Weekly events, tips, and reflections
Week 1 - Michaelmas 2021
Welcome (back) to Mansfield, and welcome to the first issue of Virtual Quad of this academic year.

Virtual Quad is our College’s listings magazine and comes out every Wednesday during term time. It is part of our commitment to being an inclusive and welcoming community, by making sure you know about all the things that are going on in College: from talks and walks; to music and making; from parties to poetry; from chapel services to refugee week events; film-nights to rowing trials; netball and rugby to yoga and pilates.

It also contains details of how to apply for good things like themed formal halls, University and College travel grants and hardship grants, prizes and paid internships. Sometimes it contains details of ways you can help College: like being a College Ambassador for open days and access events, or signing up for (paid) work on our annual telethon.

Every week of term, there is also a list of academic support and the wide range of welfare resources on offer, with contact details: so help is always at hand.
Virtual Quad is for everyone in the College community: students, academic and non-academic staff and academic visitors. So – to avoid FOMO – give VQ a quick scan each week. Back issues can be accessed on the College website.  https://www.mansfield.ox.ac.uk/virtual-quad

This term, VQ is being edited by graduate student Jack Lines. If you have an event you’d like us to publicise or anything else you would like to share with the College community, please email him at virtualquad@mansfield.ox.ac.uk. He’ll need your information by Monday [4 PM latest] to include in the next Wednesday’s edition.

And if you have any ideas for how to improve VQ, please contact Jack, or me.

I look forward to seeing you in the Real Quad soon.

Helen Mountfield QC (she/her) 
Principal
We are proud to announce that Mansfield has a **new Music Society** to support and promote musical activity at our college. The Society will be led by a committee of student members (check out our Facebook page to meet the team!) and overseen by our new Director of Music, Tom Hammond-Davies.

Mansfield has a chapel choir, who meet for rehearsals and sing in our weekly chapel services on Wednesday evenings (followed by free formal dinner!), as well as termly concerts and the Christmas Carol Service at the end of this term. Mansfield Chapel Choir is non-auditioned and open to all students (undergraduates, postgraduates and VSPs) so if you can read music and are interested in singing, sign up to our mailing list using the link below, and come along to a rehearsal at 7:30pm on Monday in the Chapel!

If you’d like to sing in a more relaxed setting, we are starting up an informal singing group which will be a fun, low-commitment way to sing some more modern/pop tunes – we are open to suggestions! Sign up here to join the group: https://tinyurl.com/informalchoir

We have a Strings Ensemble and a Wind Ensemble, and everyone who plays one of these instruments is welcome to join! Sign up to the mailing list below for details of rehearsals etc.

If you are a soloist/duet (hello piano players!) and would be interested in playing a piece or two in a short recital on Sunday of 2nd Week (17th Oct) please get in touch with Flora, our president, at flora.walker@mansfield.ox.ac.uk

If you have an idea for a new ensemble and/or would be interested in leading one, we can support you! Please get in touch at flora.walker@mansfield.ox.ac.uk

**Sign up to our mailing list to receive email updates about rehearsals and events:**
https://mansfieldcollegemu.wixsite.com/oxford/join_us
Mindfulness is a well-researched, secular and effective means of promoting well-being, and alleviating stress, anxiety and depression.

These practical courses, taught by teachers from the University of Oxford Mindfulness Centre, have been designed specifically with the needs of students in mind. Skills for supporting top performance and good mental health will be taught in eight weekly classes. The course fee is heavily subsidised at £70 for the eight 90-minute sessions (similar courses for members of the public cost c.£200!)

These will be held at St Edmund Hall (Tuesday evenings) and Magdalen College (Wednesday evenings - both course flyers are attached), starting next week. For more information, and to book, please visit https://www.oxfordmindfulness.org/find-a-course-student/
Student Support

Shut up & Focus!

In “Shut up and Focus!”, we get together and make a commitment as a group to focus, studiously, with purpose and without distractions. We are in it together. It’s a limited time with company, coffee, tea and cake. It’s for everyone in college – JCR, MCR, staff.

Tuesdays 11-12.30pm and Thursdays 2-3.30pm in Main Building, room 1.

