Welfare and Personal Support Guide

This is a guide to the support and advice available on welfare and medical matters within College, and the University. It contains contact details and links to services within Oxford. There’s also some advice on getting yourself ready for exams.

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The Welfare team

Whatever might be troubling you, there is someone in College you can talk to and who can give you advice and support. In addition to the College Welfare Team, there are people within the University with the right kind of professional expertise to support you. In Keble, and in the University, welfare advisors follow a Code of Confidentiality (found in Part G of the College Handbook) which means that whatever you say can only be shared with your consent except in specific circumstances.

Who should I talk to?

The Welfare team includes College officers – some of whom have specific areas of responsibility - but also students from the JCR and MCR. You’re encouraged to approach whoever you think might be the best source of advice or support. If they feel they’re not the right person, then they will direct you to someone who is – either in College or the central University.

Welfare Fellow/Chaplain: Rev Nevsky Everett
Nevsky is there to give confidential advice and support to all students, regardless of whether they profess a faith. He also coordinates welfare provision in College and chairs Welfare Committee.
chaplain@keble.ox.ac.uk

Welfare & Disability Officer: Trish Long
Trish is the main source of advice on disability matters, but also financial support – for example how to apply to the University Hardship Fund or the College’s Student Support Fund.
welfare@keble.ox.ac.uk

Dean: Dr Kazbi Soonawalla
Kazbi is responsible for overseeing general conduct in College and she manages the junior deans.
senior.dean@keble.ox.ac.uk

Sub-Dean: Dr Simon Hackett
Simon lives in the H B Allen Centre but he has welfare responsibilities for all graduates.
simon.hackett@keble.ox.ac.uk

College Nurse: Glenys Knighton
The College Nurse holds a drop-in clinic at Somerville College, Darbishire 16, during term time from 10:30-12:30 and 13:00 to 15:00 every week day.
somenurse@nhs.net

College counsellor: Nicola Psaila
Nicola holds individual sessions for students each Tuesday during weeks 1-9. Her room is on the first floor of Pusey quad staircase 2. She also works for the OU Counselling Service
To book a session contact counsellor@keble.ox.ac.uk
College Doctors: The Observatory Medical Practice
Jericho Health Centre
New Radcliffe House, Walton Street
01865 429993 or 111 if the surgery is closed
jericho.two@nhs.net

Junior Dean: George Adigbli
Junior Deans are graduate students and they live in college. They can be contacted for advice and support at any time. The Junior Dean on Duty acts as a first port of call in an emergency out of hours - contact via the Porters’ Lodge.
george.adigbli@nds.ox.ac.uk

Junior Dean: Leila Tai
Junior Deans are graduate students and they live in college. They can be contacted for advice and support at any time. The Junior Dean on Duty acts as a first port of call in an emergency out of hours - contact via the Porters’ Lodge.
Leila.tai@worc.ox.ac.uk

Junior Dean: Victoria Ma
Junior Deans are graduate students and they live in college. They can be contacted for advice and support at any time. The Junior Dean on Duty acts as a first port of call in an emergency out of hours - contact via the Porters’ Lodge.
Yiqian.ma@oncology.ox.ac.uk

Senior Tutor: Dr Ali Rogers
Ali can advise you on academic issues and also general well-being, including how you go about asking to suspend your status. His office is next to the College Office, Pusey quad staircase 2, and he’s there every weekday
ali.rogers@keble.ox.ac.uk

MCR Female Welfare: Beatrice Yeung
The female welfare officer organizes welfare events including the weekly welfare brunch every Saturday and tea and cakes on Sunday. She is a contact person of all welfare matters and available for a chat with people, whenever required
female-welfare@mcr.keble.ox.ac.uk

MCR Male Welfare: Arjit Bose
The male welfare officer is available to chat with people when required, in particular at the welfare Tea & Cakes he supplies every Sunday.
male-welfare@mcr.keble.ox.ac.uk

MCR Non-Gendered Welfare: Ryan Sherbo
JCR Male Welfare Officer: Luke Moss
You can contact the JCR welfare officers at any time or catch them at one of the Welfare Teas and the Peer Support Sessions. They can also provide free condoms, dental dams, lube, and pregnancy tests on request.
luke.moss@keble.ox.ac.uk
See also JCR Welfare pages

