

St Hugh's JCR Welfare Guide



This booklet was compiled by students of St Hugh's - many thanks to all its contributors!

It is by no means an exhaustive list of all the Welfare Resources Available to you but is meant as a guide to help you easily access support! If you cannot find what you're looking for please contact one of the Welfare reps or members of the College Welfare team.

If anyone wishes to contribute or alter the resources and their descriptions as described in this booklet please contact one of the JCR Welfare Officers. We'd be very grateful for your input!



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What to do in an emergency...

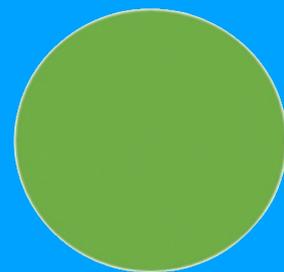
1. Try to get help from someone who is actually qualified and experienced to deal with what is going on.

If you're in a serious health emergency, whether that's physical or mental health, you mustn't be afraid to ask for help as soon as possible. The emergency services can be contacted on **999**, and the Porter's lodge can be called on **01865 274900 / 07885 269772**.

If you do call the emergency services to college, it's important that you call the lodge afterwards so that they know what is going on when they arrive.

Safe Haven

Safe Haven is a University-wide initiative that allows any student in distress (on a bad night out for example) to enter the nearest college lodge. The porters at the college will contact St Hugh's and they will undertake any further action necessary to ensure the safety and welfare of the student (like making sure you get home alright). Lodges involved in the scheme can be identified by a green circle symbol which will be visible in the window or near the entrance to the lodge:



2. If you're looking after someone else - remember to look after yourself.

We can't give you a first aid or therapy course in 500 words - you can't expect yourself to really be able to take responsibility for other students which is why ideally you should try to find someone who is. It is simply not your responsibility to put your own health at risk for the sake of other students. Often the mental, psychological, and emotional elements of these sorts of emergencies are neglected even though they should be taken just as seriously as physical emergencies. Even you're not obviously putting yourself in danger, intervening in these sorts of events can be a psychological burden which it isn't your responsibility to bear.

3. When it's not that simple.

People at Hugh's are usually very nice and want to help their friends as much as they can. Often though, this means you might end up looking after people a bit more than you can really manage. Sometimes, people don't want to get help for the person they're looking after because they don't want to end up unintentionally getting their friend in trouble, or even rusticated.

College is often much more sympathetic to serious issues than we often imagine. Nonetheless, if you realise you are out of your depth, you might want to consider getting the confidential support of a Welfare rep (currently Joseph, Lana, or Rita) through facebook or email, or another Peer Supporter.

Emergency services: 999

Porters Lodge: 01865 274900 / 07885 269772.



Welfare systems in college

Welfare Reps

The JCR Welfare Reps elected every Michaelmas are responsible for all sorts of different things to help people personally, as well as running the Welfare and Equal Opportunities (WEQ) committee to help give a voice to the welfare of the various different communities that exist in the JCR, and running various welfare events each term. The Welfare Reps also liaise with college on a regular basis to help put forth your issues, and meet with the welfare reps of other colleges.

First and foremost, they are peer-support trained and so are available to talk about whatever's on your mind, and their emails can be found on the peer support posters which are around college. One of the most prominent things they do is organise Welfare Teas in the JCR on the Sunday after each bop, usually from 14:00 - 16:00, which have lots of free food and hot drinks, and are a nice place to come and meet/talk to people. They also organise 'welfare week' in the fifth week of each term to help tackle the 'fifth week blues'. This involves an event each day to help people destress and revitalise a little. Classic events include 'Chocolates and Compliments', where people write compliments to their friends which are then pigged to them along with a chocolate, and the 'Alpacalypse'

The welfare reps also run the anonymous pigging form, the link for which is emailed out in the JCR president's weekly email. You can fill this in to get free things like condoms, lube, pads, tampons, and lemsip. The welfare reps try to do pigging once a week, but sometimes they are very busy.

If you'd like to chat about anything please drop any one of them an email or drop them a message on Facebook.

Lana Firth

WTI Welfare Officer

Hi, I'm Lana, your Women and Trans-feminine Identities and Equal Opportunities Officer. I'm Peer Support trained and am here to support everyone in any way I can; from being a listening ear to organising events like the alpaca visits along with the other welfare reps. I work with college to support student's welfare and improve the resources available. I am also the Boat Club President and study Classics and English.





Joseph Uhlar

MMG Welfare Officer

As Male Welfare rep I am here to support JCR members with all forms of welfare problems, whether they are financial, emotional, health-, work-, or housing-related, or with other aspects of personal concern. I liaise with college on matters significant to your welfare, attending college meetings and committees and even talking with college tutors where necessary. My work keeps JCR members informed and educated about health and welfare issues, in part by distributing information and advice from OUSU, and hosting regular events with the Female and Fresher's welfare reps. I am also an

Archaeology and Anthropology 3rd year, treasurer of St Hugh's Basketball club, co-founder of St Hugh's college chess club.



Rita Kimijima-Dennemeyer

Freshers' Welfare Officer

Hi I'm Rita, a first year psychology and linguistics student from Tokyo, and I am your fresher's welfare rep. I am currently in the process of getting peer support trained so that I can develop skills to better serve as your welfare representative. Outside of my academic obligations, you can probably find me procrastinating in the library, curling up with a good book, or spending time with my friends. My main goal as welfare rep is to make information about available resources more accessible to everyone. I'm here to help you find any resources that you may require to make your experience at Oxford the best it can be. I also collaborate with my fellow reps Lana and Joe to host events such as welfare teas and welfare week. Feel free to reach out to me if you have any issues on your mind.

Peer Supporters

The Welfare reps on the JCR committee work alongside the peer support team to ensure the wellbeing of the college. Each member of the peer support team, and the welfare reps themselves, are JCR & MCR students at St. Hugh's who have received 30 hours of training in active listening and peer support from the University Counselling Service. As well as being there to help students work through the stressful and anxious moments that people have from time to time at Oxford, they can also help point out other good resources that are available in Oxford, or get you in touch with specific people to help you with a particular issue.

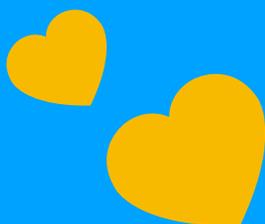
The friendly faces of the current peer supporters are on posters and bookmarks around college that have their email addresses on them so you can find a convenient time to talk, or to chat over email. In addition, the peer support team runs a coffee-shop drop in session once a week for people to come and talk confidentially (and with free coffee) about whatever is on their mind, big or small. Each week they send out an email about who and where the drop in will be, and a number to text to check if anyone is already there at the moment.

As well as peer-supporters, there are the JCR Welfare Reps (especially for things which involve liaising with college/tutors!), the College Counsellor, Nurse, Porters, Dean and Junior Dean, Academic Registrar, Senior Tutor, Equality Officer, and your own Personal Tutor, who might be able to help you depending on what it is that you need to talk about.

Peer-support training runs in Hillary term, but sign ups for it are in Michaelmas - advertised by the peer-support coordinator/welfare-reps. There are a limited number of spots and you need an email of your tutor's permission, but it's really worth doing and helps develop skills which come in handy all the time.

Current Peer Supporters for MT19:

Joseph Uhlar (peer support coordinator)
 Rita Kimijima-Dennemeyer
 Lana Firth
 Katya Turchin
 Iona Brooke
 Robert Freeman
 Matthew Reid
 Kat Friege
 Bethan Spencer



Nurse

The College Nurse (Sarah Dragonetti) is in her surgery throughout term, even in 0th week and 9th week. Sarah is available in the College Surgery (1st floor, MGA).

You can contact her at: nurse@st-hughs.ox.ac.uk
or for confidential email: st-hughsnurse@nhs.net

Surgery opening times:

Monday

GP: 08:30am-10am (by appointment only, contact College Nurse to arrange)

Nurse: 10:30am-12pm midday (drop-in)

Tuesday, Wednesday, Thursday

Nurse: 10:30am-12:30pm (appointments only)

Nurse 1pm-3pm (drop-in)

Friday

Nurse: 10:30am-12:30pm (drop-in)

Chaplain

The college Chaplain, Dr. Shaun Henson, is available to talk and offer support in confidence. He is usually in college during the week, on Sunday afternoons and evenings, and on Tuesdays he can be found for consultation on any matter in his room (MB 24) between 15:00 - 16:00. You can also email him: shaun.henson@st-hughs.ox.ac.uk

Counsellor

Our fantastic college counsellor, Elizabeth Treasurer, is available on Wednesdays to discuss personal matters in confidence. Send her an email to arrange an appointment: counsellor@st-hughs.ox.ac.uk

Porters

First point of call for everything.

