Weekly wellbeing tips, events and reflections from students and staff of Mansfield College
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)
Mental Health: Healing and Recovery
Marking PRIDE
Preaching: Rev'd Kate Harford
Chaplain, Oxford Brookes University, MCC Minister

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.
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 Dean 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.
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.

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
Over the course of a 36-year diplomatic career, Ambassador Krol has represented the USA in states that emerged from the former Soviet Union, including Russia, Ukraine, Belarus, Uzbekistan, and Kazakhstan.

You can register for the talk [here](#).

Watch last week's great talk on [Brave Spaces](#) with Micky ScottBey Jones [here](#).
Oxford PRIDE
Saturday 5 June

This year Oxford Pride will be a virtual event. Details can be found [here](#).

Pride Prayers from the University Church will be online at 10.30am-11.00am on Saturday 5 June.
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 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.

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.

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
Calling All Mansfield Entrepreneurs!

Here are the details of the All-Innovate competition run by the Oxford Foundry – Oxford’s Centre for Entrepreneurship. All students can enter – undergraduates, postgraduates, no idea is too BIG or too small.

Shine up that idea and apply before the deadline for entries on Sunday, 6 June.

With £20,000 up for grabs, feedback from our expert judges, and follow-on support and workshops, it’s a fantastic opportunity for students to meet new people, gain new skills for their CV, and have the opportunity to turn an idea they’re passionate about into reality. Here’s a short video about it on Instagram.

Good luck!
Why not join the Oxford Foundry?

Membership of the Oxford Foundry is open to all University of Oxford students - undergrads, postgrads and DPhils and is entirely FREE.

You will be issued with an Oxford Foundry membership card to gain access to the Foundry for co-working, and to participate in Foundry workshops and events.

No matter what your interest in innovation and entrepreneurship is, we’ve got something for you.
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.
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.

You can join the meeting here.
Student Open Event (online)
Wednesday 9 June, 4-5.30pm

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.
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 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
Virtual Quad: Refugee Week!

An Audience with Bishop Munib Younan and Bishop Tor B Jørgensen

Wednesday 16 June 5.30pm

A conversation about the refugee experience and work taking place to support refugees and those seeking sanctuary

Bishop Munib Younan shares his own experience as a Palestinian refugee alongside his work as former president of the Lutheran World Federation (LWF) and Bishop of The Evangelical Lutheran Church in Jordan and the Holy Land encouraging communities and leaders around the world to embrace those seeking sanctuary. He will also speak to the work he Initiated with the UNCHR during his tenure as a president of LWF, the interfaith document “Welcoming the Stranger: Affirmations for Faith Leaders”. Bishop Tor B Jørgensen is the Bishop of the Lutheran Church in Great Britain and the Chair of the Council of Lutheran Churches who have generously sponsored the Sanctuary Scholarship at Mansfield College. Based in Norway, he has been active in social justice issues throughout his career and will share his experiences of standing in solidarity with those seeking sanctuary in what promises be a thought-provoking and inspiring conversation.

You can register for the talk here.
Virtual Quad: Refugee Week!

Oxford’s Colleges of Sanctuary Annual Event 2021: Voices for Sanctuary: We Cannot Walk Alone

A discussion featuring
Reverend Inderjit Bhogal
Founder of Cities of Sanctuary UK

Afraa Hashem
Action for Sama

Thursday 17 June, 5.30pm

Register at: www.mansfield.ox.ac.uk

You can find more details and sign up here.
Calling all Leavers!

Leavers Service

Wednesday 23 June
4.30pm
on the Quad!

This is a special event to celebrate YOU! We're inviting Leavers to contribute through giving a reading – whether that’s a poem or a short passage or maybe you'd like to say a tribute to the College or to one another!

This is a special event and is made even more special with your voices! Please contact Sarah Farrow if you'd like to take part: sarah.farrow@mansfield.org.uk

There will be a reception with tea and coffee following the Leavers' service.
Primers is a biannual mentoring and publication scheme organised by Nine Arches Press. It provides a unique opportunity for talented poets to find publication and receive a programme of supportive feedback, mentoring and promotion. Selecting editor and mentor for Primers Volume Six is poet Rishi Dastidar.

