Weekly wellbeing tips, events and reflections from students and staff of Mansfield College
It is great to see so many of you again In Real Life the real quad. For those of you who are back, thank you for looking after each other in these strange semi-locked down conditions; it is difficult for those who are heads down for exams and people excited to be back to work together to make sure everyone’s work and study needs are met, but I am hugely grateful to you for the courtesy and kindness the overwhelming majority are showing one another.

For those of you who are not able to be here in person now, we are thinking of you. Please do engage with us and use the resources that are online to connect as well as possible.

This week is **Mental Health Awareness Week**, and for me, that means everyone doing what they can to promote wellness, not just avoiding or supporting illness (though of course that is really important too). The last year has been particularly challenging time for many and the impact that Covid-19 has had on individuals’ mental health has been widely recognised. As we emerge out of lockdown, I am hopeful that there is a light at the end of the tunnel and I’m looking forward to seeing many of you in person over the coming months.

We have also found that those of you – so many of you – who have participated in ‘giving back’ to your community have ben rewarded with great satisfaction and support also. So thank you.

We will be in touch as soon as we can with any news of greater openness.
Mental Health Awareness Week
10-16 May 2021
#ConnectWithNature
#MentalHealthAwarenessWeek
The Exploring Oxford Challenge is now on!

At the start of this week, you will have received five lovely locations to visit within Oxford. As part the challenge, you may also choose to go to (i) the OxUnboxed Zero waste shop, - drop off your crisp-packet waste in their terra-cycle unit, or (ii) the Farmer's market in Cowley Rd - shopping for your groceries there would be a great way to support sustainable farming!

Hopefully, this event will encourage you to explore Oxford, get outside and enjoy the good weather Trinity term (occasionally) has to offer! Send pictures of yourself in four out of the five locations by the end of this week and you'll receive some sweet treats in your pidge!

For more details contact: mahati.garimella@mansfield.ox.ac.uk & erica.spencer@mansfield.ox.ac.uk.
We hope you've been enjoying your daily eco-challenges as part of Mansfield Eco-Week. Each day there is a different challenge with a competition running between the JCR, MCR and SCR/Staff to see how many of us can complete the eco-challenges (a link will be sent out at the end of the week for you to record your completed challenges). Keeping checking your inbox daily, but here also are the remaining themes:

**Wednesday: Buy Nothing New**
**Thursday: Eating a Sustainable Diet**
**Friday: Only Drink Water!**

The top performers from each group will receive a special eco-friendly prize!
Designed by our artist-in-residence, Anya Gleizer, this is the first in a series of interdisciplinary workshops working between art, craft and other subjects for the term. The workshops involve speakers and participation from labs across the University working in conservation and climate research.

This first workshop, led by convenors of the ABC Network at the University of Oxford and their guests, is open to collaborating artists and scientists, as well as the wider public, and focuses on the differences between illustrating science research and embodying it.

You can register your place here.

Future workshops to take place in 5th, 6th, and 7th Weeks.
Mansfield Evening Chapel

TONIGHT at 8.15pm
Together on Zoom
ID: 824 5333 9851 / PW: chapel
(recordings will be available on the College YouTube Channel tomorrow)

Ascension Day
Preaching: Dr Tony Lemon

With the Mansfield College Choir

This term we are holding services on Zoom so that we can come together to worship - if not in person, at least in spirit. We are looking for volunteers to lead prayers, take readings or contribute music to the services. If you are interested, please contact the chaplain.
Mansfield Choir is looking for more members

Joining the choir can have great benefits - feel part of a community, release some stress and have fun!

Mansfield choir is open to all and performs at chapel services. It meets twice a week:
Wed 7-9pm: rehearsal & service
Sun afternoons: rehearsal

If you are interested in the choir, contact: joseph.lord@some.ox.ac.uk
A range of workshops from Counselling Services to help you build skills to respond to the demands of life at university.

