Virtual Quad

Weekly events, tips, and reflections
Week 1 - Hilary 2021
Next Week's Mansfield Public Talk

Friday 28 January 2022

Enacting Intimacy

Ita O’Brien, the world’s leading intimacy co-ordinator and founder of Intimacy On Set, whose credits include Normal People, Sex Education, It’s A Sin and I May Destroy You, in conversation about the ethics, aesthetics and politics of portraying sex on stage and screen.

Image credit: Nic Dawkes.

Ita O'Brien

Sir Joseph Hotung Auditorium Admission Free | All Welcome
Sign up www.mansfield.ox.ac.uk/mansfield-college-public-talks
A Message from MCBC

It’s not too late to start rowing! We’re always looking to recruit new rowers and coxes and now is a great time to join. Torpids, four days of bumps racing, will take place in 7th week. Joining now would give you a good amount of time to learn the technique and make significant progress, allowing you to have a good shot at getting in and amongst the action come race week! This term will also include IWLs. These are time trial races along the Isis (the stretch of river we row on) which are good practice for Torpids and get you used to racing.
MCBC currently has two male crews and is looking to put out three female crews. This means anyone can join regardless of their current experience and fitness levels. Novice and senior training will include water sessions, ergs (rowing machines) and tanks (a static indoor boat on a pool at Iffley Road gym), allowing everyone to progress fast. Novice rowers have just as much opportunity to race as someone with experience as you will make rapid progress early on. Those with prior experience might consider aiming for a place in the M/W1!

MCBC is inclusive, sociable and Mansfield’s largest society. This term will also include regular social events such as our post-races Torpids dinner. Everyone is welcome to row, including staff members!

ABOVE: Women's crew
LEFT: Men's crew
Here’s a list of people you can get in touch with by email or on Facebook if you are interested:

Eva Hassan (women’s captain):
eva.hassan@mansfield.ox.ac.uk

Ruth Gregg (women’s vice-captain):
ruth.gregg@mansfield.ox.ac.uk

Rowan Burford (men’s captain):
rowan.burford@mansfield.ox.ac.uk

Ollie Elliot-Williams (men’s vice-captain):
oliver.elliot-williams@mansfield.ox.ac.uk

Charlotte Withyman (president):
charlotte.withyman@mansfield.ox.ac.uk
What should the club name their new M1 boat and why?

MCBC members will vote on the suggested names and the chosen name will be revealed in time for Torpids 2022.

Email alumni.survey@mansfield.ox.ac.uk by 5pm, Friday 21 January

We can't wait to hear your suggestions!
Some of the latest additions to our library include two works from Mansfield people:

*The New Corporate Climate Leadership* co-written by Emilie Prattico (alumna)

*People, Power and Identity in the Late Middle Ages: Essays in Memory of W. Mark Ormrod* co-edited by Helen Lacey (Supernumerary Fellow in Late Medieval History; Tutor for Visiting Students; Acting Senior Tutor)
College Funding for University Sports

A reminded that all members of the Mansfield JCR and MCR playing sport at University level or higher are eligible to claim an annual set amount to cover expenses relating to this sport.

The amounts are as follows:
- £150 per annum for Mansfield members who have achieved Blue status
- £100 per annum for Mansfield members who have achieved Half-Blue status
- £75 per annum for Mansfield members who are representing the University in any sport, regardless of its Blues status

You may be able to apply for additional funding, up to a maximum of £100 per annum (depending on circumstances). If you would like to claim this financial support please submit this application form: https://forms.office.com/r/nVFxncpYhV

The deadline to apply for this funding is **Monday of 4th Week HILARY TERM (7th February)** and amounts will then be credited in 6th Week battels unless other arrangements are agreed individually. If you have already submitted an application this academic year, you do not need to do so again.
Let's meet and have some drinks to celebrate the start of the new term! We have booked Sandy's Piano and Wine bar for this Thursday (January 20th), from 7:30 pm. A drink (or two!) will be on the MCR. If you wish to attend, please fill out the form sent to all MCR members by email. Additionally, please keep in mind the following regulations, which are set by the bar:

