Virtual Quad

Weekly events, tips, and reflections
Week 2 - Trinity 2022
Mansfield Public Talks

Mansfield Public Talks Trinity 2022 - All Welcome

Friday 6th May 5.30pm
Resurrecting Human Rights in the Shadow of War
Professor Allida Black

ADMISSION FREE
Sir Joseph Hotung Auditorium Mansfield College
Sign up here or scan QR code:
Creating Human Chain for Mansfield 135th Birthday Giving Day!

Head over to the Quad at 1.45pm-2pm (4th May 2022)
Balloons and buntings are all up, Mansfield College is in party mode... celebrating its 135th birthday!

Yesterday, Principal Helen Mountfield sounded the rather loud Klaxon to mark the beginning of Giving Day – hurrah! Our first rower, Oliver Elliot-Williams, set off with lots of energy on the erg whilst Veera Vudathu and Helen Mountfield sprinted around the quad. We even had some four legged friends join us – gardener Tom’s dogs, Dodger and Pixie, also ran a lap with Gemma McPhail and Anna Fryer from the Development Team. Check out our social media to see what’s been happening.

Thank you to all our amazing students and staff who have participated in the challenges so far. But we still have more to do! If we reach our target of 135 miles on foot, and 135 kilometres on erg, by 9pm this evening, we unlock £1350 for College!

Want to help? There is still time to sign up by clicking here, or you can make your way to the Quad and get started now!

Let’s reach our target!
Opening Oxford 1871-
A Musical Miscellany in Celebration of Diversity

Gurmat Sangeet Academy • The Choir of New College • Klezjammers
Robert Quinney • OxfordShir • Younis Ghulam Nabi

4 May 2022
7.30pm

The Sheldonian Theatre

Free Entry – reserve tickets at
https://torch.ox.ac.uk/event/opening-oxford-1871-concert

Part of the Humanities Cultural Program
Mental Health Awareness Week 2022

Mental Health Awareness Week is from Monday 9th May - Sunday 15th May

The theme this year is Loneliness. For more information and to sign up for sessions, click here to visit the MPLS website or scan the QR code:
Counselling Workshops

The University of Oxford Counselling Service offers many workshops to improve mental health. Workshops can be interactive, and may be a single session or part of a series. Current workshops include:

- ACT-based Anxiety Group
- Can't Work
- CBT for Low Mood
- Managing Exam Anxiety
- Mindfulness for Life
- Overcoming Panic
- Self-Compassion Group

For a full list of the workshops offered and more information about attending a workshop, including dates and times, click here, scan the QR code above, or contact the Counselling Service at counselling@admin.ox.ac.uk.
A Message from the Librarians

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

A few reminders from the Library team:

Sally and Clare 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 are a couple of new book displays in the Main Library this week: short lists for the International Booker Prize and the Women’s Prize for Fiction. We will announce the winners once they are selected but in the meantime, please borrow the books in the usual way (using the self-issue machine) and see if you can judge which ones will win. Next week we will be profiling the short lists for the Wolfson History Prize and the Jhalak Prize.

The new books for Week 2 are also on display in the Main Library, above the Study Skills section.
There is more information about our accessibility equipment & procedures, along with recommended self-help & study skills reading, available here:
https://www.mansfield.ox.ac.uk/assistive-equipment-procedures-and-recommended-self-help-study-skills-reading

If you would like to suggest a book for purchase, please use the book suggestion form on our website:
https://www.mansfield.ox.ac.uk/form/book-suggestion-form Suggestion are always welcome and, if approved, usually available within a day or so.

Thank you,
Clare and Sally
We were happy to introduce the newest member of the Library team, Mark Hughes, to the excellent Mansfield tradition of cake! His previous experience at several Bodleian Libraries will stand him in very good stead here at Mansfield so do come along to the Library Office to say hello!
Robert Hooke Building on Parks Road (next to the Natural History Museum) is open to anyone for prayer.
For more information click here.
Digital Communications Screens are now installed in the lodge and the JCR/MCR corridors. We welcome content from anyone in Mansfield College who'd like to advertise events, news, or other opportunities. We also welcome any photography submissions!

Contact Mansfield Communications: communications@mansfield.ox.ac.uk
Cherwell will be featuring a brand new Bulletin Page to let readers know what's on in Oxford. If you would like your society's term card to be featured, email cherwelleditor@gmail.com for advertising space, free of cost for student run societies!
MCR Wine and Cheese

Wine and Cheese event is back this term on Thursday evenings for the first several weeks! Events will begin at **7.30 pm in MCR**. Come and join us!

- **Thursday | Week 2 | 5th May 2022 | 7.30pm - 9.30pm**
- **Thursday | Week 4 | 19th May 2022 | 7.30pm - 9.30pm**
- **Thursday | Week 7 | 9th June 2022 | 7.30pm - 9.30pm**
- **Thursday | Week 8 | 16th June 2022 | 7.30pm - 9.30pm**
In week 3, the usual wine and cheese will be accompanied by cake and compliments! Cake will be served and we will pass out pieces of paper so you may write anonymous compliments about fellow members of the Mansfield Community!

Thursday 12th May 7.30pm-9.30pm in the MCR
Frisbee Cuppers!

Sunday 8th May 10am-4pm

Open to all, from never played before to highly experienced!

