Virtual Quad

Weekly events, tips, and reflections
Week 4 - Trinity 2022
Justice for Ukraine Concert

Dreams of Peace & Freedom
by Sue Casson

Friday 20 May, 17:30 - 18:30
Sir Joseph Hotung Auditorium

Click here to register or scan QR code.
Mansfield Public Talks

Mansfield Public Talks Trinity 2022 - All Welcome

Wednesday 18th May 5pm
The Streaming Self: The Joining Effects of Technology and Liberalism
David Goodman

ADMISSION FREE
Sir Joseph Hotung Auditorium Mansfield College
Sign up here or scan 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:

- Managing Exam Anxiety - getting into peak mental fitness with tried and tested Cognitive Behavioral strategies.
- Managing Panic - an overview of the psychobiology of panic attacks and proven techniques for overcoming panic.
- Relaxation - exploring psychological relaxation and basic meditation techniques.
- Perfectionism and Imposter Syndrome - an overview of the reasons for imposter syndrome and how to stop destructive habits.
- Students of Colour Group (see next page).

For a full list of the workshops offered and more information about attending a workshop, including dates and times, click here or contact the Counselling Service at counselling@admin.ox.ac.uk.
Students of Colour Group:
This group provides a unique place of refuge and safety for students to reflect on issues that may impact their academic and social experience at Oxford. Any issue may be explored in this confidential and supportive setting, which may include academic pressure, racism, relationship problems, and so on. Attending this group will provide opportunities to learn from and develop with your peers.

Graduate and undergraduate students of colour are welcome. The group will consist of six participants and will be facilitated by two members of staff from the counselling service who are also persons of colour. Registration is on a first come first serve basis; those who aren't able to attend may be able to do so in future terms. Please email counselling@admin.ox.ac.uk to join. The group will be taking place on Mondays (weeks 4 to 8) 5pm to 6.30pm. You will need to commit to attending all 4 sessions on the above dates, each lasting 90 minutes.
Celebrating Student Volunteering Over The Past 15 Years

**Workshop 1:** Bridging Town and Gown

Tuesday 10th May
5pm - 7:30pm
Museum of Oxford, OX1 1BX

**Workshop 2:** Celebrating Student Volunteering

Monday 16th May
11am - 2pm
Oxford Hub, OX1 2HU

**Workshop 3:** Working together to build a better Oxford

Tuesday 24th May
5:30pm - 7:30pm
Oxford HubOX1 2HU

[Click here to sign up.](#)
Take Part in the Queen's Jubilee Student Challenge for Carbon Reduction

Do you have a brilliant idea for a carbon reduction project? You have a unique and prestigious opportunity to turn your idea into a trial project.

Oxford students are invited to take part in The Queen’s Platinum Jubilee Student Carbon Reduction Challenge, established to champion excellence in student-led innovation to accelerate the decarbonisation of UK universities and help the sector towards net zero.

Winners of the prize will take part in a programme to implement new, creative ideas and will receive support and funding to trial your initiative at Oxford University. To find out more, click on the link above or scan the QR code.

Application deadline 29 May 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 are some new books on display in the Main Library this week!

Shortlisted books for the Wolfson History Prize: first awarded by the Wolfson Foundation in 1972, the Wolfson History Prize remains a beacon of the best historical writing being produced in the UK, reflecting qualities of both readability for a general audience and excellence in writing and research.

Shortlisted books for the Jhalak Prize: first awarded in March 2017, the Jhalak Prize, and its new sister award Jhalak Children’s & YA Prize, founded in 2020, seek to celebrate books by British/British resident BAME writers.
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 Suggestions are always welcome and, if approved, usually available within a day or so.

Thank you,
Clare, Sally, and Mark
Open Scholarship at Oxford

Questions about Open Scholarship and Open Access? Head over to the newly updated Open Access Oxford website to find out all you need to know about Act on Acceptance, ORCIDs, Rights Retention, funder policies, DOIs, the REF, Creative Commons and much more. The FAQs page is particularly helpful and informative, and there is now a really useful flowchart which covers all aspects of publishing open access articles at the University of Oxford which you can download from ORA here: Publishing open access articles at the University of Oxford. It is a digital object with interactive links, with a list of those links at the end.

There are also changes happening at Research Data Oxford so check their website for information about research data management issues and updates.
MCR Wine and Cheese

Wine and Cheese event is back this term on Thursday evenings for several weeks this term! 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**
Prayer Camps, Mental Health, and Healing Traditions in Post-Colonial Ghana: 
Francis Benyah, DPhil Student in History
Using oral history and ethnography, this project explores the experience and approaches for the healing of mental illnesses in Ghana. This project shows how previous forms of healing methods continue to shape modern healing practices in Ghana especially, for mental illness or mental disorders at prayer camps.

Escher, Conformal Maps, and the Mansfield "Print Gallery":
Professor John Chapman, Professorial Fellow in Mathematics and its Application
Many of the Works of M. C. Escher have interesting connections with mathematics. I will explain the mathematics behind the Escher "Print Gallery", and show how I used it to create a new Escher-style picture of Mansfield College.

