Useful Welfare Contacts 2020-21

In an emergency, call the emergency services (police/fire/ambulance on 999) and the lodge (01865 277 830). The College GP surgery, the Jericho Health Centre, can provide non-emergency medical help and advice, including for mental health issues: 01865 311 234. NHS 111 dial 111 for non-urgent medical advice.

The College Nurse is Lauren Doran. She has an office at the bottom of staircase 12 and holds weekday surgeries online with some in-person slots. For up to date times always check the website: https://www.bnc.ox.ac.uk/current-students/welfare-support/health-information - Weeks 0-9 email Lauren: college.nurse@bnc.ox.ac.uk or phone her via the lodge (01865 277830)

Oxford University Counselling Service sees students experiencing emotional and psychological problems: https://www.ox.ac.uk/students/welfare/counselling
Please email counselling@admin.ox.ac.uk (Not an emergency service: contact the Lodge in case of crisis.) The Samaritans provide confidential emotional support, 24/7: 116 123 (free). Oxford Nightline is a confidential listening service, by students for students: 01865 270 270.

The College Chaplain is Revd Julia Baldwin (to book a session: chaplain@bnc.ox.ac.uk) She offers support and confidential listening about any issue mainly via video call as well as signposting to many other sources of welfare support. The Chaplain’s office is in Heb1. Contact her by email or on 01865 277833 or ring the lodge.

The Student Support Adviser is Ellie Raikes (studentsupport@bnc.ox.ac.uk), she offers confidential counselling, wellbeing and emotional support mainly via video call in weeks 0-9. To book a session visit: www.bnc.ox.ac.uk/support

The Dean is Mark Wilson and he can be reached at dean@bnc.ox.ac.uk
The Junior Deans can be contacted at junior.dean@bnc.ox.ac.uk, or call the lodge.
The Diversity and Equality and Harassment Officer is Dr Anne Edwards. Email her at anne.edwards@bnc.ox.ac.uk
The Senior Tutor, Dr Simon Smith, can be emailed at senior.tutor@bnc.ox.ac.uk Graduates can contact the Tutor for Graduates by email: owen.lewis@zoo.ox.ac.uk

Information and contact details for Common Room Welfare Reps, Diversity and Equality and Women’s Officers and Peer Supporters (as well as Rainbow Peers and Peers of Colour) can be found at https://www.bnc.ox.ac.uk/current-students/welfare-support

Oxford University Sexual Harassment and Violence Support Service also known as ‘Oxford Against Sexual Violence’ (Mon-Fri 9am-5pm) https://www.ox.ac.uk/students/welfare/supportservice

Oxford Sexual Abuse and Rape Crisis Centre 0800 783 6294 / support@osarcc.org.uk

B-EAT (eating disorders) 0808 801 0811 https://www.beateatingdisorders.org.uk/

Oxford SU Student Advice Service advice@oxfordsu.ox.ac.uk / 01865 288 452

Frank (drugs advice) 0300 123 6600 Oxford Alcoholics Anonymous 0800 9177 650

Emergency Contraception College Nurse / Churchill Hospital Sexual Health Clinic 01865 231 231

Sexual Health Information 0300 123 7123 Pregnancy Advice 03457 304 030 Late Night Pharmacy (-10pm) Lloyds Pharmacy in Sainsburys, Kidlington 01865371554 or Boots, Oxford Retail Park 01865717699 (-12am weekdays)
### BNC Welfare Support 2020-21: Where, Who and When?

