John Radcliffe hospital can help you without you needing to tell them any details of what has happened to you.

In an emergency, call **999**.

College GP (19 Beaumont St) **01865 240 501**. Out of hours **111**.

## Sexual Health

Although it can be difficult to think about immediately, if you have been raped or sexually assaulted, you may also have contracted a sexually transmitted infection (STI).

You can be tested at your local family planning or sexual health clinic (GUM clinic) without having to give any details about what has happened to you, or even your real name. Many GUM clinics, including the Oxfordshire service, are confidential, which means they won't share information about your visit with anyone, including your GP.

As some STIs are symptomless, it is important to think about getting tested.

Contact Oxfordshire Sexual Health Service, Churchill Hospital branch, for STI screening, HIV prophylaxis (PEPSE), emergency contraception, Hep B advice: **01865 231 231**  
<https://www.sexualhealthoxfordshire.nhs.uk/>

Depending on what has happened to you, you may be at risk of becoming pregnant. If you are concerned about this then emergency contraception is available from your GP, family planning or sexual health clinic, or from a pharmacy. There are different types of emergency contraception. The emergency contraceptive pill can be used within 3 days (Levonelle pill) or 5 days (ellaOne pill) of unprotected sex for it to be effective – the sooner you take it, the more effective it'll be.

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

# STUDENT UNION



The Oxford Students' Union (Oxford SU) is a representative and supportive organisation for all 25,000+ students at Oxford University. The Union is led by six dedicated Sabbatical Officers, elected annually by the student body. The Union works closely with student-run JCRs and MCRs to offer lobbying support, training and wellbeing products. Furthermore, eight student-led campaigns are in place to improve the student experience and build communities. Additionally, the Union provides numerous opportunities to get involved, such as RAG fundraising events, Target Schools shadowing days, volunteering roles and Project funding. Students can also book a room for their society or find one to join, as well as access confidential and independent Advice services. Oxford SU is here to support Oxford students and make their university experience the best it can be.

Have a look through their website at <https://www.oxfordsu.org/> for more information about what the SU can help with.



A thick, hand-drawn yellow border frames the page. Along the top and bottom edges of this border, there are two rows of small yellow dots, each row containing 12 dots.

# **EXTERNAL SUPPORT AND CHARITIES**

# STUDENT SPACE

<https://studentspace.org.uk/>

<https://studentspace.org.uk/find-support/university-of-oxford>

The screenshot displays the Student Space website interface. At the top, there's a navigation bar with 'STUDENT SPACE' and 'student minds' logos, and a search bar. Below this, a banner reads 'Support through the uncertainty of student life' with a sub-header 'If you need support now, text STUDENT to 85258'. The main content is divided into two sections: 'Advice and information' and 'Get support'. The 'Advice and information' section features three cards: 'Mental health and wellbeing', 'Money', and 'The winter break'. The 'Get support' section lists four options: 'Text message support', 'Webchat support', 'Phone support', and 'Email support'. To the right, a 'Tailored support' section lists specific groups: Muslim students, Punjabi students, Trans students, Students hearing voices, Students with OCD and BDD, Students with eating difficulties, Students recovering from addiction, and Training on LGBTQ+ safety and abuse.

Student Space is an initiative run by the charity Student Minds, dedicated to providing safe and confidential support to students. It is created with the help of services, higher education professionals, researchers and students, and offers a range of different support options including phone, text message, email and webchat support, all of which are free. Additionally, they provide advice and information, student stories as well as a centralised page of information about welfare support available at Oxford University. Through Student Space, it is easier to access and explore the various trusted sources of support to help tackle the challenges of student life.

# MENTAL HEALTH



**SAMARITANS**

Samaritans  
**116 123**

[www.samaritans.org](http://www.samaritans.org)

A nationwide helpline that provides emotional support to anyone who's in distress, struggling to cope or at risk of suicide.



**THE MIX**

The Mix

**0808 808 4994**

[www.themix.org.uk](http://www.themix.org.uk)

The Mix takes on problems and questions facing the under-25s and gives support via phone, email, peer-to-peer and counselling services as well as articles and videos.



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Papyrus

**0800 068 4141**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Papyrus provide a helpline for young people thinking about suicide or people worried about their friends or family



*Anxiety UK*

Anxiety UK

**03444 775 774**

[www.anxietyuk.co.uk](http://www.anxietyuk.co.uk)

Anxiety UK are a charity providing support to people suffering from anxiety.



**CALM**

Calm

**0800 585858**

[www.thecalmzone.net](http://www.thecalmzone.net)

Calm provide a crisis helpline for men experiencing suicidal thoughts.



CONFIDENTIAL EMOTIONAL SUPPORT  
**SUPPORTLINE**

SupportLine

**01708 765200**

[www.supportline.org.uk](http://www.supportline.org.uk)

SupportLine offers confidential emotional support to young adults on any issue by phone email and post.