**How to Relax**
Wednesday 12 May
5-6.30pm

**Managing Sleep and Insomnia**
Friday 14 May
11.45am-12.45pm

Workshops are open to all Oxford students. Further information available [here](#).
To book send an email to: counselling@admin.ox.ac.uk
Wellbeing Walks with the Junior Deans

The event formerly known as the Junior Dean Welfare Tea, has returned in an updated, COVID-safe form. Twice a week a Junior Dea will invite you for a walk. Two time slots will be sent in advance and you can email the junior dean to sign up. As groups of 6 are now allowed to walk together, please don’t forget to mention whether you would like a 1:1 walk or if you’re happy with other people’s company.

This week, Oana, the main site Junior Dean, will be going for walks on Thursday and Friday mornings at 10:30am. Please email her at oana.gurau@mansfield.ox.ac.uk to accompany her.
Join the Junior Deans this Thursday anytime between 19:30-20:30 for our Online Wellbeing Tea. This is a chance for anyone to drop in, chat, catchup and destress after a long day.

Zoom link is here.

Meeting ID: 987 3609 7377
Passcode: 739653

'Hi' Tea!
From July this year, 20 Oxford University students from black, Asian and minority ethnic backgrounds will be given a funded, eight-week summer internship at a start-up from the Oxford Foundry’s portfolio. Ana Bakshi, executive director at the Foundry, said: ‘Our new fellowships provide networks, opportunities and support to set black, Asian and minority ethnic students up for life and get them on an equitable footing in what is unfortunately still an unfair and inequitable world of work’. Details here.
The Race Equality Task Force is a cross-University working group, consisting of people at every level of the University and across colleges too, working together to make recommendations to the University’s Council meeting in September about how to advance race equality at Oxford University. Mansfield Principal Helen Mountfield is a member of the Task Force. She is also part of the “Learning from Others” subgroup.

During the course of this term, starting on **14 May 2021** there is a four part online series of **Conversations on Race**, with external speakers sharing their experiences of advancing race equality in their contexts. This will help lay foundations for the RETF’s work to advance racial equality across the collegiate University. The first in the series will take place **1–2pm this Friday 14 May** with Professor Saleem Badat, Research Professor in Humanities at the University of Kwazulu-Natal and former Vice-Chancellor of Rhodes University, South Africa. Please [register](#) to attend in order to receive joining instructions.

On **11 June 2021**, Helen Mountfield will chair the event with leading commercial lawyer Harry Matavolu QC speaking about his work advancing race equality in the law. Watch this space.
I am sure you are all aware of the rapidly worsening COVID situation in India. Hospitalisations and deaths have reached record heights, with the number of cases recently passing 20 million. The daily report of new cases is going up, passing 400,000 yesterday, with the figure much higher as data continues to be underreported by the government. Some of our MCR students are personally affected by this situation and we would like to reach out and express our support.

In light of the crisis, we invite all of the Mansfield community to join Friday's information session (just follow the link) regarding a student fundraiser set up by Indian students at Oxford and Cambridge, which is donating to on-the-ground charity organisations in India for COVID relief. You can find more details about this student fundraiser, aimed at raising £50,000, below. We will also be organising an in-person welfare event soon as well.

We are aware that MCR members may wish to increase their awareness of this ongoing situation, and have a space to discuss and express solidarity, as well as find avenues to contribute to show their support. You can join our upcoming information session to ask questions, learn about key issues affecting individuals, and find out more about various on-the-ground efforts to tackle the crisis and alleviate the burden on India’s healthcare system. We hope you will spread the word and join.
The international community recognises the oxygen shortage and health crisis developing in India following the resurgence of COVID-19 cases as a human rights disaster. Individuals are suffering the full physical, economical and psychological detriment of the pandemic with insufficient medical resources to alleviate the issue. Official sources report record numbers of new cases, most recently confirming over 350,000 new cases in just one day taking the total number of infections over 17 million. There have been nearly 200,000 COVID-related deaths reported, a death toll that rivals disasters like the 2004 Indian Ocean Tsunami. Investigatory reports suggest that the true number of deaths could still be orders of magnitude greater than this harrowing official count.

