Virtual Quad

Weekly events, tips, and reflections
Week 8 - Michaelmas 2021
As the Mansfield Christmas Carol Service, Mansfieldmas, Chanukah and Christmas – and the vacation – approach, I want to thank everyone in the Mansfield community for making this term such a positive one. I’m enjoying meeting Freshers, and it has been wonderful to see College life starting to return: students back in the libraries and the Crypt; Mansfield rowers finally back on the river; the football and netball teams back in action; Mansfield Players’ show at the Burton Taylor Theatre with *Quartet* by Sam Spencer (this week at the Burton-Taylor Theatre); the revival of the Mansfield Music Society; and Kate Clanchy’s creative writing workshops back as in-person events. I’ve enjoyed seeing Mansfield students ask interesting and challenging questions at the Mansfield public talks; hearing political and ethical arguments, and generally engaging and enquiring and socialising again. It may not be the end of the pandemic, but it is starting to feel like the resurgence of the University experience I wish for you all.

I hope you all a peaceful and restful vacation, and look forward to seeing you again in 2022.

Warm wishes,

Helen Mountfield QC (she/her)
Principal, Mansfield College
Mansfieldmas: An Evening of Words and Music

Friday 3 December, 5.30pm

Now in its third year, this is Mansfield’s annual evening of words and music.

Sir Joseph Hotung Auditorium Admission Free | All Welcome
Sign up www.mansfield.ox.ac.uk/mansfield-college-public-talks
Welcome/reading
Helen Mountfield

Music: Composition by Stephen Blundell
Nathan Bentley (saxophone)
Stephen Blundell (piano)

Poetry reading
Chantale -- ‘No Cafés’

Music: Scarborough Fair’ (traditional)
Kateřina, Giang & Rhiannon (flute trio)

Poetry reading
Maya – her own poem + ‘Stopping by Woods on a Snowy Evening’ (Robert Frost)
Music: ‘Hey Jude’ (Lennon & McCartney)
Rhiannon, Kateřina, Giang, Sophie, El, Flora, Hatam, Lauren, Nathan, Jane, George (wind band)

Poetry reading
Artemis - collection of poems

Music: composition by Nathan Walemba / arrangement of Christmas carols
Nathan Walemba (piano)

Acrobatics Partner acrobatic performance
by members of Oxfordshire Acro Society

Music: ‘Trio Sonata in D minor, HWV 381’ (Handel)
Sophie Lekas (violin), George Caird (oboe), John Oxlade (piano), Jane Salmon (cello)

Music: ‘The Truth from Above’ (Vaughan Williams)
Choir with cello, violin, and organ accompaniment
One of the coldest winters in Oxfordshire history was 'The Great Freeze' of 1962-3 with temperatures reaching as low as -16°C.

On 22nd January, 1963, a car was driven across the frozen River Thames in Oxford.
The MCR bench is thrilled to invite MCR members to our MCR Christmas event in the Old Hall.

We will welcome you in Mansfield College’s Old Hall on Thursday, December 2nd, at 8pm for a festive night with fine refreshments.

Christmas Jumper are strongly encouraged, and we will have a jumper contest as well! Winners will get special prizes.

To book, visit our Facebook page.
A Christmas Carole

Tues-Thurs 8th week
(30 Nov - 2 Dec)
Doors open 7pm
Show starts 7:30pm
Al Jaber Auditorium,
Corpus Christi
All proceeds go to charity!
We are very pleased to announce that there will be another opportunity to participate in the Mansfield Alumni Mentoring Programme next term. This is a new and exciting initiative run by the Mansfield College Alumni Association (MCAA), which will give you the opportunity to connect with Mansfield Alumni working in a career that you are interested in and benefit from professional and skills development.

To express your initial interest in participating in the programme, please email development@mansfield.ox.ac.uk with the career area that you are interested in and your current course of study.
This is the final *Virtual Quad* of Michaelmas Term and 2021.

Thank you so much to everyone who has contributed and read with us every week! We hope the publication has helped reinforce your sense of the Mansfield community.

Past editions of the VQ can be found at: https://www.mansfield.ox.ac.uk/virtual-quad
Vacation Testing

You are advised to get tested for Covid-19 before leaving Oxford for the Christmas vacation.

You should do this by taking two LFD tests (and report the results) three days apart, before you go - as part of your regular testing. Test kits are available from the Porters' Lodge. You should leave Oxford as soon as possible after your second negative test and also collect a box of tests to take home and use just before returning to Oxford after the vacation.

If you test positive in any LFD tests or develop COVID-19 symptoms, you must self-isolate immediately and book a confirmatory PCR test preferably through the Early Alert Service. If that is positive, you will need to stay in Oxford and self-isolate. You will also need to alert the College SPOC at headporter@mansfield.ox.ac.uk

If you are traveling outside the UK, you must also follow all guidance related to international travel from both the UK Government, and the country you are travelling to.

