Virtual Quad

Weekly events, tips, and reflections
Week 4 - Michaelmas 2022
Hello wonderful people,

I cannot adequately convey how grateful I am to all of you for such a wonderful welcome to this College and I’m so glad to be here with you, but thank you so much.

As chaplain, I hope to be just as helpful and kind to you in turn. I’m always happy just to chat about anything, although as part of the Welfare team I’m willing to listen on the bad days, talk things through and possibly point to other services that might help with you. My usual hours are 1-5pm Mon-Fri, but I am flexible if you drop an email.

Otherwise, I try to help those exploring questions of faith and identity and look after the events going on at college especially commemorations, religious festivals, and marking other important events through the year. I’m always happy to help if you want to mark something in college, just drop a line! On that note, we run our weekly chapel service—very relaxed with lots of music from the fabulous choir—each Wednesday in term at 6:15pm!

I hope to continue to get to know you better over the coming term and year and am always keen to hear of ways that we can build up this wonderful College community. So say hello, challenge me to a game of chess (a sad obsession), and my profoundest apologies if you occasionally hear my rather poor accordion playing around the site...!

Chaplain
Rev Nathan Mulcock (He/Him)
Friday 4 November 5:30pm
Regression & Resistance: The Struggle for Women's Rights in Afghanistan
Shaharzad Akbar in conversation with Shazia Choudhry
(In conjunction with the Bonavero Institute of Human Rights)

The strongest civil resistance to the drastic attacks on human rights and women’s rights in Afghanistan since the Taliban takeover in August 2021 comes from the Afghan women’s rights communities, internally and in exile. Shaharzad and Shazia will reflect on the struggle for women’s rights over the past two decades and the dilemmas for Afghan activists now.

ADMISSION FREE
Sir Joseph Hotung Auditorium Mansfield College
Sign up here or scan QR code:
November the 2nd is traditionally celebrated as All Souls' Day, a time of prayer and remembrance of those who have died.

As such, the chapel service today at 6:15pm will also be focused on remembering those whom we love, but sadly see no longer. This will include the opportunity for people to light a candle and a reading out the names of loved ones people wish to have remembered.

As such, if you would like a loved one or loved ones remembered by name during prayer in chapel on the 2nd, even if you cannot attend, please do get in touch, by email or in person and I will gladly add them to the list.
Transgender Day of Remembrance Service

Memorial Service, poetry, music and reflection... offered by students and staff.

Followed by an opportunity to join a candlelit vigil at the Radcliffe Camera.

Sunday 20 November, 5:30pm
Old Hall
### Groups:

<table>
<thead>
<tr>
<th>Group</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survivor Support Group</td>
<td>Weeks 1-8 inclusive, In Person Tuesdays 5pm - 6.30pm</td>
</tr>
<tr>
<td>Mindfulness Course</td>
<td>Weeks 2-7 inclusive, In person Mondays 3.30pm - 5pm</td>
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<tr>
<td>LGBTQ+ Supportive Group</td>
<td>Weeks 3-7 inclusive, Online Wednesdays 4pm - 5pm</td>
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<tr>
<td>Managing Strong Emotions</td>
<td>Weeks 4, 6, 8, In person Thursdays 9.45am - 11.15am</td>
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<tr>
<td>Compassion Group</td>
<td>Weeks 4-8 inclusive, Online Fridays 10am - 11.30am</td>
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<tr>
<td>Students of Colour Group</td>
<td>Weeks 3-8 inclusive, Online Mondays 5pm - 6.30pm</td>
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<tr>
<td>DPhil Group</td>
<td>Start date TBC, In person Mondays 5pm - 6.30pm</td>
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<tr>
<td>Anxiety Group</td>
<td>Tues. Weeks 5-8 inclusive, Time TBC</td>
</tr>
<tr>
<td>Masters Group</td>
<td>Due to start in Hilary Term, please register interest now</td>
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Workshops are open to all Oxford students. For further information see: https://www.ox.ac.uk/students/welfare/counselling/workshops.

To book, send an email to: counselling@admin.ox.ac.uk.
A safe space for survivors of sexual abuse and violence, whether historic or recent, to find support whilst navigating life at Oxford University. There will be no expectation for participants to share the details of their experiences, however, sharing the impact and your current thoughts, feelings and responses is encouraged. This group is open to Undergraduate and Post Graduate students.

