**Important contacts**

**IMMEDIATE DANGER**

If you are**in immediate danger, please call 999** for the police or the hospital.

University Security Services: 01865 289999 (emergencies, 24h/hotline) they can speak to you whilst you walk, monitor you on Uni CCTV, send a patrol staff to attend, or call the police.

Emergency and out of hours resources:

• Call 111 for 24-hour NHS medical assistance or <https://111.nhs.uk>

• Only call 999 in a medical emergency.

For any emergency at the college please contact the Lodge.

**WELFARE CONTACTS**

MCR Welfare Reps:

• Catz MCR Welfare – mcr.welfare@stcatz.ox.ac.uk

• Sive Gaudy, LGBTQ+ Welfare Rep (She/Her) – sive.gaudy@stcatz.ox.ac.uk

• Enes Kiraz, Men’s Welfare Rep (He/Him) – enes.kiraz@history.ox.ac.uk

• Juliette Zaccour, Women’s Welfare Rep (She/Her) – juliette.zaccour@stcatz.ox.ac.uk

• Clémence Lombard, Women’s Welfare Rep (She/Her) – clemence.lombard@stcatz.ox.ac.uk

Junior Deans: This year, the deans are Isavella Vouza (She/Her), Felice Wallner (She/Her), Athanasios Peftinas, and Alessandro Cavallo (He/Him)

• Catz Junior Dean – juniordean@stcatz.ox.ac.uk

The Dean: David Gillespie (He/Him)

• Catz Dean – dean@stcatz.ox.ac.uk

College Counsellor:  counsellor@stcatz.ox.ac.uk

Uni Counselling: counselling@admin.ox.ac.uk

Plodge: 01865 271700

College Nurse: pml.stcatherinesnurse@nhs.net (in order to use the College Nursing service, you need to be registered with the King Edward Street GP)

GP: <http://www.kingedwardst.nhs.uk/> or Call 01865 242657  (in order to use any NHS service with a call back function, including the GP you will need to have a UK phone number)

Dentist: <https://www.nhs.uk/services/dentist/studental-dental-care-oxford/V007823> or Call 01865 689997

**Weekly Sunday Brunch**

🥐Join everyone at our **Sunday brunch** every week during term to enjoy free food and drinks (hot chocolate!) in the MCR! Everyone is welcome, for as much or as little time as you would like. It usually takes place at **11am**, but the starting time is announced on WhatsApp every week! We hope to see you there! 😊

**Safe Lodge Scheme**

There is a 'safe lodge' scheme operating across the university. It is an initiative where students can go to the nearest lodge to seek help and sanctuary if they feel that they are in danger. A safe lodge is indicated by a green circle symbol. Once the student is safe, the home college is informed (if it is a serious matter the OUSS or police are called).

**Safe Lodge – What is it?**

• A place where any student can go to feel safe and secure if something goes wrong for them whilst out and about in Oxford.

• A student can enter any Lodge displaying the participating sign and know that from then on, they will be safe.

**Safe Lodge – What is expected from a safe Lodge?**

• Friendly welcome

• Use of telephone

• Place of sanctuary

• Support from others if requiredSafe Lodge – How does it work?

• College Lodge’s to sign up to Safe Lodge scheme

• Sign to be placed in a window near to Lodge entrance – visible from footpath

• Provide a welcome into a safe Lodge

• Host Lodge to contact home Lodge to arrange safe return

**Safe Lodge / ‘Safe Haven’ Initiative:** you can go to the nearest Porter’s Lodge of most colleges for ‘a safe haven’ when walking around Oxford, they can organize a way for you to get home safely. A safe lodge is indicated by a visible green circle symbol.

**• Colleges that have signed up to the scheme so far:** Brasenose, Keble, Oriel, St Peters, St Johns, Christ Church, St Hugh’s, Pembroke, Merton, Trinity, Jesus, St Edmund Hall, Balliol, Exeter, Somerville, New College, University College, Magdalen, Lady Margaret Hall, Linacre, St Cross, Wolfson, Hertford, Lincoln, St Annes, St Catz.

**MCR Box**

**We're regularly stocking the MCR box in one of the closet in the MCR – it contains:**

• Condoms (latex-free also available)

• Lube

• Sanitary pads

• Tampons

• Panty liners

This box is in one of the closet in the MCR.