**Help in an emergency**

<table>
<thead>
<tr>
<th>Immediate medical attention – examples:</th>
<th>Call Porter’s Lodge for first aider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serious physical injury or accident?</td>
<td>01865 277 830</td>
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<tr>
<td>Somebody very ill? Suicide attempt or</td>
<td>Call 999 - ambulance</td>
</tr>
<tr>
<td>serious self-harm? Mental health crisis</td>
<td>Porters will raise a junior dean</td>
</tr>
<tr>
<td>(hearing voices, hallucinating, totally</td>
<td>to accompany student (e.g. in an</td>
</tr>
<tr>
<td>lost control of situation)?</td>
<td>ambulance or with police)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Immediate help with safety - examples:</th>
<th>Call Porter’s Lodge for security -</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are you or is someone you know</td>
<td>01865 277 830</td>
</tr>
<tr>
<td>feeling unsafe? Is there a fire?</td>
<td>Call 999 – police (or fire brigade</td>
</tr>
<tr>
<td>Are you witnessing some dangerous</td>
<td>in case of fire)</td>
</tr>
<tr>
<td>behaviour?</td>
<td>Call University Security Services</td>
</tr>
<tr>
<td></td>
<td>emergency line – 01865 289999</td>
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<table>
<thead>
<tr>
<th>Victim of or witness to a crime?</th>
<th>Call Porter’s Lodge</th>
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</thead>
<tbody>
<tr>
<td>Have you experienced or witnessed a</td>
<td>01865 277 830</td>
</tr>
<tr>
<td>criminal offence?</td>
<td>Call 999 – police or</td>
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<tr>
<td></td>
<td>contact the Dean</td>
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<td></td>
<td>via porter’s lodge</td>
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<tr>
<td></td>
<td>if you do not wish</td>
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<tr>
<td></td>
<td>to contact the police.</td>
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</tbody>
</table>

| Have you experienced yourself or         | Call Porter’s Lodge |
| witnessed another person receiving       | 01865 277 830       |
| unwelcome sexual attention of any kind?  | Call 999 – police or  |
| Please see the Sexual Violence and       | contact the Dean     |
| Harassment Response Information Flowchart| via porter’s lodge    |
| on the next page as well as:             | if you do not wish   |
| https://www.ox.ac.uk/students/welfare/    | to contact the police.|
| sexual-violence?wssl=1                    |                      |

**If you or one of your household suspects they may have Covid** – follow the guidance here: https://www.bnc.ox.ac.uk/downloads/official_information/covid-19/Isolation_Plan_Covid-19_v5.pdf For all Covid queries or questions to covid@bnc.ox.ac.uk not individual staff.

<table>
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<tr>
<th>Help during evenings, weekends or in the vac</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Is it the weekend or an evening during term time and it can’t wait until daytime Mon-Friday 9am-5pm? During evenings and at weekends contact a Junior Dean via the porter’s lodge or on MS Teams. (On a Sunday the Chaplain is also available). A peer supporter or welfare rep might be able to see you online during the day or on a weekend. <strong>Is it in the vacation Mon-Fri 9am-5pm?</strong> choose a green box from page 3 of this leaflet. <strong>If it is out of these hours in the vacation and it can’t wait until Mon-Fri 9am – 5pm</strong> phone the porter’s lodge 01865 277830 for further assistance.</td>
<td></td>
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</tbody>
</table>
Brasenose College: Sexual Violence and Harassment Response Information
Brasenose College has a zero tolerance policy on sexual violence and harassment

If there remains an immediate danger ring 999 for police. If urgent medical attention is required dial 999 for ambulance.
Immediate action: Call the Porter’s Lodge on 01865 277830 and ask to be put through to the on-call Junior Dean. If you wish to take legal action, maintain forensic evidence. Do not wash yourself/launder your clothes or disturb the environment in which the incident happened.

SARC: Sexual Assault Referral Centre
0300 130 3036 solacesarc.org.uk
Solace Centre, Police House, Queens Avenues, Blester, OX26 2NT
Provides specialist advice, can retain evidence & give medical support
The Porter’s Lodge will arrange a free taxi for you. A Junior Dean can come with you.

