
JESUS COLLEGE JCR

JESUS
COLLEGE
EQUAL
OPPORTUNITIES
RESOURCE
PACK

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A MESSAGE FROM THE JCR EQUAL OPPS OFFICER

WELCOME

A little about this pack...

Hey there- welcome to the Jesus JCR Equal Opportunities Resource Pack! It is vital that every student at Jesus College has the opportunity to thrive here, and so the JCR has an active Equal Opportunities sub-committee (led by the JCR Equal Opps Officer) dedicated to ensuring that college life is accessible for all. The committee is responsible for representing and supporting specific groups in our community, and JCR members are encouraged to get in contact with them with questions and concerns, or for just a friendly chat!

Currently, we have the following representatives in our committee:

- LGBTQIA+
- Interfaith
- Women*
- Disabilities
- BME (Black and Minority Ethnic)
- International
- Class
- JMS (Junior Member's Scholarship)

This pack was created by the Equal Opps Sub-Committee of 2019/20 to serve as the first port of call for more information about support networks and resources available to JCR members considered under the remit of Equal Opportunities, and is regularly updated as more information and resources are made available. In particular, we have focused on providing information about:

- The best/most exciting things to get involved in (specifically relevant to each targeted community)
- Where you could go for support or help if you had any issues - we have made sure to include a range of support networks (professional, peer, college-level etc) as some may be more appropriate than others, depending on the issue.

Targeted advice for Freshers from the relevant member of the Equal Opps Sub-Committee can also be found in this pack on the final page of each section.

We hope that all members of the JCR, incoming and current, find this pack helpful and enjoy their time in Oxford, and we particularly hope that freshers settle comfortably into university life. All the best!

--- **Olivia Campbell**, JCR Equal Opportunities Officer '19
and **Jen Crompton**, JCR Equal Opportunities Officer '20

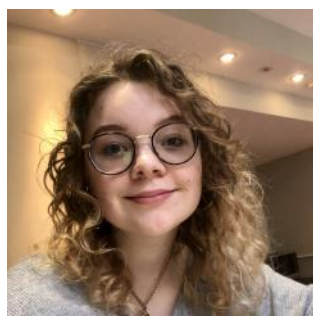
THE CURRENT EQUAL OPPS SUB-COMMITTEE

The following people make up the current Equal Opportunities Sub-Committee for the Jesus College JCR. Please feel free to contact them if you have any questions!



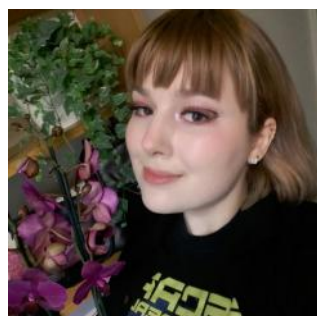
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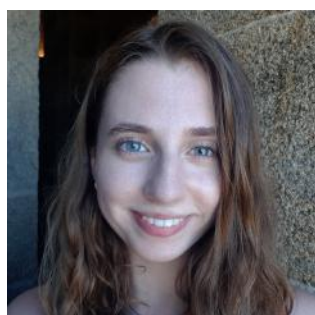
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Dami Tariuwa –
JMS Representative

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*This Resource Pack was last updated on
02/09/2020*

LGBTQIA+

LGBTQIA+ RESOURCES

Image description: Members of the Jesus JCR dressed in the Pride Flag and holding signs to bring to Oxford pride reading "Jesus Loves Pride"



Welfare Resources for the LGBTQIA+ Community

There are many support networks available to students in the event of any issues relating to LGBTQIA+ identity and experience, both internally within college and externally.

Most notably, is the Oxford University LGBTQ+ Society which is "a student run society that hosts a multitude of social and welfare events throughout the term, and provides welfare support and advice to LGBTQ+ students here at Oxford." The Society's committee members can be contacted via email or the Facebook page; discussion is confidential, and they can direct you to other points of contact if they are unequipped to assist you.

For more information about the society:

<http://www.oulgbtq.org/>

<https://www.facebook.com/OULGBTQ/>

There are also a number of other welfare and support networks available in Oxford. Depending on the issue, you may feel more comfortable approaching one over the other, or some may be better placed to help due to their particular expertise.