Email captain at thomas.morris@mansfield.ox.ac.uk for more information or to express interest.
Wine from the wine Cellar for sale - available to staff and students

Click here to visit the Mansfield Store
DON’T RISK DAMAGING THE ENVIRONMENT

EXAMS: CELEBRATE SUSTAINABLY
Exams: Celebrate sustainably and avoid a fine

We want you to celebrate after your exams, particularly after the challenges of the last two years and there are lots of way you can celebrate your achievements. Have a night out, enjoy Oxford’s green spaces (leaving them as you found them) and celebrate with your Mansfield community, all by being respectful to everyone. However, if you litter by throwing, pouring or spraying substances after your exams, you will be liable to a £150 fine, which will be strictly enforced this year. Protect the environment, save money, and respect our community.
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 TRINITY TERM (16th May)** 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.
Mansfield Music Society

**Choir** – Rehearsals Monday 19:30–20:30, Chapel Service Wednesday 17:15–18:45 followed by drinks and (free) formal dinner

**Wind Band** – Rehearsals Tuesday 20:00

We have multiple opportunities for musicians who would like to perform this term:

- **Informal Recitals** – Sundays 15th May 4pm
- **Mid-term Concert** – Date TBC
- Instrumental music at **Chapel Services** on Wednesdays for weeks 2–8 (please contact tom.hammond-davies@mansfield.ox.ac.uk for details)

Use of the **Chapel Piano** – please contact tom.hammond-davies@mansfield.ox.ac.uk

To be added to the mailing list for this term, or if you have any queries, please contact our music president elizabeth.flaherty@mansfield.ox.ac.uk
Creative Workshops and Drop-In Tutorials with Mansfield College's Writer in Residence open to all

Kate Clanchy is an awarding poet, fiction and non-fiction writer and a committed teacher. If you are writing something already, get feedback on your writing – play, novel, poem – in a confidential, one-to-one setting. Either in person or online – you choose.

If you need a nudge to write regularly or want to get started, come to a writing workshop. These are session for are for creating rather than critiquing.

One-to-one tutorials: **3pm-5.30pm Thursday MB1**
book in advance by emailing K.S.Clanchy@reading.ac.uk

In person workshops: **Thursdays 5.30pm-6.30pm MB1**
Open to everyone, just turn up!

Online workshops: **Saturdays 4pm-5.30pm MB1**
A unique creative session on zoom, open to all!
Email for link K.S.Clanchy@reading.ac.uk

‘A great space to get started and develop as a poet’
-Ben Wilkinson Turnbull
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.

**Thursdays 11am-12.30pm in the Old Hall, weeks 1-8**

How it works:
- **Beforehand**: Choose a task to bring to focus on.
- **11am**: Get coffee/tea.
- **11.10am**: Focus!
- **11.40am**: Have some free coffee/tea and congratulate yourself.
- **11.50am**: Focus again!
- **12.20pm**: Feel the magic of the fastest 30 minutes of your life.
Welfare Tea

**Wednesdays of even weeks in the Crypt, 4-5pm**

Join your Junior Deans in the Crypt Cafe for Welfare Tea and refreshments. Also enjoy some choral respite with the Mansfield Music Society. We'll be there in **Weeks 2, 4, 6, and 8**. Please drop in and feel free to hang out to have an informal chat about anything. Talking is always good, and so are free hot drinks, biscuits, and music!

Questions or want more info?
Email yashua.bhatti@mansfield.ox.ac.uk and/or cerise.jackson@mansfield.ox.ac.uk
FREE PILATES & YOGA

MONDAYS, WEEKS 1-8, TRINITY TERM 2022
IN THE JCR

5.30-6.30PM: PILATES
6.30-7.30PM: YOGA

Sign up with this form or scan QR code:

Sessions are fully subsidised by College. We ask that you attend at least 6/8 sessions. If you sign up and then don’t attend, the cost of the sessions for the term (£16) will be debited to your battels.
Peer Support TT22

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.

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

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

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

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

Mitch  
mitch.marshall@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)
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.

**Contact Information:**

- **hello@careers.ox.ac.uk**
- **01865 274646**
- **56 Banbury Road, Oxford, OX2 6PA**
- **www.careers.ox.ac.uk**
Meet the Junior Dean Team

**Main Site**
Cerise Jackson - Welfare Junior Dean (Main Site)
cerise.jackson@mansfield.ox.ac.uk
Duty Phone (6pm-2am): **07707130350**

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

**Ablethorpe/Rhodes Wolfson**
Ben Wilkinson-Turbull – Residential Junior Dean
ben.wilkinson-turbull@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

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

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 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.

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

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

**Welfare Junior Deans**
The Welfare Junior Deans are postgraduate students living in college and trained in listening support. They are:

Main site (07707 130350)
cerise.jackson@mansfield.ox.ac.uk
yashua.bhatti@mansfield.ox.ac.uk

East Oxford (07453370008)
darshini.nadarajan@education.ox.ac.uk
zelimhan.akhmiev@mansfield.ox.ac.uk

They can be rung 6pm-2am wks 0-10

**Student to student support**

**Peer Supporters:** mansfield.ox.ac.uk/welfare and posters around college
**JCR Welfare Rep:** ellie.scyner@mansfield.ox.ac.uk
**MCR Welfare Rep:** daria.jensen@mansfield.ox.ac.uk

---

**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:** 01865 270999

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 Medical Support**

**College GP** (St Clements Surgery):
01865 248 550, Mon-Fri
**NHS Out of hours service:** 111
**NHS emergency:** 999

**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: 01865 903 037
e-mail: oxonsafehaven@oxfordhealth.nhs.uk