



TRINITY COLLEGE

UNIVERSITY of OXFORD

July 2025

Welcome from the Wellbeing Team at Trinity

A very warm welcome to Trinity from the Wellbeing Team!

We look forward to getting to know you, at this exciting moment of transition in your life. This is a time of adjustment into your adult world and we on the Wellbeing team are here to provide you with support and guidance where we can.

As a rule of thumb: if you are stuck and don't know where to start, then Wellbeing is a good place to go. We have great links around college and with resources across the wider University, NHS and elsewhere.

Our Wellbeing team consists of:



Lizzie Shine
Head of Wellbeing



Nicola Selway
Wellbeing Advisor



Sally Harris
Wellbeing Advisor



Joanna Bowd
College Nurse



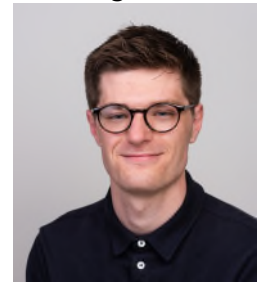
Liz Nwarueze
Junior Dean (Staverton)



Catie Kohler
Junior Dean (on-site)



Sivasruthi Kesavan
Junior Dean (Staverton)



Jack Warburton
Junior Dean (on-site)



Tobias Loeff
Junior Dean (Nunney)



Kelechi Chima
Junior Dean (Rawlinson)



Chris Cullen
College Counsellor

**Peer supporters and
Welfare Reps**

Broad Street Oxford OX1 3BH

Telephone: 01865 279 900

Trinity College is a registered charity, number 1143755



TRINITY COLLEGE UNIVERSITY of OXFORD

We are situated in the Wellbeing Hub; in the Cottage between the Lodge and Staircase 1 - look out for our flag in Freshers' week!

Lizzie, Nicola and Sally make the Wellbeing service available throughout term-time during typical working hours. You can book an appointment to see us at the [Wellbeing Booking Page](#) or just send an email to wellbeing@trinity.ox.ac.uk. We all have different professional skills and backgrounds and bring different flavours to wellbeing. Nicola is our disability coordinator, has a background in SEN teaching and loves a good catch up over a cup of earl grey! Sally is a trained mindfulness and self-compassion teacher who radiates an amazing calm energy in times of stress (over an iced decaf mocha!). Lizzie is a former social worker who oversees the team, is the College Safeguarding Lead and supports students with any complex mental health difficulties (she runs on coffee!). Nicola and Sally work mostly in term-time but Lizzie is year-round (part-time) so generally support is available if needed during vacations too.

Alongside Wellbeing we have on-site health provision through the College Nurse, Jo Bowd, and both on and off-site GP services. Jo is available throughout the week Monday - Friday 0th -9th weeks term time only. email pml.trinitynurse@nhs.net for an appointment. You are also strongly advised to register with the college linked GP practice prior to your arrival; College information can be found [here](#). Registration forms are to be completed online at www.campusdoctor.co.uk/oxford as per the instructions.

We also have the benefit of an on-site counsellor, Chris Cullen, who is provided by the University Counselling Service and has two sessions a week dedicated for Trinity students. As a team we have great links with the central University support services too. When you arrive in college you will also be introduced to many of the student peer supporters available to you – these include JCR/MCR Welfare Reps and trained peer supporters, who are available for more informal support or to help you find us if you need it. At off duty times (19.00-07.00) Trinity are fortunate to have the support of our six Junior Deans, who are specially trained Trinity post-graduate students. If you need support during these hours (19.00-07.00), contact the College Lodge 01865 279900 and they connect you to the duty Junior Dean.

Wellbeing relies on students using the service feeling confident and proactive in benefiting from it. While we fully understand and respect that you are now at a stage of independence, we don't want you to feel any hesitation about reaching out and getting in touch if you feel you would like to chat things through. We work confidentially, which means that (unless we feel that you or another student is at risk of harm) we will not share any information with anyone else in College or outside of it without your permission. Our job is to point you towards the right services and resources to allow you to make the most of your time at Oxford – and to listen to anything, academic or otherwise, that is troubling you and help you find solutions.

You will meet us all during Freshers' Week so that you can put some faces to names and hopefully feel comfortable approaching us in the future. In the meantime, we wish you all the best for a good summer and cannot wait to meet you and welcome you to our fabulous and supportive Trinity community!

With best wishes on behalf of the Wellbeing Team,

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