LGBTQIA+

Medical Resources for the LGBTQIA+ Community

- **College Nurse** - The college nurse runs a clinic in college throughout the week (Monday-Friday). It is a quick and easy way to access professional medical support, though perhaps not as informed on specific LGBTQ+ related health issues. Currently, the College Nurse is Carolyn Ruhle: (jesus.nurse1@nhs.net). Jesus College students can visit Carolyn during her surgery times at Jesus and Wadham College. These are available on the intranet: (<http://intranet.jesus.ox.ac.uk/surgery-hours.aspx>)
- **College GP** - The college GP runs appointments in college on Tuesdays and Fridays from 1st week to 8th week. To book an appointment to see the doctor in college call the main surgery (+44 (0) 1865 515 731) and request an appointment for the Jesus college clinic.
 - **Tuesday:** Dr Linda Jones 2.30pm-3.30pm
 - **Friday:** Dr Cathy Aylward 10.30am-11.30am
- **Banbury Road Medical Centre** - In addition to the college GP, you can also attend the main surgery if you prefer, or if you need an appointment outside of the hours in college. (<http://www.banburyroadmc.nhs.uk/>)
 - **Address:** 172 Banbury Road, OX2 7BT
 - **Contact:** (+44) 01865 515731
 - **Opening hours:** Monday - Friday 8.30am-6.30pm. If you need a doctor out of hours, ring 01865 515731 and you will be connected to the doctor on call.
 - For emergencies, ring 999.
 - For NHS (health services) emergencies, ring 111.
- **Sexual Health Clinic** - They have a number of clinics in Oxford, and offer everything from contraception to STD testing to specialist advice. Be aware that their different clinics offer different sexual health services so check their website to work out which is the best for you and what you are looking for. (<https://www.sexualhealthoxfordshire.nhs.uk>)
 - Free home Chlamydia tests can be ordered from this website and arrive to your pidge in discreet packaging with a free returns label. The results will arrive in a few days via text message.

College Resources for the LGBTQIA+ Community

- **Jesus JCR LGBTQ+ Representatives** - These are fellow members of the JCR, and are the LGBTQ+ representatives on the Equal Opps Sub-Committee. They are happy to listen and advise, though are not necessarily peer support trained, so will likely refer you elsewhere for more difficult/complex issues. Our current LGBTQ+ Reps are **Lili Hennessy** and **Lidia Jedrzejak**.
- **Jesus LGBTQ+ Facebook Group** - This is a secret Facebook group specifically for Jesus college students who identify as LGBTQ+. The page is used for promoting events, sharing advice and engaging in the awesome community here at Jesus. If you would like to join the group message or e-mail one of the LGBTQ+ reps.

LGBTQIA+

- **Jesus JCR Equal Opportunities Officer** – Also fellow student, the Equal Opps Officer is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group (with the college administration). If you have concerns or ideas about how the college could better support students, they are a good person to speak to - they are always around to answer questions or just chat, and they attend the JCR meetings. Our current Equal Opps Officer is **Jennifer Crompton**.
- **Jesus College Welfare and Peer Support** – The JCR Welfare Reps are also fellow members of the JCR, and lead a team of peer supporters. These people will have gone through specific peer support training in order to make them better equipped to help when people turn to them for support. Our current Welfare Reps are **Priyanka Chandrakumar** and **Jamie Slagel**.
- **College Welfare Officer** – This is the first point of contact for welfare issues and offers a mixture of bookable appointments and drop in sessions. They are available in College on Mondays, Wednesday and Fridays, and is a good person to see for help with problems relating to your life while at college. This is not a member of the JCR. Our current Welfare Officer is **Kirren Mahmood**.
 - Contact: welfare@jesus.ox.ac.uk
- **Jesus College Welfare Fellow** - Jesus also has a dedicated member of staff acting as the College Welfare Fellow, who should be able to deal with college-related welfare issues. Unlike the Welfare Reps and Peer Supporters, this is not a member of the JCR. Currently, the Welfare Fellow is **David Barron**. Weekly office hour is Tuesday 2-3pm weeks 1-8.
 - **Contact:** david.barron@jesus.ox.ac.uk
- **Junior Deans** - Jesus College also has two Junior Deans who have responsibility for students' non-academic discipline and welfare, and liaise between the student body and college administration. The current Junior Deans are **Heather McTaggart** and **Vanessa Picker**. They can be contacted in evenings and at night, and operate on a rota sharing this phone number:
 - **Contact: 07590807399**

Other Resources in Oxford for the LGBTQIA+ Community

- **Oxford Nightline** - Nightline is a completely independent listening, support and information service run for and by students of Oxford and Oxford Brookes universities between 8pm and 8am. It is a great anonymous night-time resource (particularly when the other resources are shut!) however it only runs weeks 0-9 not in the Vacs. Skype and chat options available (<http://oxfordnightline.org/>)
 - **Contact:** (+44) 01865 270 270
- **University Sexual Harassment and Violence Support Service** – They offer free, confidential, and independent support and advice to any student who has been affected by sexual harassment or violence.
 - **Contact:** supportservice@admin.ox.ac.uk
(www.ox.ac.uk/students/welfare/supportservice)

LGBTQIA+

- **Oxford Student Minds** - The Oxford branch Student Minds is a campaigning group for the UK's Student Mental Health charity. They have a campaign to improve mental health services in Oxford, and a peer support group.
(<https://www.facebook.com/OxStudentMinds/>)
 - **Contact:** oxford@studentminds.org.uk
 - The main Student Mind site also has a page for LGBTQ+ issues: coming out, gender transitioning, supporting a friend, discrimination, exclusion, and further resources.
(<https://www.studentminds.org.uk/lgbtq.html>)
- **Oxford University Rainbow Peers** - This is a branch of the peer support programme run by the University Counselling Service designed to support LGBTQ+ Students in Oxford (<https://www.facebook.com/rainbowpeers/>)
 - **Contact:** rainbowpeers@admin.ox.ac.uk
- **Switchboard LGBT+ Helpline** - Not an Oxford-based service, but Switchboard is a listening service run by LGBTQ+ people for LGBTQ+ people, and volunteers are available by phone call, chat or email (<https://switchboard.lgbt>)

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free. Appointments are all currently via video call (or text/chat/phone).