Groups are kept small and confidential and facilitated by a member of the counselling service, experienced and trained in working with survivors of sexual violence and abuse.
Smartphones, computers, and tablets are powerful and essential tools for us to study, socialise, and connect to the outside world. But they can also be a source of endless distraction that undermine our capacity to focus and lead to long stretches of unproductive or unrewarding time.

If you want to take back control, this workshop can help! You will be supported to: reflect on your relationship with 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:

Zoom workshop: is.gd/reddZoom
In-person workshop: is.gd/reddIRL
FAS Convention 2022: Saturday 12th November

Women in Astronomy

Sponsored by the British Astronomical Association - https://britastro.org

Lectures by Dame Jocelyn Bell Burnell, Grace Burthom, Mary McIntyre, and Becky Smethurst

The Martin Wood Lecture Theatre, Clarendon Laboratory, Parks Road, Oxford OX1 3PU

Doors open to attendees at 9:15am, with the programme running from 10am to 5pm. We will be providing a sandwich lunch and drinks. We need to know choices as soon as possible. During the lunch break there will be time to visit the Museum of the History of Science or the Natural History Museum.

Tickets: Adults (£12.50), Family (£25.00), Under-16 / Student (£5.00)

Tickets must be booked by midnight on November 4!

Note that the event will not be live-streamed. You need to be there!

Places are limited, go now to https://fedastro.org.uk/fas/convention/

For information about opportunities for Sponsorship, Exhibiting or Advertising in the convention programme write to meetings@fedastro.org.uk
Would you like to take on leadership opportunities and empower women in STEM? The OxWEST College Ambassador program is a fantastic opportunity to gain hands-on experience.

You just need to spread the word on your college MCR/JCR pages about our diverse and fun OxWEST events and attend them regularly. Benefits for you include ambassador exclusive socials, priority access to all events, providing ideas for future events, and, of course, STASH! We can’t wait to hear from you and welcome both JCR and MCR Ambassadors from any college! Apply to become one of our college ambassadors: Register Here!

We're looking forward to hearing from you!
WHAT IS THE FUTURES PANEL?
• A collection of students from different universities and disciplines across the country who discuss insights on future trends, the implications they have for organisations and the future of work.
• Become part of our Research Taskforce, delve into a future trend deeply and participate in full-day interactive workshops in our London office over 12 months.
• Some possible areas we may focus on include AI/digital, ESG & sustainability, Happiness at work, Business ecosystems, Urbanisation, Talent Management, Generational demand etc.

WHO ARE WE?
We are experts in organisational change, building better businesses across the world and recently recognised by Forbes as one of the ‘World’s Best Management Consulting Firms 2022’. Q5 was set up to be nimble enough to work across different sectors and locations, delivering results based on the specific needs of our clients. We are pleased to offer you the opportunity to become a member of our Futures Panel.

APPLY NOW
Introducing the Global Leadership Initiative

What is the nature of leadership in a complex world?

What personal qualities are required to lead in a way that best serves the public good?

Our programmes will help you to cultivate character and grow in the practical wisdom that is central to good leadership.

Our weekly sessions run in Hilary and Trinity terms where you will engage in regular reflection, dialogue, and practices that will help you to apply leadership lessons in your own context.

FAQs

Who can apply?
Any postgraduate student enrolled in a full-time programme at the University of Oxford.

How does it work?
We convene a group of motivated students representing different nationalities, leadership cultures, academic disciplines, and philosophical and religious traditions. This group will make up a leadership “learning community” that will meet together throughout the academic year, engaging with guest speakers and adopting practices of reflection and dialogue central to personal growth.

Find out more at https://oxfordcharacter.org
Join SolidariTee Today!

(More information below)
Is your goal this year to make change on campus? To stand in solidarity with displaced people? To gain employable skills? To meet new people and make amazing friends? JOIN SOLIDARITEE IN 2022!

SolidariTee is an entirely student-run charity fundraising for NGOs providing legal aid to forcibly displaced people. Via our national social media, we also work to dispel harmful misinformation about refugees and the asylum process, and to raise awareness about global refugee issues. But our core work takes place on regional campuses: last year we had SolidariTee regional teams at over 60 universities worldwide. These teams are made up of a team of regional representatives, who work to host awareness- and fundraising events on campus throughout the year, as well as to sell our unique SolidariTees. These t-shirts are a visible show of solidarity: they're sustainably and ethically produced, and feature artwork by refugees and asylum seekers.

