Virtual Quad

Weekly events, tips, and reflections
Week 5 - Michaelmas 2022
Hello, Namaste and Vanakkam Mansfield!

I am Nayantara Srinivasan, a third year DPhil student in Materials and I am studying novel nanocomposite materials for capacitor-like applications. I am deeply honoured to be your new MCR Vice-President and Women’s Representative. Having been born in India and raised in Kuwait, and then pursuing college studies in different countries like Singapore, I hold a deep sense of respect and appreciation for people from different cultures and backgrounds and am incredibly proud that my values align with those of Mansfield, where diversity has played a crucial role. My role as Vice President and Women's Representative would include overseeing the welfare of the MCR community, organizing events, and empowering and supporting women in every way possible. In addition to my DPhil and MCR roles, I am also the Secretary of OxWEST (Oxford Women in Science and Technology) and also enjoy singing, dancing, and playing chess...

I am available for any concerns, or help you may need throughout your studies at nayantara.srinivasan@materials.ox.ac.uk. Am happy to have a chat in college/over coffee or in confidence if you prefer. I would like to leave you with a wonderful quote by Kalpana Chawla: "The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it."

Yours,
Tara

Nayantara Srinivasan (She/Her)
MCR Vice-President
A Celebration of Sanctuary

Natasha Kaplinsky
Broadcaster

Freshta Karim
Afghan child Rights Activist

Dr Xand van Tulleken
Doctor & Presenter

We are delighted to be hosting a Somerville–Mansfield Celebration of Sanctuary to mark our joint status as the University’s first Colleges of Sanctuary. We are extremely proud that our commitment to supporting the rights and education of refugee students and academics over the past century has been marked in this way and we are determined to continue to make our Colleges places of welcome, safety and inclusion in an increasingly hostile environment for millions of displaced people.

We are thrilled to have 5 Sanctuary Scholars at Somerville this year whom we are inviting to join special guest Dr Xand van Tulleken (1996, Physiological Sciences) as speakers for our panel discussion alongside Afghan child rights activist, Freshta Karim (2016, MPP). The panel will be moderated by Natasha Kaplinsky and there will be plenty of time for audience questions before a drinks reception at 18:30.

Date: Friday 11 November 2022
Panel: 17:30
Drinks: 18:30 – 19:00
Location: Somerville College, OX2 6HD
Click here to find out more!
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
Open to all Oxford students, these workshops will introduce some practical tips to help with low mood, self-criticism and related difficulties. Each session will involve a short presentation and some practical exercises. You are welcome to keep your camera on or off as you prefer - there is no obligation to speak or share personal material, although there will be opportunities for questions and discussion (particularly in the last open-format session). You are welcome to sign up to one or more individual sessions, or attend the whole series.

Visit the counselling service website to see what skills we will be focusing on each week.

Email the counselling service at counselling@admin.ox.ac.uk to check availability and reserve a place.
Oxford University Counselling Service

Relaxation Workshop

Tuesday, 15 November, 5.15pm - 6.30pm

This is a one-off, self-referral workshop, which is guided and psycho-educational in nature, exploring basic physiological relaxation and meditation techniques, including some gentle yoga therapy.

The workshop covers mindful, diaphragmatic breathing, progressive muscle relaxation, body-scanning, visualisation and mindfulness based meditation exercises. Participants are advised to secure a quiet, uninterrupted space where they can lie down on a yoga mat or sit on a comfortable chair. No prior yoga or meditation experience is required. Copies of the exercises and scripts will be emailed out to all participants after the workshop.

Email the counselling service at counselling@admin.ox.ac.uk to check availability and reserve a place.
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!
The termly meeting for Amplifying Voices of Students of Colour is going to take place on Thursday, 17 November between 12:30pm and 1:30pm in Old Hall. Sandwiches and drinks will be available for lunch during the meeting.

This is the opportunity for any students to advise, give feedback, ask questions and to have their views listened to and taken into account in the Governance of College. This meeting is open to anyone interested in developing an anti-racist culture at Mansfield/allyship, not just students of colour, so please do come along.