The three selected poets will receive mentoring from poet Rishi Dastidar and publication in Primers Volume Six in summer 2022, followed by events and readings.

There are up to 25 free entries available for writers on a low income who would not otherwise be able to afford to enter.

More details here.
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.
During Hilary Term 2021, motions were passed by the JCR and MCR urging the College to commit to ambitious targets on reducing carbon emissions and improving biodiversity, and the establishment of internal College structures to achieve these targets.

The College takes its environmental responsibilities seriously, as recognised in the College’s approved strategy, and has for some time been pursuing small initiatives, such as energy saving heating and electrical appliances, replacement of toilets with water-saving models, the use of biodegradable catering supplies, the instigation of meat-free Monday, and garden renovations.

The College recognises that now is the time to step up this work and has embraced the motions put forward by the student body. To that end an Environmental Sustainability Working Group has been convened with volunteers from across the College community - staff, students, and academics.

The Working Group has met twice so far to agree how it will work going forward but has already agreed that the College should target net zero carbon emissions and a biodiversity net gain by 2030 - the same goals as the University but five years earlier. In the coming months the work will start on assessing the College’s current environmental impact, before developing a comprehensive strategy to achieve our targets. The main areas of concern will likely be waste (food, plastic, paper, other), energy (gas and electricity), water usage, and biodiversity.
Bag it, bin it or take it home – keeping Oxford tidy.

As the weather warms up and restrictions on outdoor gatherings ease, littering in Oxford is increasingly becoming an issue in the city’s parks and green spaces, affecting natural wildlife. Please help to do your bit as you enjoy the outdoors to keep Oxford safe and clean. Bag it, bin it or take it home with you.

Overflowing bins attract scavenging animals who spread the litter around creating a further problem. In recent weeks, a number of animals have been injured or killed as a result of discarded rubbish. If you want to go one step further, take a break from your studies and join an OxClean Spring Clean litter picking event on 5 and 12 June – it’s an opportunity to help keep Oxford clean and safe for the whole community.

Learn more about how littering can be responsible for animal deaths in and around Oxford.
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!

3 June (Thursday)
CORPUS CHRISTI (Christian - Western Churches)
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.
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.
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.
Now the weather has finally perked up, it’s time to get out of College and roam! If revision is leaving you with very little free time, do make use of the University Parks and Mesopotamia. You can have a refreshing stroll in some beautiful surroundings, clear your head, and be back at your desk 20 minutes later. But if you have more time, and fancy something a bit more adventurous, consider a trip to Shotover.

Virtual Quad: Walk of the Term!

A walk in Shotover by Prof Stephen Blundell
A walk in Shotover, cont.  
by Prof Stephen Blundell

Getting there is best by bicycle (it’s about 20-25 minutes on a bike from Mansfield, a 3.5 trip, although the last bit is up a very steep hill, for which I will admit to getting off and walking) or use the No15 bus to get close (to walk the whole thing would take just over an hour). The route is easy: take Morrell Avenue (the one that goes up on the right-hand side of South Park) and then keep going straight on at every junction. You’ll eventually find yourself in the car park for Shotover Park, where there are some bicycle racks where you can lock your bicycle.
The route that you take continues as a dirt track through Shotover park, and it is interesting to think that this was once the main route from Oxford to London. Shotover (whose name may derive from an Old English phrase meaning “steep slope”) is up on a high hill and affords great views over the surrounding countryside, and at the moment (the pictures shown were taken on Saturday) the woods are full of bluebells. It’s a tranquil place to sit down and read a book, or dream of ancient times as you explore the woods that were once known as “The Forest of Shotover”.

A walk in Shotover, cont by Prof. Stephen Blundell
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.

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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.
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

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
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](#).
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.
Love is that condition in the human spirit so profound that it empowers us to develop courage; to trust that courage and build bridges with it; to trust those bridges and cross over them so we can attempt to reach each other.

Maya Angelou