Hospital Emergency Department
The Police will provide immediate support
Police can collect evidence & start legal proceedings
Can refer to SARC

Churchill Hospital Sexual Health Clinic in Oxford
Cannot collect Evidence
Can test for STIs, provide emergency contraception and PEPSE to reduce risk of HIV transmission
The Emergency Department (A&E) is at the John Radcliffe Hospital, Headington, Oxford OX3 9DU
Open 24/7

Oxford Against Sexual Violence
Open in office hours
supportservice@admin.ox.ac.uk
Can advise & support in both recent & historic incidents
Understands the issues & situation within the Oxford Uni & College System

College
All normal welfare support in College is available to you. We recommend you see a Junior Dean or Welfare Officer
Reports made to the Dean will be dealt with through the BNC harassment policy. (BNC website - About - official Info). You can have informal conversations with the Dean. You control the process

Other useful contacts: https://www.oxfordrapecrisis.net/, 01865 725 311 (Oxford) or 0800 783 6294 (National), The Samaritans 116123.
Survivors UK 0808 801 0818 http://thesurvivorstrust.org/ National Rape Crisis 0808 802 9999; https://rapecrisis.org.uk/
Issues big or small when it’s not an emergency
it can really help to talk things over

HEALTHCARE and FIRST AID Is it a medical problem that does not require immediate
attention? See a College Doctor at Jericho Health - 01865 311234 (term time or vacation) or the
College Nurse (weeks 0-9) ASAP bncnurse@nhs.net – phone her via the lodge Is one of your
friends very drunk /sick? Call 24/7 Porter’s Lodge for Junior Dean to talk to you on MS Teams

ACADEMIC SUPPORT Are you struggling with your academic work or deadlines? Contact
your Tutor, the Senior Tutor or Chaplain in or out of term.
Are you struggling with academic writing? Contact our writing fellow in term time:
sara.wheeler@bnc.ox.ac.uk

EXAM ARRANGEMENTS or DISABILITY SUPPORT Need special exam arrangements or
support for a disability? Email the College Office for a conversation on MS Teams
college.office@bnc.ox.ac.uk

FINANCIAL SUPPORT Are you having financial worries? See Finance Bursary near the JCR in
St Mary’s or email college.accountant@bnc.ox.ac.uk

ANTISOCIAL BEHAVIOUR Have you or someone you know experienced discrimination,
hatred, bullying, harassment? Contact one of our college harassment officers: the Dean,
Chaplain, Senior Tutor, Dr Anne Edwards. For BAME students machilu.zimba@admin.ox.ac.uk is
also available as an harassment advisor to Brasenose students and she sits on Brasenose’s
Diversity and Equality Committee. If you would like to speak to someone outside of college or
someone who identifies as LGBT phone: 01865 270760 or email
harassment.line@admin.ox.ac.uk or see: https://edu.admin.ox.ac.uk/support#collapse1231811
Is someone making a lot of noise after hours? Call 24/7 Porter’s Lodge for a Junior Dean to
restore quiet hours in term or a porter to do so in vacation.

SPIRITUAL & RELIGIOUS SUPPORT Do you want to be linked in with your own faith
community or discuss spiritual issues? Contact Julia the Chaplain chaplain@bnc.ox.ac.uk

MENTAL HEALTH OR EMOTIONAL SUPPORT
Would you like to talk to someone who isn’t one of Brasenose or University staff? Please
speak to a friendly Peer Supporter, Welfare Rep or Junior Dean in term time. Need confidential
listening or signposting to other forms of support? Contact Chaplain Want to explore
counselling options? Contact our Student Support Adviser Ellie Raikes, your GP or the Oxford
University Counselling Service

SUPPORT FOR YOU OR WORRIED ABOUT SOMEONE ELSE? Come and speak to
anyone in the welfare team sooner rather than later. All Contact details:
https://www.bnc.ox.ac.uk/current-students/welfare-support
Useful Links: BNC Student handbooks (blue books) https://www.bnc.ox.ac.uk/current-
students/handbook and Official Brasenose policies (staff-student relationships, harassment
etc.): https://www.bnc.ox.ac.uk/about-brasenose/official-information