Beforehand: Choose a task to bring to focus on.
11 am/2pm: Get coffee/tea/cake.
11.10 pm/ 2.10 pm: Focus!
12 pm/ 3 pm: Have some free coffee/tea/cake and congratulate yourself.

DAS (Disability Advisory Board) drop-in

The DAS are now offering a student drop-in between 1 – 2.00 pm every Monday, Tuesday, Wednesday & Friday during weeks 0-9 and between 1 – 4.00 pm every Thursday during weeks 0-9. Students will be seen on a first-come, first-served basis by a disability advisor who can spend up to 10 minutes dealing with any quick queries such as:

Should I register with the DAS? What support is available?
Is my medical evidence sufficient for me to register or apply for Disabled Students’ Allowance (DSA)?
Does my SpLD diagnostic report meet Oxford’s criteria for exam/study support?
How do I apply for DSA? How do I fill out my DSA application form?
I have a letter from my funding body about my DSA application but am not sure what to do next I want to drop off some paperwork.
Student Support

1-1 Mentoring

One-to-one study skills support for any undergraduate student of any subject. Please contact your subject mentor by email to arrange a mutually convenient time to meet.

Gail Leckie (Philosophy) gail.leckie@mansfield.ox.ac.uk
Yashua Bhatti (Theology) yashua.bhatti@mansfield.ox.ac.uk
Rachel O’Nunain (English) rachel.onunain@mansfield.ox.ac.uk
James Harris (Maths, Physics, Engineering, Materials) James.harris@chch.ox.ac.uk
Henry Tann (History) henry.tann@balliol.ox.ac.uk

Welfare support

Welfare support from other students
Peer Supporters: see mansfield.ox.ac.uk/welfare and posters
JCR Welfare Rep: anabel.riley@mansfield.ox.ac.uk
MCR Welfare Rep: daria.jensen@mansfield.ox.ac.uk
Equality Allies

(Acting) Tutor for Women
Elizabeth Drummond can be approached by students with concerns or issues they feel would best be communicated to a woman tutor.
elizabeth.drummond@mansfield.ox.ac.uk

LGBTQ+ Tutor
Ros Ballaster may be contacted by email and can meet by phone or by Microsoft Teams
ros.ballaster@mansfield.ox.ac.uk

Tutor for Racial Inclusion
Helen Mountfield co-organises the termly forum for Amplifying Voices of Students of Colour and can be contacted by email on principal@mansfield.ox.ac.uk

Tutor for Disabilities
Andrew Higgins deals with disability related welfare issues. andrew.higgins@mansfield.ox.ac.uk
Free Cycle Training

The university is offering 6 hours of free cycling proficiency training from the Broken Spoke coop to all students and staff who want it.

Broken Spoke’s cycle training is designed to make you feel safe and confident while using your bike on the roads. Our instructors are there to help you learn new ways of making cycling a more regular activity. We teach adults and children urban cycling skills on a one-to-one basis; from complete beginners to those who would like to brush up their skills and master urban cycling. The Bikeability accredited training that we offer has three levels, and everyone completes each level in order to progress onto the next. This could be a 20 minute assessment of your current skill level, or it could mean a couple of sessions getting to grips with foundational cycling skills.

Book here: https://bookwhen.com/cycletraining#focus=ev-skm3-20211012100000
Poetry workshops **every Saturday**, starting this Saturday, the 9th of October between **4pm and 6 pm in MB1**, available to all members of the college.

Mansfield's writer in residence Kate Clanchy is also available on Zoom for Creative Writing drop in - any kind of Creative Work - every Thursday afternoon 2- 6pm starting Thursday, the 14th of October. Make an appointment by email on k.s.clanchy@reading.ac.uk - you can email at any time, including when the session are on, but first come first serve operates
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.

Email: gail.leckie@mansfield.ox.ac.uk for an appointment.

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.
Oxford University Counselling Service
Reducing Digital Distraction (ReDD) Workshops
with Ulrik Lyngs, Dept of Computer Science
Selection of dates/times in Michaelmas Term weeks 3, 5 and 6

During Covid, you may have become more dependent on your digital devices than ever before: to study, to socialise, and to connect to the outside world. Smartphones, computers and tablets are powerful tools, but can also be an endless source of distraction that undermine your capacity to focus and result in long stretches of unproductive and unrewarding time.