Contact the College Lodge on 01865 274900 or 07885 269772.

The Dean and Junior Deans

The dean, Rafael Perera, is contactable at rafael.perera@st-hughs.ox.ac.uk The Dean is in charge of overseeing discipline as well as welfare. He works with the Junior Deans (members of the MCR who have been chosen to take on some of his responsibilities) to handle issues ranging from noise complaints to use of illegal drugs. There is someone from the Dean's team on shift 24/7, and so for immediate, emergency situations, they are the best first point of contact. If you need a Junior Dean please call the Lodge.

The College Welfare Committee

The college welfare committee is a group of faculty members who meet termly to discuss various welfare issues. The committee is constituted by:

Professor Roy Westbrook

Senior Tutor

roy.westbrook@st-hughs.ox.ac.uk

The Senior Tutor is in charge of overseeing students' academic progress in college. You will have a meeting with him at the beginning of Michaelmas in your first year.

Thea Crapper

Academic Registrar

thea.crapper@st-hughs.ox.ac.uk

The Academic Registrar is in charge of organising academic affairs for all students. If you need help getting special arrangements for exams or would like to discuss suspension, she is the person to contact.

Sarah Dragonetti

Nurse, and Wellbeing coordinator

nurse@st-hughs.ox.ac.uk

The College Nurse offers medical advice and is easy to access due to her many availabilities throughout term. See Section B03 for further information.

Elizabeth Treasure

Counsellor

counsellor@st-hughs.ox.ac.uk

The College Counsellor offers free counselling to St. Hugh's students and is also connected to the larger, university-wide counselling service. She can discuss personal issues, and may also be able to help you access the university-wide counselling services more quickly than normal. She is available by appointment only.

The Reverend Dr. Shaun Henson

College Chaplain

shaun.henson@st-hughs.ox.ac.uk

The College Chaplain gives weekly services in the college chapel, and he is also available to discuss issues confidentially and to offer support. See page 8

Professor Rafael Perera

Dean

rafael.perera@st-hughs.ox.ac.uk

See page 8

Professor David Taylor

Tutor for equality and diversity

david.taylor@st-hughs.ox.ac.uk

The JCR Welfare and Equal Opportunities Committee

The Welfare and Equal Opportunities Committee (WEQ Committee) aims to promote the welfare of the many diverse communities in college, and to discuss how we can make college a more welcoming and safe place for everybody. Each member of the committee is responsible for highlighting and addressing issues specific to the community they represent and the committee is chaired and overseen by the JCR Welfare reps.

Katya Turchin
JCR LGBTQ+ Rep

Hi, I'm Katya (she/they), a 3rd year doing Archaeology/ Anthropology, and your LGBTQ Rep, as well as a Peer Supporter. My role is to represent and promote the welfare of LGBTQ Hughsies; this includes running freshers' workshops, organising events like LGBTQ movie nights or marching in Pride, as well as managing the gender expression fund and the Hugh's LGBTQ FB group. If you have any questions about LGBTQ life at Oxford, issues about something in college, or just fancy a cup of tea and a chat, feel free to contact! Being LGBTQ in Oxford can be quite different from elsewhere; it's a very vibrant and accepting scene with tons of things going on, but this also means it can be a bit intimidating at times. If you want to go to an LGBTQ event but don't want to go alone, I'll be happy to come with (I go to the LGBTQ Soc's Tuesday Drinks practically every week, so you can always join me then) My email is katherine.turchin@st-hughs.ox.ac.uk, or just message me on Facebook.



Chandan Thind
BME Rep

Hi all! I'm Chandan (she/her) and I am the BME Rep in college, meaning that I essentially have the role of ensuring that students of black and other minority ethnic backgrounds feel comfortable and heard at St Hugh's. In a space like Oxford, BAME students often have a very different university experience to others and so I am very passionate about pushing this to be a positive one. I hope that I can help better represent BAME students here, without speaking over your own individual experiences. Hopefully you will find St Hugh's to be as friendly and welcoming as I have, and I am more than happy to chat about absolutely anything in person, or over email or social media!

Aman Modi

JCR Internationals Rep

Hey, I'm Aman Modi, your JCR international rep! I'm a 3rd year Chemist from India and living in Singapore. Coming from a diverse international community, I can definitely relate to all the exciting and overwhelming experiences that come with being an international student, and have had my share of both logistical and cultural obstacles that inevitably arise. My role is essentially to make International Students feel at home in Hugh's and the UK in general. I hope to do that through hosting a number of events through the year, as well as tackle some of the imminent issues that international students face such as storage issues, banks etc. Most importantly, I'm here to make your time here as comfortable as possible, so please don't hesitate to contact me if you have any thoughts and ideas or if you just wanted to have a chat!



Danni Watts

Suspended Students' Rep

Hi, I am Danni and I am the suspended students rep for Hugh's. I suspended due to ill health as I have M.E plus have struggled with poor mental health. I am here to help if anyone is considering suspending and is unsure of if it is right for them or just have some questions. Plus, I have experience of disability myself and currently work as the mental health rep for Disabilities Campaign plus run a magazine about disability called Tabou. So if you do need any help related to disability please also get in

touch, I always like meeting new people and am happy to discuss support available at uni over a cuppa or just offer a bit of support if things get tough. Oxford can be great, but terms can be hectic and everyone brings with them different experiences so plenty of students realise find it helpful to reach out for support. Can't wait to meet some of you, and do let me know if I can help in anyway possible

Jake Crabtree

Socioeconomic Rep

Hiya, I'm Jake, the Socioeconomic Rep for the WEQ Committee. That means I represent and assist in the welfare of any Hughsies from a lower income/working class/etc. type of background. I'll be working to improve the (already pretty welcoming) environment in college for anyone from those 'non-traditional' Oxford backgrounds. If any issues arise related to that area then feel free to get in touch with me!



Affnafee Rahman
Faiths and Beliefs Rep

Hello everyone! I am Affnafee Rahman (he/him), the JCR faith and beliefs rep. Part of my responsibility is to ensure that students of all faiths and beliefs are heard and represented in college. Faith and belief play a major role in one's life, so much so that it often forms the moral compass that dictate the decisions that one makes. The St Hughs JCR recognises this immense importance of faith and belief and our college welcomes students of all faiths and beliefs. Sometimes, however, it is easy to feel isolated, thinking that there are not enough students in college who share the same faith or belief as you. That's where all the different faith/belief based university societies come in. And trust me, you will find like-minded people there who may become some of your best friends! In other words, there is no reason for you to feel out of place simply because of what you believe in. Lastly, if you are ever struggling with your faith or have faith related questions or just want a friendly chat, feel free to reach out to me (affnafee.rahman@st-hughs.ox.ac.uk). I'll try my best to help you out; if I don't have the answers to your questions, I can point you towards the right direction.



Molly Stock-Duerdoth
Student Carers' Rep



Hi everyone, I'm Molly Stock-Duerdoth (she/her) and I'm the WEQ Committee Student Carers Rep. I'm here to represent the interests of people with caring responsibilities in college. I want to make sure all student carers at Hugh's feel supported academically and socially, and are able to access the resources which can help them. I run the Hugh's Student Carers Facebook group (more information on page 36 - please add yourself!) and organise socials, often in connection with Take Care, the university wide student carers group. If you have any questions, worries, suggestions, or just want a friendly chat please don't

hesitate to drop me a message or an email anytime!

Maddie Mann
JCR Access Rep

Hi, I'm Maddie and I'm your Access Officer for 2019! I'm a third-year law student from Kent and you'll probably recognise me as the proud winner of the "JCR Spammer" Award. My role includes encouraging those from less 'traditional' Oxbridge backgrounds to consider applying here; this includes organising Hugh's students to give tours to students from state schools, pushing for College to hold more access events, and encouraging JCR involvement in access schemes across the uni! Please feel free to send me a message or chat to me in college about anything at all!





Emer Chang and Bridie
Epstein
Women's Reps



Hi all! We are Bridie(she/her) and Emer(she/her) and we are the Women reps at St Hugh's. It's important to us that women feel safe, comfortable and represented within St Hugh's College. So far we've held a period party, pants party and body positivity workshop. We welcome suggestions for events! Also any events ideas or suggestions we are very open to!

Mature Students Rep
Currently Vacant

Disabled Students' Rep

Currently Vacant, however if you need any help relating to a disability please feel free to contact our Suspended Students' Rep Danni who is also the Mental Health for Disabilities Campaign.

Transgender/Minority Gender Rep
Currently Vacant

Tutors

You will have two kinds of tutors: first, your personal tutor, and second, your regular tutors.

