



**TRINITY COLLEGE**  
UNIVERSITY of OXFORD

**JCR**  
**WELFARE HANDBOOK**  
**2019-20**



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# College Welfare Team

Trinity is a supportive community concerned for the wellbeing of all its members. A number of college staff play a part in looking after student wellbeing; all concerned in student welfare respect confidentiality. You can find the College's Confidentiality in Student Welfare Policy [here](#).

## Welfare Dean – Emma Percy



Emma is in charge of co-ordinating welfare and pastoral care within the College. She can provide a listening ear, practical support and signpost you to more specialist help if that is what you need. She has extensive experience of supporting students, from minor worries to more serious concerns. She is also the Disability Coordinator for the College, and liaises with the DAS (Disability Advisory Service). Emma is also the College Chaplain, and meets regularly with the University Chaplains from different faith communities. She can ask their advice if there are particular faith issues impacting on your wellbeing.

**How to contact:** Emma is usually in College (Room 8.1) on Tuesdays, Wednesdays and Thursdays. Email [emma.percy@trinity.ox.ac.uk](mailto:emma.percy@trinity.ox.ac.uk) any time.

## College Nurse – Alison Nicholls



Alison's role is to advise, treat, and support any College student who is unwell, injured, or in any other difficulty. She can give family planning advice, including emergency contraception. She also has a wide variety of health education material. If she cannot provide the necessary help, she will be able to refer you to someone who can. Alison is an experienced nurse who has worked for a number of years both as a College Nurse and in the NHS as an emergency nurse. She is also the Nurse at Hertford and St Antony's colleges, and students can also see her at surgeries in these colleges (the Lodge can provide more information).

**How to contact:** Alison sees students in the College Surgery (Staircase 1) from 0<sup>th</sup>-9<sup>th</sup> week each term. She is available on Monday, Tuesday, Thursday and Friday from 12:30-14:15, and on Wednesday from 10:30-13:15. There is no need to make an appointment. You can email Alison at [trinitynurse@nhs.net](mailto:trinitynurse@nhs.net).

## General Practitioners (GPs)

All students are required to register with an Oxford GP and our College has an arrangement with Summertown Health Centre. You will receive registration forms from them. (If you are already registered with a different Oxford practice and wish to stay with them please let the College Nurse know.) The GP provides medical care and advice on any support you can access. Referrals for any specialist physical or mental health services are made through the GP.

**How to contact:** The Summertown practice ([www.summertownhealthcentre.co.uk](http://www.summertownhealthcentre.co.uk)) address is 160 Banbury Road. Students can make appointments to see a doctor or nurse at the surgery by calling 01865 515552. During term time, doctors from Summertown Health Centre hold a weekly clinic in the College Surgery on Wednesdays from 10:30-12:30. To book an appointment, email the Nurse.

## College Counsellor – Jonathan Totman



Jonathan is a professional clinical psychologist and staff member of the University Counselling Service. Jonathan works one-to-one and occasionally runs small groups and workshops on topics relevant to student life. He is available to see students in Trinity on Tuesdays in Weeks 0-9 inclusive, and works in the Doctors' Surgery (Staircase 1).

**How to contact:** email [jonathan.totman@admin.ox.ac.uk](mailto:jonathan.totman@admin.ox.ac.uk)

## Dean – James McDougall



The Dean is responsible for good order in College. He is also a tutor in Modern History, and he is supported by the Junior Deans. You can approach him formally or informally about concerns with any behaviour of others that is disruptive. He can help to advise you on the best course of action.

**How to contact:** email [james.mcdougall@trinity.ox.ac.uk](mailto:james.mcdougall@trinity.ox.ac.uk)

## Junior Deans

The Junior Deans are available on the main site and the North Oxford sites. They can be contacted out of hours for medical or other welfare emergencies and at other times for support and advice.



The 2018-19 Junior Deans.

Left to right from top: Debbie Malden (Stav), Ngoni Mugwisi (Rawley), Nehir Banaz (main site), Owain James (main site), Rhiannon Heard (nunnery), Rowan Curtis (Stav).

**How to contact:** Phone the Porters' Lodge on 01865 279900 and ask for the on-duty Junior Dean.

# JCR Welfare Team

## Welfare Reps

The JCR elects two male-identifying and two female-identifying Welfare Reps each year. Welfare Reps are available to provide a friendly and supportive ear. They are also able to support and advise you on any steps you may want to take. JCR Welfare Reps are all peer-support trained.



