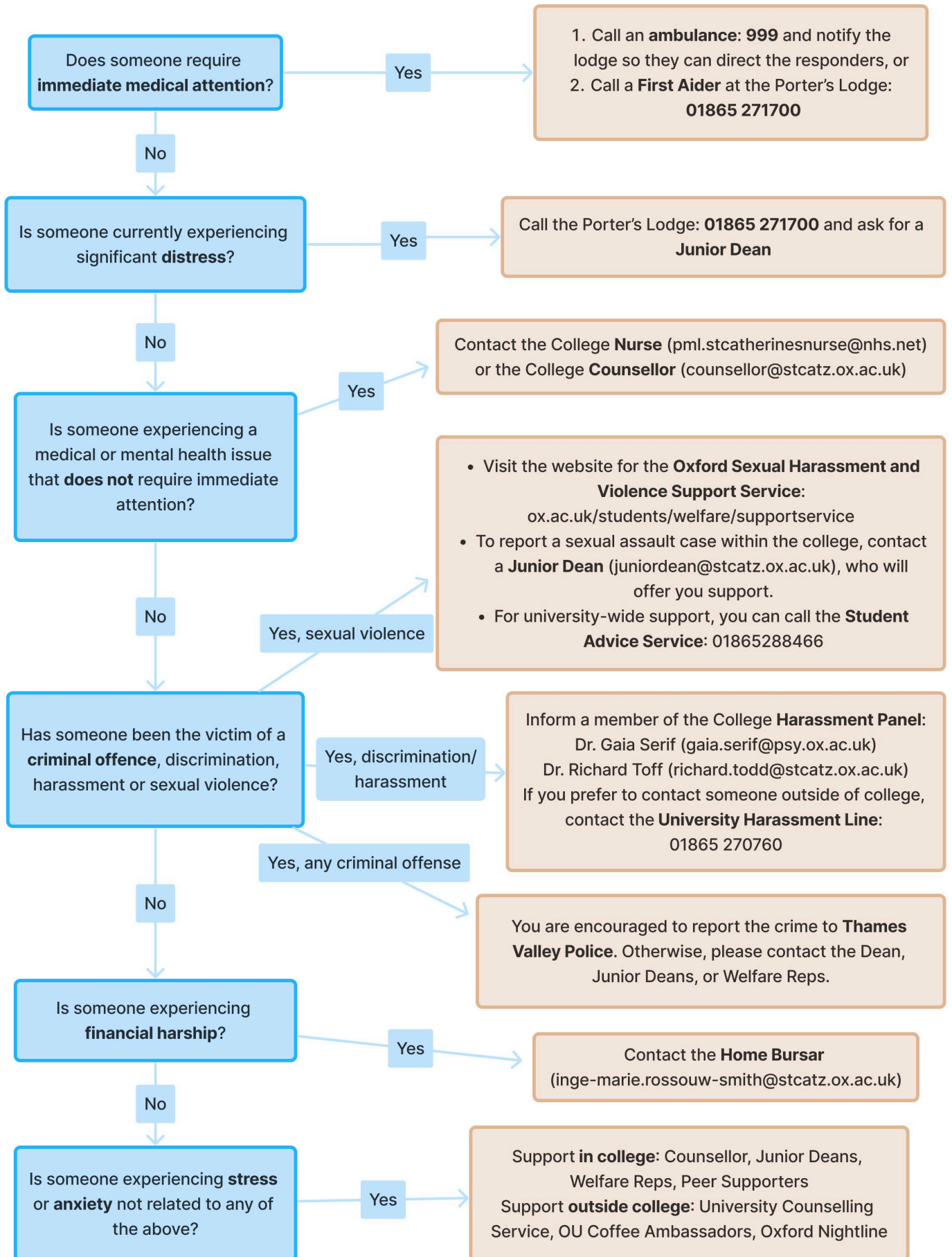


# What should I do?

## Welfare Response Guide



# 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 use <https://111.nhs.uk>.

More information on 111 [here](#).

- Only call **999** in a **life-threatening emergency**.

More information on 999 [here](#).

- To contact the police for non-emergencies, call **101**.

For any emergency at the college, please contact the Porter's Lodge: **01865-271700**.

### **WELFARE CONTACTS**

#### **A. Within College**

MCR Welfare Reps are elected to manage the welfare of the MCR. You may come to them if you want to talk or seek advice on how to navigate life at the college, and they can provide you with resources or redirect you to the appropriate service. They also organise welfare events such as the Sunday Brunch, which seek to offer safe spaces for students to socialise and relax.

- Catz MCR Welfare – [mcr.welfare@stcatz.ox.ac.uk](mailto:mcr.welfare@stcatz.ox.ac.uk)
- Juliette Zaccour, Welfare Rep (she/her) – [juliette.zaccour@stcatz.ox.ac.uk](mailto:juliette.zaccour@stcatz.ox.ac.uk)

Junior Deans 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 JDs are Felice Wallner, Athanasios Peftinas, Pierfrancesco Lapolla Losasso, and Emma Somos.

- Catz Junior Dean – [juniordean@stcatz.ox.ac.uk](mailto:juniordean@stcatz.ox.ac.uk)

The Dean, David Gillespie (He/Him), oversees the welfare and discipline of the students.

