

Medical Help



College Doctors and Nurse

Dr Cathy Aylward, Dr Chris Hornby and Carolyn Ruhle

College Surgery: 01865 2-79705, Staircase XV
jesus.nurse1@nhs.net

College Nurse: 0th - 9th weeks: Carolyn Ruhle

MONDAY: 2.30pm - 5.30pm
TUESDAY: 2.00pm - 4.30pm
WEDNESDAY: 2.30pm - 5.00pm
THURSDAY: 9.30am - 12.00pm
FRIDAY: 9.00am - 12.00pm

Jesus College students can also visit Carolyn during her surgery times at Wadham College. These are available on the intranet:

<http://intranet.jesus.ox.ac.uk/surgery-hours.aspx>

College Doctor: 1st - 8th weeks

TUESDAY: Dr Chris Hornby 2.30pm-3.30pm

FRIDAY: Dr Cathy Aylward 10.30am-11.30am

For doctors' appointments in college, either email nurse@jesus.ox.ac.uk or write your date of birth on the sign-up sheet in the waiting room.

You can also attend the main surgery if you prefer:

172 Banbury Road, OX2 7BT

01865 515731 www.banburyroadmc.nhs.uk

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

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

For emergencies ring 999

For NHS (health services) emergencies ring 111

Dentists

Studental

Oxford Brookes University,
Headington Campus, Colonnade Building, 3rd Floor,
Gipsy Lane, Oxford, OX3 0BP

01865 689997 www.studental.co.uk

Oxford University Services

University Counselling Service

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

The University Counselling Service offers short term and focussed emotional and psychological support to students. It aims to help students gain insight and make changes by taking responsibility to fulfil their academic and personal potential. A variety of therapists work at the service. It offers **individual sessions, groups, workshops and online resources**. The service is confidential; students should make an appointment themselves.

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

Under "**Emergencies**" you will find clear guidance to help yourself or friends in crisis. There is also useful information here about keeping healthy in mind and body, and ways to get help if your relationships involve harassment or conflict.

Oxford Safe Haven

for those in mental health crisis

Fridays, Saturdays, Sundays 6pm-12.30am

Best to phone or email ahead

01865 903 037 / 07710 092 849

oxonsafehaven@oxfordhealth.nhs.uk

Manzil Resource Centre Entrance 2,
Manzil Way, Oxford, OX4 1XE

University's Disability Advisory Services

01865 2-80459, disability@admin.ox.ac.uk

www.ox.ac.uk/students/welfare/disability

Oxford Student Union Welfare

advice@ousu.ox.ac.uk; advice@oxfordsu.ox.ac.uk

www.oxfordsu.org/wellbeing/student-advice

Nightline (Student-run)

offers support and advice 0th-9th weeks, 8pm-8am. Tel: 01865 2-70270

<http://users.ox.ac.uk/~nightln>

Also... Samaritans

a confidential listening service for everyone in the UK

Free telephone: 116 123; jo@samaritans.org

www.samaritans.org/branches/oxford-samaritans




Jesus College
OXFORD

**WELFARE
PROVISION
Michaelmas 2018**

<http://intranet.jesus.ox.ac.uk/welfare.aspx>

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 at Oxford.

The College and University take seriously our role in promoting the well-being of all our students and provide a wide range of welfare support to try to ensure that time spent here is fruitful and enjoyable. Many students find that their tutor, supervisor or College advisor is a good first person to go to when in difficulty. Sometimes it is helpful to see someone who is not involved in your studies. You can see from the people opposite who is available to help.

The College operates a confidentiality policy which you can read at: <http://www.jesus.ox.ac.uk/about-jesus-college/public-documents>

Student Welfare in College is looked after by a committee which has student and staff members, the Student Welfare Consultative Committee, which reports to Governing Body. Individual students are not discussed.

If you need any advice on personal safety, you will find useful information at <http://www.jesus.ox.ac.uk/current-students/keeping-safe-in-oxford>.

