Weekly events, tips, and reflections
Week 2 - Michaelmas 2022
Hi Mansfield!

I hope everybody is settling in well to Michaelmas, and welcome to all of the new members of the Mansfield community! This is my last term as JCR President, but I am so excited for my last couple of months as your representative!

As always, the bench has lots of amazing events planned this term, including the first C and Cs this Friday, Welfare Teas, fun craft events such as Corsage Making this Thursday, and more! If you ever have any ideas for events you would like us to put on, please reach out to any member of the JCR bench.

We are also holding elections for almost all bench roles this term, and we really encourage people in all years to run for the JCR! Getting involved is so worthwhile, and if you have any questions about a particular role, please get in touch with the current officer (or me!) with anything you want to know. Being a part of the JCR bench has been such an important part of my Oxford experience, and I hope to see lots of you taking on these roles as well!

As always, I am here to listen to any questions, comments, concerns, or ideas! Feel free to send me a message, email, or just stop me for a chat if you see me around College!

I hope everybody has a great term, and another amazing year at Mansfield!

Izzy Godley (She/Her)
JCR President
isabella.godley@mansfield.ox.ac.uk
Mansfield Public Talks Michaelmas 2022 - All Welcome

The Jocelyn Bell Burnell Lecture
Friday 21 October 5:30pm
The Real World of Forensic Anthropology
Professor Dame Sue Black

ADMISSION FREE
Sir Joseph Hotung Auditorium Mansfield College
Sign up here or scan QR code:
London Stock Exchange Group
Careers & Networking Event

Who is LSEG?
LSEG (London Stock Exchange Group) is more than a diversified global financial markets infrastructure and data business. They are dedicated, open-access partners with a commitment to excellence in delivering the services their customers expect from them. They are 25,000 people in 70 countries, united by a common culture and purpose.

Event
Whether you are a STEM, Humanities or Social Sciences student, LSEG internship and Graduate programmes offer diverse career options within financial markets and technology. Come along to find out more about exciting opportunities with one of the biggest companies in the world.

1 November 2022
Old Hall, Mansfield College
2-3pm or 4-5pm
Black History Month is an opportunity to understand Black Histories, going beyond stories of racism and slavery to spotlight Black Achievement. There will be various events throughout Oxford this month and Mansfield College encourages all of its students to take part in educating themselves and celebrating the staff and students of African and Caribbean descent at Oxford University.
EXHIBITIONS

Black History Month Art Exhibition: 'My Complexion' by Annan Affotey
Oxford-based artist Annan Affotey is displaying some of his paintings in his 'My Complexion' exhibition, which will be in the St Hugh's College's Hamlin Gallery until 31 October. The Gallery is open to visitors daily from 10am-6pm; entrance is free. Annan will also be discussing his paintings and leading a walk-through of his exhibition on Thursday, 20 October from 4:30pm-6pm. Free tickets available here.

Black Women at Oxford: Exhibition
Learn about the history and achievements of Black female students at Oxford, who began to attend the University in the 1930s. The exhibition which will be in the Hub at Kellogg College until 31 October. Anyone can enter the Hub free of charge from 8am-3pm on weekdays and 9am-2pm on Saturdays.
Thursday 20 October 2022: 'Sophisticated Racism: Navigating the Terrain', with Dr. Victoria Showunmi, based on her recent book on the subject, co-authored with Dr. Carol Tomlin. The lecture will be held in the Tuanku Bainun Auditorium at Worcester College on 20 October, 5:30-7pm. Tickets are free, click here to register.

Tuesday 25 October 2022: 'Black Women's Intellectual Future: In conversation with Cat White' will be held in Doctorow Hall at Teddy Hall on 25 October from 5:30pm-6:30pm. Professor Wes Williams talks to Teddy Hall alumna Cat White (2016, MSt Women’s Studies) about how her writing and filmmaking have helped champion the experiences and voices of Black women and girls. Tickets are free, click here to register.