It is an informal listening agenda and all are welcome. If there is anything you would like to add to the agenda, please let Asima (asima.qayyum@mansfield.ox.ac.uk) or Winnie (winnie.wang@mansfield.ox.ac.uk) know.
Mansfieldmas: An Evening of Music and Words

Mansfieldmas is a yearly event occurring on Friday of 8th Week (2nd of December this year), designed to celebrate creativity and arts at Mansfield. This event is curated by Mansfield music director Tom Hamond-Davies, composer Errollyn Wallen, and writer Ben Okri.

We are looking for performers to help fill out the event – please fill out this form if you are interested. There is no restriction to potential types of performance: as examples, we have had musicians, poets, and acrobats in past years.
Mansfield Student Hub

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.
Job Opportunities

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.
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.
Dr Suriyah Bi founded the **Equality Act Review** in 2018 to protect and improve the Equality Act 2010 in order to create a just, fair, and equal society for all. She conducts various equality research through the organisation and employs this in the influencing of policy, by advising and briefing MPs and Ministers.

The Equality Act Review will be launching their report titled 'The Index of Islamophobia: Proposing an Enforcement and Prosecution Framework', which will be held in Committee Room 11, Palace of Westminster on **21 November, 5pm-6:30pm**.

[Click here to register.](#) The password to access the eventbrite page is: equality2010. Visit the the [Equality Act Review website](#) to learn more about the organisation and their work.
In Conversation with Helen Brady

Helen Brady
Senior Appeals Counsel and Head of the Appeals Section at the Office of the Prosecutor (OTP) of the International Criminal Court (ICC)

Friday 11th of November 2022, 5:00pm, Trinity College (Teaching Room 5)

Click here to register.
PARTICIPANTS NEEDED FOR A QUALITATIVE INTERVIEW STUDY

Young people often have mental health problems, but do not seek professional help. We would want to understand how and why this happens by speaking with young people who identify with one of the following European backgrounds: Polish, Romanian, Albanian, Lithuanian, Slovakian or Ukrainian.

We are looking for young people...
- who have experienced a severe mental health problem (significant anxiety and/or low mood; upsetting experiences, such as hearing voices or feeling under threat from others; problems that significantly interfere with everyday functioning at school/home/socially)
- aged 18-25 years, and
- who identified with one of the following backgrounds: Polish/Romanian/Albanian/Lithuanian/Slovakian or Ukrainian background
- Living in Oxfordshire

...to take part in our study on help-seeking
You would be invited to participate in an online one-to-one interview study for 1 session. This would take roughly one hour, and you will be compensated for your time. You would be asked a few questions about seeking professional help for your mental health problems. The study will help us to develop more inclusive and accessible mental health services for young people in Oxfordshire.

If you are interested and would like more information, please contact Dr Jerica Radez at the Oxford Institute of Clinical Psychology Training and Research (jerica.radez@hmc.ox.ac.uk).

Thank you!
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.
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)!
Disability History Hackathon
Friday 2 December from 2pm-6:15pm

Join in person at the History Faculty & online: no previous experience required, all welcome!

- Help create a guide to resources for disability history.
- Learn advanced Google searching from a professional librarian.
- Network with other researchers at post-event drinks reception.

For more information and registration, click here or scan QR code! Registration closes 28 November at 9am.
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

Registration has now closed!
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 this 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. All welcome to come along and listen.

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!

Weeks 6/7:
- **“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](#).
- **"Meditation Mondays": Mondays, from 5:15pm-6pm in the Old College Office.** A chance to practice mindfulness meditation in College, whether sitting for 5, 15, or 30 minutes together. All welcome, especially those who've never tried it before. Bring a cushion!

Week 8:
- **Craft Evening - Painting and Drawing**: Thursday, 1 December from 7pm-8pm in the JCR. Join Aastha Prasad for “Absurdist Art Evening: Does a face need to have a mouth? An evening of chatting, painting and drawing to explore absurdist art, where we will channel all our nonsensical and eccentric parts onto paper!” As always, you can also bring your own project to craft in company. Sign up available soon. For those who sign up, materials provided. Questions to: [aastha.prasad@mansfield.ox.ac.uk](mailto:aastha.prasad@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
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 Photography Society for University of Oxford Academics, Admin Staff & Students

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.
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.
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**
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

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."

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gail.leckie@mansfield.ox.ac.uk
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**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."

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chaplain@mansfield.ox.ac.uk
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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
email: oxonsafehaven@oxfordhealth.nhs.uk

External Medical Support

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