- Catz Dean – [dean@stcatz.ox.ac.uk](mailto:dean@stcatz.ox.ac.uk)

Porters Lodge: **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 and confidential chat. 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](mailto:felice.wallner@stcatz.ox.ac.uk)
- Bobby Gould (She/Her) – [robyn.gould@stcatz.ox.ac.uk](mailto:robyn.gould@stcatz.ox.ac.uk)
- Angel Chen (She/Her) – [huilin.chen@stcatz.ox.ac.uk](mailto:huilin.chen@stcatz.ox.ac.uk)

College Nurse: Patience Robinson – Catz Office hours: Monday 9.15-12.15, Wednesday 9.15-12.15

and Thursday 8.15-12.15 during Weeks 0-9. The nurse's room is at the bottom of Staircase 1.

- **Take an appointment:** [pml.stcatherinesnurse@nhs.net](mailto:pml.stcatherinesnurse@nhs.net)
- **Registration:** In order to use the College Nursing service you need to be registered with the King Edward Street GP — <https://www.kingedwardst.nhs.uk/join-the-surgery>  
You will also need to agree to information sharing so that the nurse can access your notes.
- **Privacy and confidentiality:** By contacting the nursing service, please note you are giving consent for information to be recorded on your confidential medical records. Please contact the nurse if you have any questions.
- **Services:** You are welcome to meet the nurse for any medical issues, sexual health, mental health or any other issue. If there is anything the nurse is unable to help with personally, she will be able to direct you to the right person or service.

## B. Within University

Peer Support Divisions: they are peer supporters from across the whole university (including peers of colour, 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](mailto: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, and will be offered free coffee if you want to meet up in person or, alternatively, talk over Zoom. The meet up is completely confidential but is also informal, so perfect for just a break with friendly company :)

- You can find more info 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](mailto:vpweo@oxfordsu.ox.ac.uk)

Student Advice Service: 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](mailto:advice@oxfordsu.ox.ac.uk) OR call **07436225637** or **07436225630**

Oxford Nightline: independent listening/information-giving service run by students for students. If you feel unsafe walking home, you can call this nightline and stay on the phone until you are 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 for any issue; academic, family

or personal, and at any point of your studies. Counselling is normal: 13% of the student population access counselling—undergraduate and postgraduate, home and international. College counselling is offered in-person, and online sessions are possible depending on your circumstances.

### **A. Within College**

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

- To arrange an appointment – [david.anderson@admin.ox.ac.uk](mailto:david.anderson@admin.ox.ac.uk)
- Catz College Counsellor – [counsellor@stcatz.ox.ac.uk](mailto:counsellor@stcatz.ox.ac.uk)

### **B. Within University**

University Counselling: they offer to help to address personal or emotional problems that can impact your time at Oxford and help you realise 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.

- To make an appointment – [counselling@admin.ox.ac.uk](mailto: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 offers many service groups and workshops; psychoeducational, common issues such as difficulty working, dealing with anxiety and managing low mood, etc. 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](mailto: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. They can organise a way for you to get home safely. If it is a serious matter, the OUSS or police are called.

- 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 Anne's, St Catz.

#### **Safe Lodge – What is it?**

- A place where any student can go to feel safe and secure if something goes wrong whilst out and about in Oxford.
- A student can enter any Lodge displaying the participating sign (green circle symbol) and know that 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

## 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—they are usually able to see patients within a day or two.
- To make an appointment with a GP, please contact KES:
  - Online: <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 can refer you to the on-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: charity based in Bicester (just outside Oxford). The Hummingbird provides free support for any individual currently going through their cancer journey, and do a fantastic job of offering guidance to the patient 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: <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 or the police.

\* 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](mailto:richard.todd@stcatz.ox.ac.uk)

- Gaia Scerif (She/Her) – [gaia.scerif@psy.ox.ac.uk](mailto: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, contact the **harassment advisor network**: [caseadvice@admin.ox.ac.uk](mailto:caseadvice@admin.ox.ac.uk)

University harassment line:

- [harassment.line@admin.ox.ac.uk](mailto: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**

To report a sexual assault case within the college:

- Speak to one of the Junior Deans ([juniordean@stcatz.ox.ac.uk](mailto: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 there will likely be a longer delay in obtaining a response ([dean@stcatz.ox.ac.uk](mailto:dean@stcatz.ox.ac.uk))

To report a sexual harassment case within the college:

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

### **UNIVERSITY-WIDE**

Student Advice Service:

- Call 01865 288466 OR email [advice@oxfordsu.ox.ac.uk](mailto:advice@oxfordsu.ox.ac.uk)

Student Union 'It Happens Here' Campaign:

- Email [ithappenshere@oxfordsu.ox.ac.uk](mailto:ithappenshere@oxfordsu.ox.ac.uk)

Oxford Nightline:

- Call 01865 270270

Sexual Harassment and Violence Support Service:

- Email [supportservice@admin.ox.ac.uk](mailto: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) who has been trained to work with survivors.

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

- provide 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 centre. 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 centre 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: 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 a student-centres support scheme that will work with you to identify the 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](mailto: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: 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 would prefer.

To sign up for the C-Card scheme, use 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**
  - Address: Churchill Hospital, Old Road, Headington, Oxford, OX3 7LE.
    - 2 miles from Catz
  - 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.



- Telephone: **01865 231231**

- **Rectory Centre**

- Address: Rectory Road, Oxford OX4 1BU
  - 1 mile from Catz
- Services: full STI testing including HIV. Morning-after pill available.
- Telephone: **01865 226 969**

## **7 – DISABILITY SERVICES**

Disability Advisory Service: 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](mailto:disability@admin.ox.ac.uk)
- For more information: <https://www.ox.ac.uk/students/welfare/disability/aboutdas>

## **8 – YOGA**

Catz typically offers yoga classes during term time. More information is shared, with time and location, in the MCR bulletin.

Practising 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!

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

## **9 – OTHER RESOURCES**

Consent courses:

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

Self-help podcasts:

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