# EATING DISORDERS



Beat

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

Beat is the UK's biggest eating disorder charity. They have helplines operating 365 days a year.

Helpline: **0808 801 0677**

Studentline: **0808 801 0811**

Youthline: **0808 801 0711**

They also have chatrooms (all available via their website). Beat also provides lots of information and resources about eating disorders and give support to anyone struggling with eating disorders and also to families and friends.



Seed

<https://seedeatingdisorders.org.uk>

Seed are an eating disorder support group. They offer a variety of support such as email buddy schemes, text buddy schemes, workshops and resources including self care starter pack, body confidence programmes and a phone line:

**01482 421525**

# SEXUAL HEALTH



Brook Advisory Service  
[www.brook.org.uk](http://www.brook.org.uk)

Brook offers free and confidential sexual health advice and contraception to people under 25.



SXT Health Community Interest Company (CIC)  
[www.sxt.org.uk](http://www.sxt.org.uk)

An online tool that provides quick and easy access to sexual health information and local services



FPA  
[www.fpa.org.uk/find-a-clinic](http://www.fpa.org.uk/find-a-clinic)

This Sexual Health charity provides an online tool for finding local sexual health clinics.



Enhance the UK  
[www.enhancetheuk.org/enhance/sex-anddisbaility/](http://www.enhancetheuk.org/enhance/sex-anddisbaility/)

Enhance the UK's campaign 'Undressing Disability' is aiming to raise standards in sexual health and sexual awareness for disabled people.

# LGBTQ+



Stonewall

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

Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain. This search tool on their website helps find local LGBT support services and community groups



Switchboard

[www.switchboard.lgbt/](http://www.switchboard.lgbt/)

**0300 330 0630**

Switchboard is an LGBTQ+ helpline that provides information, support and a referral service for lesbian, gay, bisexual and trans people



Galop

[www.galop.org.uk](http://www.galop.org.uk)

Galop is an LGBT anti-violence and abuse charity. They give advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse.

LGBT+ Domestic Abuse Helpline

**0800 999 5428**

Conversion Therapy Helpline

**0800 130 3335**

LGBT+ Hate Crime Helpline

**020 7704 2040**



Mind Out

[www.mindout.org.uk](http://www.mindout.org.uk)

A mental health service run by and for lesbians, gay, bisexual, trans, and queer people. They provide online support, counselling, peer support groups and have a suicide prevention helpline along with other forms of support.



# DRUGS + ALCOHOL



Alcohol Change

<https://alcoholchange.org.uk>

Alcohol Change is a charity that is committed to reducing harm from alcohol related problems.

for the facts  
**drinkaware.co.uk**

Drinkaware

<https://www.drinkaware.co.uk>

Drinkaware is a charity aiming to reduce alcohol-related harm and offer advice, support and a messaging service.

**Release**

Release

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

Release is a national centre for advice on drugs and drug law. They offer free non-judgemental specialist advice on issues related to drugs and drug use.

**TALK TO FRANK**

Talk to Frank

<https://www.talktofrank.com>

Talk to Frank is a national service that offers friendly confidential advice and information on drugs. You can call text or email for advice. They have lots of great information on their website, including what to do in an emergency.

**drugs and me**

Drugs + Me

<https://drugsand.me/en/>

Drugs and Me provides accessible, objective and comprehensive educational material to help reduce the short and long term harms of drugs. Led by a group of scientists looking to improve education about drugs. As well as this, their website provides information about dosing, overdoses, getting drugs safely, the law and tolerance.



Dance Safe

<https://dancesafe.org/>

Focused on harm reduction and safety for nightlife and the electronic music community. They have information on their website and also sell testing kits

# SEXUAL ASSUALT AND ABUSE



Rape Crisis England and Wales

**0808 500 2222**

<https://rapecrisis.org.uk>

Rape Crisis England and Wales is the umbrella body for independent rape crisis centres. They have resources on self help, links to centres and a helpline and Live Chat service.



SafeLine

**01926 402 498**

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

SafeLine is a specialist charity for sexual abuse and rape. They offer support for both survivors and friends & family, including counselling, IVSA's and support groups.



Survivors UK

**SMS Helpline: 020 3322 1860**

<https://www.survivorsuk.org>

SurvivorsUK helps men affected by rape and sexual assault and offers a range of support including counselling, therapy, web and SMS chats.

## **THE END... so far**

The aim is for this to be an organic document, for the JCR, by the JCR. If there's anything in here that you don't think is quite right, could be improved or if there's anything at all you think should be added, please let us know via this form and we'll endeavour to integrate the ideas into an improved edition next term!

**<https://forms.gle/J358CwTV1cXZMHcJ6>**