



# Welfare Provision



**MICHAELMAS TERM 2024**

# 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](mailto: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](mailto: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](mailto:alexandra.lumbers@jesus.ox.ac.uk)  
Alex advises on all academic related concerns, and any welfare issues that impact your studies and academic performance.



**TAHMINA SORABJI**  
**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.



**REVD PHILIP HARBRIDGE**  
**Chaplain**  
[chaplain@jesus.ox.ac.uk](mailto:chaplain@jesus.ox.ac.uk)  
Philip gives pastoral support to all members of the College, regardless of religious affiliation.



**DR JONATHAN TURNBULL**  
**International Fellow**  
[jonathon.turnbull@ouce.ox.ac.uk](mailto:jonathon.turnbull@ouce.ox.ac.uk)  
Jonny 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](mailto: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 Mfofo-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.



## 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

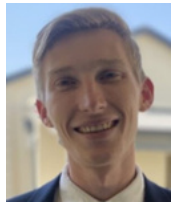


The JCR Welfare Reps can be contacted re any issue: course; college-related, or personal. As Peer Supporters, they are trained in listening skills by the University Counselling Service and receive regular supervision. They also organise events e.g. Welfare Teas or Yoga. You will be emailed further details.

**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)

### MCR Welfare Officers



Josh and a newly elected Welfare Rep 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 for further info on the MCR welfare events this term. You will be emailed further details.

**Joshua Fieggen** - [joshua.fieggen@phc.ox.ac.uk](mailto:joshua.fieggen@phc.ox.ac.uk)

## Online Support

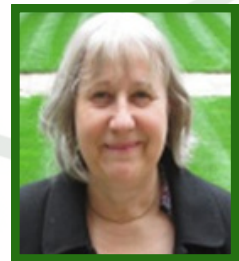
*Togetherall* is a safe, online community where people support each other anonymously to improve mental health and wellbeing. It is available to all students with an active university e-mail address, and can be accessed on <https://togetherall.com>

## Medical Help

### COLLEGE NURSE

Our College Nurse is Carolyn Ruhle, 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](mailto:pml.jesusnurse@nhs.net). She's available at the following times:

**Monday** 14:00-17:00  
**Tuesday** 13:00-16:00  
**Wednesday** 10:00-13:00  
**Thursday** 09:00-12:00 (remote only)  
**Friday** 09:45-12:15



### 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 \(campusdoctor.co.uk\)](https://campusdoctor.co.uk)

Find out more about the surgery, and opening times, at [KES@Northgate \(kingedwardst.nhs.uk\)](mailto:KES@Northgate)

### INTERNATIONAL STUDENTS

International students can find information on healthcare here: <https://ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare>

# 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](https://www.ox.ac.uk/students/life/community/personal)

## 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 - <http://jcr.jesus.ox.ac.uk/>  
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](mailto:counselling@admin.ox.ac.uk): <http://www.ox.ac.uk/students/welfare/counselling>

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

## 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](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

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