- **Contact:** (+44) 01865 270300 or counselling@admin.ox.ac.uk

For more information about the Counselling service, they have a very extensive website with loads more information:

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

There is also a Jesus College Counsellor, **Juliet Bulman**, who provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9, in Room I/4.

- **Contact:** counsellor@jesus.ox.ac.uk

THE LGBTQIA+ COMMUNITY

What are the best/most exciting things to get involved in?

The local LGBT+ and queer scene at Oxford uni is extremely active! In addition to support in the event of any issues, there are also a number of fun and social events specifically organised by/for the LGBTQIA+ community.

Spearheading this is the Oxford University LGBTQ+ Society, which organises popular socials at different colleges every Tuesday (we often host them at Jesus!), followed by THE Oxford Queer student club night 'Tuesday Skittles' at Plush. In their own words "these socials are always relaxed and friendly, and are a brilliant way to get to know the amazing LGBTQ+ network here at Oxford. With these events attracting over 100 people every time, whether queer or questioning, you will not regret coming!" At



Image description: Jesus JCR member smiling during the Oxford Pride parade. She is holding a sign that reads "Jesus Loves Pride".

Jesus, the LGBTQ+ reps often organise a group to go together in case you don't know anyone else going, and then everyone heads over together from college.

The society also runs a number of other events throughout the term such as Film Screenings, Identity-specific meetups, and many more. (In the academic year 2020/21 we can expect the focus to be on many online and socially-distanced events, per the government and University guidelines at the time.)

The best way to keep in the loop about any and all upcoming events is on their Facebook page (www.facebook.com/OULGBTQ/), but they also publish a term card on their website (<http://www.oulgbtq.org/termcard.html>).

The Jesus College LGBTQIA+ community is keen to get involved in events within the wider Oxford community, and previously attended the 2019 Oxford Pride March in June along with the rest of OULGBTQ+ Society. Many Jesus students joined the parade, keen to display Pride in our college and our university to Oxford town.

ADVICE FROM THE LGBTQIA+ REPRESENTATIVE FOR FRESHERS

As a part of this pack, we asked each representative for their advice for incoming freshers. We know that starting Uni can be a pretty daunting thing for many people, and so we hope that a little advice from people who have already gone through it might be helpful!

What are some things you think it is important to know before coming to Oxford?

My advice to any LGBTQ+ freshers would be to explore. Explore all the options available to you, all the societies, all the events, and most importantly, yourself. The community here offers so much, be it in terms of education, entertainment, support or so many new, enriching relationships with people everywhere! It is the time to use every opportunity you have to develop yourself, your close community, your happiness. Don't get me wrong - I don't mean to say that if you aren't suddenly a fulfilled, self-realized, super-positive person with bazillion friendships at the end of your first year you somehow failed to utilize Oxford. I wish to have achieved a 0.00001% of that by the end of my first year. All I'm trying to say is, with how vibrant, diverse and (I want to believe) welcoming the community here is, it is within all of our reach to enjoy its benefits to their fullest, whatever that might mean for you.

That being said, uni presents a lot of challenges to everybody. I know it can be a scary, stressful time - we've all been there. A transition from home to a completely new environment, perhaps having to come out, perhaps figuring yourself out or staying in the closet, the new type of workload and all the new experiences... I hope you know where to look for help, that this resource will make it easier for you, and that it is good to accept help whenever you need it. Welfare, counselling, the nurse and doctors, Nightline and so much more are here for you and more specifically all of the various reps on either college or LGBTQsoc levels are here for you. I think I speak for us all when I say we want you to succeed in achieving happiness - so don't hesitate to reach for it whenever you can.

- Lidia Jedrezejak, LGBTQ+ Rep '20

INTERFAITH

FAITH-RELATED RESOURCES

There are many support networks and resources available at Oxford relating to faith and religion. Many of the major religions have an official society which serves as their community base within the student body, and is often the most tangible link to the relevant religious community in wider Oxford. The relevant sites for religious communities within the university (see next pages) are updated with information about events and opportunities - keep an eye out for any Interfaith or chapel events within college as well. Religious celebrations are often celebrated in Jesus with different options for food in Hall. The festivals/major holidays of world religions are normally represented and celebrated at Oxford, like Diwali, Eid al-Fitr or Christmas - to name but a few.