SolidariTee Oxford is currently recruiting for regional reps, who would help to organise outreach and fundraising events in Oxford, sell our iconic t-shirts to friends and family, and spread the word about the cause. If you'd like to know more, don't hesitate to contact julia.mccarthy@gtc.ox.ac.uk. If you'd like to apply, click here fill out the form - don't worry about writing a lot, we just want to see a genuine passion for the cause, and no previous experience is required!
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 Hub contains useful information, advice and events that are relevant to you as Mansfield Students. The Hub will supplement the guidance provided in the Student Handbook and will be updated by staff from around the College. We hope that it will be your first port of call for any questions you might have about student life at Mansfield, so we would recommend adding it to your bookmarks now.

Most pages have content on already, but please bear with us while we transfer useful resources from other places such as the College website. If you have any feedback on the Hub, we would be very happy to receive it!

Click here to visit the homepage of the Mansfield Student Hub.

Additionally, information about Financial Support Funds provided by the College, including Reimbursement for Language Centre Courses, can be found on the Hub. Click here to visit the fees and funding page.
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.
Scholarship Opportunities

Mansfield Financial Support Funds
As you may know, each term we advertise a Financial Support Fund for students to apply to for help with academic expenses, academic-related travel, travel for enrichment, and unforeseen hardship.

There are different funds for Undergraduate Students, Postgraduate Students, and students on the Visiting Student Programme. Please make sure that you apply for the correct fund. Information about this term’s fund can be found on the Hub: Fees and Funding. Applications will be open until Monday 31 October (Week 4) at midday.

Additionally, due to generous funding from a donor, we are able to reimburse the full cost of courses taken at the University Language Centre (https://www.lang.ox.ac.uk). The language centre offers both modern languages courses and courses in academic English. The reimbursement form will be available on the Hub later on in the term, and the deadline for applying will be Friday of Week 10 (16 December).

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.
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.
When borrowing books from the Library using the self-issue machine, please remember to use the T barcode on the inside of the books rather than the ISBN on the back:

1. Scan your University card FIRST!

   - This is NOT the ISBN one on the back cover.
   - It is inside the front cover on a label with Mansfield College written on it and number starting with T.

3. Scan the Mansfield barcode of any other books you want to borrow (you do not have to scan your card again).
   - Finally, click Finish at the bottom-right of the screen using the mouse.

We would also like to remind everyone that absolutely no food or drink other than bottled water is allowed in the Library (this includes coffee in keep cups)!
Oxford Festival of Open Scholarship 2023
Save the date: 6-17 March 2023

Come along and hear from an array of exciting national and international speakers and find out what is going on with open access and open research! Organised by the Bodleian Libraries, for Oxford staff and students, The Oxford Festival of Open Scholarship (OxFOS) covers a range of topical issues for a fortnight each year. This is an opportunity to explore and debate issues, and jointly look for solutions. We hope to interest and inspire you!

If you wish to receive updates about the schedule (due in January 2022) please join our mailing list (email: oxfos-subscribe@maillist.ox.ac.uk).

Got a project to present? A talk you want to run/see? Contact the OSS team at openscholarship@bodleian.ox.ac.uk.

Keep an eye on the #OxFOS23 landing page for further schedule announcements.
Colin Franklin Prize for Book Collecting

Open to current undergraduate & postgraduate students of the University of Oxford

Submit an essay that describes your own collection of books or printed material representing a passionate interest.

Prize: £600 plus £300 allowance to buy a book for the Bodleian collections.

Entry Deadline 9 December 2022

Click here or scan QR code to find out more
Michael Mahoney
MCR & SCR Seminar & Dinner

Thu 10 November 2022
5:30PM: Pre-seminar drinks in the MCR
6:00PM: Seminars in the Auditorium
7:30PM: MCR & SCR Dinner in Chapel Hall

Daria Jensen
How dietary and metabolic health quality affect the brain across the life span

Mohini Gupta
Language Socialisation through Education: a comparative study of language teaching in India and Wales

Register via meal booking system by 10am 7 November
MCR Wine and Cheese

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!
Recital Sunday, 13 November at 3:30pm in the chapel – for all that are interested in performing! Please contact Lizzy by Wednesday, 9 November if you would like to play a piece.