If so, it may be time to take back control. This workshop can help! You will be supported to: reflect on your current relationship with your digital devices; identify the role you want them to play in your life; and get support to make real, practical changes. This workshop is relevant for all students, undergraduates and graduates.

To check available dates/times, and to book: https://calendly.com/ulyngs/redd-workshop
Friday 22 October
Professor Tarunabh Khaitan  
The history and development of race equality law in the UK  
Prof Khaitan, Research Director of the Bonavero Institute of Human Rights (BIHR) and Governing Body Fellow of Mansfield College, will trace the history of the development of anti-racism laws in the UK. He will focus not on law’s (admittedly many) failings, but on its promise and possibilities.  
This Black History Month Lecture is being held in conjunction with the BIHR.

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Friday 12 November
Stefan Stern  
Careers - What are they good for? The future of work in the 21st century  
Once we were told that life after university would be pretty straightforward. A degree would lead to a job and a career, and many (perhaps most) of our worries would be over. After two turbulent decades the 21st century now provides a different context, and new questions arise.

Journalist and author Stefan Stern discusses our brilliant future and what’s coming next.

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The 2021 Hands Lecture:  
Cities are gardens for growing people  
Friday 29 October  
Thomas Heatherwick  
World-famous designer Thomas Heatherwick will explore the importance of humanising design, breaking down siloed thinking to positively impact our cities.

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Friday 19 November
Katherine Parkinson  
Why I became an actress instead of a management consultant  
BAFTA-winning actor Katherine Parkinson is one of the UK’s most versatile performers, working regularly in both film and television and theatre and embracing dramatic and comedic roles. Recent credits include the hit series Humans for Channel 4/AMC and Mike Newell’s Guernsey.

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Friday 5 November
Artists of the Future: the Mansfield-Ruddock Art Prize 2021  
Judges Yana Peel (Global Head of Arts and Culture at Chanel) and Dr Stephanie Straine (Curator of Contemporary Art at the National Galleries of Scotland) will be joined by the winners of the 2021 Mansfield Ruddock Art Prize to discuss their work. With thanks to Mansfield alumnus, Sir Paul Ruddock.

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The Jocelyn Bell Burnell Lecture:  
Reaching for the Stars!  
Dr Maggie Aderin-Pocock MBE  
Friday 26 November, 5.30pm

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Friday 3 December
Mansfieldmas: An evening of words and music  
Mansfieldmas – curated by Ben Okri, with Errollyn Wallen, Kate Clanchy and Tom Hammond-Davies. Now in its third year, Mansfield’s annual evening of words and music.

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Unless stated otherwise, Mansfield Public Talks take place in the Sir Joseph Hotung Auditorium, Mansfield College.  
We encourage all those attending Mansfield Public Talks to kindly wear a mask while in the Auditorium.
Next Week's Talk

Introducing our new fellow Professor Tarunabh Khaitan who will be giving a talk on

The history and development of race equality law in the UK

Professor Khaitan, Research Director of the Bonavero Institute of Human Rights (BIHR) and Governing Body Fellow of Mansfield College, will trace the history of the development of antiracism laws in the UK. He will focus not just on the law’s (admittedly many) failings, but on its promise and possibilities.

This Black History Month Lecture is being held in conjunction with the BIHR.

Sir Joseph Hotung Auditorium Admission Free | All Welcome

Sign up [www.mansfield.ox.ac.uk/mansfield-college-public-talks](http://www.mansfield.ox.ac.uk/mansfield-college-public-talks)
Chapel service

Tonight at 18:30
at Mansfield College Chapel

Join chaplain Stephen Hearn and fellow students and staff at Mansfield for an evening of prayer and song
Where can I get support?

Medical Professionals
if you need immediate medical attention CALL 999

University Support
University Counselling Service Email
counselling@admin.ox.ac.uk for an appointment.

NHS 111
If you have an urgent medical problem and you’re not sure what to do, dial 111 and they can put you in touch with an out-of-hours GP or mental health nurse.

College GP
St Clements Surgery,
39 Temple Street,
OX4 1JS
tel: 01865 248 550

Tutor for Welfare:
Gail Leckie
gail.leckie@mansfield.ox.ac.uk

Chaplain:
Stephen Hearn
chaplain@mansfield.ox.ac.uk