* All guests are required to show a COVID pass or negative lateral flow test to enter our venue.
* We operate a smart casual dress code and therefore no sportswear/trainers are allowed.
* All guests are subject to ID checks.
* Management reserves the right to refuse entrance.
Mansfield Sunday Recitals in Hilary Term

At the start of every **Even Week of this term (23rd Jan, 6th Feb, 20th Feb, etc.)** there will be a Sunday afternoon recital at 4pm in Mansfield Chapel showcasing a few of our great musicians, which is free to attend and open to all (we ask that people take an LFD test before attending and wear a mask unless exempt.) There will also be some extended performance recitals at the start of Odd Weeks, so keep an eye on Virtual Quad and the Music Society mailout (if you are not on the mailing list, sign up here: https://mansfieldcollegemu.wixsite.com/oxford/join_us)

Recitals will be followed by free refreshments and a chance to socialise with musicians. We still need lots more volunteers for our recitals this term - if you’d be interested in performing a piece, in any style/genre of music, at any level/standard, on any instrument or using your voice, by yourself or in a group, then please fill in this form: https://tinyurl.com/hilaryrecitals

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Perform in a Chapel Service!

Mansfield’s Chapel Services are held by our Chaplain every **Wednesday at 6:15pm**, and the Choir sing hymns and one piece of choral music. But there is also an opening for instrumentalists to play a piece in our services this term. You don’t have to be religious; any musicians are welcome to come and play a short, reflective piece of music of your choice. It is good performance practice with a fairly small congregation/audience, and as a bonus, you can join the Choir for free formal dinner (and drinks) afterwards. If you are interested in playing in a service or would like more information, get in touch with Tom our Director of Music at tomhammonddavies@gmail.com

Chapel Choir are seeking Tenors and Basses

Mansfield Chapel Choir is a friendly, non-auditioned choir, who rehearse **every Monday at 7:30pm**, and **every Wednesday at 5:15pm**, followed by singing in the Chapel Service and then enjoying FREE drinks and FREE formal dinner together. Our choir are currently in need of more tenors and basses, so if you or anyone you know can sing low parts and might be interested in joining choir, feel free to contact Flora, Music Society President, at flora.walkermansfield.ox.ac.uk or Tom, Choir Director, at tomhammonddavies@gmail.com or simply turn up on Monday!
COVID Regulations

**Student Dining**
Routine student dining will remain the same as Michaelmas Term with no pre-booking required. We will continue to maintain reduced numbers in Chapel so please try and make the best use of full meal times available. You will need to continue signing up against your printed name on the undergrad, postgrad or VSP sheet at each meal you attend. Meal charging arrangements remain the same throughout Hilary term and for the 2021/22 Academic Year. This is as discussed by the Finance and Resources Committee with their decision ratified by Governing Body.

**Formal Halls**
Formal Halls will be held most Wednesdays and Fridays up to the allocated student spaces available. Pre-booking is required and the new Front of House Manager, Ionela Rosca, will send out a booking email to all students in advance. The first email will be sent either tomorrow or Thursday for week 1, Wednesday and Friday Formals.

**Crypt**
The Crypt cafeteria will be open throughout the day until 8 p.m. The College Bar will re-open from next week on Wednesdays, Fridays and Saturdays until 11 p.m. throughout term.

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Events
Large internal events are not encouraged during the first half of term so please try and keep to smaller event numbers for a few weeks. Organisers of smaller events may also wish to require evidence of a recent negative LFD for their event attendees.

To arrange a public room booking or a student event
Firstly get in touch with lynne.quiggin@mansfield.ox.ac.uk to check room availability and that your planned event doesn’t clash with any other activity taking place in the College calendar. I’ll advise you whether specific permission is required from the Dean. Once room availability is confirmed and relevant permissions sought, a student event-form should be completed (this has been circulated by email). The student event form will need signing by either the Kitchen Manager or Front of House Manager where food is being consumed and the Bar Manager before any alcohol provision can be agreed. The completed event form is then returned to me in the Domestic Bursar’s office so that your event can be booked and appropriate staffing requirements arranged. Please allow as much notification as possible to arrange a social event, preferably 14 days minimum. All bookings should be kept within the reduced capacities displayed for each meeting room. Please remember to let plenty of fresh air into any facilities you are using in College to reduce the risk of covid-19 transmission.