Faith-Related Support

If you had any issues or questions relating to your faith there are a number of people who you could turn to. Depending on the issue, you may feel more comfortable approaching one over the other, or some may be better placed to help due to their particular expertise. To name a few:

- **Jesus JCR Interfaith Representative** - A fellow student, the Interfaith Rep is a member of the Equal Opps Sub-Committee. They would be more than happy to answer any questions or talk about any issues you might have concerning faith at Jesus and/or Oxford. Our current Interfaith Rep is **Greg Morris**.
- **Jesus College Chaplain** - Within college, the chaplain would be happy to advise on any faith-related problems. Our current chaplain is **Revd Dr John Findon**.
 - **Contact:** chaplain@jesus.ox.ac.uk
- **Jesus JCR Equal Opportunities Officer** - Also fellow student, the Equal Opps Officer is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group (with the college administration). If you have concerns or ideas about how the college could better support students, they are a good person to speak to - they are also always around to answer questions or just chat, and they attend the JCR meetings. Our current Equal Opps Officer is **Jennifer Crompton**.
- **Welfare team and peer supporters** - the two JCR welfare reps lead a team of peer supporters - all are students at Jesus. They are specifically trained in order to give the best possible support to those who turn to them for help, but are also available for a simple chat. Our current Welfare Reps are **Priyanka Chandrakumar** and **Jamie Slagel**.

For more specific non-anglican religious issues/guidance it might be worth going to either the relevant local place of worship or to one of Oxford's student societies.

Judaism

- **Oxford's Synagogue** can be found at: 21 Richmond Rd, Oxford OX1 2JL (Near Worcester)
 - The Synagogue is run by the Oxford Jewish Congregation, on whose site you can find regular services and events run by the community as well as information about pastoral care (<http://www.ojc-online.org/index.php>)
 - **Oxford Jewish Society's** website also has details of student-run events (e.g. kosher meals and community engagement) and opportunities for peer support (<http://www.oxfordjsoc.co.uk>)
 - They also have a Facebook page that is updated semi-regularly (www.facebook.com/oxfordjsoc/)
- **Oxford Chabad Society** aims to promote understanding of what it means to be Jewish, and to encourage Jewish students to "probe deeper into his or her.. identity" - it is open to all Jewish students, not just those of hasidic origin, and hosts prominent speakers talking about topics relevant to contemporary Judaism. (www.oxfordchabad.org)
- **The Oxford Centre for Hebrew and Jewish Studies** provides information about and understanding of Judaism in an academic context, regularly hosting seminars and lectures on Hebrew and the history of Israel, among other areas. (www.ochjs.ac.uk)

*When making this resource pack we reached out to the **Oxford Jewish Society** directly to see if there was anything they would like to add. The following was sent by the JSoc Committee of Michaelmas 2019:*

Where do I find Jewish services, events and food?

The most popular event in JSoc is our weekly Shabbat meals on Friday evenings, with food provided for £4 a head by Joanne, our fantastic cook. Besides this, there are many other events during the week, many with free food! Join the facebook group, get a termcard at freshers' fair or subscribe to our mailing list for more info! (see below for details). The Oxford Jewish Society runs kosher meals on weekdays for students £4.75. These are held at the Oxford Jewish Centre (and Synagogue), which is the main base for Jewish life in Oxford. Most students attend services and meals at the OJC, but Chabad also host Shabbat meals in the Slager Jewish Centre on George St. The best way to get involved is to come to one of our freshers' events or just turn up on Friday evenings! The community here is very friendly, and there's a place here for every Jew at Oxford. If you're worried about Yom Kippur falling in Freshers' week this year, please contact one of us using the details below. Services are at the OJC and are open to all, no booking required.

INTERFAITH

Who should I contact for more info?

Follow us on Facebook at Oxford JSoc or join the JSoc group. You can also sign up to our mailing list at freshers' fair. Our amazing Jewish Chaplains are Rabbi Michael and Tracey Rosenfeld-Schueler. Both are on Facebook and attend many JSoc events. The JSoc Committee of Michaelmas 2019 is comprised of Guy Dabby-Joory (President), Avigail Harris (Vice-President), Aaron Barrie and Theo Daniels (Freshers' Reps). All of us are on Facebook - feel free to get in touch! And freshers are encouraged to join JSoc's page specifically for freshers:

<https://www.facebook.com/groups/897196047434164/?ref=share>

Sikhism

- **Oxford's Gurdwara** can be found at: 295-297, London Rd, Oxford OX3 9HL (it's out past Headington in East Oxford)
 - Open from 6am-8pm, it has a regular timetable of religious observance. (<http://gurdwarasgndjoxford.org.uk/program.html>)
- **Oxford Sikh Society's** Facebook page is also updated with information about events (e.g. Gurdwara trips) - they meet for Kirtan every Weds at St Peter's College. (www.facebook.com/oxfordsikhsoc/)
- **Oxford's South Asian and Punjabi Societies** also have significant Sikh membership, and provide an opportunity to engage with the Uni's Sikh community in a culturally and religiously diverse environment. (www.facebook.com/OxfordSAS/) (www.facebook.com/OxPunjabiEvents/)

*When making this resource pack we reached out to the **Oxford Sikh Society** directly to see if there was anything they would like to add. The following was sent by the SikhSoc Committee 2019:*

Contrary to popular belief there are Sikh students in Oxford, and we have a thriving, tight-knit community! Although small in number, we celebrate Diwali and Visakhi and conduct several events throughout the year. There is a local gudwara that some students attend and there are regular meet ups that are open to anyone who identifies as Sikh.