For enquiries about the MCR/SCR Michael Mahony Graduate Seminar please contact the MCR president (mcrpresident@mansfield.ox.ac.uk).
MCR Black-Tie Boat Bop
On the River Thames
Thursday 2nd June 7pm
Sign-up form will be sent out soon!
University Events

Michael Dillon LGBT+ Lecture with Lord Browne of Madingley

We're pleased to announce that the second Michael Dillon LGBT+ Lecture will be given by Lord Browne of Madingley, the most senior British businessperson to have come out as LGBT+. The lecture will take place **5–6.30pm on 17 June at St Anne's College.**

[Click here or scan QR code to register.]
Hands Off
Navigating unwanted touch, consent and disability
Dr Amy Kavanagh

University of Oxford Annual Disability Lecture
Monday 6 June 2022 6pm-7.30pm
The lecture will be online. Captions provided. Lecture is free, but you must book in advance (click here to register).
Actor and director Adjoa Andoh (*Bridgerton*, *Casualty*, *Doctor Who*) is taking over as Cameron Mackintosh Visiting Professor of Contemporary Theatre for the academic year 2022/23, and in preparation she will be running a day-long workshop on 22nd May (Sunday Week 5) in order to meet Oxford students, staff and residents. Adjoa is particularly keen to meet students of colour, as well as students who identify as disabled, or as LGBTQ+. You don’t need to be involved in drama at Oxford to take part; Adjoa wants to meet students from across the university, so please do sign up if you’re interested. To find out more and to sign up click here.
Wellbeing Research Student Prize

Undergraduate prize in the economics and empirical science of wellbeing.

Open to undergraduates who identify as a member of one of the following under-represented groups in the field of economics: women, non-binary, transgender, Black and Minority Ethnic, Gypsy, Roma or Irish Traveller, Refugee, eligible for Free School Meals, or First Generation in Higher Education.

Submit one-page proposal of your idea for a research project in the field of wellbeing science to wellbeing@hmc.ox.ac.uk by 11.59pm BST on Friday 20 May 2022.

Prizes include: £2000 cash prize, Research Development Opportunities, Free attendance at the Conference.

Click here or scan QR code to learn more.
Become a **Sustainability Auditor**

Learn how to conduct a sustainability audit with IEMA-approved training from SOS-UK, and then put your training into practice by conducting an audit of Green Impact staff teams! Gain new skills and learn more about sustainability at the University.

Training and audits will take place online:
**Thursday 9 June, 10am - 5pm**

Click here or scan QR code to apply.
Sustainability Photographer of the Year 2022

Oxford University’s Sustainability Photographer of the Year competition is open for entries, from now until 12 June. Winners will be presented at the Vice-Chancellor’s Environmental Sustainability Awards Ceremony.

For more details on the competition and to access the application form, click here or scan QR code.
DON'T WASTE MONEY & RESOURCES

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 ways 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.
COMPASS
HUMAN RIGHTS EDUCATION TRAINING
1ST - 10TH JUNE 2022
20TH - 29TH SEPTEMBER 2022
Click here or scan QR code to learn more.

Co-funded by the Erasmus+ Programme of the European Union

ASHA CENTRE
INSPIRATION • CONNECTION • PURPOSE
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
Poetry Workshops

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

Kate Clanchy
Welfare Tea

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

Join your Junior Deans in the Crypt 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
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 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.

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

**Efa**
efa.bowen@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)
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.
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**
MCR and JCR Welfare Team

Feel free to reach out to any of your welfare officers!

MCR Welfare Bench
Welfare Officer - Daria Jensen - daria.jensen@psych.ox.ac.uk
Equality Officer - Mahati Garimella - mahati.garimella@mansfield.ox.ac.uk
LGBTQ+ Officer - Sam Cole - samuel.cole@mansfield.ox.ac.uk
BAME Officer - Sina Maghami Nick - sina.maghaminick@mansfield.ox.ac.uk

JCR Welfare Bench
President - Izzy Godley (she/her) - isabella.godley@mansfield.ox.ac.uk
Vice President (Welfare) - Ellie Scyner (she/her) - ellie.scyner@mansfield.ox.ac.uk
Men’s office - Deepak Ganger (he/him) - deepak.ganger@mansfield.ox.ac.uk
Women’s Officer - Chloe Banks (she/her) - chloe.banks@mansfield.ox.ac.uk
Ethnic Minorities Officer - Winnie Wang (she/her) - winnie.wang@mansfield.ox.ac.uk
Religion & Faith Officer - Hasnain Sumar (he/him) - hasnain.sumar@mansfield.ox.ac.uk
Disabilities & Mental Health Officer - Rhiannon Hawkins (She/her) - rhiannon.hawkins@mansfield.ox.ac.uk
VSP Officer - Michael Yirui Wang (he/him) - yirui.wang@mansfield.ox.ac.uk
LGBTQ+ Officer - Matthew Bowen (he/him) - matthew.bowen@mansfield.ox.ac.uk
International Students Officer - Konstantinos Adamopoulos (he/him) - konstantinos.adamonopoulos@mansfield.ox.ac.uk
Freshers Officer - Kajaanan Vijitharan (he/him) - kajaanan.vijitharan@mansfield.ox.ac.uk

To find out more about the MCR/JCR officers, visit the Mansfield College Website (MCR page/JCR page)
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

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