

WELFARE INFORMATION AND CONTACTS

1 – 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

Within College

MCR Welfare Reps: they are elected to manage the welfare of the MCR, you may come to if you want to talk or seek advice on how to navigate life here, they can provide you with resources if you need some and organizing events such as the Sunday Brunch.

- 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: they are postgraduate students who live in Catz and are fully qualified to advise you on welfare issues. One JD is always on duty from 7pm-7am during the week and all weekend, and they can provide a direct line of communication between students and the Dean. 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) oversees the welfare and discipline of the student.

- Catz Dean – dean@stcatz.ox.ac.uk

Plodge: 01865 271700

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) – robbyn.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

College Nurse: Patience Robinson – The Catz office hours: Tuesday, Wednesday and Thursday from 9:15-12:15, Tuesday 09:30-12:00 and Friday 09:00-12:30. Her room is at the bottom of Staircase 1.

- Catz 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.

- Link <https://www.kingedwardst.nhs.uk/join-the-surgery>

Within University

Peer Support Divisions: they are peer supporters from across the whole university (including peers of color, rainbow peers, disability diversity peers, and peers of faith) who are available to support you. You can email them to speak to one.

- University Peer Support – peersupport@admin.ox.ac.uk

Coffee Ambassadors: they are peer supporters from across the whole university are 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/>

Oxford SU Sabbatical Officers: they are recently graduated Oxford students who are at the core of the Student Union. They oversee student activities. The VP for Welfare and Equal Opportunities is Grace Olusola (she/her), who also went to Catz!

- Grace Olusola (She/Her) – vpweo@oxfordsu.ox.ac.uk

Student Advice Service: it is a remote independent advice/information service open to all students which operates on an individual basis. It does not communicate with the university/colleges when advising students to remain impartial. This service is only available during term time.

- Open hours: Monday to Thursday from 10.30AM to 12.30PM.
- To contact them: advice@oxfordsu.ox.ac.uk OR call 07436225637 or 07436225630

Oxford Nightline: it is an independent listening/information-giving service run by students. If you feel unsafe walking home, you can also call this nightline and stay on the phone until you're home safe.

- Open hours: Monday to Sunday from 8PM to 8AM
- To contact them: Call 01865 270270

COUNSELLING

Counselling is in addition to college welfare. **Feel free to reach out and talk to the first person you feel comfortable talking to and they will point you in the right direction.** All students can access individual, free, confidential, and professional counselling either here in college or in the central service, both are available to St Catz students.

Counselling is not an emergency service – appointments do need to be booked in advance by emailing and then completing a short form

College and university counselling is brief by design, and could be any issue; academic, family, or personal lives, and at any point of your studies. Counselling is normal - 13% of the student population access counselling– undergraduate, postgraduate, home and international. College counselling is offered in person, there is the possibility of online sessions if in person is not possible due to your circumstances.

Within College

College Counsellor: David Anderson offers individual counselling whilst also being available. When emailing her to make an appointment, it is preferable to indicate the level of urgency for the appointment. His room is at the bottom of Staircase 1.

- To arrange an appointment – david.anderson@admin.ox.ac.uk
- Catz College Counsellor – counsellor@stcatz.ox.ac.uk

Within University

University Counselling: they offer to help to address personal or emotional problems that can impact your time at Oxford and help you realize your full academic and personal potential through a focused and brief therapy.

The university counselling service is open on weekdays all year round, and in term time until 8pm.

- You can find more info available at: Online Counselling Information.pdf
- To make an appointment – counselling@admin.ox.ac.uk OR call 01865 270300
- What to include when making an appointment – <https://www.ox.ac.uk/students/welfare/counselling/appointment>
- Location – The Wellbeing and Support Services Building (3 Worcester Street).

About the Service Groups and the Workshops

The University Counselling team is offering many groups and workshops; psychoeducational, common issues such as difficulty working, dealing with anxiety and managing low mood, they also run therapeutic groups

- For further details – <https://www.ox.ac.uk/students/welfare/counselling/workshops>
- To check availability – counselling@admin.ox.ac.uk

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 required

Safe 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.

MEDICAL CONTACTS

Oxford GP:

- Address: King Edward Street Medical Practice (KES), Northgate Health Centre, 15 Market Street, Oxford OX1 3EF
- Website: <https://www.kingedwardst.nhs.uk>

The KES medical practice also has a physio that you can contact by asking reception - he's usually able to see people in a day or two.

