Weekly wellbeing tips, events and reflections from students and staff of Mansfield College
Spending time in nature is good for us all. The Actual Quad is great for socialising but it can be hard to find a quiet corner just to read a book or to sit and think.

In October 2020, College’s Governing Body voted to make the former Fellows’ Garden a Legacy Garden: to honour people who have remembered Mansfield in their wills, and as a space for reading and quiet contemplation for all members of Mansfield.

It is re-planted and open now. We hope you enjoy this space.

Please remember there are ground floor teaching and living rooms here, so please enter and leave quietly, ideally through the middle path (pictured), and please continue to sit on the Quad if you want to chat.
Congratulations to all those who have been completing the daily eco-challenges as part of Mansfield Eco-Week. As mentioned, there is a competition running between the JCR, MCR and SCR/Staff to see how many of us can complete the eco-challenges - so don't forget to record your completed challenges at this link.

The winning group will be announced next week! The top performers from each group will receive a special eco-friendly prize!
The centenary of women’s formal admission to the University draws to close with a final event. Join a panel of inspirational alumnae, moderated by BBC broadcaster Reeta Chakrabarti, as they reflect on how their education and experience at Oxford has shaped them. The panel discussion will recognise both the significance of the milestone, and the impact that women have had at Oxford over the last 100 years.

The panel will consist of:

- Reeta Chakrabarti
- Dr Anne-Marie Imafidon
- Baroness Hunt of Bethnal Green, Ruth Hunt
- Varaidzo (Vee) Kativhu

Register to attend here.
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)

Student Led Service
Finding Sanctuary in God
Preaching: Lizzy Flaherty (1st year Theology)

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.
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.
Wellbeing Tea
with the Junior Deans
Thursday 7.30pm online

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
Virtual Quad: What's On?

The Art of Science
The Oxford-AstraZeneca COVID vaccine
Thursday 20 May 6pm online

Join Sarah Gilbert - Professor of Vaccinology at Oxford University and leader of the Oxford's coronavirus vaccine team - in conversation with artist Luke Jerram and HSM Director Dr Silke Ackermann to hear the story of the vaccine and explore how art can celebrate the powerful beauty of science.

Details here.
Overcoming Panic
Friday 21 May 1:15 - 2:30pm
A panic attack is an extreme episode of anxiety triggering physical and emotional symptoms that can be unpleasant and distressing. This psycho-educational workshop will overview the psychobiology of panic attacks and present evidence-based strategies and techniques to overcome panic using a CBT approach.

Social Anxiety Webinar
Tuesday 25 May 6:00 - 7:15pm
This workshop is for anyone who gets anxious in social interactions: socialising informally, attending formal events or speaking up in seminars or groups. You'll learn CBT principles which help to explain what anxiety is and what maintains it, and you will be encouraged to try new ways to respond.

Managing Sleep and Insomnia
Friday 4 June 11:45 - 12:45am

For further information here.
To book send an email to: counselling@admin.ox.ac.uk
Paul Solman and Joe Klein are two of the best known names in US political reporting. Paul Solman has been business and economics correspondent for the PBS NewsHour since 1985. Joe Klein is a columnist for Time magazine, a member of the Council on Foreign Relations, and author of the novel Primary Colours, based on Bill Clinton’s 1992 presidential campaign. Please click here to book and you will be sent the link.

Mansfield Public Talks are free and open to all. Please do share this invitation far and wide. All are welcome!
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].
In celebration of the upcoming Refugee Week, we're hoping to create an anthology of poems, stories, and short writings on this year's theme of "We Cannot Walk Alone" to promote a culture of sanctuary in our community. We are inviting submissions from the students, staff, and faculty from Mansfield College and Somerville College!

The Theme (more details on the theme on Refugee Week website): "They have come to realise that their freedom is inextricably bound to our freedom. We cannot walk alone" - Martin Luther King

Martin Luther King may have been speaking during the American Civil Rights Movement, but his words resonate across space and time. Here in the UK and across the world today, we know that it is only by coming together that we will move forward. That when we choose to walk side by side, to share networks and resources, or make space for others to lead, we create deeper and longer-lasting change than is possible alone. The theme of Refugee Week 2021, ‘We Cannot Walk Alone’, is an invitation to extend your hand to someone new. Someone who is outside your current circle, has had an experience you haven’t, or is fighting for a cause you aren’t yet involved in.