Wednesday 26 October 2022: Black History Month Lecture, 'Decolonising EU Law', at Kellogg College (see poster to the right for information and link).
LGBTQ+ Inclusivity

Mansfield College welcomes and supports all students and staff of any sexual orientation or gender. We are also proud to say that in 2022, Oxford University’s first professorship in LGBTQ+ History was created at Mansfield College.

Our Welfare Team supports everyone at Mansfield, however Ros Ballaster (She/Her: ros.ballaster@mansfield.ox.ac.uk) is our LGBTQ+ Tutor while Matthew Bowen (He/Him: matthew.bowen@mansfield.ox.ac.uk) is the LGBTQ+ rep for the JCR (while there is currently no MCR rep, feel free to talk to other members of the MCR bench).

We are hoping to have many events celebrating and supporting the LGBTQ+ community this year, including a service for Trans Memorial Day in week 8.
Interfaith Festivals

At Mansfield we very much hope to create an open and inclusive environment for everyone from all backgrounds, and one way we do this is celebrating interfaith festivals.

This term the festivals we are hoping to hold celebrations for are **Diwali during week 3, Thanksgiving during week 7, and Hanukkah and Christmas toward the end of the term.** Further details on each of these celebrations will soon follow.

If anyone would like to celebrate any additional festivals, or have ideas on how best to celebrate the festivals listed above, please do get in touch with Asima Qayyum, the Principal’s Executive Assistant, at asima.qayyum@mansfield.ox.ac.uk.
Diwali Celebrations

6pm, Monday 24 October

Sign up for Formal Hall via college intranet!
Robert Hooke Building on Parks Road (next to the Natural History Museum) is open to anyone for prayer. For more information click here.
Oxford Cymru would like to warmly invite all Welsh Undergraduate Students to a Drinks Reception at St Catherine’s College on Tuesday, 25 October from 6:30pm–8:30pm. Come along to meet other Welsh students from across the University and learn about how you can become involved in the work that Oxford Cymru does to support more Welsh students to make applications to Oxford and other competitive Universities. RSVP here by Monday, 24 October if you would like to attend, or contact oxfordcymru@admin.ox.ac.uk with any questions that you may have. We look forward to seeing you there!
Non-Credit Course: Research Training on Counterterrorism Law

The Centre for Human Rights at the University of Pretoria (UP) is elaborating an online repository for national legislation on terrorism and counterterrorism. The research will look at how terrorism is defined and prosecuted in each State, along with sentences. Analysis of the relevant laws will be conducted from a human rights law perspective.

The project will ultimately cover all 197 States (as recognised by the UN Secretary-General) as well as Kosovo and Western Sahara. It will go live with 50 profiles in early November 2022 at https://counterterrorlaw.info. Similar websites managed by the UP Centre for Human Rights concern national laws on police use of force worldwide (https://policinglaw.info) and on the right of assembly worldwide (https://rightofassembly.info). In both of these projects, students at Oxford University conducted valuable research.

Profile of participants

- **Research skills**: Graduate and undergraduate law students at the University of Oxford; graduate students of other disciplines with a law degree or demonstrated experience in legal human rights research. While some legal background is preferred, it is not essential: an interest in the topic is equally valuable.

- **Language skills**: Any non-English language skills are valuable, but especially those with skills in Arabic, Chinese, Russian, and Spanish.
The work of the students will be specifically acknowledged and thanked on the website (unless of course anonymity in any case is preferred).

**Time schedule**

- Any student wishing to assist with country research will be invited to attend a briefing at the Bonavero Institute by Stuart Casey-Maslen, Extraordinary Professor at UP’s Centre for Human Rights, on **28 October, from 3pm to 5pm**.
- The students will then be asked to conduct preliminary research on counterterrorism law in a particular State and to submit it **by end of day on 18 November**.
- A general review and discussion will take place on **21 November, from 3pm to 5pm**.
- Following final research, a concluding session will be held on **5 December, from 3pm to 5pm** to wrap up the research. Stuart will then upload the results of the research onto the website.