If you need to make an appointment with a GP – please contact King Edward Street Surgery to arrange the appointment.

- Link <https://kingedwardst.webgp.com/>
- 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)

If you feel you need to see a GP the same day, explain this to the receptionist who will ask you the appropriate questions, and can refer you to the duty doctor.

Oxford Dentist:

- Address: Studental, Oxford Brookes University, Headington Campus, Colonnade Building, 3rd Floor, Gipsy Lane, Oxford, OX3 0BP
- Number: 01865 689997

Hummingbird Cancer Charity: The Hummingbird cancer charity is a charity based in Bicester (just outside Oxford). The Hummingbird provides free support for any individual currently going through their cancer journey and overall do a fantastic job of offering guidance to the individual and their family.

If you or anyone you know has been diagnosed with cancer, and are looking for support, have a look at their website for more information: <http://thehummingbirdcentre.org.uk/>

2 – EMERGENCIES AND FIRST-AID

* If you or someone else requires an ambulance and have called 999: call or visit the Porter's Lodge (01865 271700) to notify them so that they can direct the ambulance.

* If you have an emergency but are not in college: you can call the University Security Services (01865 289999 - number on the back of your bod card). They can call an ambulance/the police or send a patrol.

* If you or someone else is experiencing severe mental distress, unrelated to medical emergencies: please call the Porters and ask for an available Junior Dean or call one of the helplines listed above.

* The Junior Deans are also first-aid trained BUT if **urgent and immediate medical care** is required, **please call an ambulance!**

3 – HARASSMENT POLICIES

If you have been a victim of harassment in work/study environments in Oxford, you can speak to one of the welfare contacts listed above for support, or one of the harassment advisors.

Catz harassment advisors:

- Richard Todd (He/Him) – richard.todd@stcatz.ox.ac.uk
- Gaia Scerif (She/Her) – gaia.scerif@psy.ox.ac.uk

To read more about the college's harassment policy, see here the Anti-Harassment and Bullying Policy: <https://www.stcatz.ox.ac.uk/wp-content/uploads/2022/07/St-Catherines-College-Anti-Harassment-and-Bullying-Policy.pdf>

If you don't want to contact someone in college about your experience, see the harassment advisor network:

- caseadvice@admin.ox.ac.uk

University harassment line:

- harassment.line@admin.ox.ac.uk
- Call 01865 270760.

These services are also available to people who have been accused of harassment.

4 – REPORTING SEXUAL VIOLENCE

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.

Within College: First responders within college are Junior Deans – call or visit the Porter's lodge to reach them.

WITHIN COLLEGE

If you want to report a sexual assault case within the college:

- Speak to one of the Junior Deans (juniordean@stcatz.ox.ac.uk) who will put you in touch with the Dean and offer you support.
- You can also contact the Dean directly, but he can be very hard to reach (dean@stcatz.ox.ac.uk)

If you want to report a sexual harassment case:

- You can contact a Junior Dean or the Dean
- You can speak to the harassment advisors: richard.todd@stcatz.ox.ac.uk and gaia.scerif@psy.ox.ac.uk

UNIVERSITY-WIDE

Student Advice Service:

- Call 01865 288466 OR email advice@oxfordsu.ox.ac.uk

Student Union 'It Happens Here' Campaign:

- Email ithappenshere@oxfordsu.ox.ac.uk

Oxford Nightline:

- Call 01865 270270

Sexual Harassment and Violence Support Service:

- Email supportservice@admin.ox.ac.uk to make an appointment or for any questions

LOCAL/NATIONAL SERVICES

Police (Thames Valley Police): if the survivor chooses to contact them, they can provide a Specially Trained Officer (STO) to work specifically with survivors.

GUM CLINIC IN THE CHURCHILL HOSPITAL (Old Road, Headington, Oxford, OX3 7LE)

STI testing and emergency hormonal contraception. Unlike other GUM clinics in Oxford, the Churchill offers full STI screenings and can prescribe PEPSE (post-exposure prophylaxis following sexual exposure to HIV).

If a survivor believes their perpetrator may be HIV positive, it is important that they receive a prescription for PEPSE within 24 hours of the incident.

SEXUAL ASSAULT REFERRAL CENTRE

An independent evidence collection and support center. Can have evidence collected and not involve the police. They will have a specialist perform a forensic examination (if wanted) and can give you crisis support for initial visits. They also provide independent advocacy and support with practical matters.