The current Welfare Reps (L-R):  
Charlotte, Tiri, Tay and Alessandro.

**How to contact:** You can contact the Welfare Reps by Facebook or email at the following addresses:

Tiri Hughes

[tirion.hughes@trinity.ox.ac.uk](mailto:tirion.hughes@trinity.ox.ac.uk)

Charlotte Cossins

[charlotte.cossins@trinity.ox.ac.uk](mailto:charlotte.cossins@trinity.ox.ac.uk)

Tay Drummond

[tay.drummond@trinity.ox.ac.uk](mailto:tay.drummond@trinity.ox.ac.uk)

Alessandro Pruegel

[alessandro.pruegel@trinity.ox.ac.uk](mailto:alessandro.pruegel@trinity.ox.ac.uk)

## Welfare 'Fairies'

The **Cookie Fairy** delivers cookies (gluten free and vegan available on request) to people's pigeonholes - you can request them for yourself or someone else! Just pop us a message to pidge a cookie to brighten someone's day, either anonymously or with a short message!

The **Flower Fairy** works in the same way as the Cookie Fairy: if you or someone else could do with cheering up with some flowers then just drop us a message.

**Tampon Fairy:** Feel free to message for any tampons or sanitary towels that you need, and they will be discreetly delivered to your pidge. Both the Tampon Fairy and the Condom Fairy can also help with pregnancy tests and emergency contraception.

**Condom Fairy:** If you are in need of condoms, lube, pregnancy tests or panic alarms, please feel free to request these through a private message to the Facebook account, or for a bit more anonymity, email your request to [trinitycondomfairy@gmail.com](mailto:trinitycondomfairy@gmail.com) and we will delete the emails after delivery.

**How to contact:** All four Welfare Fairies are on Facebook.

## Peer Supporters

Peer Supporters are students in college who have been trained in listening skills by a professional in the University Counselling Service. They are friendly and non-judgmental, and can provide support for many different issues, including friendship, family, relationships, change, settling in, academic stress, years abroad, identity, stereotypes and prejudices. You can come and see a Peer Supporter if you have an issue that you want to talk about, or even if you just want a chat. There are no set hours, so it's nice and informal, and the Peer Supporters are available throughout the day to help out whenever you need it. Just give any of them a call, or drop them an email! They also run regular Peer Support sessions in the Pig and Whistle on Tuesdays and Sundays if you'd prefer a more formal

environment. Often, getting a work-panic or another stress off your chest to someone who is willing to listen can be all that you need. Peer Support is also keen to debunk the idea that only those with 'serious' problems require support. Peer Supporters are there for everyone. The same Code of Confidentiality that applies across the University applies to Peer Support. Under normal circumstances, where no serious danger is present, anything discussed, either formally or informally, will not be shared with anyone else without your express permission.

In addition to the Welfare Reps, the current peer supporters are Hope Hopkinson, Jonathan Christie, Letty Makower and Julia McCarthy (out of hours).

**How to contact:** You can contact Peer Supporters by Facebook or email at the following addresses:

Alessandro: [alessandro.pruegel@trinity.ox.ac.uk](mailto:alessandro.pruegel@trinity.ox.ac.uk)

Tay: [tay.drummond@trinity.ox.ac.uk](mailto:tay.drummond@trinity.ox.ac.uk)

Tiri: [tirion.hughes@trinity.ox.ac.uk](mailto:tirion.hughes@trinity.ox.ac.uk)

Charlie: [charlotte.cossins@trinity.ox.ac.uk](mailto:charlotte.cossins@trinity.ox.ac.uk)

Hope: [hope.hopkinson@trinity.ox.ac.uk](mailto:hope.hopkinson@trinity.ox.ac.uk)

Jonathan: [jonathan.christie@trinity.ox.ac.uk](mailto:jonathan.christie@trinity.ox.ac.uk)

Letty: [laetitia.makower@trinity.ox.ac.uk](mailto:laetitia.makower@trinity.ox.ac.uk)

Julia: [julia.mccarthy@medschool.ox.ac.uk](mailto:julia.mccarthy@medschool.ox.ac.uk)

