

## Medical Help



**College Doctor and Nurse**  
Dr Cathy Aylward, and Carolyn Ruhle

**The College Nurse Carolyn Ruhle runs an appointment only clinic from weeks 0-9 and is available for phone, email, MS Teams and some pre-arranged face to face consultations at these times:**

Monday 14:00-17:00  
Tuesday 13:00-15:30  
Wednesday 13:00-16:00  
Thursday 09:30-12:00  
Friday 09:30-10:30

Please email [jesus.nurse1@nhs.net](mailto:jesus.nurse1@nhs.net) to book an appointment

### College Doctor:

The College GP Dr Cathy Aylward runs a weekly clinic on Friday mornings from weeks 1-8 at 09:00-11:30 in college. You can also attend the main surgery if you prefer.

For in person or phone consultations with a GP please book via the **Banbury Road Medical Centre** on **01865 515731**

[www.banburyroadmc.nhs.uk](http://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 urgent medical/mental health concerns ring 111

### COVID-19 ADVICE AND INFORMATION:

<https://www.ox.ac.uk/students/coronavirus-advice?wssl=1>

Please refer to the above link for up to date information. If at any point you develop symptoms of COVID-19 **you will need to book a test via the University's Early Alert Service (EAS)** on <https://www.ox.ac.uk/coronavirus/health/covid-testing>

## University-wide & 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>

The OUCS will be delivering a mix of on-line and face to face appointments. Please email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) to make an appointment.

### University's Disability Advisory Services

[disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk)  
<https://www.ox.ac.uk/students/welfare/disability?wssl=1>

### Oxford Student Union Welfare

[advice@ousu.ox.ac.uk](mailto:advice@ousu.ox.ac.uk); [advice@oxfordsu.ox.ac.uk](mailto:advice@oxfordsu.ox.ac.uk)  
[www.oxfordsu.org/wellbeing/student-advice](http://www.oxfordsu.org/wellbeing/student-advice)

### Nightline (Student-run)

offers support and advice 0th-9th weeks, 8pm-8am. Tel: 01865 2-70270  
<https://oxfordnightline.org/>

### Oxford Safe Haven

For those experiencing a mental health crisis  
7 days a week 6pm-10pm  
You will need to phone or email ahead on:  
01865 903 037 / 07710 092 849  
[oxonsafehaven@oxfordhealth.nhs.uk](mailto:oxonsafehaven@oxfordhealth.nhs.uk)

### Samaritans Helpline 24/7

*Offer a confidential listening service for everyone in the UK*

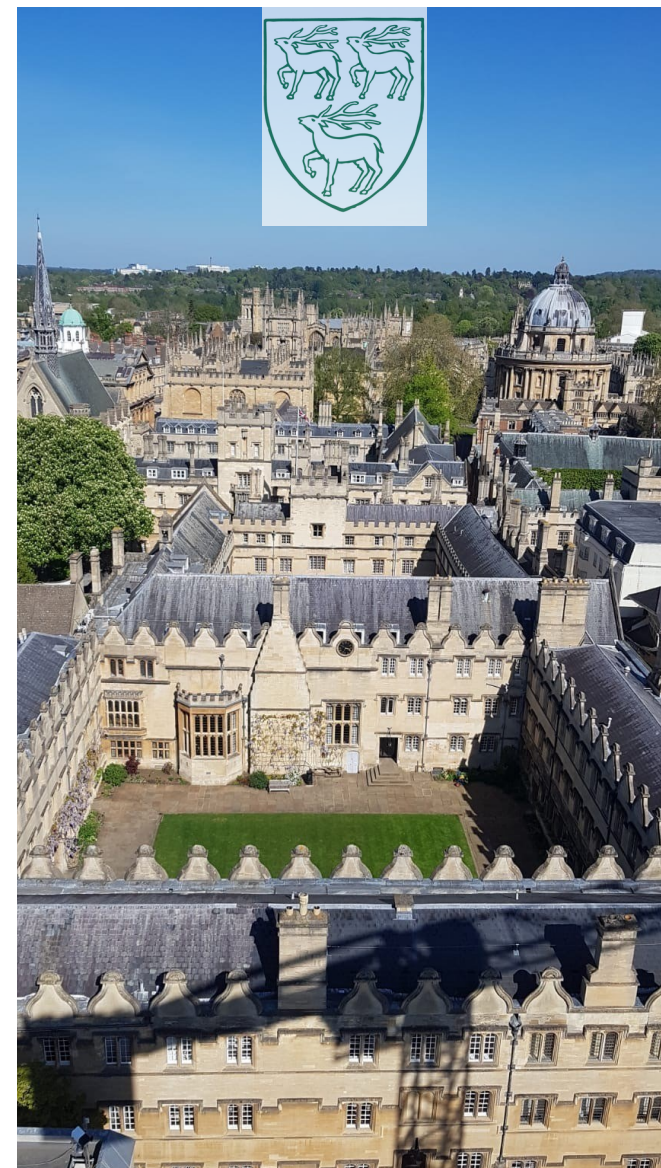
Free telephone: text 116 123; [jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org/branches/oxford-samaritans](http://www.samaritans.org/branches/oxford-samaritans)