**Application**

Interested students should send a short email attaching their CV and indicating their interest (either generally or in a particular country or countries) to: bonavero-programmes@law.ox.ac.uk **by 20 October**. They will be notified of their selection by **24 October**.
UNIVERSITY OF OXFORD'S INTER-COLLEGE IDEAS COMPETITION

ALL-INNOVATE

MICHAELMAS TERM '22

MORE INFORMATION BELOW
Dear Mansfield College Students,

We hope you are safe and well and have had a positive start to Michaelmas term. We are excited to let you know that there is another £30,000 of grant funding to be won through the Entrepreneurship Centre's All-Innovate competition this term!

Applications open on Monday, 19th September and close on Sunday, 6th November. Do you have an idea that you think could improve society in some way? Have you been wondering whether to pursue it but feel unsure on the next steps?

As a partnering college, undergraduates, postgraduates and DPhils from any department are invited to apply with an entrepreneurial idea or venture for a chance to win from the £30,000 prize funding pot, as well as follow-on support to help turn your idea into reality or build-up your existing venture.

The competition is accompanied by a specialised workshop series with experienced mentors to help you build new skills and enhance your careers. You can find further information about the competition and the supporting workshop series on the EC website.

We encourage you to connect with the Entrepreneurial Centre on LinkedIn and Twitter for additional resources. If you have any questions about the competition, please contact the Entrepreneurship Centre directly on entrepreneurship@sbs.ox.ac.uk.

Scan QR to apply!
The Disability Advisory Service (DAS) is recruiting reliable, flexible graduate students to provide disabled students with study support. All the roles are part-time and the level of commitment can vary to match the support worker’s availability in many cases.

There are several different types of role available, but we are currently particularly looking for:

- Practical Support Assistants, especially Sighted Guides, to support visually impaired students.
- Note takers and scribes for Maths (ideally taken in LaTeX), Law, and PPE.
- Study Assistants to help students with autism manage the transition to Oxford.

Rates of pay are £12 - £15 per hour and general information about the roles can be found on our website.

Please email nmh@admin.ox.ac.uk as soon as possible to register your interest. The roles listed above are available right now but it is likely that there will be other roles in the coming academic year.
Oxford-Canada Scholarship

Applications are now open for the Oxford-Canada Scholarship which covers all fees for full-time, postgraduate study at any Canadian university for up to two years. The Scholarship is open to UK citizens who are currently studying at the University of Oxford or who have graduated within the last 24 months. Full details of the eligibility requirements and application process can be found here: https://oxford-canada.org/apply. Please submit applications to: ox-can.scholarship@rhodeshouse.ox.ac.uk by 18 November 2022.
A Message from the Librarians

Book deliveries, Contemporary Fiction collection, accessibility webpage and new book suggestions!

A few reminders from the Library team:

Sally, Clare, and Mark are very happy to deliver books to self-isolating students (or any others who can’t make it to the Library in person due to accessibility issues). These can be for academic studies or something from our Contemporary Fiction collection to offer some light relief.

Please contact us on library@mansfield.ox.ac.uk

There is more information about our accessibility equipment & procedures, along with recommended self-help & study skills reading, available here.

If you would like to suggest a book for purchase, please use the book suggestion form on our website. Suggestions are always welcome and, if approved, usually available within a day or so.
Mansfield College now has an expanded study skills and well-being section, which includes some lovely cook books, and books on how to adjust to life at university and how to make the most of your studies and research. See the display in the Main Library and come and borrow! Find more online via our webpage.

We have also compiled some links to good websites for low cost, nutritious recipes and advice about meal preparation and planning, ideal for students but also great at this time of rising costs generally.

- [https://cookingonabootstrap.com/](https://cookingonabootstrap.com/)
- [https://www.bbcgoodfood.com/feature/budget](https://www.bbcgoodfood.com/feature/budget)
- [https://www.thestudentfoodproject.com/](https://www.thestudentfoodproject.com/)
The Mansfield College Library Team would also like to inform everyone about the Centenary Photography Competition. The Oxford Bibliographical Society, 100 years old, wants to see your photographs of your favourite Oxfordshire Library.