## Equalities Reps

The JCR have a committee of Equalities Reps who aim to ensure that Trinity is an inclusive and equal place to be. They can provide support and advice, and also lobby the College to encourage them to adopt more inclusive practices. The current Equalities Reps are:

### Disabilities – Tiri Hughes (Acting Rep)

The Disability Rep represents and supports students with disabilities, mental health difficulties, and SpLDs. They work with the Welfare Reps to make sure that information and support is freely available for students with disabilities, and lobby the College to improve accessibility. Feel free to message if you have any questions about anything disability related, need help accessing support (including contacting the DAS or organising DSA funding), or if you'd just like a friendly chat!

**How to contact:** email [tirion.hughes@trinity.ox.ac.uk](mailto:tirion.hughes@trinity.ox.ac.uk) (Tiri is Acting Rep pending the next election)

### BAME – Conor Maher

Hey, my name's Conor and I'm a second year biochemist and I'll be your BME rep this year. I'm basically your go to guy if you ever have any issues or want any advice or help with anything relating to ethnicity or race. I'll work with all of the other Equalities Reps and Welfare Reps to make sure everyone in Trinity is being represented and make sure any problems that might arise are dealt with appropriately. I might even throw in the odd JCR event so we can celebrate all kinds of ethnicities! Please feel free to email or message me on Facebook if you've got any questions!

**How to contact:** email [conor.maher@trinity.ox.ac.uk](mailto:conor.maher@trinity.ox.ac.uk)

### LGBTQ+ - Jess Skelton

Hi! My name is Jess, I'm a third year Classics student, and I am the LGBTQ+, or Spectrum, rep for the coming year. I'm also the secretary of Trinity's choir and regularly play with our netball team! In my role as Spectrum rep I organise events and provide support; if you identify as LGBTQ+ then I am your student port of call.

**How to contact:** email [jessica.skelton@trinity.ox.ac.uk](mailto:jessica.skelton@trinity.ox.ac.uk)

## Women\* - Amy Patel

Hi my name's Amy and I'm a second year medic at Trinity. I am also the JCR Women's\* Officer and therefore part of the Equalities team. That means that I represent and lobby for the rights of those who identify as women or women-aligned. So if you have any worries, concerns or ideas please feel free to drop me an email, and I can also point you in the right direction for support if you need help accessing services on a College and University level. I'm always around for a chat, to hear any ideas and to help you with any issues that you may have.

**How to contact:** email [amy.patel@trinity.ox.ac.uk](mailto:amy.patel@trinity.ox.ac.uk)

## First-Gen – Ben Crowther

Hi, I'm Ben (2nd year Historian) and I'm the JCR First-Generation Officer. I want to make sure that everyone feels welcome at Trinity! 'First-generation students' refers to those students who are, or identify as, students who are of the first generation in their family to go to university. My role is to ensure that everyone has the opportunity to make the most of university by providing info to 'first-generation' students. Feel free to email me any questions/problems that you have.

**How to contact:** email [benjamin.crowther@trinity.ox.ac.uk](mailto:benjamin.crowther@trinity.ox.ac.uk)

## International – Lorraine Dindi

Hello! I'm Lorraine, a third-year Law student from Tanzania. I'm responsible for the welfare of international students throughout the academic year, and am always available to answer queries and deal with challenges people face unique to their status as international students. I frequently organise social events for international students both within Trinity and the wider university, and I'm involved with the SU's international students campaign trying to combat issues faced by international students such as fees and storage.

**How to contact:** email [lorraine.dindi@trinity.ox.ac.uk](mailto:lorraine.dindi@trinity.ox.ac.uk)

# University-wide Welfare Services

## Counselling Service

Oxford University's Counselling Service offers free and confidential support to students of the University. It can provide individual or group therapies. For more information, visit: <https://www.ox.ac.uk/students/welfare/counselling>. The website offers a number of helpful podcasts on common student issues. It also has details of workshops on issues like perfectionism, insomnia, and exam stress.

**How to access:** The Counselling Service is self-referral. Email [counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk) or phone 01865 270300

## Disability Advisory Service

This service provides advice and support to all those with a diagnosed disability ranging from Specific Learning Difficulties such as dyslexia or dyspraxia through physical and mental conditions which may need reasonable adjustments or additional support for a student's academic studies at Oxford.