Submission guidelines:
- Word limit: 500 words
- Deadline for submissions: 5 June
- Submissions via email: mahati.garimella@mansfield.ox.ac.uk and sarah.farrow@mansfield.ox.ac.uk
- Please note that it may not be possible to publish every submission
Sacred is a monthly 'safe, inclusive, evangelical' service particularly for LGBTQ+ people and allies. This month we have a panel discussion on 'What the Spirit is Saying....' with Hope Lawrence, Marcus Green, Rajiv Sidhu and Hannah Cartwright.

Tickets via Eventbrite

Livestreamed here
This year’s lecture will be given by Dr Hamied Haroon. Dr Haroon is a researcher in biomedical MRI at the University of Manchester and chair and founder of the National Association of Disabled Staff Networks. He will discuss the intersections of disability, science and academia and will share his story and experiences, from being a disabled student to becoming a disabled staff member and scientific researcher in a system not designed for those like him. There will be live captioning.

We would love to see you there! Free registration and more information here.

In case people are unable to attend: the lecture will be published as a podcast.
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.
Defying tradition to follow a noble passion: The Ideas and Ideals of Joyce Mitchell Cook, The first Black American woman to gain a PhD in Philosophy in the USA

Wednesday 26 May 2021, 6pm (online)

St Hilda's College welcomes Professor Anita L. Allen, Henry R. Silverman Professor of Law and Professor of Philosophy at the University of Pennsylvania, to give the first lecture in this series. Professor Allen will examine Dr Joyce Mitchell Cook’s (PPP, 1955) contribution to Philosophy, her career and her enduring influence on those who followed her path. "When we honor the first Black woman to earn a PhD in Philosophy we honor everyone who has dared to defy tradition and follow a noble passion." Anita L. Allen

This will be interactive online lecture, followed by a panel discussion and audience Q&A, chaired by Dr Anita Avramides, Senior Research Fellow in Philosophy. Register online. Proceeds from this event and voluntary donations will go to the Joyce Mitchell Cook Memorial Fund.
Virtual Quad:

Michael Mahony Seminar
Thursday 27 May 5.30pm
on Zoom ID: 848 0954 5985 / PC: 581927

Solving "x + y = 2": A simple introduction to ill-posed inverse problems

Mathematics is often assumed to be about working forwards through a sequence of difficult computations. We begin with some initial data, plod through a particular process, and then we are left with an end result. Cause and Effect. However, this viewpoint ignores a whole field of mathematics that looks at the process in reverse: if we know what the end result is, are we able to determine what the initial data was? This attempt to find the path of "Effect and Cause" is what we will call an inverse problem. Unfortunately, solving an inverse problem may be ill-posed, which can lead us to finding many different solutions, or even no solution at all. This talk addresses the difficulties that arise in ill-posed inverse problems, but will be presented for a non-technical audience.

People, Animals and Waste Systems Web in Tropical Megacities

This talk focuses on how human-animal interfaces, carved by local cultures, built environments and socio-economic pressure, are being affected by unprecedented increases in poorly disposed solid-waste within fast-growing human-dominated tropical landscapes. In cities like Delhi, waste and ritually offered food act as subsidies for animals, creating new interactions between humans and other animals, both free-ranging and domestic. Such dynamics in tropical cities raise two developmental questions, which mathematical modelling of spatiotemporal animal abundance can help us explore: (i) How specifically does each animal-species thrive on a variety of anthropogenic resources? (ii) Under what conditions are these human-waste-animal interactions a concern for human, animal, and environmental health?
Conversations on Race is an initiative of the University Race Equality Task Force that invites prominent speakers from different national contexts to share their experiences of advancing race equality. The events will be held online and are open to all fellows, staff and student. Below are links to find out more about each talk.