This fundraiser is jointly organised by the Oxford India Society, the Oxford South Asian Society and the Oxford Hindu Society which are three student societies representing the South Asian Community at the University of Oxford. Our goal is to contribute through Indian charities to the provision of oxygen and the improvement of medical care. For any queries, please contact Sushrut Rooyyuru, Oxford India Society Treasurer.
This Friday we will hear from Dana Denis-Smith, founder of the First Hundred Years Project. This award-winning and multi-stranded project celebrates the first 100 years of women in the UK legal profession and looks forward to the next 100 years. It does this through portraiture, positive role models, debate, videos and more, creating a lasting archive. Please click here to book and you will be sent the link.

Last week we had a fascinating talk on how, in a disenchanted world, ordinary citizens can be encouraged to take part in policy-making and believe that their voices will count. If you missed this or would like to listen again, click here.
Poetry Workshops

Saturdays 3-5pm

In the Principal's Garden with Writer in Residence Kate Clanchy

These workshops are open to all college - undergraduate, graduate, staff, cat.

Drop in- you don't have to book, or come every week. For everyone - you don't have to have any writing experience, or be an English student. Sociable, cheerful, supportive, sustaining. Please come along!

[The Principal’s Garden is behind the JCR – turn left out of College, left into the Rothermere Institute and Chemistry department carpark and through the metal gate on the left].
Table talks

Monday 17 May 2-3pm

Meeting online over a cup of coffee (or tea!), at our 'virtual tables' to explore and engage in discussions around the themes of sanctuary, home and hospitality. A chance to learn from one another as discussions deepen.

This week's topic: What (or where) is home?

Join us on Zoom (ID: 813 9319 1447/ PW: TableTalk)
Cause for Pause
Mondays at 8.30pm

A weekly online shared space in which to find some rest and sense of community.

A reflective online space to come together using words, music and silence across traditions.
Maybe you'd like to bring a reading (a few words or maybe a poem or a story) or share a piece of meditative music.

Nothing is expected of attendees - everyone is invited to come together and just 'be' in this shared space. You can join on Zoom using this link.

Take time to stop.
Take time to pause.
An open discussion group looking at spirituality from a variety of world views and across the queer community - a time to ‘affirm the richness of individual diversity as well as the common human ties that bind us together.’

Join us for some time to learn, some space for mindful reflection and creativity!

Join us on Zoom
(ID: 839 7764 0741 / PW: 243286)
Virtual Quad:
Multi-faith Chapel - Religious Festivals this Week

We welcome contributions from students and staff about how you have observed or celebrated different festivals - please send them in!

13 April (Tuesday) to 12 May (Wednesday)
RAMADAN (Muslim)

13 to 16 May (Thursday - Sunday)
EID-UL-FITR/FEAST OF FAST BREAKING - 1st Shawwal (Muslim)

13 May (Thursday)
ASCENSION DAY (Christian - Western Churches)

17-18 May (Monday - Tuesday)
SHAVUOT / THE FEAST OF WEEKS / PENTECOST (Jewish)
To all celebrating...

Eid Mubarak

A happy and blessed Eid
Hello all,

During the upcoming Refugee week (June 14th-20th), we’re planning to organise various fundraisers, including a walking challenge, to raise money for three charities - Asylum Welcome, the Refugee Council and Europe Must Act. As part of the fundraising events, we’re also planning to sell bracelets purchased from the UK based charity Empathy Action, and their partner Small Project Istanbul. These beautiful bracelets are made by displaced Syrian women living in Istanbul, and we hope to support them through selling them to y’all.

You can find more information [here](#).

The minimum cost for each one is £3; however, you’re more than welcome to pay above the minimum amount if you wish. All the funds raised through sales will be donated to the three charities mentioned above.

I was hoping to gauge the general interest in the MCR for buying these bracelets, and accordingly propose a motion in the General Meeting this weekend. If you’re interested in purchasing them, kindly indicate it [here](#).