**How to access:** If you already have a diagnosis, you can contact the DAS directly filling in their [registration form](#). If you think you may have a condition that is impairing your ability to study then you can get in touch for a discussion about whether or how to pursue a diagnosis. The centre runs regular drop in sessions. You can get in touch by email at [disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk).

## Oxford SU Disabilities' Campaign

DisCam is a supportive community which campaigns for better understanding and treatment of disability, as well as supporting and advocating for students with disabilities at Oxford. If you are having any difficulties, please do get in touch. Their committee consists of friendly individuals who've been through their fair share of issues with the Oxford system - they'll do our best to help point you in the right direction. The Campaign also run a variety of confidential Facebook support groups for different conditions, including depression and anxiety, OCD, chronic fatigue, SpLDs, and many more.

**How to access:** email [disabilities@oxfordsu.ox.ac.uk](mailto:disabilities@oxfordsu.ox.ac.uk) or contact via the DisCam Facebook page [www.facebook.com/OxfordDisabilities](http://www.facebook.com/OxfordDisabilities). To find and join Facebook support groups, see [goo.gl/S5bevX](http://goo.gl/S5bevX).

## Student Union Advice Service

This service is run by the Students Union and is independent from the University. They can offer advice across the range of issues that impact on student wellbeing.

**How to access:** The Advice Service runs drop in sessions at the Oxford SU from 10:00-16:00, Monday-Thursday during Full Term. For more information and other contact options, see their website [here](#).



# Physical Welfare

**Emergency?** Phone 999 for an ambulance, or the Porters' Lodge on 01865 279900 for first aid (Porters/Junior Deans). The Lodge can also book and pay for a taxi to A&E if you don't need an ambulance.

## Medical Care

The College Nurse and GPs (see the College Welfare Team section for details) are able to advise, treat and support any College student who is unwell or injured.

For urgent out of hours health advice that does not require immediate emergency help, call the NHS line 111. It is available 24 hours a day, 7 days a week. They can provide information on self-care, local services, and medicines, or they can call you an ambulance if they think the situation is serious.

For chronic illnesses and conditions, the DAS (Disability Advisory Service) is able to provide information and advice and facilitate support. See the University-wide Services section for contact details.

The NHS website ([www.nhs.uk](http://www.nhs.uk)) contains information on many different conditions, treatments, services, and much more. Basic first aid advice can be found on the St John's Ambulance website: [www.sja.org.uk/sja/first-aid-advice.aspx](http://www.sja.org.uk/sja/first-aid-advice.aspx). The College Porters and Junior Deans are all first-aid trained.

## Drugs and Alcohol

### Alcohol

Though legal and socially acceptable, alcohol can cause serious short and long-term harm. Alcohol intake is measured in units and the NHS recommends not to exceed 14 units of alcohol a week (or if you do, to do so across 3 or more days), and to have at least a few days a week without alcohol.

Harm minimisation:

- Eat before you drink: drinking on an empty stomach is never a good idea, as the alcohol will hit you very quickly, and you will feel much worse for it the next day. You are also far more likely to throw up.
- Drink plenty of water: alcohol dehydrates the body, so you should drink plenty of water both during and after a night of drinking. This also reduces hangovers.
- Know your limits: everyone reacts differently to alcohol – what may be a safe amount for your friend may well be too much for you.
- Stay with the pack: stay together with your friends, and keep an eye out for each other in case any of you become ill or get into an unsafe situation.
- Don't feel pressured to drink: you can have good nights out without drinking at all. Just because other people might want to, this does not mean you have to.
- Watch your drink: drinks spiked with alcohol or drugs can make you vulnerable, and this can be an incredibly scary experience. If you think your drink may have been spiked, do not drink anymore, tell a bouncer or bar staff and call 999 if the situation deteriorates.
- Avoid dangerous situations: alcohol can make it difficult to assess and react to risks. Be especially careful around water and on roads.

## Drugs

Neither Trinity College nor Trinity JCR condone the use of illegal drugs. This can have serious consequences, including expulsion, arrest, addiction and death.