JCR Female Welfare Officer: Jem Richardson-Jones
You can contact the JCR welfare officers at any time or catch them at one of the Welfare Teas and the Peer Support Sessions. They can also provide free condoms, dental dams, lube, and pregnancy tests on request.
jemima.richardson-jones@keble.ox.ac.uk
See also JCR Welfare pages

Harassment advisor: Dr Beth Greenhough
If you think that you are being harassed or bullied you can contact one of the two harassment advisors, who are trained to address these issues. Beth is a Tutorial Fellow in Geography
beth.greenhough@keble.ox.ac.uk
See also harassment and bullying in Part G of the College Handbook

Harassment advisor: Professor Stephen Faulkner
If you think that you are being harassed or bullied you can contact one of the two harassment advisors, who are trained to address these issues. Steve is a Tutorial fellow in Chemistry.
stephen.faulkner@keble.ox.ac.uk
See also harassment and bullying in Part G of the College Handbook

Peer supporters
Peer supporters are MCR and JCR students who have been trained in effective listening, sensitive communication, and the welfare resources available in Oxford. They are available for a chat to talk about anything – no problem is too big or too small.

The list of current peer supporters are JCR: Joshua Simpson; Emily Tipper; Claire Castle; Luke Moss; Jemima Richardson-Jones; MCR: Adam Zibak; Hanna Nowicka; Thomas Player, Ian McDole; Ellen Pasternack; Beatrice Yeung

Alternative personal tutors (undergraduates)
You can always talk to your tutors if you’re having problems. But sometimes you’d rather not, and that’s fine. Every undergraduate has an Alternative Personal Tutor who isn’t involved with teaching them. They are someone you should feel comfortable approaching when you have problems, particularly within some of the “grey areas” of overlap between academic and personal issues. They won’t contact you on a regular basis, but they’re there as a back-up when you need them.
You will be told who your APT is at the start of the year. But if you forget, please contact Penny Bateman, the Student Administration Manager (college.office@keble.ox.ac.uk or ext.72708).

Contact details and further information about all College Fellows are available on the College website here.

**Graduate advisors**

Every graduate has a college graduate advisor, your point of contact within college for any academic issues and/or welfare concerns you may have whilst in Oxford. They are not meant to duplicate the role of supervisor or course advisor, but they can be a good source of advice if you’re having problems with your course or Department. They have access to your GSR reports, but they’ll generally wait for you to contact them if you think they can help. The graduate advisor will normally be a member of your Faculty or Department, so they’ll have some insight into the kinds of issues that can arise. Even if they can’t help you, they may know who can.

Your college adviser should contact you at least once a term to offer you the opportunity to meet about any issue you might have. Mostly things are fine and there is no good reason to meet up. But you’re free to contact them at any time. If your College Adviser does not respond to your emails – or you’ve forgotten who it is - please contact the Senior Tutor on tutor.graduates@Keble.ox.ac.uk.

College advisers are also encouraged to invite their advisees to dine on High Table at least once a year, generally in small groups rather than one at a time.

**Financial issues**

Information who to contact if you have financial worries can be found in our Financial Guide.

**Estranged Students**

The College and the University are able to offer support to undergraduates who, for whatever reason, do not have a home to which they are able to go during vacations. If you think that you are in this situation, please contact Trish Long, the Welfare Officer.

**Prevent**

Under the Prevent legislation, the College is required “to have due regard to the need to prevent people from being drawn into terrorism”. We believe that the risk in College is very small and that it has to be weighed against the potentially greater risks both to freedom of speech and to discrimination and harassment from misguided exercise of the duty.

In the unlikely event that you do have worries that someone is being drawn by others into violent or non-violent extremism, you should contact the Prevent Lead, who is the Senior Tutor. Equally, you should contact him if you’re worried that you or someone else is facing discrimination as a consequence of Prevent duty.
Our policies on Freedom of Speech, Harassment and Equality and Diversity can all be found in Part G of the College Handbook.

See Oxford’s approach to Prevent duty

Advice and Support Outside College

For Medical Emergencies

Emergency contacts are listed here.

The Health and Welfare page of the University website is the starting point for finding information on all welfare matters.

The Counselling Service offers free and confidential support – but it is not an emergency service.

The Disability Advisory Service provides information and advice on disability issues and facilitates support for those with, for example, sensory or mobility impairments, long-term health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties.

