

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](tel:01865717699) (-12am weekdays)

BNC Welfare Support 2020-21: Where, Who and When?

Help in an emergency

Immediate medical attention –

examples:

Serious physical injury or accident?
Somebody very ill? Suicide attempt or serious self-harm? Mental health crisis (hearing voices, hallucinating, totally lost control of situation)?

Call Porter's Lodge for first aider

01865 277 830

Call 999 - ambulance

Porters will raise a junior dean to accompany student (e.g. in an ambulance or with police)

Immediate help with safety -

examples:

Are you or is someone you know feeling unsafe? Is there a fire?
Are you witnessing some dangerous behaviour?

Call Porter's Lodge for security -

01865 277 830

Call 999 – police (or fire brigade in case of fire)

Call University Security Services emergency line – 01865 289999

Victim of or witness to a crime?

Have you experienced or witnessed a criminal offence?

Call Porter's Lodge

01865 277 830

Call 999 – police or contact the Dean via porter's lodge if you do not wish to contact the police.

Have you experienced yourself or witnessed another person receiving unwelcome sexual attention of any kind? Please see the Sexual Violence and Harassment Response Information Flowchart on the next page as well as:

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

Help during evenings, weekends or in the vac

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. **Is it in the vacation Mon-Fri 9am-5pm?** choose a green box from page 3 of this leaflet. **If it is out of these hours in the vacation and it can't wait until Mon-Fri 9am – 5pm** phone the porter's lodge 01865 277830 for further assistance.

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/laundry your clothes or disturb the environment in which the incident happened.

<p>SARC: Sexual Assault Referral Centre</p> <p>0300 130 3036 solacesarc.org.uk</p> <p>Solace Centre, Police House, Queens Avenues, Bicester OX26 2NT</p> <p>Provides specialist advice, can retain evidence & give medical support</p> <p>The Porter's Lodge will arrange a free taxi for you. A Junior Dean can come with you.</p>	<p>Police</p> <p>The Police will provide immediate support</p> <p>Police can collect evidence & start legal proceedings</p> <p>Can refer to SARC</p>	<p>Hospital Emergency Department</p> <p>Cannot collect Evidence</p> <p>Can test for STIs, provide emergency contraception and PEPSE to reduce risk of HIV transmission)</p> <p>The Emergency Department (A&E) is at the John Radcliffe Hospital, Headley Way, Headington, Oxford OX3 9DU</p> <p>Open 24/7</p>	<p>Churchill Hospital Sexual Health Clinic in Oxford</p> <p>Cannot collect Evidence</p> <p>Can test for STIs, provide emergency contraception and PEPSE to reduce risk of HIV transmission)</p> <p>Churchill Hospital Old Road Headington Oxford OX3 7LE https://www.sexualhealthoxfordshire.nhs.uk/visiting/opening-times-and-how-to-find-us/oxford/</p>	<p>Oxford Against Sexual Violence</p> <p>Open in office hours supportservice@admin.ox.ac.uk</p> <p>Can advise & support in both recent & historic incidents</p> <p>Understands the issues & situation within the Oxford Uni & College System</p>	<p>College</p> <p>All normal welfare support in College is available to you. We recommend you see a Junior Dean or Welfare Officer</p> <p>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</p>	<p>Do Nothing</p> <p>You may choose to do nothing. You can still access support</p> <p>If you change your mind you can still press charges later</p>
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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>