Virtual Quad

Weekly wellbeing tips, events and reflections from students and staff of Mansfield College
Please help keep our community COVID-safe by testing twice a week, every week. Choose the days and times that will work best for you, and then build this into your routine.

Then plan how you will test: find out more about LFD Collect and our assisted symptom-free testing centres.

Finally, don’t forget to report every LFD you take (apart from those at a testing centre) to both the University’s Early Alert Service and the NHS – as soon as possible after you get the result.
Since the good weather is slowly returning, your junior deans have prepared another event for you to enjoy outdoors - the Big Mansfield Picnic! **Snacks** will be provided. Please use the blankets that College provided at the start of the academic year, or personal blankets. Alternatively, we have a few blankets people can borrow and we will hand them out on a first come, first served basis.

Please use this [LINK](#) to sign up by Tuesday, June 1st at 5pm.

Please note: Students must stay in groups of no more than 30 during this event.

I look forward to seeing you there!

Oana
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.
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)

Pentecost and Racial Justice
Marking the first anniversary of the murder of George Floyd
Preaching: Rev’d Arlington Trotman
Former Secretary, Churches’ Commission for Racial Justice (CCRJ) and former Moderator, Churches’ Commission for Migrants in Europe (CCME)

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. 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 10am. Please email her at oana.gurau@mansfield.ox.ac.uk to accompany her.
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. You can watch previous Conversations here.

- **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
Micky 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.

You can learn more in the book Holding Change or you might be interested in enrolling in the Daring Compassion Movement Chaplaincy Training.
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 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
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)
Positive social relationships are a key building block for our physical and mental well-being. Unfortunately, many of us will experience difficulties in our peer relationships, including peer victimisation. Peer victimisation makes us susceptible to anxiety and depression, and conversely anxiety and depression make us more vulnerable to being victimised. This talk will focus on understanding the thinking and behaviour traps that underlie this association and how to break it.

Find out more and register via OxTalks

Virtual Quad: Our Mental Wellness Webinar Series

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

Catch up on previous talks in the series via YouTube.
Managing Sleep and Insomnia
Friday 4 June 11:45 - 12:45am

Sleep is vital for good mental and physical health and something many of us take for granted yet many students struggle with sleep difficulties. This workshop will help you to overcome your sleep problems through understanding the nature of sleep and the common habits and behaviours that can interfere with good sleep patterns. Using a CBT based approach you will learn strategies and techniques that with practice will help you to secure the potential for getting a good night’s sleep.

Further information here.
To book send an email to: counselling@admin.ox.ac.uk
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.
Providing an opportunity to find out more about the Task Force, and to ask questions to those leading it. Speakers will include:

- Professor Martin Williams, Pro-Vice-Chancellor, Education
- Dr Rebecca Surender, Co-Chair, Race Equality Task Force
- Nikita Ma, President, Oxford SU, and Co-Chair of the Task Force Student Issues Working Group

The speakers will update on the work of the Task Force and working groups so far. This will be followed by a Q&A session. You can pre-submit a question when registering.

As the Race Equality Task Force now moves into its important engagement phase, the Open Event is one of the ways you can get involved as we strive to make positive and sustainable changes for the benefit of all in our community.

Please register your place to attend.
The Race Equality Task Force welcomes ideas and suggestions from across the collegiate University to help inform our work. We know there is a wealth of experience and expertise from across the University and we are eager to hear from you. Please let us know via the feedback form.
A series of focus groups will take place facilitated by Dr Jason Arday of Durham University (a researcher on race and higher education) to learn about students and staff members experiences, perceptions and ideas about race at the University.

**STUDENTS:** You can express your interest in attending using this form.

**STAFF:** If you would like to take part in a focus group, (or 1-1 interview) please complete this form.
Congratulations to all our winners of the daily eco-challenges as part of Mansfield Eco-Week.

The JCR had an overwhelming lead in terms of the number of participants - well done! We hope you continue and keep sharing your experiences!

Our individual winners are:

JCR - Tallulah Tufton and Mia Oxer
MCR - Swapnil Tripathi
SCR/Staff - Eileen Tipoe

who will each receive a special eco-friendly prize!
We welcome contributions from students and staff about how you have observed or celebrated different festivals - please send them in!

26 May (Wednesday)
VESAKHA PUJA / WESAK / BUDDHA DAY (Buddhist)

28 May (Friday)
ANNIVERSARY OF THE ASCENSION OF BAHÁ’U’LLAH (Baha’i)

30 May (Sunday)
TRINITY SUNDAY (Christian - Western Churches)
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.
Virtual Quad: What's On?

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 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

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)
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](#).
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.](#)
That is what learning is. You suddenly understand something you've understood all your life, but in a new way.

Doris Lessing