Your personal tutor is assigned to you at the beginning of your time at Oxford, and their role is to act as your advisor. You will have a termly meeting where you discuss your academic progress and feedback from your other tutors. You can also contact them at any point to discuss any problems you may be facing, and they can offer you support and may be able to advise you about which resources to access. You can also reach out to your personal tutor if you are having difficulties with any of your other tutors, and they can help mediate any conflict or act as a spokesperson. You may also require a signature from your personal tutor if you are applying for certain positions, including JCR positions or Peer Support. If you have any issues with your personal tutor, you can bring it up with the Academic Registrar, Thea Crapper.

Your other tutors will assign you work for tutorials. You will interact with them regularly, and tutors can be very helpful for clarifying any points you did not understand from lectures or from reading. Even if they are not your personal tutor, you can reach out to any tutor concerning welfare issues, and most will be happy to offer you support. If you have a problem with any of your tutors, you can ask your personal tutor to help you negotiate with them, or you can contact the Academic Registrar, Thea Crapper, directly.

Academic Resources

Suspending

Suspension is the term used for when students decide to 'stop the clock' on their degree and take a period of time (normally a year). Suspension can happen for a variety of reasons which include but are not limited to: physical and mental health problems, familial issues, bereavement. Occasionally, suspension is for discipline purposes but this is very rare.

If you are considering suspension there is a suspended students guide which will be in the St Hugh's Library.

If you are considering suspension it is best to speak to your personal tutor or the academic registrar. If you would rather seek student based support first you can contact the suspended students representative on the WEQ committee or any of the welfare reps.

For further information the Suspended Students Campaign run by the SU can be found on this website here: <https://www.oxfordsu.org/campaigns/suscam/> . On that page is links to an information booklet about suspension and all the sources of advice you can receive.

Making requests about factors affecting exams...

It is important to note that students with disabilities who may need alternative exam arrangements should register with the DSA in order to discuss these.

What normally occurs is their will be an email sent out about confirming exam arrangements from the college office and students should confirm what exam alternative applications they will be making.

Examples of (but not the only) alternative arrangements include: extra time, use of a computer, rest breaks, ergonomic seating, exams sat in college, enlarged font on papers etc.

Factors affecting performance:

Sometimes it will occur that something with was not foreseen which negatively impacted your exam. This could include but is not limited to acute illness, bereavement or a flare up in your disability which went above and beyond what was covered by alternative exam arrangements.

In this case you will need to go to the college office ASAP; as soon as you become aware of this circumstance (unless it was during the exam in which case go straight to the college office afterwards). They will get you to fill out a factors affecting performance (FAP) sheet.

The following information about what might occur when you submit a FAP is found on the Oxford FAP information document, the link for which can be found below.

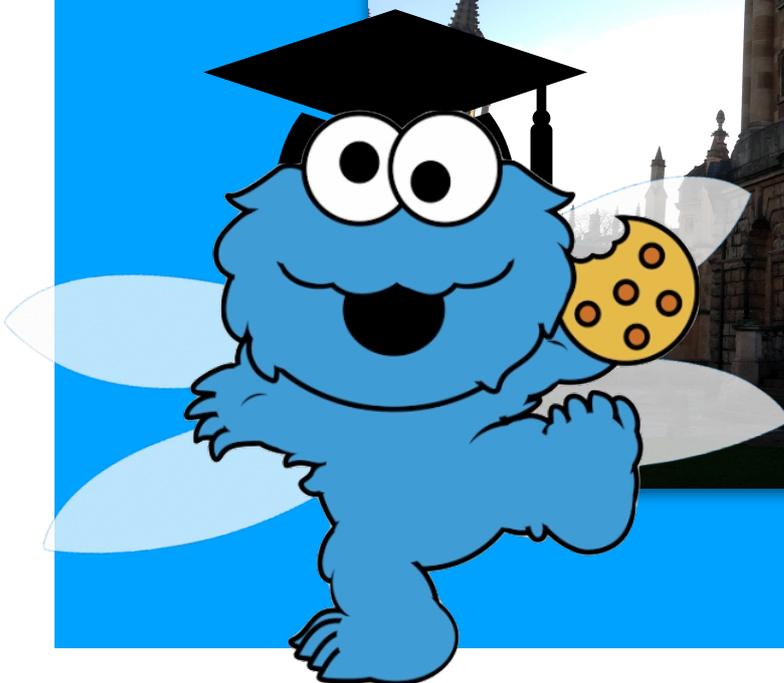
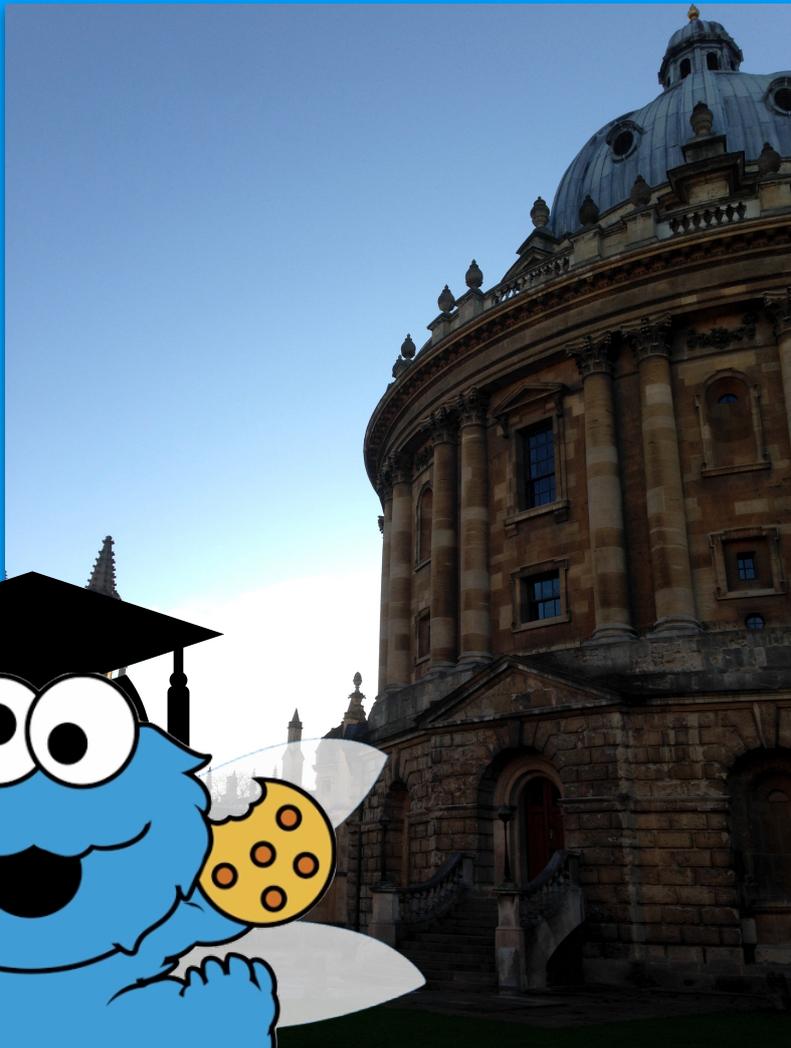
Examples of actions which examiners might take include:

- If there is strong evidence that your performance on one particular paper has been affected and is clearly out of line with your performance in other papers, the examiners might decide to disregard the paper, and decide on your overall result based on all the other papers;
- If your performance is borderline between two classifications, the examiners will consider particularly carefully whether the evidence justifies you being placed in the higher classification.

In an FAP you should provide as much detail as possible and medical evidence if relevant.

More information of how to fill out an FAP and what to include can be found here:

https://www.ox.ac.uk/sites/files/oxford/field/field_document/Factors%20Affecting%20Performance%20Guidance.pdf



Counselling and Helplines

University 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. Online counselling via Skype is also an option. Further information on it can be found here: https://www.ox.ac.uk/sites/files/oxford/field/field_document/Online%20Counselling%20Information.pdf

The University Counselling Service is explicitly short to medium term, although you are guaranteed a minimum of four appointments. Because of this, you might want to consider talking to our college counsellor (counsellor@st-hughs.ox.ac.uk), or an NHS counselling service if you require long-term support.

Appointments at the Counselling Service can be made by emailing reception@counserv.ox.ac.uk or by calling 01865270300. The building is located at 3 Worcester Street (around the side of the Student Union's building near Gloucester Green bus station and across from Worcester College: <https://goo.gl/maps/mJGkXMWJ2y>).

Please visit the Counselling Service's website for further information.