If you are looking for something more cultural, collaborating with Brookes, there is a Punjabi Society that runs club nights and socials if that seems more like your kind of thing. We also travel to Bhangra Nights at other Universities (although this depends on how busy people are during term time). As Co-President of the Sikh Society, I would definitely recommend joining up to a south-asian society if you would like to get to know people around the University, which will give you a good insight into all the societies that function within this remit. We are a small community, so it is easy to get to know everyone quickly.

INTERFAITH

If you had any issues academic or social and you didn't feel like college was the right place for you to go and talk (although I would recommend this as there is a great pastoral system in place) people in student societies (especially elder years) would be a great resource for advice and conversation!

Hinduism

- **The Oxford Hindu Temple and Community Centre Project** holds prayer sessions monthly, and aims to fund a dedicated Hindu temple in Oxford - Hinduism is the only major world faith without a permanent place of worship in Oxfordshire. (www.facebook.com/Oxford-Hindu-Temple-and-Community-Centre-Project-165561733418/)
- HUMSoc is **Oxford's Hindu Society** - they put on termly society meals, nights out and events like Desi speed dating, as well as hold a weekly aarti at the Oxford Centre for Hindu Studies (next to Magdalen Street Tesco) (<https://oxfordhindusociety.wixsite.com/main>)
 - Their Facebook page is regularly updated (www.facebook.com/oxfordhumsoc/)
- **The Oxford Centre for Hindu Studies** hosts online Sanskrit classes, as well as lectures/seminars that can help broaden understanding of Hinduism an area of academic, as well as spiritual, study. (<https://ochs.org.uk>)
 - The University's Hindu chaplaincy is based with OCHS (working with HUMSoc as the OHTCCP), and is a good port of call if you have any questions or pastoral issues relating to Hinduism - the chaplain can be contacted at shaunaka@ochs.org.uk

*When making this resource pack we reached out to the **Oxford Hindu Society** directly to see if there was anything they would like to add. The following was sent by the HUMSoc Committee:*

Before coming to Oxford, many of our members had no idea that there was such a large South Asian and Hindu community here. For most of us, coming to a university which unfortunately is known to have a low percentage of BAME students felt isolating at the start. However, when we realised how many of us there are here, and the support network that a society like HUMSoc provides, we all felt much more at home. Before coming to Oxford, make sure you check out societies that you might like to be involved in, and visit their stalls at the Freshers Fair so you can sign up and get involved right from the start!

INTERFAITH

HUMSoc holds a lot of exciting events throughout the year - we have weekly social as well as religious events which are open to all. The most exciting event of the year is definitely the Diwali Ball, which is held annually in Michaelmas term, and which is always a wonderful evening involving Indian food, music, drinks and entertainment. Like our Facebook page to keep up to date for when tickets are being released!

HUMSoc is a really great community where everyone is happy to help. Our committee members are present at every event, and we are always up for a chat about anything at all. If you would prefer to speak to a religious leader, the Hindu Chaplain is really friendly, and will definitely make time for you. You can get in touch with him by visiting the Oxford Centre for Hindu Studies, which is on Magdalen Street (next to Fever), or by getting in touch with a committee member, who will be happy to put you in touch.

As mentioned above, we have a wide variety of events which we hope will appeal to everyone. Our weekly Aartis are extremely informal, and everyone is welcome to join in with the prayers (or just watch!), and the ethical and spiritual discussions which take place afterwards. We also have events with speakers coming in, as well as freshers-only events and socials involving other South Asian Societies as a way to meet lots of new people. Like our Facebook page and visit us at Freshers Fair to be added to our mailing list!

Christianity

- There are a number of churches available for **Orthodox Christians** of different denominations:
 - The Orthodox Church of the Holy Trinity and Assumption (**Greek Orthodox**) can be found at: 1 Canterbury Rd, Oxford OX2 6LU (in Parktown, near Jesus' 2nd year site 'Stevens') (<https://holytrinityoxford.org.uk>)
 - Attached to the Church is the Fellowship of St Alban and St Sergius, which aims to help Anglican/Orthodox relations
 - The Church of St Nicholas the Wonderworker (**Russian Orthodox**) can be found at: 34 Ferry Rd, Oxford OX3 0EU (past St Catz towards Brookes) (<http://www.stnicholas-oxford.org>)
 - St Mary's **Indian Orthodox** Church can be found at: St Anthony of Padua Church, 115 Headley Way, Headington, Oxford OX3 7SS (In Headington) (<http://oxfordmalankaraorthodox.co.uk/index.html>)
 - The Church of St John Cassian (**Romanian Orthodox** - their site is in Romanian) can be found at: Becket St, Oxford OX1 1PP (near the train station) (<http://sjcparish.uk/>)

INTERFAITH

- **The Oxford Orthodox Christian Student Society** also put on talks and provide a means for Orthodox members of the uni to meet and discuss their faith (<https://oxfordorthsoc.org>)
 - They also have an Facebook group (www.facebook.com/groups/157577500335/)
- Services for each denomination are held in a number of languages, inc. English and Slavonic