We are keen to return to normal operations, room capacities and event arrangements as soon as possible and will keep you posted if there are any changes. If you have any questions, please send them to lynne.quiggin@mansfield.ox.ac.uk.
Poetry Workshops

Drop-in poetry workshops every Thursday between 2pm to 6pm in MB1 and Saturday between 4pm and 6 pm in MB1, available to all members of the college.

Mansfield's writer in residence Kate Clanchy is also available for 1-to-1 poetry sessions between these times. To make an appointment, email Kate on k.s.clanchy@reading.ac.uk

Kate Clanchy
Got a difficult task to focus on? Can’t get started? Can’t stay focused?

In “Shut up and Focus!” we get together and make a commitment as a group to focus, studiously, with purpose and without distractions. We are in it together. It’s a limited time with company, coffee, tea and cake. It’s for everyone in college – JCR, MCR, staff.

Old Hall, 10am to 12.30 pm, every Wednesday, weeks 1-8

How it works:
• beforehand: Choose a task to bring to focus on.
• Get coffee/tea/cake.
• Focus!
• Have some free coffee/tea/cake and congratulate yourself.
Academic Skills 1-1 Mentoring

One-to-one study skills support for any undergraduate student of any subject. Please contact your subject mentor by email to arrange a mutually convenient time to meet.

- Gail Leckie (Philosophy)
  gail.leckie@mansfield.ox.ac.uk
- Yashua Bhatti (Theology)
  yashua.bhatti@mansfield.ox.ac.uk
- Rachel O'Nunain (English)
  rachel.onunain@mansfield.ox.ac.uk
- James Harris (Maths, Physics, Engineering, Materials)
  james.harris@chch.ox.ac.uk
- Henry Tann (History)
  henry.tann@balliol.ox.ac.uk

If your subject is not mentioned, please contact Gail Leckie, as Tutor for Academic Support, who can signpost you to a source of support for your subject.
Would you like to have the skills and confidence to offer a helping hand to other students in your department? Contribute and engage with your student community? Promote and create welfare and wellbeing spaces in College?

Training as a **Peer Supporter** is a great way to develop personal and social skills that will be useful in all your relationships as well as making a positive contribution to the welfare support in your department. The Peer Support Programme offers experiential training focusing on active listening, assertive communication, diversity awareness and support skills, self-awareness and self-care.

Please feel free to email The Peer Support Programme with any questions you may have at peersupport@admin.ox.ac.uk.

Find more information at https://www.ox.ac.uk/students/welfare/peersupport
Who the Careers Service supports

The Careers Service supports all 12,510 **undergraduate students**, 13,044 **graduate students** at Oxford.

The Careers Service's dedicated support extends to more than 5,800 **research and research support staff**.

Oxford **alumni** can engage with the Careers Service for LIFE through access to 1:1 sessions with careers advisers, jobs board, careers fairs, workshops, and more.

Each **college, department** and **faculty** has a careers adviser dedicated to them.

**Student societies** can engage with the Service by advertising opportunities, attending a careers fair, co-host events, and more.
PEER SUPPORT
MT21

Drop-in sessions will run every Thursday. Alternatively, contact us via Facebook Messenger or email to arrange a time to chat.

Peer supporters are here to talk about anything that is concerning you. Peer supporters have over 30 hours of training with the University Counselling Service in order to listen effectively, maintain confidentiality, and respect boundaries.