Student Information and Advisory Service

The Student Union offers a list of resources for specific student-related issues on their Student Advice page (<https://www.oxfordsu.org/wellbeing/student-advice/>). They also offer drop-in sessions Monday through Thursday from 10am-4pm from 1st to 8th week. These sessions can be found in the Student Union building at 4 Worcester Street, OX1 2BX.

Nightline

Nightline is a confidential listening service for students, by students, that operates between 20:00 and 08:00 from 0th-9th week. Nightline can be used to vent about any personal issues, or to ask advice about mental health resources available in Oxford. There are several ways to contact them. You can call their number 01865270270, and you can also contact them via Instant Message following this link (https://im.oxford.nightline.ac.uk/webim/client.php?locale=en&style=NLA_Theme&url=https%3A//im.oxford.nightline.ac.uk/webim/&referrer=), or by Skype ([oxfordnightline](https://www.skype.com/en/contacts/oxfordnightline)).

If you have further questions, or would like to volunteer with/donate to Nightline, please visit their website (<http://oxfordnightline.org/>)

NHS Counselling Service

The NHS offers a counselling service as well, although their waiting periods are notoriously long. NHS counselling is completely free, and unlike the University's Counselling Service, they can offer long-term support for individuals with ongoing mental health needs.

In order to find a registered NHS therapist, you can use their search tool. (<https://beta.nhs.uk/find-a-psychological-therapies-service/>) Their website can also tell you more about what counselling is, the sort of issues it can help you with, outside support resources, and options for private counselling. <https://www.nhs.uk/conditions/Counselling/>

Samaritans

The Samaritans are a charity focused on suicide prevention, consisting of volunteers who will respond to anyone seeking help 24/7 through a crisis hotline. They are a useful resource if you are ever in a crisis situation outside of the working hours of regular organisations.

There are several different ways to contact the Samaritans. You can call them at 116123, email them at jo@samaritans.org, or by sending a letter to the following address:

Chris
Freepost RSRB-KKBY-CYJK
PO Box 9090
STIRLING FK8 2SA

The Samaritans also have a physical branch in Oxford, which can be found at 60 Magdalen Road, Oxford OX4 1RB (in Cowley).

You can also visit their website for further information, or if you are interested in volunteering with or supporting the organisation. <https://www.samaritans.org/>

CALM Helpline for Young Men

CALM is a helpline aiming to lessen the number of male suicides. They run a confidential helpline and webchat. Their helpline can be found at 0800585858, and it is open 5pm-12am every day of the year. (If you live in London, they also have a London-specific number, 08088025858.) Their web-chat can be found here: <https://www.thecalmzone.net/help/webchat>

For further information on the charity, please visit their website. <https://www.thecalmzone.net/>

Mind Your Head

Mind Your Head is a Shetland-based charity aiming to reduce the stigma around mental illness. Their website has a page that offers information on some common mental health issues (<https://www.mindyourhead.org.uk/info/problems>) They also offer a list of phone numbers that you can call if you are in need of urgent help. (<https://www.mindyourhead.org.uk/info/feeling-suicidal>)

Please visit their website for further information. <https://www.mindyourhead.org.uk/>

Mind

Mind is a mental health charity that provides information about different types of treatment and available resources. Their website offers a host of information, from different types of mental illnesses to how to support someone with a mental health problem. Furthermore, Mind offers an Infoline, where you can ask questions pertaining to mental health. You can reach it by calling 03001233393, by texting them at 86463, or by emailing info@mind.org.uk. This helpline is open from 9am to 7pm Monday to Friday with the exception of bank holidays. Mind also offer a legal line, where you can ask questions about your legal rights pertaining to mental illness. This line can be found at 03004666463 or at legal@mind.org.uk between 9am to 6pm Monday to Friday. Finally, their Blue Light Infoline can be used by emergency service staff, volunteers, and their families. This line can be found at 03003035999 (local rates), bluelightinfo@mind.org.uk, and 84999 for texts. Finally, you can also write to Mind's Infoline and Legal Line at the following address:

Mind Infoline / Mind Legal Line
Unit 9
Cefn Coed Parc
Nantgarw
Cardiff
CF15 7QQ

Please visit their website for further information. <https://www.mind.org.uk/>

Student Minds

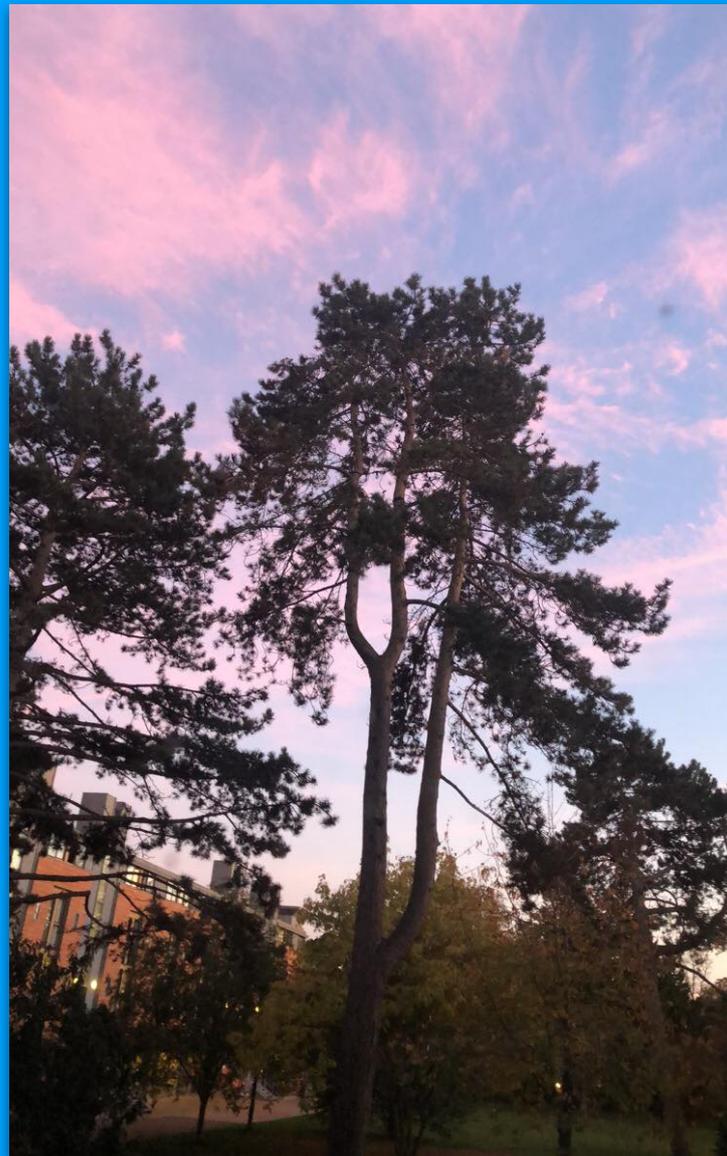
Student Minds is a charity that seeks to empower university students and help them with their mental health issues. They run Peer Support programmes, as well as staff run workshops at various universities. They also offer advice on how to start conversations around mental health with a friend, as well as how parents can help support their children in university. They also have a page on their website that lists resources available for specific university-related issues such as help with transitions and exam stress. <https://www.studentminds.org.uk/resources.html>

Please visit their website for further information. <https://www.studentminds.org.uk/>

Talking Space

TalkingSpace is a free NHS service that offers talk therapy for people suffering with mental illnesses. It offers several different kinds of resources, from one-on-one counselling to group courses to online support. You can contact TalkingSpace at 01865901222 from 8am-5pm on Monday and Friday and 8am-8pm on Tuesday-Thursday or talkingspaceplus@nhs.net. You also have the option of filling out an online self-referral form. <https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=1807774b-4c9d-452f-b93d-a8bc985fe77c>

Please visit their website for more information. <https://www.oxfordhealth.nhs.uk/>



Sexual Health

The resources listed here are by no means an exhaustive list but are meant as a starting point to help inform you on topics relating to your own sexual health.

In-College Welfare Supplies

If you need any welfare supplies (including condoms and sanitary products among other things), you can request items anonymously on our anonymous pidgeing form. You can find this on the JCR facebook description (<https://www.facebook.com/groups/557287358031137/>) or on the bottom of the emails from your welfare reps and JCR president! Please also feel free to approach your welfare reps directly for supplies!

Pidgeing requests generally take a couple of days - once we have pidgeed your request you can find an envelope or paper bag with your 4-digit number on in a bag underneath the welfare pidge. If you request supplies directly, we'll pidge them to you in a plain envelope! Please remember to pick up your requests!

The welfare reps will also reimburse the cost of the morning-after pill if you contact one of them with your bank details and a valid receipt!