There are a number of **Catholic Churches** in Oxford:

- The Church of St Aloysius Gonzaga (the Oratory) can be found at: The Oratory, 25 Woodstock Road, Oxford, OX2 6HA (next to Somerville) (<http://www.oxfordoratory.org.uk/>)
- The **Oxford University Catholic Chaplaincy** can be found at: The Old Palace, 85-87 St Aldate's, Oxford OX1 1RD (near Christ Church) (www.catholic-chaplaincy.org.uk)
 - Affiliated with the Chaplaincy is the **Newman Society**, Oxford's Catholic student group. They also have an Facebook group. (<https://newmansociety.org>) (www.facebook.com/groups/157577500335/)
- The Dominican Order also celebrate mass regularly at Blackfriars, which can be found at: Blackfriars, St Giles, Oxford OX1 3LY (opposite St John's) (www.bfriars.ox.ac.uk)

Though most colleges (including Jesus - <https://www.jesusoxfordjcr.com/chapel>) have active Anglican chapels and Christian Union groups, the **Oxford Inter-Collegiate Christian Union** acts as the uni-wide Protestant Christian student organisation. (www.oiccu.org)

- They always have loads of stuff going on, more info about which can be found on their Facebook page (www.facebook.com/oiccu/)

There are a number of **Anglican Churches** in Ox, but the most popular with students (both of which are fairly low church) are:

- St Aldates, which can be found at: 40 Pembroke St, Oxford OX1 1BP (near Christ Church) (<https://staldates.org.uk>)
- St Ebbes, which can be found at: 2 Roger Bacon Ln, Oxford OX1 1QE (in between Westgate and Pembroke) (<https://stebbes.org>)

If you're looking for somewhere more high church, the University Church of St Mary the Virgin can be found at: The High Street, Oxford, OX1 4BJ (www.universitychurch.ox.ac.uk)

INTERFAITH

*When making this resource pack we reached out to the **Oxford Inter-Collegiate Christian Union** directly to see if there was anything they would like to add. The following was sent by the OICCU Jesus College Reps:*

Being caught up in the Oxford bubble can be incredibly exciting but also at times overwhelming and exhausting! It's easy to feel that we are falling away from God when we don't make time for him in our calendars, but that's why we believe that living in community with other Christians is the key. It reminds us that ultimately nothing can separate us from the love that we were designed for.

We understand that people come to Oxford with all different experiences of what church looks like, but the Bible makes one thing clear: the Christian journey was never meant to be one walked alone! Being part of a church community has been an incredibly valuable part of our time at Oxford. Many churches meet for student nights on a Thursday. If you've never been part of a church, or are missing your home one, there are some amazing churches here in Oxford and we'd love to help you get connected and find one that feels like home!

Jesus Christian Union have our own little community too. We meet fortnightly on Wednesday evenings for an intense Bible Study/workout (aka eating doughnuts and being encouraged from God's Word), on Saturday to pray together and we meet for all the events that come up. Anyone is welcome and we would love for you to get involved! We're also here for if you ever need a chat — there's an anonymous prayerbox on the table at the entrance to chapel for anyone to add to. Whether you want prayer for something or just want someone to know what's going on, it's there. Only the reps read these.

Jesus CU is part of the university wide OICCU (Oxford Inter-Collegic Christian Union) which exists to support Christian students and make the name of Jesus Christ the good news to every person across our university. All the collegiate CUs meet together on alternate Wednesday evenings to encourage one another and worship our almighty God together. OICCU, in their outreach, run all kinds of events — talks, music nights, board game cafés — which are lots of fun and open to everyone.

There's so much to get involved in (as much or as little as you like) and we have a facebook chat if you want to be kept updated on what we're up to. Equally we are also here for a coffee and chat!

Islam

There are a few mosques in Oxford:

- **The Central Oxford Mosque** can be found at: Manzil Way, Oxford OX4 1DJ (just off the Cowley Road) (<http://www.centraloxfordmosque.org.uk>)
- **The Madina Masjid** can be found at: The Madina Mosque, 2 Stanley Rd, Oxford OX4 1QZ (towards Iffley) (<http://madinamasjidoxford.org/>)
- **The Bengali Masjid** can be found at: Bengali Masjid Oxford, 57 Cowley Road, OX4 1HR
- **The Oxford University Islamic Society** is the uni's main Muslim student group, and have regular meals, events for festivals like Eid and Ramadan, as well as lectures/seminars. (<https://ouisoc.org>)
 - They also have dedicated welfare officers for any welfare issues concerning Islam or other OUISoc Members.
 - They also have a regularly updated Facebook page, which is the best place to keep up to date with the uni's Islamic community (www.facebook.com/ouisoc/)
 - Muslim students and staff at Oxford University have their own dedicated prayer space, located in the University's Robert Hooke building, Parks Road - contact OUISoc for access.
 - A list of Halal places to eat in Ox can be found here: <https://ouisoc.org/halal-food-in-oxford>
- **The Oxford Centre for Islamic Studies** acts as a meeting point between Islamic and Western learning, and promotes an academic understanding of Islamic history, religion, art and culture - they also publish a journal. (www.oxcis.ac.uk)
 - The Centre also has OUISoc's chaplain, who you can contact if you have any Islam or welfare related issues.