Recreational drugs affect the brain and are taken for pleasure, often socially. They include nicotine, alcohol and street drugs like cannabis. New drugs which mimic the effects of older drugs are constantly appearing. Previously known as “legal highs” as they evaded legislation which criminalised sale, purchase and possession of older drugs, the Psychoactive Substances Act (May 2016) made all psychoactive substances, including new recreational drugs, illegal by default. Misusing drugs is dangerous; you can find more information on the effects at [this site](#).

### How to access support:

[Oxford Drug and Alcohol Services](#)

[NHS Alcohol Support](#)

[Alcohol Concern](#)

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

## Mental Welfare

**Emergency?** Call 999 for the emergency services. The Porters’ Lodge can be contacted on 01865 279900 and can book and pay for a taxi to A&E. They can also call the Junior Deans, who are trained in First Aid and Welfare and can support you.

University can be a stressful time. Moving away from home, friendship and relationship troubles, work, and life events can all have an impact on our wellbeing. Everyone has mental health, and it’s natural for our mental wellbeing and mood to fluctuate. However, sometimes mental health can start to interfere with everyday life and functioning, and this is what is known as a mental health condition. There are many types of mental health condition and more information can be found at [www.mind.org.uk/information-support/types-of-mental-health-problems](http://www.mind.org.uk/information-support/types-of-mental-health-problems) and [www.time-to-change.org.uk/about-mental-health/types-problems](http://www.time-to-change.org.uk/about-mental-health/types-problems).

The College and JCR Welfare Teams are able to help with matters of wellbeing and mental health. The Welfare Dean, College Nurse, Peer Supporters, Welfare Reps, and Disabilities Rep can all offer a friendly ear and help signpost you to the appropriate support.

Mental health is a medical issue, and your GP can help advise you, and may refer you on to a more specialist service. Your GP may suggest trying therapy or taking medication. Oxfordshire Mental Health Services offer a wide range of treatments for many different disorders. Talking Space Plus offers individual and group therapies for depression and anxiety – there is a self-referral option, but it is always best to go through your GP ([www.talkingspaceplus.org.uk](http://www.talkingspaceplus.org.uk)). The Oxford Mental Health Network has a useful website which can help you to find resources in the community which work for you, including self-help apps and NHS services. You can access it at [www.omhn.org](http://www.omhn.org).

Having a mental health condition which has a long term effect on your normal day-to-day activity is considered a disability. The Disability Advisory Service can provide information and advice, as well as facilitating support for those with mental health conditions. Examples of the support that they can provide include a mentor who provides support for managing mental health difficulties, alternative arrangements for exams, and permission to record lectures. They may also suggest that you apply

for funding from the Disabled Students Allowance (DSA). See the University-wide Services section for contact details.

Oxford SU Disabilities Campaign run a number of support groups on Facebook for different mental health conditions. See the University-wide Services section for further details.

### Helplines

**Nightline: 01865 270270** (Independent listening, support and information service run for and by students of Oxford and Oxford Brookes universities. Lines open 8pm-8am, 0<sup>th</sup>-9<sup>th</sup> week.)

**Samaritans: 01865 722122** (Listening service.)

**The Mix: text THEMIX to 85258** (Information and support service for 13-25 year olds.)

## Supporting a friend?

It can be difficult when your friend is experiencing difficulties with their mental health, especially if you've never experienced it yourself. Although you are not a trained mental health professional, friends often play an important role in dealing with and recovering from mental health conditions. Although it is important to respect your friend's confidentiality, sometimes it may be necessary to seek further help. It is generally best to encourage them to seek this help themselves, but if they are in danger, such as if they have an eating disorder, or are self-harming, or considering suicide, it is important that you let the necessary people know so that they can make sure your friend is safe. Emma, the Welfare Dean, and Alison, the Nurse, are both able to offer support, and will be able to make sure that your friend accesses the appropriate support. If your friend is in imminent danger e.g. they are planning to attempt suicide or have attempted, call 999 immediately, and contact a Junior Dean – they are First Aid trained. Do not leave them alone, and remove anything dangerous from their vicinity, such as pills, knives, razors, scissors, and cords of any sort.

To help advise your friend on how they may get support, see the section above. Also see the Counselling Service's advice on supporting friends at <https://www.ox.ac.uk/students/welfare/counselling/students>.