Free Condoms

Apart from the condoms you can request in college through the anonymous pidgeing form, the Oxfordshire Sexual Health Service runs the safety c-card scheme for people under 25 who are living in Oxfordshire. To collect free condoms you must first register. You can register in-person at participating centres or online. For more information and to register online for a safety c-card: <https://www.oxfordshireccard.org.uk/free-condoms/>

The closest centre to register in-person is in the pharmacy section (upper floor) in Boots-Oxford.

Address: Boots, Oxford, Cornmarket Street, Oxford, OX1 3HL

Opening hours: Monday to Saturday 0800-2000. Sunday 1100-1700.

Please note: you can register for your safety c-card or bring your sign-up printout/email here Monday to Saturday only. On Sundays, you can still collect your free condoms but must already have a valid safety c-card.

To collect free condoms with your safety c-card the closest is Woodstock Road Chemist.

(NB: This centre does not issue safety c-cards. You can collect your free condoms here, but must already have a valid safety c-card.)

Address: Woodstock Road Chemist, 59 Woodstock Road, Oxford, OX2 6HJ

Opening hours: Monday to Friday 0830-1830, Saturday 0900-1400



Emergency contraception

If you have had unprotected sex (no condom or dental dam), or your normal contraception fails (e.g. split a condom, having been sick after taking your contraceptive pill) you can take emergency hormonal contraception (EHC, aka 'morning after pills') to reduce your chances of getting pregnant. It is important to access emergency contraception as soon as possible after unprotected sex. The most common type of EHC must be taken within 72 hours of having unprotected sex and it is more effective the sooner it is taken.

For more info on the different types of emergency contraception: <https://www.nhs.uk/conditions/contraception/where-can-i-get-emergency-contraception/>

Emergency contraception is available free from:

- Most GPs
- Any sexual health clinic (<https://www.sexualhealthoxfordshire.nhs.uk/contraception/emergency-contraception/>)
- Any pharmacy (free if you're 21 or under)

It's recommended that you call ahead to check there is a trained and approved pharmacist available to administer EHC.

The closest approved pharmacy is Woodstock Road Chemist.

Pharmacists: Riaz Ahmed and Heena Lakhani
Address: 59 Woodstock Road, Oxford, OX2 6HJ
Contact number: 01865 515226

For the full approved list of Pharmacies supplying Emergency Hormonal Contraception in Oxford, as of August 2019: http://oxme.info/cms/sites/default/files/oxfordshire_pharmacies_ehc_jun2019.pdf

Getting an STI check

You should get tested for common STIs if you or any sexual partners:

- Have a new sexual partner
- Have vaginal, oral or anal sex without a condom or oral sex dam (a latex or soft plastic square)
- 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.

Getting tested is important because most people with common STIs do not have obvious symptoms and the earlier you're tested, the sooner treatment can be given if it's needed. There are several options:

Visiting a Sexual Health Clinic:

The main sexual health clinic in Oxford is at the Churchill Hospital on the Old Road in Headington, OX3 7LE. To arrange an appointment, call the clinic at 01865 231231 between 13.30 - 17.30 Monday to Thursday; 13.30 - 15.30 on Friday.
<https://www.sexualhealthoxfordshire.nhs.uk/visiting/opening-times-and-how-to-find-us/oxford/>

For information about what to expect from your sexual health appointment, check out the NHS Choices guide at <https://www.nhs.uk/live-well/sexual-health/visiting-an-sti-clinic/>

Free Self-testing kits:

These kits are discreetly wrapped and sent to you if you would rather not go to a clinic.

Oxfordshire Sexual Health Service sends free chlamydia self-test kit tests. For more details and/or to order a free self-testing kit visit: <https://www.sexualhealthoxfordshire.nhs.uk/chlamydia-screening/>

Resources for those with HIV

If you or someone you know has been diagnosed with HIV you can go to the Terrence Higgins Trust's website <https://www.tht.org.uk> or call their helpline on 0808 802 1221 for support - free to call from all UK landlines and won't appear on your phone bill.

Oxford GUM (genitourinary medicine clinic)/sexual health clinic

Address: Harrison Department, Churchill Hospital, Old Road, Headington, OX3 7LE.
Rectory Centre, Rectory Road, Oxford, OX4 1BU.

It provides advice and prescribes all methods of contraception. Emergency contraception and pregnancy testing also available. By appointment only, testing and treatment for all sexually transmitted infections (STIs) and other genital problems is available. Suitable for wheelchair users and those with mobility issues or pushchairs.

Visit their website for more details: <https://www.sexualhealthoxfordshire.nhs.uk/visiting/opening-times-and-how-to-find-us/oxford/>

Safe sex for LGBTQ+

Check out the NHS Choices for information about sexual health for:

Lesbian and bisexual women: <https://www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women/>

Gay and bisexual men: <https://www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men/>

You can also find an LGBTQIA-inclusive safe sex guide here: <https://www.healthline.com/health/lgbtqia-safe-sex-guide> This guide was created in partnership with GLSEN and Advocates for Youth and so uses more inclusive language to respect LGBTQIA and non-binary people and their experiences.



Sexual Assault

Reporting a Sexual Assault

If you choose to report a sexual assault you can report to the police on 999 or 101, for the Thames Valley Police, St. Aldates you can also call 01865 841148.

You can still seek support from the Solace Centre regardless of whether or not you choose to report an assault, or if you have not yet decided to.

The whole college Welfare team is also here to support you - remember you have done nothing wrong and whatever you are feeling is completely normal! We promise to listen and support you confidentially and in a non-judgmental way. We can also help you find resources, accompany you to the Solace centre if you choose to go and help you decide how to proceed if you decide to.

The Solace Fund

If you wish to use the Solace Centre, call the lodge on 01865 274900 or 07885 269772 and quote the 'Solace Fund' for a taxi to and from the centre in Slough. This is anonymous and the College pays for your taxi.

The Solace Centre

Oxford's Nearest Sexual Assault Referral Clinic is the Solace Centre in Slough. They provide medical, forensic, and emotional support, free of charge, to anyone who has experienced sexual violence; by collecting and retaining evidence, SARCs allow the decision of whether to make a police report to be deferred. They offer support to women and girls who are experiencing the effects of sexual violence and to anyone who is supporting them. The service is free and confidential, it is entirely staffed by and therefore only open to women. (For male survivors of sexual assault please see the next page)

You can make appointments, referrals, and enquiries at and for more information please see their website:

admin@osarcc.org.uk

<https://www.oxfordrapecrisis.net/>

Please note their core office hours are 10am-4pm

They also offer multiple services over phone or email listed on the following page.

Confidential Listening Space (by phone)

The Solace Centre also offer a confidential listening space, please call
01865 726 295 (standard rate)
0800 783 6294 (freephone)

Monday 18:30 - 21:00
Thursday 18:30 - 21:00
Sunday 18:00 - 20:30

Or you can text them on:
07537 432 442

Thursday 18:30 - 21:00
Sunday 18:00 - 20:30

Or email: support@osarcc.org.uk

Please note: 'Although our services are usually confidential, if you tell us anything which leads us to believe that a young person or vulnerable adult may be in danger, and you give us details about who this person is, we will have to pass that information on.'

For Male Survivors of Sexual Assault...

You can get in contact with Survivors UK via their website <https://www.survivorsuk.org/>

For LGBTQ+ Survivors of Sexual Assault...

You can speak to Pandora's Project, please see their website for more information
www.pandys.org/lgbtsurvivors.html

It Happens Here

A university campaign which raises awareness about sexual assault and rape within the University. You can email the co-chairs on this email address:
ithappenshere@ousus.ox.ac.uk



Harassment and Conflict

The term harassment encompasses any unsolicited behaviour that may reduce an individual's quality of life or their quality of work. It includes behaviours such as bullying and abuse, and can pertain to aspects of an individual's identity such as gender, race, religion, sexuality, etc. The college's full policy on harassment can be found in the Policies section of this handbook. There is also a more specific policy on sexual harassment, which prohibits members of staff from entering into a romantic or sexual relationship with any student who is under their responsibility.

Who to contact

The Harassment Officers are members of faculty that will advise you on what course of action you should take should you feel threatened or exploited by a member of the university. The two harassment advisors at St. Hugh's are Vicki Stott (vicki.stott@st-hughs.ox.ac.uk) and Peter Marshall (peter.marshall@oup.com).

You can also contact the Dean, Rafael Perera, about any harassment issues at rafael.perera@st-hughs.ox.ac.uk.