Mahati
mahati.garimella@mansfield.ox.ac.uk

Efa
efa.bowen@mansfield.ox.ac.uk

Mitch
mitch.marshall@mansfield.ox.ac.uk

Lumi
lumi.westerlund@mansfield.ox.ac.uk

Kate
katerina.panesova@mansfield.ox.ac.uk

Anabel
anabel.riley@mansfield.ox.ac.uk

Peer Support outside of Mansfield:

Feel free to contact one of the Teddy Hall JCR peer supporters

Katie (katie.long@seh.ox.ac.uk)

Greg (greg.halliwell@seh.ox.ac.uk)
Oxford University Counselling Service
Reducing Digital Distraction (ReDD) Workshops
with Ulrik Lyngs, Dept of Computer Science
Selection of dates/times in Michaelmas Term weeks 3, 5 and 6

During Covid, you may have become more dependent on your digital devices than ever before: to study, to socialise, and to connect to the outside world. Smartphones, computers and tablets are powerful tools, but can also be an endless source of distraction that undermine your capacity to focus and result in long stretches of unproductive and unrewarding time.

If so, it may be time to take back control. This workshop can help! You will be supported to: reflect on your current relationship with your digital devices; identify the role you want them to play in your life; and get support to make real, practical changes. This workshop is relevant for all students, undergraduates and graduates.

To check available dates/times, and to book: https://calendly.com/ulyngs/redd-workshop
Meet the Junior Dean Team

Main Site
Cerise Jackson -- Welfare Junior Dean (Main Site)
cerise.jackson@mansfield.ox.ac.uk
Duty Phone (6pm-2am): 07707 130 350

Yashua Bhatti – Welfare Junior Dean
yashua.bhatti@mansfield.ox.ac.uk
Duty phone (6pm-2am) 07707130350

Ablethorpe/Rhodes Wolfson
Ben Wilkinson-Turnbull – Residential Junior Dean
ben.wilkinson-turnbull@ell.ox.ac.uk
Duty phone (11pm-7am) 07741071156

Juan Alvarez Velasquez – Residential Junior Dean
juan.alvarezvelasquez@physics.ox.ac.uk
Duty phone (11pm-7am) 07741071156

Cowley Road Houses
Darshini Nadarajan – Welfare Junior Dean
darshini.nadarajan@education.ox.ac.uk
Duty phone (6pm-2am) 07453370008

Zelimhan Akhmiev – Welfare Junior Dean
zelimhan.akhmiev@linacre.ox.ac.uk
Duty phone (6pm-2am) 07453370008
Equality Allies

(Acting) Tutor for Women
Elizabeth Drummond can be approached by students with concerns or issues they feel would best be communicated to a woman tutor.
elizabeth.drummond@mansfield.ox.ac.uk

LGBTQ+ Tutor
Ros Ballaster may be contacted by email and can meet by phone or by Microsoft Teams
ros.ballaster@mansfield.ox.ac.uk

Tutor for Racial Inclusion
Helen Mountfield co-organises the termly forum for Amplifying Voices of Students of Colour and can be contacted by email on principal@mansfield.ox.ac.uk

Tutor for Disabilities
Andrew Higgins deals with disability related welfare issues. andrew.higgins@mansfield.ox.ac.uk
Royal Literary Fund Fellow: Jon Stock

provides academic writing support for all students, undergraduate or postgraduate. One to one sessions are for 50 minutes and take place online.

To book a slot, email jon.stock@rlfeducation.org.uk.

Academic Support Tutor: Gail Leckie

offers one to one study skills support for any undergraduate of any subject, to discuss any concerns you have about your academic work broadly construed.

Email: gail.leckie@mansfield.ox.ac.uk for an appointment.
Where can I get support?

Medical Professionals
if you need immediate medical attention **CALL 999**

University Support
UniversityCounselling Service Email
counselling@admin.ox.ac.uk for an appointment.

NHS 111
If you have an urgent medical problem and you’re not sure what to do, dial 111 and they can put you in touch with an out-of-hours GP or mental health nurse.

College GP
St Clements Surgery,
39 Temple Street,
OX4 1JS
tel: 01865 248 550

Tutor for Welfare:
Gail Leckie
gail.leckie@mansfield.ox.ac.uk

Chaplain:
Stephen Hearn
chaplain@mansfield.ox.ac.uk