Please note that LFDs are vital for reducing the transmission of COVID-19. Everyone wants to spend time safely with family and friends - whether it’s for Christmas, another religious festival, or simply to relax during the holiday period. Most transmission occurs in social or domestic settings. Some people with COVID-19 are asymptomatic, which means that if you have the virus, you could unwittingly pass it on to vulnerable people - even if you are fully vaccinated. This includes those in your own family - who may be at much greater risk.

There are a lot of events taking place over the last week of term so please do test on the day before and day of an activity and help keep your colleagues safe by not attending if you have a positive test result (and get a PCR test) and do not attend if you have any symptoms.
Got a difficult task to focus on?
Can’t get started?
Can’t stay focused?

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 in Seminar Room East
Thursdays 2-3.30pm in Old Hall

How it works:
- 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.
Academic Skills 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

If your subject is not mentioned, please contact Gail Leckie, as Tutor for Academic Support, who can signpost you to a source of support for your subject.
Would you like to have the skills and confidence to offer a helping hand to other students in your department? Contribute and engage with your student community? Promote and create welfare and wellbeing spaces in College?

Training as a Peer Supporter is a great way to develop personal and social skills that will be useful in all your relationships as well as making a positive contribution to the welfare support in your department. The Peer Support Programme offers experiential training focusing on active listening, assertive communication, diversity awareness and support skills, self-awareness and self-care.

Please feel free to email The Peer Support Programme with any questions you may have at peersupport@admin.ox.ac.uk.

Find more information at https://www.ox.ac.uk/students/welfare/peersupport
The Careers Service supports all 12,510 undergraduate students, 13,044 graduate students at Oxford.

The Careers Service's dedicated support extends to more than 5,800 research and research support staff.

Oxford alumni can engage with the Careers Service for LIFE through access to 1:1 sessions with careers advisers, jobs board, careers fairs, workshops, and more.

Each college, department and faculty has a careers adviser dedicated to them.

Student societies can engage with the Service by advertising opportunities, attending a careers fair, co-host events, and more.
Chapel service

Every Wednesday at 18:15pm
at Mansfield College Chapel

Join chaplain Stephen Hearn and fellow students and staff at Mansfield for an evening of prayer and song
MCR Wine and Cheese Evenings

Every Thursday at 19:30-21:30pm
at MCR Common Room
Peer Support

Drop-in sessions will run every Thursday. 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

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)
Due to generous funding from a donor, we are able to reimburse the full cost of courses taken at the University Language Centre (https://www.lang.ox.ac.uk).

The language centre offers both **modern languages courses** and **courses in academic English**.
Please note that you may only claim reimbursement if you complete the course. Once you have finished the course, please fill out the following form: Language Course Reimbursement 2021-22 The form will close for Michaelmas Term on **Monday 20 December**. Awards will be paid to battels in Hilary Terms.
Revisit the University’s Guide for Supporting Disabled Students
(https://academic.admin.ox.ac.uk/supporting-disabled-students/#/)

Students can get in touch with their link Disability Advisor directly to arrange a meeting and confirm whether they would prefer to meet online or in-person at 3 Worcester Street. They’ll also find information on the DAS website to help make the most of an online DAS appointment. (https://www.ox.ac.uk/students/welfare/disability/contact)
Poetry workshops every Saturday, 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.
Meet the Junior Dean Team

**Main Site**

Cerise Jackson – Welfare Junior Dean
cerise.jackson@mansfield.ox.ac.uk
Duty Phone (6pm- 2am): **07707 130 350**

Yashua Bhatti – Welfare Junior Dean
yashua.bhatti@mansfield.ox.ac.uk
Duty Phone (6pm- 2am): **07707 130 350**

**Abelthorpe/Rhodes Wolfson**

Ben Wilkinson-Turnbull – Residential Junior Dean
ben.wilkinson-turnbull@ell.ox.ac.uk
Duty Phone (11pm- 7am): **07741 071 156**

Juan Alvarez Velasquez - Residential Junior Dean
juan.alvarezvelasquez@physics.ox.ac.uk
Duty Phone (11pm- 7am): **07741 071 156**

**Cowley Road Houses**

Darshini Nadarajan – Welfare Junior Dean
darshini.nadarajan@education.ox.ac.uk
Duty Phone (6pm- 2am): **07453 370 008**

Zelimhan Akhmieiev – Welfare Junior Dean
zelimhan.akhmieiev@mansfield.ox.ac.uk
Duty Phone (6pm- 2am): **07453 370 008**
(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
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.
Where can I get support?

Medical Professionals
if you need immediate medical attention **CALL 999**

University Support
UniversityCounselling 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