Filing a Harassment Complaint

The university has published a flowchart outlining the procedure for filing a harassment complaint. The basic steps are:

1. Contacting a member of the welfare team (in your case, one of the Harassment Officers or the Dean)
2. Formal complaint submitted to appropriate person (depends on whether the complaint is against a student or a member of staff)
3. Investigation into the complaint
4. Outcome

You can find the full flowchart here: <https://edu.admin.ox.ac.uk/files/>

Student Resolution Service

'The student resolution service is a free mediation service for students finding themselves in conflict with another student.' SRS is a confidential service with trained mediators who will meet with each of the students individually and then move towards face-to-face mediation if all parties are happy to proceed.

For advice or to make a referral, please email mediation@admin.ox.ac.uk

You can find more information about this service on their website <https://www.ox.ac.uk/students/welfare/student-resolution-service?wssl=1>

Harassment Advisor Network

This is a confidential network of harassment advisors, two of which are appointed in each department and faculty as well as advisors appointed within colleges. 'The University recommends that you discuss the situation with a harassment advisor before taking any other steps in response to the alleged harassment'. You can call the harassment advisory network on 01865 (2)70760 or email them at harassment.line@admin.ox.ac.uk

You can speak to an advisor specifically outside of your college or department, who is BME, LGBTQ+, or specifically about sexual violence and domestic/relationship abuse by reading the appropriate section on their website. <https://edu.admin.ox.ac.uk/support#collapse1229901>



Support for Women and Minority Genders

If you are experiencing any discrimination due to your gender or need advice on gender equality you can always speak to your Women and Trans-feminine Identities Welfare Officer Lana (page 5), the JCR women's reps (page 13) or any of our Peer Supporters or any member of the College Welfare team. There are also many external resources...

WomCam (Women's Campaign)

WomCam is 'a feminist society that organizes events, raises awareness of issues and creates a platform for feminist discussion' who run many projects and groups including:

- The everyday sexism project
- Feminist Makeover for your college
- Queer women's group
- Black women's group
- Global women's group
- Asylum seekers group
- WomCam zine

For more information about WomCam and any of their groups and projects head to their website: <https://womcamoxford.wordpress.com/>

Student Union Representatives

You can also email any of the following Student Union representatives:

Oxford SU Vice-President for Welfare & Equal Opportunities
vpweo@oxfordsu.ox.ac.uk

Oxford SU Vice-President for Women
vpwomen@oxfordsu.ox.ac.uk

Oxford SU Women's Campaign Officer
womensofficer@oxfordsu.ox.ac.uk

Oxford Women's Counselling Service

This is an external counselling service which specialises in counselling women in Oxfordshire with the help of their women counsellors. More details can be found on their website: www.oxwcc.co.uk
Their phone number is: 01865 725617

You can also seek support from any of the other services listed in the counselling and helpline section of this handbook.

Resources for BAME students

If you have any concerns relating to ethnicity, please feel free to contact our JCR BME rep, Chandan Thind. (See page 10)

Help, Support and Resources for BME Students

Oxford SU Anti-Racism Officer
bme@oxfordsu.ox.ac.uk

Oxford SU Student Advice Service
<https://www.oxfordsu.org/wellbeing/student-advice/>

Campaign for Racial Awareness and Equality (CRAE)
www.facebook.com/OxfordCRAE

Equality and Diversity
www.admin.ox.ac.uk/eop/

Oxford SU Vice President for Welfare and Equal Opportunities vpweo@oxfordsu.ox.ac.uk

'Peers of Colour' - a group of BME peer supporters who can support people from their own or other colleges
www.facebook.com/oxunipoc/

Societies, Activism, and More

Common Ground

A movement that sets out to examine Oxford's colonial past in the context of its present-day inequalities. Includes the Common Ground Journal, focused on exposing the legacy of empire in universities, decolonising curricula & anti-racist scholarship
<https://www.facebook.com/commongroundoxford/>

Oxford BAME Drama Society

A Student theatre society for the promotion of BAME students in the creative arts
<https://www.facebook.com/OxBAMEdrama/>

Onyx

A creative magazine which showcases the voices of Black creatives
<https://www.facebook.com/onyx.ox/>

Oxford Students Stand Up To Racism

Oxford student wing of Stand Up To Racism fighting against racism & bigotry
<https://www.facebook.com/oxstudentsutr/>

Uncomfortable Oxford

Founded by two Oxford University students to raise awareness about the 'uncomfortable' legacies of inequality and imperialism in the city

<https://www.facebook.com/uncomfortableoxfordproject/>

Race and Resistance

A community of scholars, students and activists engaging with the rise of and resistance to racial hierarchies in Oxford and beyond. The programme brings together researchers in the history, literature, and culture of global anti-racist movements.

<https://www.facebook.com/RaceandResistance/>

Oxford Anti-Racist City

<https://www.facebook.com/Oxford-Anti-Racist-City-251129239087059/>

There are also so many different societies for different BME backgrounds, including for example, amongst so many others, ACS (African and Caribbean Society) and societies for many different South Asian backgrounds.

Facebook groups for BME students

Oxford Uni BAME Community

<https://www.facebook.com/groups/1973513132945607/>

Oxford QTIPoCs (this is for BME students who identify as LGBTQ+. It is a secret group, so you will have to ask Chandan or another member to invite you to join, but this also means that no one else can see that you are in the group, so it is completely confidential if this is something you would rather keep secret)

<https://www.facebook.com/groups/798872410221811/>

Common Ground PoC Discussion Forum

<https://www.facebook.com/groups/2265912870294325/>

Oxford BAME Drama Society

<https://www.facebook.com/groups/691333767728816/>

Oxford Black Students Union

<https://www.facebook.com/groups/822794731107681/>



LGBTQ+ Support

If you have any concerns relating to LGBTQ+ life at Oxford, please feel free to contact the JCR LGBTQ+ officer Katya Turchin. (See page 10)

Resources from the NHS

The NHS offers general guidance for coming out, where to access resources etc. for trans people in this booklet, written by young trans people: <https://www.mermaidsuk.org.uk/assets/media/17-15-02-A-Guide-For-YoungPeople.pdf>

Oxford friend LGBTQ+ Support

A local charity that provides assistance and support to LGBTQ people - if you want someone to talk to they have a helpline that you can call at 01865 736893 or email at confidential@oxfordfriend.co.uk For other non-LGBTQ specific helplines see the Counselling and Helplines section.

Rainbow Peers

A subset of Peer Supporters (see welfare system section) who are trained in listening to LGBTQ-specific issues. If you see the Peer Support posters, Rainbow Peers have a rainbow next to them.

Oxford University LGBTQ+ Society

Organises and promotes LGBTQ+ events like pre-drinks, movie nights, identity-specific socials, which provide spaces to meet other LGBTQ+ students and explore your identity
Their website: oulgbtq.org

They provide support through multiple welfare reps, including a Trans, Agender, and Faith reps - you can contact them by email: <http://www.oulgbtq.org/meet-the-team.html> or message them through FB.

They have their own list for welfare resources regarding coming out, mental health, sexual health, including identity-specific resources including those for trans, intersex, and religious LGBTQ people: look through their pages to find articles, websites, documentaries

You can sign up to their email list here: <http://www.oulgbtq.org/signup.html> and get updates about events/notices.

You can also follow their FB page for news: <https://www.facebook.com/OULGBTQ/>

OUSU LGBTQ+ Campaign

The political and activist side of the Oxford LGBTQ+ scene, who advocate for LGBTQ students and staff and push for change at university, college, and faculty level
<https://www.oxfordsu.org/campaigns/LGBTQ/> - for more information and to get involved
 email lgbtq-chair@oxfordsu.ox.ac.uk

Free LGBTQ+ Counselling in Oxford

This year, there will be free queer-specific counselling groups running in Oxford four times a term. There are two groups - LGB, and Trans, Non-binary, Genderfluid. Each group will run for one hour and will be hosted by a trained psychotherapist. Contact zayna@therapist.net or either of the welfare reps OUWelf01@gmail.com or OUWelf02@gmail.com for more information.

Trans Students Oxford Survival Guide

The LGBTQ+ Campaign has published a detailed handbook for trans* students in Oxford which can be found here: <http://www.oulgbtq.org/uploads/1/1/0/3/110317091/trans-student-guide.pdf>

It includes details on various things, from how to change your gender on your student record to informing your tutors about pronouns to which hairdressers are trans-friendly.

Gender Expression Fund

The JCR LGBTQ budget includes a gender expression fund of £100/term to reimburse trans*-related expenditures, for instance binders, packers, transport to/from gender therapy appointments. To get reimbursement, you can submit receipts to the LGBTQ rep, trans rep, or treasurer, who are in charge of administering the fund. Use of the fund is anonymous outside of those administering it.