Sexual Harassment and Violence Support Service is an all-in-one provision for any students regardless of age or gender who have been affected by sexual harassment or violence. We provide free support and advise, along with a safe place to be heard independent of your college or department.

The Oxford Student Union Student Advice Service offers independent advice on money, well-being, academic matters and accommodation

The Student Resolution Service is a free mediation service is for students finding themselves in conflict with another student.

Nightline is the independent listening, support and information service run for and by students. Call 01865 270270.

The Samaritans is a charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. 116 123 free from any phone
Medical Matters

You can see the College doctor and College Nurse if you need medical advice or treatment (see above for contact details).

Students living in College and confined to their rooms by illness must arrange for the Lodge to be informed, and the College Nurse will then visit.

Students living in private accommodation should arrange for the Lodge to be informed:

- if they are confined to their rooms by illness;
- if a doctor has been called;
- if they have been admitted to hospital.

The College Nurse

The College Nurse (somenurse@nhs.net) holds a drop-in clinic at Somerville College, Darbishire 16, during term time from 10:30-12:30 and 13:00 to 15:00 every week day.

Registering with a Doctor

All students are required to register with an Oxford doctor when they arrive. So please bring your medical card with you. The mechanics of signing on are explained at a meeting during induction week for those that arrive in Michaelmas term. For any others, please contact the College Nurse directly. Free treatment is available for residents of the EU and countries with which the UK has reciprocal arrangements. Students from overseas are strongly urged to check the availability of free health treatment on arrival. In any event you are required to inform the College Nurse of the name of your doctor.

You are free to register with any doctor, but we recommend that you register with the Oxford medical practice that has agreed to act as ‘College Doctor’. It is:

The Observatory Medical practice
Jericho Health Centre
New Radcliffe House
Walton Street
01865 429993. Email jericho.two@nhs.net

This is a group practice with several doctors and may choose whom you prefer to see and you should contact the Health Centre to make an appointment. Book at https://www.ox.ac.uk/students/welfare/health

Dentist

In the case of a dental emergency advice should first be sought from the College Nurse. Where appropriate she will arrange an appointment with a dentist. Treatment of emergencies will usually be under the NHS arrangements. However, unless patients are exempt from charges on the grounds
of age (under 19 and in full-time education), or in receipt of income related benefit (HC2 Certificate, Working Tax Credit), the appropriate NHS fee will be payable at the appointment.

Treatment will be for the relief of pain and stabilisation of the condition. Any further treatment should be arranged with your regular dentist. If you do not have a regular dentist and wish to find one in Oxford, you will be given the telephone number to access details of local practices accepting NHS patients.
Getting ready for exams
Examinations are an unavoidable part of student life, but there are lots of things you can do to make them manageable. Remember that exams are NOT a way of justifying your existence to yourself, your family, or the world in general. Nor are they the most important thing you will do in life. Rather exams provide an opportunity for you to show what you know to the best advantage and for employers to see that you’ve done some work and can demonstrate what you know. Treat exams as a job to be done; do not ignore them or allow yourself to become overwhelmed by them. The key to minimising exam stress is good preparation.

There are lots of resources available to help you with the process, including the following.

University Resources

The University Student Handbook
The ‘Blue Book’ containing key information on examinations

The University Examination Regulations
With details of every course; this is a searchable site

What you must, can and must not bring in to exams

If you are ill during an examination

University webpage on Examination and Assessments, including:

- University guidance on Revision and Examinations
- Mock examinations and examination preparation sessions held in Examination Schools. It’s a good idea to at least go to the building where your exams are or even sit a mock exam there. You can book from sessions this site, including sessions on alternative exam arrangements, e.g. for those with extra time

Examination and preparation workshop

Run by Counselling Service. You can book from this site.

Counselling service podcasts, including:

- Exam Preparation and Revision 1: getting into the right mindset
- Exam Preparation and Revision 2: planning and revision
- Exam Preparation and Revision 3: before, during and after the examinations

Tips on time management, perfectionism

A NEW resource on exam panic

Advice on plagiarism

Lost Bod Card Order new one from here
Keble Resources

**College Office**

For contact in event of exam-related emergency, 8am-6pm weekdays. Tel (2)72711

**College Nurse**

Tel (2)70608  ([somenurse@nhs.net](mailto:somenurse@nhs.net))

**College Doctor**

**Observatory Medical Practice** tel 01865 429993

**Junior Deans**

Ask the Lodge (72727) which Junior Dean is on duty