*When making this resource pack we reached out to the **Oxford University Islamic Society** directly to see if there was anything they would like to add. The following was sent by Ameerah from the OUISoc Committee:*

In OUISoc we host alternative freshers events and in Ramadan we do daily Iftars as well as regular social and religious events the rest of the year. If anyone does encounter problems we have an internal welfare system with three welfare officers (<https://ouisoc.org/welfare>). The Oxford Centre for Islamic studies houses our Resident Chaplain (ibrahim.amin@oxcis.ac.uk). We also have freshers booklets if you need any more information, so keep an eye out for these as they will be available at the Freshers' fair.

Buddhism

- **Oxford's Tibetan Buddhist Centre** can be found at: Thrangu House, Magdalen Rd, Oxford OX4 1RB (it's across Magdalen Bridge, south-east towards Iffley)
 - Their site lists any upcoming events; their regular schedule includes meditation. (<http://www.thranguhouse.org.uk>)
- **Oxford University Buddhist Society** can be contacted with any questions about Buddhism within Oxford's student community, and host Samantha meditation at 8pm every term-time Monday in Corpus' Rainolds Room (Though they don't really seem to use their Facebook page much!)
(www.facebook.com/groups/oxfordbudsoc/)
- **The Longchen Foundation** offers meditation and training in the Mahayana Maha Ati tradition of Buddhist spirituality, with regular entry-level events and feast day celebrations (e.g. Equinox/solstices) throughout Oxford.
(<http://www.longchenfoundation.org>)
- The Buddhist community at **Oxford Buddha Vihara** offers teaching about the message of Buddha, and hold bimonthly meditation retreats, and daily meditation/chanting - they also have a resident chaplain who acts as a point of contact and welfare figure. (<http://www.oxfordbuddhavihara.org.uk/index.html>)
 - It can be found at: 356-358 Abingdon Road, Oxford, OX1 4TQ (across Donnington Bridge in South Oxford, in the direction of Abingdon)
- **The Oxford Zen Centre** teaches meditation in the tradition of Zen Mahayana Buddhism - it is open to all regardless of faith orientation, and focuses on the alignment of the self through breath and silence; their site has details of retreats and regular meditation sessions. (<https://oxfordzencentre.org.uk>)
- **The Oxford Centre for Buddhist Studies** offers a chance to expand your knowledge of Buddhism and deepen faith within an academic setting, hosting lectures and seminars regularly, as well as publishing a journal. (<https://ocbs.org>)

Humanist/Other

- Atheists or secular humanists can find like-minded people in the Oxford Humanists, affiliated with the British Humanist association.
(<http://oxfordhumanists.org.uk/wordpress/>)
- Oxford Atheists, Secularists and Humanists also have a Facebook Group
(<https://www.facebook.com/groups/oxash/>)

For any more information about the religions mentioned above, or for details about denominations/religions not mentioned above (e.g. Quakers, Unitarians or Baha'i) see the following: (<https://www.dailyinfo.co.uk/oxford/guide/religion>) or (www.st-hughs.ox.ac.uk/currentstudents/chapel-and-faith/faith-belief-religion/)

ADVICE FROM THE INTERFAITH REPRESENTATIVE FOR FRESHERS

As a part of this pack, we asked each representative for their advice for incoming freshers. We know that starting Uni can be a pretty daunting thing for many people, and so we hope that a little advice from people who have already gone through it might be helpful!

What are some things you think it is important to know before coming to Oxford?

When it comes to faith and religion, it's extremely important to stress that though Oxford was founded at the turn of the 11th century by Christians for a society that was almost exclusively Christian, it is open to those of any faith, or no faith whatsoever. The university website doesn't mention religion at all - rather than reflecting a careless attitude towards religious students, it emphasises that support and welfare is for every student equally, regardless of belief.

Though most colleges have a chapel and chaplain, their role as part of the university's welfare structure means they are in a sense secular - though most will offer Anglican services regularly, the chapel exists as an inclusive space for anyone to use, and the chaplain a resource for anyone to draw on, if they need advice or someone to talk to.

Jesus is a perfect example of this - the chapel's page on the JCR site makes it clear: "Who's Chapel for? Everyone ... Chapel may have a specific faith foundation, but that means a firm footing in our relationships with all faiths and different standpoints within those faiths". The chapel exists as an institution of care and support for all the members of college, within the context of Christian values like kindness and fair play that are inclusive and welcoming regardless of religious persuasion.

Moving to Oxford and university in general can seem like jumping into the deep end - scary and intimidating beforehand, overwhelming once you finally get pushed in when October rolls round. This can be especially true when it comes to faith - for many, moving from an environment that is religiously homogeneous to one where every and any faith is represented, often loudly, is daunting, and can serve to suppress religious identity. If you feel like this at all, talk to someone! Diversity when it comes to belief is part of what makes Oxford and Jesus such great places to study - above is a pretty detailed list of where you can go if you have any issues at all when it comes to faith; the Equal Opps team and college are here to help.