Submit your entries by **Monday, 24 October** to be considered for the prize contest. [Click here for the entry form.](#)
The English Faculty Library have arranged permanent access to the National Theatre Collection 1 via Drama Online. This is a collection of 29 filmed NT performances, including Frankenstein, Translations, A Streetcar Named Desire, a number of Shakespeare plays, and more.

Scan QR code below (SSO required to access full content).

Visit the Bodleian Libraries website to see the other databases at your disposal in addition to Drama Online.
Mansfield College is proud to have many superb researchers among its staff and students. To learn about some of the research being done:

- Visit Michele Mendelsssohn's exhibition, *Making History: Christian Cole, Alain Locke, and Oscar Wilde at Oxford*.
- Read Andrea Bernini's article, *Race, Representation and Local Governments in the US South: The Effect of the Voting Rights Act*. 
New Staff Members

We have some new staff joining the Mansfield Community this term!

- **Freya Baetan** – Head of Programmes at BIHR
- **Suriya Bi** – Fellow and Geography Department Lecturer
- **Hashem Abushama** – Development Career Fellow and Geography Department Lecturer
- **Ellen Paterson** – Stipendiary Lecturer in History
- **Carlos Nunez Jimenez** – Lecturer in Moral Philosophy
- **Christopher McKernan** – Non-stipendiary Lecturer in Law
- **Hugh Gazzard** – Lecturer in English (MT only)
- **Theo Hickfang** – Lecturer in Politics
- **Yingyu (Judith) Guo** – Lecturer in Economics

MANSFIELD COLLEGE
OXFORD
Special Evening Concert

Preludes to Wordsworth

Saturday
22nd October 2022
7.30pm

A special performance by Paul Lodge, singer-songwriter to mark the release of his album of settings of poems by Wordsworth.

Admission free (no need to book)
www.paullodge.com

Sir Joseph Hotung Auditorium
Mansfield College
Mansfield Road
Oxford OX1 3TF
Wine and Cheese event is back on Thursday evenings for several weeks this term! Events will be every Thursday from 13 October at 7:30pm in MCR (except for week 5). Come and join us!
MCR HALLOWEEN PARTY IS FRIDAY, 28 OCTOBER STARTING AT 9PM
AT THE VARSITY CLUB!

Mansfield Halloween

PUMPKIN CARVING IS SUNDAY, 30 OCTOBER FROM 2PM-4PM IN THE CRYPT!
SIGN UP HERE.
Formal Hall Notice

Formal Hall takes place on Wednesday and Friday evenings during term. During Formal Hall the College only provides still and sparkling water on the tables.

Any wine must be purchased by students at the Bar which they can then take into dinner. Students can also purchase soft drinks from the Bar/Crypt if preferred.

Fruit juice and elderflower are available at £3.50 for a litre and £3 for a bottle.
Recital Sunday, 30 October at 3:30pm in the chapel - all welcome to come along and take a break from studying! If you would like to perform a piece, please contact Lizzy before Wednesday, 26 October.

Reminder of rehearsal times:
• Chapel Choir – rehearses **Mondays at 7:30pm, Wednesdays at 5:15pm**
• Wind Ensemble – rehearses **Tuesdays at 8pm**

We are also excited to hopefully be starting a new **jazz band**, and an **informal singing group** this Michaelmas! There is a meeting **20 October at 4:30pm in the Crypt** to show interest in the informal singing group.

Contact our president at elizabeth.flaherty@mansfield.ox.ac.uk for more info, or to be added to the mailing list!
Religion and Sexuality Discussion Workshop: Sunday, 30 October at 5pm in the Old Hall

For many the mixing of religion and the bedroom can be complex at best, dangerous at worst, yet these two intimate facets of human identity share a long and layered relationship that merits sensitive and thoughtful exploration.

All students are therefore invited and very welcome for an hour before dinner to come and share in an open dialogue on these topics. Co-led the JCR Religion and Faith Officer, Hasnain Sumar, and LGBTQ+ Officer, Matthew Bowen, it is an opportunity to hear different perspectives and bring one’s own questions and thoughts to these two vast and fascinating subjects.