- **Friday 28 May**, with Professor Claudine Gay, Professor of Government and of African and African-American Studies and Dean of Social Science for the Faculty of Arts and Sciences, Harvard University
- **Friday 11 June**, with Harry Matovu QC, Brick Court Chambers
- **Friday 25 June**, with Professor Kalwant Bhopal, Director of Centre for Research in Race & Education, University of Birmingham
PMicky was named by the Huffington Post as one of the Black Christian leaders changing the world. She will be speaking about creating ‘brave space’. In an imperfect world, safe spaces aren’t always possible, but Micky advocates brave spaces as a helpful starting point. Please click here to book and you will be sent the link.
A termly forum where students can feed back to Principal Helen Mountfield, their thoughts, feelings, experiences and ideas about how College can promote a genuinely comfortable working and living environment for everyone and advance racial equality.

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

23 May (Sunday)
ANNIVERSARY OF THE DECLARATION OF THE BAB (Baha’i)

23 May (Sunday)
ZARATOSHT NO DISO Zoroastrian (Shahenshahi; Parsi) [26 December (Tuesday) (Iranian)]

23 May (Sunday)
PENTECOST / WHIT SUNDAY (Christian - Western Churches)

26 May (Wednesday)
VESAKHA PUJA / WESAK / BUDDHA DAY (Buddhist)
The Department of Experimental Psychology is running three mental health webinars this term:

Our Mental Wellness: Overcoming Mistrust and Paranoia
Thursday 20 May, 2:00pm – 2:45pm
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.
After a difficult year, the Oxford SU want to help you make the most of your university experience in Trinity Term, and into the summer, as COVID restrictions ease. That’s why we’re supporting and promoting Love Oxford, with a wide range of events that are taking place for students in the summer months - whether they’re organised by colleges, societies, sports clubs, the University, Oxford SU, local businesses or community groups.

You can find the hub [here](#). Anyone can add events to the Love Oxford hub by filling in this [short form](#). Please add your events via the form so that we can collect and showcase as many events as possible!
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 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 Royyuru, Oxford India Society Treasurer.
On Monday 17 May the University museums reopened and are now welcoming visitors. Whether you want to enjoy the medieval mystery of pre-Raphaelite sketches, read a letter from Einstein or explore our zoological collections, there’s an incredible range of objects to discover at our four museums: the Ashmolean Museum, the History of Science Museum, Pitt Rivers Museum and the Museum of Natural History. Entry is free but please remember to pre-book and check opening hours. The Weston Library has also reopened with a range of exhibitions on display; entry is free and pre-booking is not required.
The Oxford Bach Soloists (OBS) exists to perform the complete vocal works of J. S. Bach in Oxford over 12 years. Drawing from an abundance of Oxford talent, OBS provides the next generation of young soloists, many of who are choral scholars from the University’s college chapels, with the opportunity to collaborate with a professional baroque orchestra. OBS also exists to provide a laboratory for current research, working together with Professors from the University of Oxford’s Faculties of Music, Theology, History, and Modern Languages. A Choral Scholarship with OBS would be ideally suited to someone wishing to develop a career as a soloist/consort singer, demonstrating a particular affection for the German language and the music of J. S. Bach. More details [here](#).
OUR SPACE: Oxford Understanding Relationships, Sex, Power, Abuse, and Consent Experiences

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.
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
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.

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

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

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

**Codie**
codie.wood@mansfield.ox.ac.uk

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

**Anabel**
anabel.riley@mansfield.ox.ac.uk

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

Welfare Support.

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.

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**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

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You can find more options (including Junior Deans and specific post-holders) here:

[mansfield.ox.ac.uk/student-welfare](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.

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Support Overview.

Bereavement Support

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 are two young fish swimming along who happen to meet an older fish. The older fish nods at them and says: ‘Morning boys, how’s the water?’ The two young fish swim on for a bit and then eventually one of them looks over at the other and asks: ‘What the hell is water?’

David Foster Wallace

(hear the full speech 'This is Water' here.)