Nearest - Solace Centre (Police House, Queens Avenue, Bicester, OX26 2NT. Appointment only. Call 0300 130 3036 or visit <https://www.solacesarc.org.uk/#>)

You can get a taxi (Royal Cars) to this center and Catz will cover the cost – call/visit the Porters or ask a Junior Dean.

THINGS TO KNOW:

In most incidents of sexual violence, DNA evidence must be collected within 72 hours to be viable. A sexual assault forensic exam can reveal other forms of evidence beyond this time frame that can be useful if a survivor decides to report in future. Contact the police or the GP about this.

You can have a translator and/or signer for any part of the police process. You can bring a family or friend; however, they shouldn't be a potential witness. The process will be done at your pace, and you can stop the process at any point. You are legally guaranteed anonymity

5 – 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-judgmentally 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.

Rape crisis England and Wales (24/7 support line)

- Helpline: 0808 500 2222
- Online chat: <https://247sexualabusesupport.org.uk/>

The survivor's trust: a UK-wide national umbrella agency for 135 specialist organizations for support for the impact of rape, sexual violence and childhood sexual abuse.

- For more information: <https://www.thesurvivorstrust.org>
- Free, confidential helpline for any survivor in the UK and Ireland 08088 010818
- Text 07860022956

Oxfordshire Domestic Abuse Helpline: they can provide emotional support and practical information for adults affected by domestic abuse.

- Call 0800 731 0055.

The Thames Valley REFUGE advisory services: they support anyone in the area who has experienced or is at risk of experiencing sexual violence

- For more information: <https://flagdv.org.uk>

Survivor's Network

- For self-identifying women: Wednesday 7pm-9pm, call 01273 720110
- For trans and non-binary people: Sunday 1pm-5pm, call 01273 204050

Survivor Support Group (MT22): a support group led by a counsellor for survivors of sexual violence. Every Tuesday (5-6.30pm) weeks 1-8 at the counselling service (3 Worcester Street).

6 – SEXUAL HEALTH AND SANITARY PRODUCTS

MCR BOX

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

- Condoms (latex-free also available)
- Lube
- Sanitary pads
- Tampons
- Panty liners

This box is in one of the closets 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>

STI TESTING

You can order a free STI self-test kit here: <https://www.sexualhealthoxfordshire.nhs.uk/sti/>

Alternatively, the GUM Clinic, and Rectory Centre offer in person STI testing in Oxford.

MORE SEXUAL HEALTH PRODUCTS

Visit <https://www.sexualhealthoxfordshire.nhs.uk> for more contraceptives or other sexual health products/advice!

SEXUAL HEALTH CLINICS

GUM CLINIC	RECTORY CENTRE
Address: Churchill Hospital, Old Road, Headington, Oxford, OX3 7LE.	Address: Rectory Road, Oxford OX4 1BU
Services: For anyone who wants to have a checkup for infections, regardless of whether they have any symptoms. Emergency contraception and pregnancy testing are also available.	Services: full STI testing including HIV, morning after pill available.
Telephone: 01865 231231 (apt only w pandemic - drop-in service closed) (2 miles from Catz)	Telephone: 01865 226 969(1 mile from Catz)

7 – DISABILITY SERVICES

Disability Advisory Service: based Hayes House, 75 George Street, Oxford OX1 2BQ - Open 9am-5pm, Monday-Friday.

- Make an appointment: Call 01865 280459 or email disability@admin.ox.ac.uk
- For more information: <https://www.ox.ac.uk/students/welfare/disability/aboutdasfor> more information.

8 – 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/CDxqtbtdSKDo684fEGmzc78>
- 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

9 – OTHER RESOURCES

Consent courses:

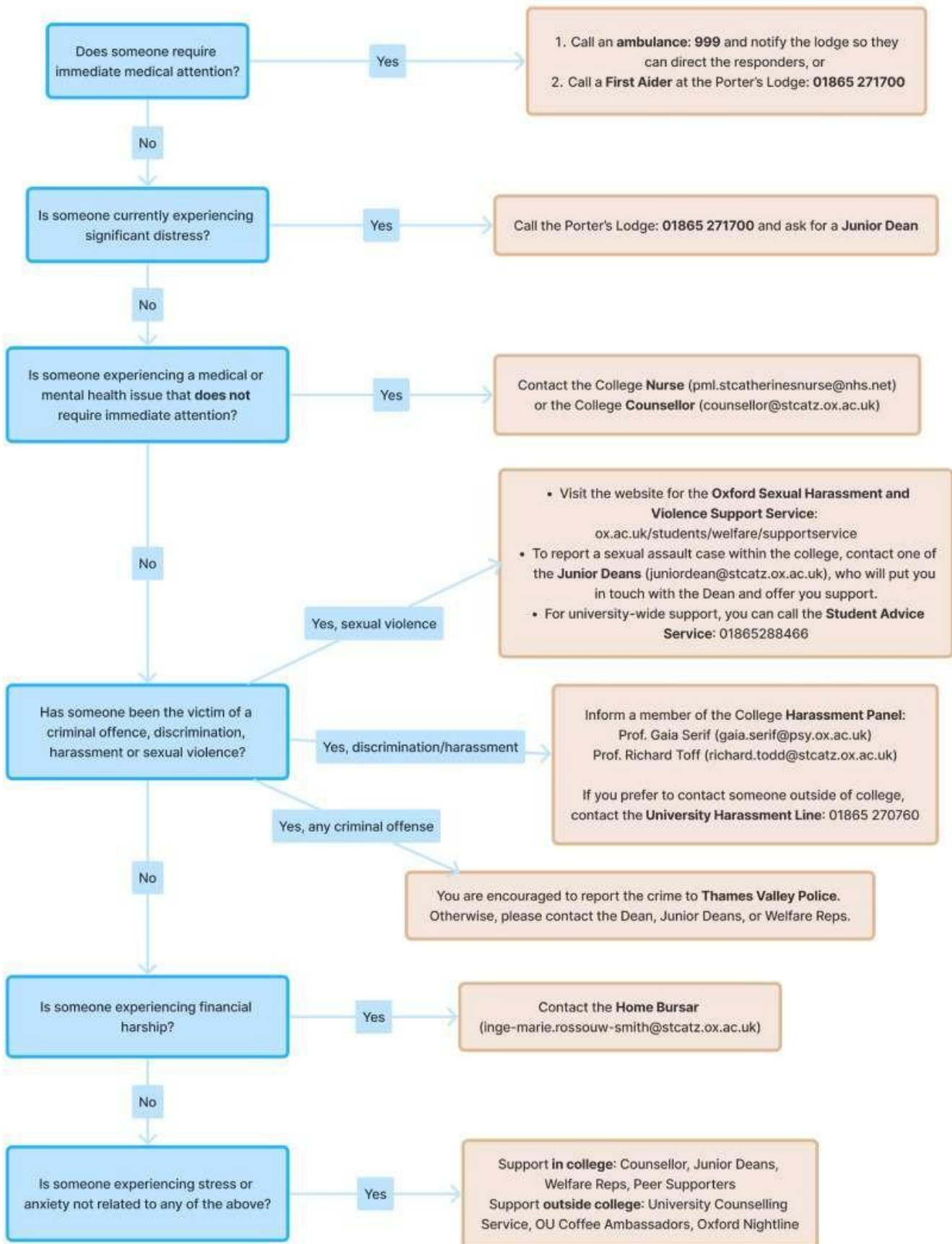
- <https://www.ox.ac.uk/students/welfare/supportservice/consent-for-students>

Podcasts:

- <https://www.ox.ac.uk/students/welfare/counselling/self-help/podcasts>

What should I do?

Welfare Response Guide



Catz Peer Support



Felice

Dphil student in wet-lab based cancer research
felice.wallner@stcatz.ox.ac.uk

#Graduate_studies
#Settling_in_Ox



Bobby

second year-grad med who loves baking and having a coffee and chat!
robyn.gould@stcatz.ox.ac.uk

#Medical_Student
#Neurodivergence



Kat

MPhil in Demography
ekaterina.degtiareva@stcatz.ox.ac.uk

#International_Student
#Staying_Over_Breaks



Angel

DPhil in Psychiatry, always happy to lend a pair of listening ears
huilin.chen@stcatz.ox.ac.uk

#Mental_Health
#Living_Out

Confidential

Informal chat

Safe space

Trained peers

Need to talk?



Feeling overwhelmed?



Struggling to make friends?



Relationship troubles?



Feeling stressed ?



HERE FOR YOU