Identity Specific Facebook Groups

These are secret FB groups run by the respective LGBTQ+ Society reps, which means that unless you're in the group you can't see its membership, which is helpful if you're not publicly out. Contact the respective representative to join:

Trans: outrans01@gmail.com or outrans02@gmail.com

Aro/Ace: ouacearo@gmail.com

QTIPOC (Queer, Trans, Intersex People of Color): ouraem01@gmail.com or ouraem02@gmail.com

Queer Women* Oxford: ouwomoff@gmail.com - not secret, can be joined on FB - women* includes but is not limited to lesbian, bisexual, pansexual, non-binary, and trans-feminine - the LGBTQ society is NOT trans-exclusionary

Oxford LGBTQ International: ouinternat01@gmail.com or ouinternat02@gmail.com

Rainbow Parenting Scheme

LGBTQ+ freshers are matched up with 2nd and 3rd year 'parents' who can introduce them to the LGBTQ+ scene in Oxford and be a friendly face in a new environment. You can sign up here: <https://forms.gle/xWgoJrQoJRDG9fuA7>

Freshers who sign up before September 25th will be matched with parents in Freshers Week, but you can still sign up after.

LGBTQ+ Soc Tuesday Drinks

One of the most popular LGBTQ social events run by LGBTQ Soc. Every week, a different college hosts very cheap pre-drinks before . This is a really welcoming space and a great way to meet other LGBTQ students even if you don't want to go clubbing. The LGBTQ rep often organises a group to go to drinks, so if you would like someone to go with feel free to message them.

St Hugh's LGBTQ+ / Allies Facebook Group

This is a group for LGBTQ+ Hughsies and allies run by the LGBTQ rep that is used for sharing LGBTQ+ events around Oxford, going to the Society's™ Tuesday drinks, or to share concerns about things happening in college. The group is secret, so contact the LGBTQ rep to join.



Support for Disabilities

Like all of the University, St Hugh's recognises that not all disabilities are visible or physical. Here's a list of the support services available, all of which welcome people with disabilities and long-term health conditions. Feel free to message or email the Welfare Committee to discuss anything related to disability.

Oxford SU Disabilities Campaign

The Oxford SU Disabilities Campaign (DisCam), which is part of the Oxford SU, provides support for students with disabilities, organises events, and raises awareness of disabilities and their impact.

They have a website and Facebook page where you can find information about events, campaigns, and resources. They also have a community Facebook group which provides a welcoming and confidential space to find advice and support and discuss disability-related topics. Facebook support groups for specific conditions are linked in the general disabilities Facebook group.

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

<https://www.facebook.com/OxfordDisabilities/>

<https://www.facebook.com/groups/OxfordDisabilities/>

Disabilities Advisory Service

The University's Disability Advisory Service (DAS) offers support and resources for students with disabilities. They can help you to access resources, such as funding for costs related to a disability, and create a student support plan. Their website contains loads of information about what support is available through them and externally, and how to access it. <https://www.ox.ac.uk/students/welfare/disability?wssl=1>

Requesting Alternative Arrangements

Alternative exam arrangements (such as the use of a computer, enlarged print, an individual exam room etc.) can be made by contacting the College Office. The deadline for applying is the end of 4th week the term before the exams take place. Thea Crapper, the academic registrar at St Hugh's, usually emails all students each term to set these up, but feel free to email her or anyone at the college office anytime in term to discuss arrangements for exams and for collections. Collections and other mock exams can also be used to trial different arrangements to see what works best for you. The university website has information about the process of requesting exam arrangements and what support is available.

thea.crapper@st-hughs.ox.ac.uk

<https://www.ox.ac.uk/students/academic/exams/arrangements?wssl=1>

For accommodation arrangements or adaptations, contact the accommodation manager Magdalena Robinson. The room ballot (which happens in Trinity term) gives priority to people with specific accommodation needs so do request a welfare room if this would be helpful to you, or email Magdalena to discuss your needs. Magdalena and the JCR VP rep will email everyone about welfare rooms and the ballot at the time.

accommodation.manager@st-hughs.ox.ac.uk



Eating Disorder Resources

<https://www.nhs.uk/conditions/eating-disorders/>

1 in 20 people have an eating disorder at some point in their lives. The majority of those people are between the ages of 16 and 25.

Eating disorders count as a disability, according to the Equality act definition of a disability (<https://www.gov.uk/definition-of-disability-under-equality-act-2010>) . This means that you can get help with the more practical day-to-day aspects of studying at Oxford with an eating disorder by getting in contact with them: disability@admin.ox.ac.uk
And you can talk to the college Nurse about it too to help you navigate this.

B-Eat

B-eat is an external charity who support people with eating disorders as well as others affected such as family and friends.

Their helplines are open 365 days a year, week 12pm-8pm, weekend 4pm-8pm

Helpline (for anyone over 18): 0808 801 0677

Student line (specifically for students) : 0808 801 0811

You can find more information on their website: <https://www.beateatingdisorders.org.uk/>

They also offer one-to-one web-chats and online support groups.

<https://www.beateatingdisorders.org.uk/support-services/online-groups>

Student Minds Eating Disorder Group

A student run group that meets weekly throughout term to support students with eating disorders run by the Oxford Student Union. The sessions are drop in and each session has a suggested topic of discussion such as talking to friends and settling into university, but you are welcome to bring your own topic to discuss.

The group is run by a team of trained student volunteers. Student Minds aims to bring students together to share strategies for managing mental health, to talk honestly in a safe and pro-recovery environment in their drop-in sessions.

<https://www.studentminds.org.uk/supportforafriend-eatingdisorders.html>

Support for Student Carers

If you have any questions or worries or need support as a student with caring responsibilities please feel free to contact your Student Carers' rep Molly Stock-Duerdoth! (see page 12)

St Hugh's Student Carers' Facebook Group

St Hugh's has a Facebook group (just search 'St Hugh's Student Carers') for students with caring responsibilities which is used to share resources, set up events, and help the Carers' Rep to be as effective as possible in supporting and representing student carers. Feel free to add yourself, or message or email the Carers' Rep or any member of the Welfare Committee to be added or to find out more.
<https://www.facebook.com/groups/387043811846226/>

Take Care Oxford

Take Care is a student run group for Oxford based students with caring responsibilities, regardless of whether or not you live with the individual/s you care for. It aims to provide social and welfare support to students, a sense of solidarity, and host fun events. Take Care has a Facebook page where information about events and campaigns are posted, and a community group where you can discuss anything related to being a student carer in a confidential and welcoming space.

<https://www.facebook.com/takecareox/>
<https://www.facebook.com/groups/754539198056753/>

Oxford SU Resources

Oxford SU also has a page about being a student carer, with information about how to access welfare, financial, and academic support through them and externally.

<https://www.oxfordsu.org/wellbeing/student-advice/wellbeing-carers/>



Drugs and Alcohol Misuse

Recreational drugs, including alcohol and nicotine, are taken for pleasure, often in social situations. They are chemicals which all have different effects on the brain, whether they are stimulants ('uppers'), depressants ('downers'), or hallucinogens.

Alcohol Misuse

Alcohol is decidedly the most socially acceptable recreational drug, and the common perception of university students is often 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.

The NHS currently recommends that people of all genders restrict their alcohol intake to 14 units a week or less. A 'unit' is 10 ml of pure alcohol. This might be hard to keep track of, but a pint of beer or cider is around 2.2 - 3 units, a small bottle of beer or VK is around 1.2 - 2 units, and a single shot of spirits is 1 unit. Note that drinks will vary in their ABV (Alcohol By Volume, the percentage of the drink which is alcohol) so these figures are only a rough guide. Further information about alcohol can be found at the NHS website: <https://www.nhs.uk/live-well/alcohol-support/?tabname=advice-and-support>

It is highly likely that you will go out and drink alcohol with your friends while at uni, so remember these do's and don'ts to keep yourself safe and healthy:

Do know your limits: Different people will get drunk at different rates, and the same drink may affect them differently. Knowing your limits can help you avoid drinking too much.

Do drink water: Alcohol will dehydrate you, so it is important to take on water on a night out. Water will also help you manage your levels of intoxication.

Do eat plenty: Drinking on an empty stomach can be dangerous and unpredictable. Drink after a large dinner and the effects will be more manageable. Food after you've finished drinking can also help you sober up faster, but don't rely on this.

Don't get competitive: You don't need to keep up with your friends' rates of drinking. Never let yourself get pressured into drinking more than you should.

Don't assume that all units are comparable: A shot may have less units than a beer, but will get you much drunker because of how quickly you drink it.