# Sexual Welfare

There are some risks to sexual activity, including STIs and unwanted pregnancy, but being well informed is a key to sexual health. The most important part of safe sex is ensuring that all parties have given consent. Consent means giving permission to take part in any aspect of a sexual act, and having the capacity and freedom to give that consent. Any sexual contact without consent is sexual assault.

## Contraception

Contraception helps to protect you from pregnancy, and some types of contraception help to protect you from STIs. See the links below for information and comparisons on different types of contraception.

[www.nhs.uk/conditions/contraception](http://www.nhs.uk/conditions/contraception)

[www.sexwise.fpa.org.uk/contraception](http://www.sexwise.fpa.org.uk/contraception)

[www.plannedparenthood.org/learn/birth-control](http://www.plannedparenthood.org/learn/birth-control)

[www.oxme.info/cms/health/condoms-safety-c-card](http://www.oxme.info/cms/health/condoms-safety-c-card)

Free contraception and sexual health supplies can be discreetly provided by the Welfare Reps, either by email ([trinitycondomfairy@gmail.com](mailto:trinitycondomfairy@gmail.com)) or through the Trinity Condom fairy Facebook account ([www.facebook.com/trinity.condomfairy.5](https://www.facebook.com/trinity.condomfairy.5)). The (outside) condom is one of the most popular contraceptives, because it protects against both pregnancy and STIs. The following link contains information on how to put a condom on: [www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on](http://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on).

## Pregnancy and Emergency Contraceptives

If you have had an unsafe sexual encounter, you may wish to take emergency contraception, most commonly the “morning after pill” – this greatly reduces your chances of getting pregnant. The morning after pill can be prescribed free by the nurse or GP, or it can be purchased from a pharmacy. [www.oxme.info/cms/health/emergency-contraception](http://www.oxme.info/cms/health/emergency-contraception) contains a list of pharmacies that provide the morning after pill. It is more effective the sooner it is taken, and must be taken within 72 or 120 hours of the sexual encounter. The JCR welfare reps are able to reimburse you for the morning after pill if you keep the receipt.

Unplanned pregnancy, and the decisions that come with it, can seem daunting, but there is help and support whatever you choose to do. The welfare reps are able to either provide or reimburse pregnancy tests. The following website provides information on your options, including abortion: [www.sexwise.fpa.org.uk/unplanned-pregnancy](http://www.sexwise.fpa.org.uk/unplanned-pregnancy)

## Sexually Transmitted Infections

STIs are infections that are passed from one person to another during any sexual contact, including penetrative and oral sex. There are many different symptoms, such as discharge, blisters, sores, spots or lumps around the genitals or anus, or pain when you pass urine. Some STIs do not have any visible symptoms at all, but they can have serious long-term impacts on your health if left untreated. More information on STI testing is included below.

[www.nhs.uk/live-well/sexual-health](http://www.nhs.uk/live-well/sexual-health)  
[www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex](http://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex)

It is important that you get tested regularly for STIs if you are sexually active, even if you are having safe sex. You should also encourage any regular partners to get tested. Getting tested for STIs is easy, and usually does not require an examination. There are two GUM (Genito-Urinary Medicine) clinics in Oxford. They can test for a variety of STIs, as well as providing contraception, and advising on any sexual health matters. The JCR can pay for or reimburse taxi journeys to the GUM clinics. Opening times, appointment details, and much more can be found at [www.sexualhealthoxfordshire.nhs.uk](http://www.sexualhealthoxfordshire.nhs.uk).

## LGBTQ+ Safe Sex

Traditional safe sex guides often ignore the fact that LGBTQ+ people may not have the same sexual health needs as non-LGBTQ+ people. The following resources provide information on LGBTQ+ sexual health and safe sex:

[www.lgbt.foundation/sexualhealth](http://www.lgbt.foundation/sexualhealth)  
[www.lgbt.ie/get-information/sexual-health-for-lgbt-people](http://www.lgbt.ie/get-information/sexual-health-for-lgbt-people)  
[www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men](http://www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men)  
[www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women](http://www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women)  
[www.oulgbtq.org/sexual-health.html](http://www.oulgbtq.org/sexual-health.html)

# Spiritual Welfare

Oxford welcomes people from many different faith communities, and the Chaplain is available to provide support to students exploring their faith. She is also happy to help those looking to find a church; Oxford contains a large number of Christian chapels and churches of all denominations.