**Message one of the welfare reps and we can pidge to you:**

• A pregnancy test

• Menstrual cup

• Panic alarm

• Dental dam

• Drink covers

• Metal straws

**Morning after pills**

Morning after pills are available for free at the GP, the Sexual Health Clinics. If you buy one, you can keep the receipt and we will refund you.

It is advised to take a pregnancy test approximately 15 days after taking a morning after pill, even if you get your period

**C-CARD SCHEME**

The C-Card Scheme is a great scheme offered to people aged 16-24 where you can receive free condoms and lube, delivered straight to your pidge, or you can pick them up from boots/sexual health clinics if you’d prefer.

To sign up for the C-Card scheme, just follow this link: <https://www.oxfordshireccard.org.uk>

**Support for SA Survivors – \*\*TRIGGER WARNING: SA\*\***

The sexual harassment and violence support service: it provides a safe space for you to be heard, with advisors offering free support and advice to any current student who has been impacted by sexual harassment or violence. All specialist caseworkers at the service are trained to support you at your pace, non-judgementally and in confidence. They are not affiliated with any college or department. They are student-centred support scheme that will work with you to figure out what support you need.

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

• To arrange an appointment with one of the caseworkers, please complete our online form: <https://titanium-web.admin.ox.ac.uk/TitaniumWeb/SHVSS/self>

• Email: supportservice@admin.ox.ac.uk

You do not have to provide any information in your submission regarding what has happened.

**University Counselling Service**

The University Counselling Service are a great way to get help and find someone to speak to outside of college - you can make an appointment by emailing counselling@admin.ox.ac.uk or visit their website (<https://www.ox.ac.uk/students/welfare/counselling/appointment>) to find out more.

They also do group counselling sessions and self-referral workshops - this week there is a group session on relaxation (Tuesday, 17.15-18.30), and one for students who find themselves blocked in their work (Friday, 14:15-15:45).

See here for more information: <https://www.ox.ac.uk/students/welfare/counselling/workshops>

See here for more of their self-help resources: <https://www.ox.ac.uk/students/welfare/counselling/self-help>

**Peer Supporters**

*Do you feel the need to talk? Are you feeling overwhelmed or stressed? Are you struggling to make friends, or do you have relationship troubles?*

Peer supporters are grads who are trained to listen to you in a safe place for an informal chat which will stay confidential. They can refer you to the right people when necessary - reach out at any point if there's anything you want to talk about (doesn't have to be uni-related)! Asking for help can be really difficult, but it's what they are here for 😊

The Catz Trained Supporters are:

• Felice Wallner (She/Her) – felice.wallner@stcatz.ox.ac.uk

• Bobby Gould (She/Her) – robyn.gould@stcatz.ox.ac.uk

• Kat Degtiareva (She/Her)– ekaterina.degtiareva@stcatz.ox.ac.uk

• Angel Chen (She/Her) – huilin.chen@stcatz.ox.ac.uk

**Coffee ambassadors**

They are peer supporters from across the whole university available to get a coffee and have a chat. By signing up you will be paired with a peer supporter where you are offered free coffee if you want to meet up in person or alternatively just talk over zoom. The meet is completely confidential but is also informal, so perfect for just a break with friendly company :)

• You can find more info available at: <https://www.oucoffeeambassadors.com/>

**Yoga**

For those of you who didn’t know, Catz offers yoga classes **every Tuesday from 19:30-20:30 and every Saturday from 12:30-13:30.**  Practicing yoga can have many benefits on physical and mental health - it helps build strength, increase flexibility, improve bone and joint strength, and is a great way to relieve stress. The classes are all very relaxed and aimed at all levels so if you’re interested you should definitely try it out! 🧘‍

For more information:

• Catz Yoga WhatsApp group <https://chat.whatsapp.com/CDxqtbdSKDo684fEGmzc78>

• Contact Vale Antonaccioguedes (She/Her) –  valentina.antonaccioguedes@stcatz.ox.ac.uk

• Contact Lou Newton (She/They) – louise.newton@stcatz.ox.ac.uk

• Contact Ava Martin (She/Her) – ava.martin@stcatz.ox.ac.uk

• Contact Svenja Küchenhoff (She/Her) – svenja.kuechenhoff@stcatz.ox.ac.uk