### Independent Sexual Violence Advisor (ISVA)

Email Beki Osborne on  
[oxforduniisva@osarcc.org.uk](mailto:oxforduniisva@osarcc.org.uk)

**Hopeline UK** (if you're experiencing thoughts of suicide):

0800 068 41 41 / <https://www.papyrus-uk.org/>



**WELFARE  
PROVISION  
Hilary Term 2022**



## Welfare at Jesus College

Oxford is a wonderful place, rich in opportunities to fulfil one's potential. However, it is not unusual for some welfare need to arise during a student's time here, especially during this pandemic.

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 whilst you are studying here to help you reach your academic potential, navigate any problems you encounter in the most helpful ways and make the most of your time here at Oxford. You can see from the people opposite who is available to help. For further info please visit the College intranet: <https://jesuscollegeintranet.web.ox.ac.uk/welfare>

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

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>. Further 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) of helpful resources and books on study skills and welfare issues, for your own use or to help you support a friend.



## Jesus College Staff



**Welfare Officer**  
[welfare@jesus.ox.ac.uk](mailto:welfare@jesus.ox.ac.uk)

Kirren Mahmood will generally be your first point of contact for any welfare/wellbeing issue. If you ever feel distressed, struggle with your mental health, experience relationship/ family issues, or you are just worried about your work, please email her



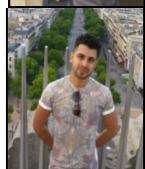
**Welfare Fellow**  
[david.barron@jesus.ox.ac.uk](mailto:david.barron@jesus.ox.ac.uk)

Dr David Barron is responsible for helping the College develop its welfare policy. Please email David to book a remote meeting if you wish to discuss any welfare-related issues, including any ideas you might have for improving the College's welfare provision



**Academic Director**  
[alexandra.lumbers@jesus.ox.ac.uk](mailto:alexandra.lumbers@jesus.ox.ac.uk)

Dr Alexandra Lumbers advises on all welfare concerns especially those which affect your academic studies.



**Academic Services Manager & Disability Coordinator**  
[Sailesh.vyas@jesus.ox.ac.uk](mailto:Sailesh.vyas@jesus.ox.ac.uk)

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



**Chaplain**  
[chaplain@jesus.ox.ac.uk](mailto:chaplain@jesus.ox.ac.uk)

Fr. Chris Dingwall-Jones gives pastoral support to all members of the College regardless of religious affiliation.



**College Counsellor**  
[counsellor@jesus.ox.ac.uk](mailto:counsellor@jesus.ox.ac.uk)

Juliet Bulman provides confidential counselling to members of the college on Wednesdays weeks 0-9 inclusive. Please email to book a session.

### Junior Deans (07590 807399)

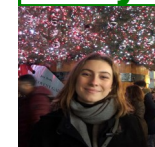
Heather McTaggart, Vanessa Picker and Lisa Zillig have a rotating roster and are available to our students out of hours who require help or advice for any pastoral/welfare issue, personal problem, illness or crisis and finally matters relating to inconsiderate/antisocial behaviour



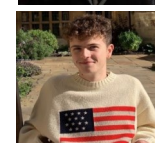
## PEER SUPPORTERS

Sometimes students prefer to speak with a peer rather than a staff member. Please visit <https://peersupport-jesus-ht22.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



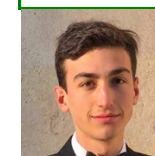
**Alice Lasocki**  
[Alice.lasocki@jesus.ox.ac.uk](mailto:Alice.lasocki@jesus.ox.ac.uk)



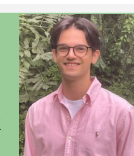
**Ronan Lunny**  
[Ronan.lunny@jesus.ox.ac.uk](mailto:Ronan.lunny@jesus.ox.ac.uk)

The 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; Yoga and other events, both online & in person. You will be emailed further details

## MCR Welfare Officers



**Luka Kovacevic & Jamie Slagel**  
[jamie.slagel@jesus.ox.ac.uk](mailto:jamie.slagel@jesus.ox.ac.uk)  
[Luka.kovacevic@jesus.ox.ac.uk](mailto:Luka.kovacevic@jesus.ox.ac.uk)



Jamie & Luka 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 if you would like further info on the MCR welfare events this term. These will include Welfare Teas, MCR/JCR Yoga and MMA classes. You will be emailed further details.

## 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>