There are various University chaplaincies for different faiths and denominations. They welcome contact from interested students and can also provide information on religious centres and belief groups available in Oxford.

**How to contact:** the Chaplain can be contacted by email at [emma.percy@trinity.ox.ac.uk](mailto:emma.percy@trinity.ox.ac.uk). For a contacts list of University chaplaincies, see [this page](#).

# Financial Welfare

In Trinity, there is a vibrant JCR community that welcomes all, regardless of background or school. Our College is a community of brilliant students, but beyond this Trinity is a second-home to all of us, and one in which we value each other as friends and peers. For the majority of students, managing your finances and budget independently is a relatively new experience, and it can seem incredibly daunting. But students are what make Trinity College thrive, and we are determined to attract the brightest students from every possible walk of life - money should not be a barrier to studying at Oxford!

Trinity has a wide range of financial support available to students. Support ranges depending on a person's needs, and can take various forms. A broad range of undergraduate grants are available, aimed at supporting students' academic work and activities. Academic Grants can be applied for from College to support students with travel related to their study, research placements over vacations, research for dissertations, and also language courses and books. Trinity also provides a range of funding opportunities to support students in extracurricular activities such as music, sport and travel.

Trinity's Alumni have provided the college with generous donations that have enabled the College to offer 'Levine Bursaries' of £1,000-£3,000 to make sure that students from lower to moderate family incomes, whose needs are not fully met through governmental support or the University, can enjoy Oxford without limiting their experiences.

**How to contact:** Details of available financial support can be found on the University and College webpages. Questions about College grants should be directed to the Academic Administrator ([academic.administrator@trinity.ox.ac.uk](mailto:academic.administrator@trinity.ox.ac.uk)). Questions about Levine Bursaries should be directed to the Estates Bursar ([christopher.ferguson@trinity.ox.ac.uk](mailto:christopher.ferguson@trinity.ox.ac.uk)). For general information and signposting, you can also contact the JCR Access and Bursaries Reps, Julia ([julia.pieza@trinity.ox.ac.uk](mailto:julia.pieza@trinity.ox.ac.uk)) and Bradley ([bradley.logan@trinity.ox.ac.uk](mailto:bradley.logan@trinity.ox.ac.uk)).

# Other Welfare Circumstances

## Carers

There are many different ways of accessing support as a carer: you may wish to talk to the Welfare Dean or Peer Supporters, or find information or advice from Oxford SU student advice ([www.oxfordsu.org/wellbeing/student-advice](http://www.oxfordsu.org/wellbeing/student-advice)).

'Take Care' is a student run group for Oxford students who support a friend or relative with additional needs. Their page can be found here: [www.facebook.com/takecareox](http://www.facebook.com/takecareox), and they run a closed community group – simply message their page to be added.

## Care-leavers

Both the university and college are dedicated to supporting students from a care background. Information can be found on the University website ([www.ox.ac.uk/students/welfare/careleavers](http://www.ox.ac.uk/students/welfare/careleavers)) or by talking to the Welfare Dean.

## Estranged Students

Coming to university without the support of a family network (also known as being 'estranged') can be challenging. Estranged students may struggle with financial matters, lack of emotional support, and accommodation. Student Finance have individual caseworkers to consider the financial needs of Estranged students. Oxford University is part of the StandAlone Pledge, which means that they have committed to supporting students who are studying without the support or approval of a family network. Oxford's commitments can be seen here: [www.thestandalonepledge.org.uk/champion-institutions/23-south/133-university-of-oxford](http://www.thestandalonepledge.org.uk/champion-institutions/23-south/133-university-of-oxford).

The Welfare Dean and Estates Bursar are your points of contact in the College to discuss finances, vacation accommodation and other ways of ensuring that your particular circumstances are understood and adjusted for.

### Contact details:

Welfare Dean: [emma.percy@trinity.ox.ac.uk](mailto:emma.percy@trinity.ox.ac.uk)

Estates Bursar: [christopher.ferguson@trinity.ox.ac.uk](mailto:christopher.ferguson@trinity.ox.ac.uk)

# Harassment and Discrimination

**Emergency?** Phone 999 and ask for the police.

Trinity College does not tolerate any form of harassment or victimisation and expects all members of the College community to treat each other with respect, courtesy and consideration. Trinity College is committed to fostering an inclusive culture that promotes equality, values diversity and maintains a working, learning and social environment in which the rights and dignity of all members of the College community are respected.