Kind regards,

Mahati Garimella

MCR Equalities officer & Environment, Ethics, and Charities rep
Anonymously, confidentially, and safely share your perspectives on and experience with sexual harassment and sexual violence at the University of Oxford. Complete the OURSPACE survey and have your voice contribute to rigorous research and meaningful policy change at the University of Oxford.

What do we know about Relationships, Sex, Power, Abuse, and Consent at Oxford?

OUR SPACE - helping to further the safety and wellbeing of all students.
The world can certainly feel a dangerous place. We don’t talk about it nearly enough, but every day each of us must decide whether or not to trust other people. There’s no way around these decisions: they’re an inevitable part of life. Paranoia is excessive mistrust of other people. Many people have a few paranoid thoughts, a few have many paranoid thoughts. This talk will cover a number of key questions: What is paranoia? How common is it? What is the latest scientific understanding of the causes? And what can we do to tackle it?

Find out more and register via OxTalks

Our Mental Wellness: Bullying and Anxiety
Thursday 3 June, 10:00am – 10:45am.

Catch up on previous talks in the series via YouTube.
Here we're sharing the first in the 2021 TutuTalks series, where Samantha Mkandhla, head of philanthropy and partnerships for Médecins Sans Frontières Southern Africa, tells of the personal cost of servant leadership, and how she learned to overcome it and still work to make the world a better place.

Click the link below to see the 10-minute talk.

Desmond & Leah Tutu Legacy Foundation events | The Power of Duality
In this first of our 2021 Tutu Talks series, Samantha Mkandhla, head of philanthropy and partnerships for Médecins Sans Frontières Southern Africa, tells of the personal cost of servant leadership, and ho...
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.

Drop-in Office Hours (online) Teams on Mon: 1-2pm
Drop-in Office Hours (in person) Quad Gazebo on Wed: 10-11am
Email: gail.leckie@mansfield.ox.ac.uk for an appointment outside these times.
Welfare Support.
A quick recap of different welfare support in and around College.

Peer Support TT21

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

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.

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

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

Mitch
mitch.marshall@mansfield.ox.ac.uk

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

Kate
katerina.panesova@mansfield.ox.ac.uk

Codie
codie.wood@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)
Welfare Support.

A quick recap of different welfare support in and around College.

Tutor for Welfare: Gail Leckie

is a first point of contact for any student who would like to talk over any welfare issues (broadly conceived) with a member of staff.

Drop-in Office Hours (online) Teams Mon: 1-2pm
Drop-in Office Hours (in person) Quad Gazebo Wed: 10-11am
Email: gail.leckie@mansfield.ox.ac.uk for an appointment outside these times.

Chaplain: Sarah Farrow

offers a listening ear to all members of College from all faiths and philosophies. To schedule a time to meet please email: chaplain@mansfield.ox.ac.uk

You can find more options (including Junior Deans and specific post-holders) here: mansfield.ox.ac.uk/student-welfare
Support Overview.

University Counselling Service
Appointments will take place online with the option to type out messages in a session as opposed to speaking in case privacy is an issue. More details (and podcasts) on the [website](#).

Daily 8pm-2am Oxford Nightline
An independent listening service run by and for students of Oxford. Contact them [here](#).

Every day, all day TogetherAll
Free online service giving you access to a global welfare community. [More](#).

Student Space
Run by Student Minds, this website offers access to dedicated support services for students as well as information and advice to help you through the challenges of coronavirus. [More](#).
In addition to the University Counselling Services, here are also some support services that deal specifically with bereavement:

**Cruse**
Specialist bereavement experts with experience in all types of loss and can offer support however and whenever the death occurred. More.

**Good Grief**
A sign-posting service by the bereaved for the bereaved. Contact them here.

**What's Your Grief**
A place for sharing, support, resources, & more. Details.

**At a Loss**
A sign-posting service for the bereaved and those supporting the bereaved. More.
There is a crack in everything, that’s how the light gets in.

Leonard Cohen