This is open to every student, whatever their faith or sexuality, whether to participate or simply to listen and enjoy the free refreshments provided!
Shut Up and Focus!

Mondays 1pm-2:30pm in Seminar West (except week 6)

Got a difficult task to focus on?
Can't get started? Can't stay focused?

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

How it works

- **Beforehand:** Choose a task to bring to focus on.
- **1pm:** Get coffee/tea.
- **1:05pm:** Focus for 35 min!
- **1:40pm:** Break for refills, chat.
- **1:45pm:** Focus again for 35 min!
- **2:20pm:** Celebrate and congratulate yourselves.

For more information email Gail Leckie: gail.leckie@mansfield.ox.ac.uk
Welfare Teas

**Wednesdays of odd weeks in the Crypt, 3pm-5pm**

Join your Junior Deans in the Crypt for Welfare Tea and refreshments. We'll be there in **Weeks 1, 3, 5, and 7**. Please drop in and feel free to hang out and have an informal chat about anything. Talking is always good, and so are free hot drinks and biscuits!

Questions or want more info?
Email darshini.nadarajan@mansfield.ox.ac.uk.

**JCR Welfare Tea, Sundays at 4pm in the JCR**

The JCR also hosts its own Welfare Tea; join us for drinks and snacks! A peer supporter will always be in attendance.
Wellbeing Events

Your Welfare Team is hard at work, planning events to help everyone at Mansfield be happy and healthy! Here are some things happening in the coming weeks!

Week 3:

- **Welfare Walk: Mondays, from 1pm-2pm. Meet your JD, Saquib, outside the lodge.** All welcome. Questions to: saquib.hassan@mansfield.ox.ac.uk.
- **“Managing Anxiety” seminar: Monday, 24 October at 1pm in Seminar West**, lunch provided. Join Dr Ruth Collins for a psychologist-led seminar on anxiety. [Sign up here](#). Another seminar with Dr Collins will be held in week 6 (details to follow).

Week 4

- **Craft Evening - Embroidery: Thursday, 3 November from 7pm-8pm in the JCR.** Join Ben Wilkinson-Turnbull, one of our JDs, who will share his knowledge of all things needlework. Supplies provided for those who sign up, or bring along your own project to craft in company. [Sign up here](#). Questions to: ben.wilkinson-turnbull@mansfield.ox.ac.uk.
Writing for Relaxation

Creative Workshops and with Mansfield College's Writer in Residence open to all

Everyone is very welcome to join in the Writing for Relaxation poetry sessions held by Kate Clanchy. They are drop-in sessions and no prior booking is required. Sessions will be held **Tuesdays from 5:45pm-6:45pm in the Old Bar, Weeks 1-8.**

Kate Clanchy is an award winning poet, fiction and non-fiction writer and a committed teacher.

Kate Clanchy
K.S.Clanchy@reading.ac.uk
Walk of the Week

Curated by Prof. Stephen Blundell
To do this walk, labelled blue on the map, head along the Eastern edge of the University Parks and traverse Rainbow Bridge, keeping straight on. Turn right at the T-junction and follow the path past Exeter’s Sports Field and Park Farm. Look out for the horses in the fields; you really feel like you’re out in the country along these paths. Once you reach the area with houses, turn right and head back to Mansfield via the Marston cycle path.
Our very own Basil and Beatrice usually hang out in the Fellows’ Garden. They also have their own room which is off the Fellows’ Garden, and if you want to study in there in the evening with feline company, ask Katherine the Tutor for Cats (katherine.morris@mansfield.ox.ac.uk) for the key code. B&B accept all forms of attention but please resist the urge to feed them!