## Getting support

If you are experiencing harassment by another member of the College, you should contact the Dean or Welfare Dean. If you feel harassed by another student, you can informally discuss the situation (if you so wish) with a JCR Welfare Rep, Peer Supporter, Junior Dean, Tutor, Equalities Officer, Senior Tutor, Dean or Welfare Dean before taking formal action. If you feel harassed by a Senior Member or member of staff, you can also seek support from the Director of Student Welfare and Support Services' office. If you feel harassed by a member of a different college or department, you will be supported in accessing University Harassment Procedures. If you do not feel comfortable contacting someone in College, you can contact the Harassment Line for details of an external advisor, or the SU's Student Advice Service.

### Contact details:

Dean: james.mcdougall@trinity.ox.ac.uk

Welfare Dean: emma.percy@trinity.ox.ac.uk

Student Welfare and Support Services: swss@admin.ox.ac.uk

Harassment Line: harassment.line@admin.ox.ac.uk or phone 01865270760

Student Advice Service: advice@ousu.org or phone 01865288466

## Additional support for Sexual Assault and Harassment

**Emergency?** Phone 999 and ask for the police. The Porters' Lodge (contactable on 01865 279900) can also pay for a taxi to the nearest Sexual Assault Referral Centre (SARC). The Junior Deans (contactable through the Lodge) are trained in first aid and welfare, and can provide support, including accompanying you to an SARC.

*NB: To best preserve evidence, do not wash or change your clothes. Avoid food, hot/fizzy drinks, brushing your teeth and going to the toilet.*

## What is sexual assault?

Sexual assault is any type of sexual activity or contact that you do not consent to. Consent means that both people agree to what's happening by choice, whilst having the freedom and ability to make that choice (not under threat of violence, or the influence of drugs or alcohol). Sadly, sexual assault is a common crime, with 20% of women and 4% of men having experienced some type of sexual assault since the age of 16 (CSEW). Most sexual assaults are committed by someone known to the victim. It is never the victim's fault. "Sexual violence or assault can happen to anyone of any age: men, women and children," says Bernie Ryan, manager at St Mary's Sexual Assault Referral Centre in Manchester. "For the victim, the extent of the sexual assault is no indication of how distressing they find it, or how violated they feel. It's important that anyone affected receives the right advice and support."

## Getting help

### Oxford Sexual Harassment and Violence Support Service

The Sexual Harassment and Violence Support Service provides support and advice to any student who has been affected by sexual harassment or violence. The service will support students in all situations, whether the experiences of sexual harassment or violence happened in Oxford or elsewhere, and whether it was recent or in the past. They will provide you with the help of an ISVA (independent Sexual Violence Adviser). They'll help you explore your options, and they'll be here to support you whatever you choose to do.

**How to access:** email [supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk) or visit their [website](#).

### Oxford Sexual Abuse and Rape Crisis Centre

OSARCC offer a free and confidential service to women and girls who are dealing with the effects of sexual violence, and to anyone who is supporting them. It is an organisation committed to supporting survivors of sexual abuse, rape, domestic abuse, and harassment.

**How to access:** for contact details and more information, go to the OSARCC [website](#).

# Complaints

If you wish to make a complaint about a member of College, please contact the relevant Officer below.

#### **Complaint against**

Non-Academic Staff  
Member of Governing Body  
Another Student  
JCR Officer  
JCR Peer Supporter

#### **Contact**

Domestic Bursar: [lynne.adam@trinity.ox.ac.uk](mailto:lynne.adam@trinity.ox.ac.uk)  
Vice President: [alexander.korsunsky](mailto:alexander.korsunsky)  
Dean: [james.mcdougall@trinity.ox.ac.uk](mailto:james.mcdougall@trinity.ox.ac.uk)  
JCR Ombudsman: [benjamin.crowther@trinity.ox.ac.uk](mailto:benjamin.crowther@trinity.ox.ac.uk)  
Head of Peer Support: [timothy.knowlson@admin.ox.ac.uk](mailto:timothy.knowlson@admin.ox.ac.uk)





### **Photography Credits**

Ian Wallman  
Staff and Students of Trinity College, Oxford

Last updated: October 2019