Reminder of rehearsal times:

- Chapel Choir – rehearses Mondays at 7:30pm, Wednesdays at 5:15pm
- Wind Ensemble – rehearses Tuesdays at 8pm

Contact our president at elizabeth.flaherty@mansfield.ox.ac.uk for more info, or to be added to the mailing list!
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 5:

• **Welfare Walk:** Mondays, from 1pm-2pm. Meet your JD, Saquib, outside the lodge. All welcome. Questions to: saquib.hassan@mansfield.ox.ac.uk.

Week 6:

• **“Challenges” seminar:** Monday, 14 November at 1pm in Seminar West, lunch provided. Join Dr Ruth Collins for a psychologist-led seminar on three challenges students face: impostor syndrome, perfectionism, and procrastination. [Sign up here.](#)
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
A Walk in Shotover
Curated by Prof. Stephen Blundell
Getting there is best by bicycle (it’s about 20–25 minutes on a bike from Mansfield, a 3.5 trip, although the last bit is up a very steep hill, for which I will admit to getting off and walking), or use the No15 bus to get close (to walk the whole thing would take just over an hour). The route is easy: take Morrell Avenue (the one that goes up on the right-hand side of South Park) and then keep going straight on at every junction. You’ll eventually find yourself in the car park for Shotover Park, where there are some bicycle racks where you can lock your bicycle.
The route that you take continues as a dirt track through Shotover Park, and it is interesting to think that this was once the main route from Oxford to London. Shotover (whose name may derive from an Old English phrase meaning “steep slope”) is up on a high hill and affords great views over the surrounding countryside. It’s a tranquil place to sit down and read a book, or dream of ancient times as you explore the woods that were once known as “The Forest of Shotover”. 
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 at 4pm on the patio outside the Crypt, or in the Old Bar if weather is inclement.**
PhotOx will run on **Mondays, weeks 1-8 (10 October - 28 November)** in **The Collier Room, Regent’s Park College, Pusey Street, Oxford, OX12LB**

David set up the PhotOx Photography Society to provide a friendly, creative environment, where University of Oxford members passionate about digital (or film) photography will receive inspiration, technical advice, and constructive feedback on their images.

Whether you have a Nikon or Canon DSLR; a mirror-less M4/3; a point-and-shoot camera, or just use an iPhone/Android camera – you will learn how to compose, expose, and capture better images. This is an excellent opportunity for you to improve your photography and to develop professional skills.

**PhotOx Membership Benefits:**
- Professional feedback & advice
- Termly competitions to enter
- Share images within a members-only Facebook group for constructive feedback
- Weekly assignments to help develop your photographic skills
- Option to join PhotOx-on-Tour trips to locations in the UK & Europe – recent workshops: Suffolk, London, Berlin, Budapest, and Copenhagen (additional cost).

To become a member of the PhotOx Photography Society email: davidtolley@me.com.

Please contact David using your Oxford University email account and put PhotOx in the subject box.
OxBikes: Buy or Rent a Bicycle!

Rent a bicycle for just £7.99 to collect any time, 24 hours a day at OxBikes with no deposit required. Head to https://www.oxbikes.co.uk/depot-locations to view the bicycles that are available. We have four depots across Oxford and this number is increasing weekly, so there is a local depot for everyone. Our bicycles come with a lock, and helmet rental is also possible. Rent a bicycle with us today to help combat climate change, making Oxford a greener city. Cycling once a day instead of driving saves 0.5 tonnes of CO2 every year, per person.
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.
Peer Supporters MT22

**Annabelle Dennis** - she/her  
Peer Supporter for Sports & Societies  
annabelle.dennis@mansfield.ox.ac.uk

**Matthew Bowen** – he/him  
JCR LGBTQ+ Officer  
matthew.bowen@mansfield.ox.ac.uk

**Chloe Banks** - she/her  
JCR Womens* Officer  
chloe.banks@mansfield.ox.ac.uk

**Katerina Panesova** - she/her  
Rainbow Peer Supporter  
katerina.panesova@mansfield.ox.ac.uk

**Ellie Scyner**- she/her  
JCR VP Welfare  
ellie.scyner@mansfield.ox.ac.uk

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.
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.**

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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

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External Medical Support

**College GP** (St Clements Surgery):
01865248550, Mon–Fri

**NHS Out of hours service:** 111

**NHS emergency:** 999