Weekly wellbeing tips, events and reflections from students and staff of Mansfield College
Mansfield Rowing!

This week - Tuesday to Friday of 7th week - MCBC are racing in the first ever Summer Torpids and we’ve been working really hard all term and have entered 4 boats. An M1, W1, M2 and W2. The race is being live-streamed as unfortunately no official spectators are allowed - although a walk through Christ Church meadows near the river is permitted.

You can watch live here.
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.
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)

Sanctuary found in one another
Preaching: Prof. Stephen Blundell

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.
‘Appropriate Whiteness’ is a lecture series based on Professor Loretta Ross’ experience doing anti-Klan and anti-white supremacy organising. It is directed at young people who want to move beyond the hurtful, hardened racial patterns of the past and live more intersectional lives. It explores how technology can play a role in easing and crossing rigid boundaries. The lecture addresses situations of racial awkwardness and fears of “messing up.” It helps normalise discussions of race with a frank analysis of what to do and not to do in moving forward difficult dialogues. To register and for more information, click here.
Wellbeing Walks with the Junior Deans

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.
This week the welfare team are holding the first (in person) wellbeing tea of the year.

Sign up here to come along for snacks, tea, and coffee in the marquee on the quad between 3 and 4pm this Thursday.

Due to COVID restrictions, we have to stay seated (at our new rather snazzy tables), so if you have a preference as to where you would like to sit check the seating arrangements here.

The Welfare Team is really looking forward to seeing you all in person once again!
Under the Rainbow:
Voices from Lockdown
Thursday 10 June 5pm (online)

This event will feature the author James Attlee in discussion with Marina Warner and Professor Pablo Mukherjee (Warwick University). Chaired by Professor Wes Williams, TORCH Director.

You can watch the event live [here](#).
"They used to say I had your voice on the phone. But that can’t be true. Not really. They just didn’t listen closely enough."

Sometimes you know you should talk to someone, but it’s so much easier in your head. In the wake of her father’s death, Marie imagines speaking to her estranged mother, playing out the conversation in her head. Amidst false starts and dead ends, she pleads for resolution. The filmed piece will be showing from 7:30-8:15 followed by a post show talk from 8:15-9:00.

Featuring our very own Maya Little! You can book [here](#).
This event will focus on promoting racial equality in the law: Harry Matovu QC, Brick Court Chambers, and initiator of the Charter for Black Talent, and Kathleen Russ, Senior Partner at Travers Smith will be in conversation with Helen Mountfield QC, Principal of Mansfield College. All staff and students are welcome to attend. You can find more details here and register here.

Upcoming conversations: Friday 25 June, with Professor Kalwant Bhopal, Director of Centre for Research in Race & Education, University of Birmingham.
In this lecture, Dr Hunt will discuss the role of public museums in creating our culture and describe how, despite its origins rooted in Empire, monarchy, and high Victorian capitalism, the collections of the Victoria & Albert Museum tell a fascinating story of civic republicanism.

You can register 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].
Welfare Picnic
Sunday 13 June, 2pm - Uni Parks
with Mansfield & Teddy Hall JCR/MCR Reps

We hope that you are all well and enjoying the good weather (finally). Mansfield & Teddy Hall’s JCR and MCR are collaborating at an event aimed at our students of colour within the college community, however, it is still quite an open event. I am sure that many of you have been aware of global events, namely the Israel-Palestine human rights crisis, as well as the worsening Covid pandemic in places such as India, Bangladesh and the Dominican Republic to name a few.

It can be emotionally exhausting and upsetting to witness these tragedies, and the impact can be felt in a multitude of ways, so the MCR and JCR reps jointly wanted to create a space for people to discuss how these events make them feel and to just be a safe space to discuss these topics. You’ll also have to chance to speak to some of our peer supporters, if you like.

Therefore, come through to Uni Parks (specific location will be confirmed on the day but likely to be close to the South Parks Road entrance) on Sunday. If you’re interested in attending, please sign up by Thursday 10 June here. We’ll assign you into small groups, and shall send you information about the same by Friday. Also, regarding picnic blankets, if it turns out that no one from your group has one, we'll provide you with one.

Have a good week, and we look forward to seeing some of you in the park.

PS: snacks will be available

Kind regards,
Mansfield & Teddy hall JCR-MCR reps
Roman Catholic Mass
14 June
Monday at 6pm

A service with the Oxford University Catholic Chaplaincy specifically for the Mansfield College Community. You can watch the livestream or contact the Chaplain for the Zoom link.
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 Audience with Bishop Munib Younan & Bishop Tor B Jørgensen (online)

Wednesday 16 June 5.30pm

Bishop Munib Younan shares his own experience as a Palestinian refugee alongside his work as former president of the Lutheran World Federation and Bishop 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, 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 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.
Virtual Quad: Refugee Week!

The library has put together a book display of refugee books in support of Refugee Week next week. Go and check it out!
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.
We welcome contributions from students and staff about how you have observed or celebrated different festivals - please send them in!

10 June (Thursday)
ASCENSION DAY (Christian - Orthodox Churches)

14 June (Monday)
DRAGON BOAT FESTIVAL / DUANWUJIE / TUAN YANG CHIEH (Chinese)
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.
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.

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.
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

**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

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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.

**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
Support Overview.

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

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.

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](#).
Anticipate the good so that you may enjoy it.

Ethiopian Proverb