More information on JCR and MCR Welfare is available on the intranet, <http://jcr.jesus.ox.ac.uk/> and <http://mcr.jesus.ox.ac.uk/>.

There is also a **Student Support collection** in the **Jesus College Library** (section SS in the Lower Library) holds books on study skills and welfare issues, whether for your own use, or to help you support a friend. Borrowing is anonymous: neither staff nor students can see who has which books. Simply take the books you need from the shelves. When you have finished with them, place the books directly on the returns trolley.

Jesus College Staff

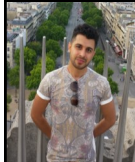


Fellow for Welfare (2-87254, Room XV/6) Dr Alex Gajda is a point of contact for any welfare problem a student might have. She holds a weekly office hour during Full Term, weeks 1-8, on Monday, 9.00am-10.00am, when any student may drop by.



Acting Academic Director (2-79720, Room III/4a)
anne.mullen@jesus.ox.ac.uk

Dr Anne Mullen advises on all welfare concerns especially those which affect your academic studies.



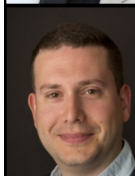
Academic Services Manager & Disability Coordinator (2-79720, Room III/6)
sailesh.vyas@jesus.ox.ac.uk

Sailesh Vyas advises on academic provision for students, exam arrangements, financial matters, and general welfare issues.



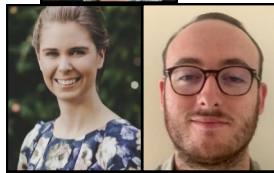
Chaplain (2-79757, Room XIV/2)
megan.daffern@jesus.ox.ac.uk

Revd Dr Megan Daffern gives pastoral support to all members of the College regardless of religious affiliation.



College Counsellor (Room I/4)
counsellor@jesus.ox.ac.uk

Dr Tim Knowlson provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9 inclusive.



Junior Deans (07590 807399)

Junior Dean Victoria Cox (Room XI/6) and Assistant Junior Dean Kyle Davison (Room IV/14) are contactable in the evening and at night on matters concerning

inconsiderate behaviour, illness or personal problems. They operate on a rota sharing the phone number above.



International Advisor (Room XI/5)
ewan.smith@law.ox.ac.uk

It can be hard to adapt to life in a new country. Ewan Smith advises on how to make the most of your time in the UK, helping with any issue common to international students.



Director of Accommodation, Catering & Conferences (2-79715, Room IV/1)

Ruedi Baumann can advise on accommodation matters, battels (your College bill), security concerns and disability access.

JCR



JCR Women's Welfare
Olivia Cook
olivia.cook@jesus.ox.ac.uk



JCR Men's Welfare
Asa Kerr-Davis
asa.kerr-davis@jesus.ox.ac.uk

The Welfare Reps can be contacted on any issue: course- or College-related, or personal. As Peer Supporters, they are trained and supervised in listening skills through the University Counselling Service. They have lots of **welfare supplies** to hand out from the **welfare locker in the JCR**. They organise **events** (e.g. Welfare Tea Sundays, 3pm, JCR; Yoga, Thursdays, 5pm, Habakkuk; see their **emails** for Welfare Week-end and other events).

The whole **Peer Support team** is detailed on the JCR noticeboard, as is the team of First Responders, who are trained by OUSU to deal with disclosures of sexual assault. Both Peer Supporters and First Responders are good first points of call who can signpost you to other sources of support should you wish.

And **Like Jesus Compliments** on Facebook!

MCR



MCR Men's Welfare
Peter Liu
peter.liu@jesus.ox.ac.uk



MCR Women's Welfare
Divya Papat
divya.papat@jesus.ox.ac.uk

The MCR Welfare Reps offer friendly support to all members of the MCR. Throughout term they host welfare events including Coffee & Cake every Wednesday, and weekend Brunches.

Together they also oversee Consent Training Workshops in line with what the JCR offer.