You can also join us for dog walking with Sandi, the therapy dog. **We will meet on Sundays during term time starting Sunday 9 October, at 11am on the patio outside the Crypt.**
Mondays, weeks 1-8, in the JCR
Michaelmas term 2022

5.30-6.30pm: Pilates
6.30-7.30pm: Yoga

Sign up with this form or scan QR code:

Sessions are led by a fully-qualified instructor and are free as they are subsidised by College. If you sign up but attend fewer than 6 sessions per course, the cost (£16 per course) will be debited to your battels.
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.
Feel free to get in contact with any peer supporter or the specific peer supporter of the week (they will be named in the welfare mail out each week and on the JCR Facebook page). We are always happy to chat online or in person! There will be one peer supporter at every Welfare Tea too in case you would like to approach us there! **Welfare Tea’s are every Sunday at 4pm in the JCR.** We have all received 30 hours of training from the university on how to support people with many different concerns.
Meet the Junior Dean Team

**Main Site**
Darshini Nadarajan (She/Her)
darshini.nadarajan@mansfield.ox.ac.uk
Duty Phone (6pm–2am): **07541564050**

Saquib Hassan (He/Him)
saquib.hassan@mansfield.ox.ac.uk
Duty phone (6pm–2am): **07541564050**

**Ablethorpe/Rhodes Wolfson**
Ben Wilkinson-Turnbull (He/They)
ben.wilkinson-turnbull@mansfield.ox.ac.uk
Duty phone (11pm–7am): **07741071156**

Aastha Prasad (She/Her)
aastha.prasad@mansfield.ox.ac.uk
Duty Phone (11pm–7am): **07741071156**

**Cowley Road Houses**
Sophia Shieh (She/Her)
sophia.shieh@mansfield.ox.ac.uk
Duty phone (6pm–2am): **07453370008**

Bhadrajee Hewage (He/Him)
bhadrajee.hewage@mansfield.ox.ac.uk
Duty Phone (6pm–2am): **07453370008**
(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

Tutor for Racial Inclusion
Helen Mountfield co-organises the termly forum for Amplifying Voices of Students of Colour.
principal@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 Disabilities
Andrew Higgins deals with disability related welfare issues.
andrew.higgins@mansfield.ox.ac.uk
Academic Support

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.

Also please note that Christopher Salamone, Mansfield's Tutor for Graduates, is on a research sabbatical until the start of Trinity Term 2023. During this time Lucinda Rumsey, Mansfield’s Senior Tutor, will be Tutor for Graduates.
Welfare Team

All of us on the welfare team can provide a space to listen and talk through your concerns. We can also offer advice on some practical matters and signpost you to other sources of help. Please email us to arrange a time to speak.

Tutor for Welfare: Gail Leckie (They/She)
"I oversee welfare provision and policy in college. One of the most important parts of my role is seeing students individually about their welfare concerns, small or large. Please drop me an email and we can arrange a time to speak."

gail.leckie@mansfield.ox.ac.uk

Chaplain: Rev Nathan Mulcock (He/Him)
"As well as running the Wednesday Chapel service, I am part of the Welfare Team. I am happy to listen to concerns and issues and help organise events and activities marking both religious and secular events and celebrations in the College, as well as explore those bigger questions of life, whatever belief or identity; all are welcomed and valued."

chaplain@mansfield.ox.ac.uk

The Junior Deans are also available to discuss any welfare concerns!
Emergencies

An emergency is a situation where there is a risk of serious and imminent harm.

In an emergency:

Call 999 if appropriate first, then phone The Porter’s Lodge: 01865270999

Porters will arrange for appropriate staff, usually Junior Deans, to respond. You can also ring Junior Deans on your site direct during their duty hours (see JD poster for contact details of additional Ablethorpe provision).

Never rely on emailing or texting in an emergency.

External Welfare Support

University Counselling Service
Email counselling@admin.ox.ac.uk to book an appointment.

Talking Space Plus
Self/GP-referral for psychological treatments
www.oxfordhealth.nhs.uk/talkingspaceplus/

Oxford Safe Haven
Weekend out-of-hours, non-clinical space offering crisis & listening support. Call in advance.
Open Fri–Mon from 5pm–10pm
tel: 01865903037
e-mail: oxonsafehaven@oxfordhealth.nhs.uk

External Medical Support

College GP (St Clements Surgery):
01865248550, Mon–Fri
NHS Out of hours service: 111
NHS emergency: 999