Don't drink too quickly: While clubs' prices may encourage pre-drinking to save money, it's important not to drink too quickly. You can easily fall into the trap of having several shots, then feeling the effects of them all at once.

Don't take unnecessary risks: When you are drunk your inhibitions are lowered, and you are much more likely to make bad decisions. Try to avoid drinking so much that your judgment is clouded. Instead...

Do stay safe: Stick with people who you trust to look after you. It can also be a good idea to get a taxi back home (especially in favour of the long walk back to Hugh's) if you're very drunk. Oxford is usually quite a safe town, but a visibly drunk person walking alone at night can be an easy target. Staying in groups and using taxis will keep you safe.

Alcohol abuse and addiction can quickly take over someone's life, with serious effects. In the short term, alcohol can increase the likelihood of accidents, injuries, unsafe sex, violent behaviour, loss of your possessions, and even alcoholic poisoning. In the longer term it can have severe health implications for the heart, liver and bowel, it can increase the risk of cancer, and cause severe mental health issues. Because alcohol causes intoxication and hangovers it can have a very negative impact on your ability to work and socialise.

Oxford Nightline: If you are stuck with no alternative but to walk home, you may feel safer if you ring Oxford Nightline. They offer confidential, supportive chats to Oxford Uni and Brookes students from 8pm - 8am. They can be found at: 01865 270 270

Alcoholics Anonymous: This is a service for people with more severe drinking problems, which can help them overcome alcohol abuse and addiction. Their email address is: help@alcoholicsanonymous.org.uk

Drinkline: 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

Drugs and their Effects

Nicotine

While alcohol might be the most common recreational drug, there are many more available. Nicotine is the next most common, and is very addictive. It is found in cigarettes, tobacco and vapes. Tobacco also contains tar, carbon monoxide, and many other dangerous substances and chemicals. Smoking related diseases kill 120,000 people every year in the UK, and so quitting is one of the best things anyone can do for their health. Smoking is only allowed in college at designated smoking areas (these will be on a map in your freshers pack). You can get help to quit from your GP, or at <https://www.nhs.uk/smokefree>

Other recreational drugs are less common, but you will likely encounter them at some point in your life - whether or not you participate in them is up to you. Remember that the Psychoactive Substances Act 2016 made all psychoactive substances illegal, including so called 'legal highs'. The legal penalties for possession and distribution of illegal drugs varies with the class of drug (class C being the least severe, then B, then A) the amount, and 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...

Cannabis/Weed:

This drug goes by many different names, but it is most common as a greenish leafy material. This is ground down and smoked either on its own or with tobacco. It can also be found in 'edibles' or sometimes in drinks. It is a very relaxing drug that can make you happy and giggly. The drug can also make you lethargic, anxious, paranoid, or give you hallucinations. It has been linked in the long term to schizophrenia, reduced concentration, and infertility. If smoked then it also carries all of the risks of smoking too.

Cocaine:

Cocaine is a white powder that is snorted or rubbed on the gums. It can also be found as an injectable substance. The drug makes you intensely energetic and happy for a short while, often followed by a 'comedown' where you feel depressed or unwell. Cocaine is extremely addictive. It can cause heart issues by overstimulating the parts of the brain which regulate your heartbeat. It can also make any existing mental health issues much worse.

LSD/Acid:

LSD is most commonly found as liquid soaked into a paper 'tab', which is held on the tongue and then swallowed. It can also be swallowed as a liquid, which is much more potent but much rarer.

It is a powerful hallucinogen, the effects of which last anywhere from 8-12 hours, though it can take around 2 hours for the full effects to become apparent. Dose control is very important, but also extremely difficult, making the drug very dangerous. There is no antidote, and the effects are very intense - do not think of it like being very drunk, you can't just go to bed and forget about it.

The hallucinations can induce any sort of emotions, from euphoria to terror (commonly known as a 'bad trip') as well as visions, lights, sounds, and altered perceptions of time. It is hard to predict the outcome of taking LSD, but it can be influenced by your mental state when taking the drug, as well as your environment while you are high. You may be unaware of the real world around you, and are at a greatly increased risk of injury or death. Persistent use can result in extremely severe mental health problems.

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)

Ketamine is used in hospitals as a general anaesthetic, so reduces sensations in the body, leaving you at risk of injury. It 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.

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

FRANK

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/>

ClassAct

Oxford definitely has a reputation as a 'posh' university, something which might well be intimidating to anyone who is a first-generation student, from a lower income family, or from a state comprehensive school. It's important to remember that no one at Oxford is less worthy, no matter their background. Even so, it's normal to sometimes want to spend time with people who have similar experiences, and so there are lots of events and socials for just that purpose. There are also plenty of groups and campaigns dedicated to the welfare of students from 'non-traditional' Oxford backgrounds. If you want to get involved in University life at large you could even stand for roles in some of these societies. You can meet friends from other colleges all while making a change throughout Oxford at large.

Class Act is a Student Union (SU) campaign which supports working class, low income, state comprehensive educated, first generation and estranged students and care leavers at Oxford. Not only do Class Act represent and campaign for these students within the university, they also organise welfare, weekly socials, and other events and opportunities. Give their Facebook page a like to keep up with the schedule. (www.facebook.com/oxfordsuclassact/)

Also look at their academic guide for a deeper insight (<https://www.oxfordsu.org/campaigns/ClassAct/>)

Class Act Families

Class Act will also pair up freshers with older students from a similar background so that freshers can ask any questions, and have some friendly faces around the university.

First Gen

Aside from Class Act, First Gen is a student organisation which specifically supports first generation students at Oxford - those whose parents were not educated at a traditional university. Their 'informal formals' are, by all reports, definitely worth going to, and a great way of getting the 'Oxford experience' in a comfortable environment. For just £5, first gen students can attend a formal dinner at another college, and you can wear whatever you want. Students can like First Gen's Facebook page and join the mailing list to make sure they get places at their events.

Where to go if you have a problem...

If you have a larger general problem you should speak to your colleges Socioeconomic Rep or Access Rep, or the SU Class Act campaign, so they can liaise with the University staff at large to bring about systematic change.

If there's a more localised issue with peers in college speak to the dean and pastoral support as well as the Socioeconomic/Access Rep about prevalent views in college.

If you're having money issues, there are many grants and funds available from college (including the hardship fund). For help on this you can again contact your Socioeconomic/Access Rep.

Faith

If you have any faith related questions and/or concerns or would just like to have a chat about issues pertaining to faith, please feel free to get in touch with the JCR Faith and Beliefs Rep, Affnafee Rahman (see page 12)

The following link lists all the major faith/belief based student societies:
<http://www.admin.ox.ac.uk/eop/religionandbelief/faithsocietiesgroupsorreligiouscentres/>

Please note you can also get in touch with the Oxford University Islamic Society (OUISOC) via www.ouisoc.org (not listed in the webpage above)



University Policies

You can find a full list of the University's policies and guidance at <https://academic.admin.ox.ac.uk/a-z-policies-guidance#widget-id-1310596>

Here are a couple which you may find helpful...

Mental Health Policy

<http://www.ox.ac.uk/file/student-mental-health-policy.pdf>

Guidance on Confidentiality in Student Health and Welfare

https://academic.admin.ox.ac.uk/sites/default/files/academic/documents/media/guidance_on_confidentiality_in_student_health_and_welfare.pdf

Common Framework for Supporting Disabled Student

<https://www.st-hughs.ox.ac.uk/wp-content/uploads/2014/12/Common-framework-for-supporting-disabled-students.pdf>

University Procedure for Dealing with Harassment

www.ox.ac.uk/students/welfare/harassment?wssl=1

Harassment Policy

<https://edu.admin.ox.ac.uk/university-policy-on-harassment>

Equality Policy

<https://edu.admin.ox.ac.uk/equality-policy>

Transgender Policy

<https://edu.admin.ox.ac.uk/transgender-policy>

Transgender Guidance

<https://edu.admin.ox.ac.uk/transgender-guidance>

The College also has it's own policies so it's always worth checking the college website if you can't find what you are looking for on the general university website!



The Cookie Fairy

Hey everyone!

I'm the St Hugh's Cookie Fairy! You'll probably see me post on the JCR Facebook page about welfare events but you can also message me for free cookies!

If you or your friends are having a tough time drop me a message and I'll pidge you/them a cookie! You can also give me ideas of what to write on the packet for your friends!

If you don't have Facebook, don't worry; you can always email one of your JCR Welfare reps and they'll pass the message on to me

University can be a stressful time sometimes so if you're struggling, please don't be afraid to reach out to your welfare reps, peer supporters or any of the college Welfare team!

So much love!

The Hugh's Cookie Fairy