WOMEN*

RESOURCES FOR WOMEN*



Image description: Three women from the JCR holding pizza boxes and smiling.

What do we mean by Women*?

When we use the term Women we are referring to all those who identify as women, or would feel comfortable using the following resources.*

College Welfare Resources for Women

Here at Jesus we have a number of great welfare resources available to women.

- **Women's/Non-Binary Welfare Rep** - They are a great port of call if you want to chat with someone about any issues (as well as any of the other peer supporters in college). The welfare reps are fellow members of the JCR, and have been through specific peer support training to make them better equipped to help when people turn to them for support. Our current Women*'s Welfare Rep is **Priyanka Chandrakumar**.
 - The welfare rep can also supply you with free sanitary products, condoms and pregnancy tests (discretely and confidentially). These can be put in your pidge or you can find them in the welfare locker or the JCR toilets.
 - At every bop we also have two 'bystanders' who are students that are sober and have access to a safe space in college should you feel uncomfortable.
- **College Mum** - the college family system is designed to ensure that you have someone around college that you can contact if/when you have any issues or need a chat. If neither of your college parents are women*, and you feel you would benefit from having this support, message the Welfare Reps and they can work something out!

WOMEN*

- **JCR Equal Opportunities Women*'s Rep** - As part of the Equal Opportunities committee, there is a women's rep who organises Jesus girls events and promotes other events going on around Oxford that may be of interest. They are always around to answer questions, offer advice or just have a chat. Our current Women*'s Rep is **Montana Robinson-Sueiro**.
- **College Welfare Officer** - This is the first point of contact for welfare issues and offers a mixture of bookable appointments and drop in sessions. They are available in College on Mondays, Wednesday and Fridays, and is a good person to see for help with problems relating to your life while at college. This is not a member of the JCR. Our current Welfare Officer is **Kirren Mahmood**.
 - **Contact:** welfare@jesus.ox.ac.uk
- **Jesus College Welfare Fellow** - Jesus also has a dedicated member of staff acting as the College Welfare Fellow, who should be able to deal with college-related welfare issues. Unlike the Welfare Reps and Peer Supporters, this is not a member of the JCR. Currently, the Welfare Fellow is **David Barron**. Weekly office hour is Tuesday 2-3pm weeks 1-8.
 - **Contact:** david.barron@jesus.ox.ac.uk
- **Junior Deans** - Jesus College also has two Junior Deans who have responsibility for students' non-academic discipline and welfare, and liaise between the student body and college administration. The current Junior Deans are **Heather McTaggart** and **Vanessa Picker**. They can be contacted in evenings and at night, and operate on a rota sharing this phone number:
 - **Contact:** 07590807399
- **Chaplain** - Our chaplain welcomes people of any faith or none to talk about any issues they are facing and to seek support. They are part of the college welfare team and treat each case with confidentiality. Their weekly emails are always entertaining too! Our current chaplain is **Revd Dr John Findon**
 - **Contact:** chaplain@jesus.ox.ac.uk
- **Academic Services Manager** - If concerns relating to academic performance arise, or if you require support for any issues that impact on your academics, you can contact the Academic Services Manager. This is not a member of the JCR. Our current academic services manager is **Sailesh Vyas**. If you have any trouble, drop him an email and he will either assist you himself or refer you to the correct person to help you.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk

Welfare Resources for Women (Outside College)

- **Oxford Nightline** - Nightline is a completely independent listening, support and information service run for and by students of Oxford and Oxford Brookes universities between 8pm and 8am. It is a great anonymous night-time resource (particularly when the other resources are shut!) however it only runs weeks 0-9 not in the Vacs. Skype and chat options available (<http://oxfordnightline.org/>)
 - **Contact:** (+44) 01865 270 270

WOMEN*

- **Oxford Student Minds** - The Oxford branch Student Minds is a campaigning group for the UK's Student Mental Health charity. They have a campaign to improve mental health services in Oxford, and a peer support group.
(<https://www.facebook.com/OxStudentMinds/>)
 - **Contact:** oxford@studentminds.org.uk
 - The main Student Mind site also has a page for LGBTQ+ issues: coming out, gender transitioning, supporting a friend, discrimination, exclusion, and further resources. (<https://www.studentminds.org.uk/lgbtq.html>)

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free. Appointments are all currently via video call (or text/chat/phone).

- **Contact:** (+44) 01865 270300 or counselling@admin.ox.ac.uk

For more information about the Counselling service, they have a very extensive website with loads more information:

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

There is also a Jesus College Counsellor, **Juliet Bulman**, who provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9, in Room I/4.

- **Contact:** counsellor@jesus.ox.ac.uk

Medical Resources for Women

- **College Nurse** - The college nurse runs a clinic in college throughout the week (Monday-Friday). It is a quick and easy way to access professional medical support. She can advise on any health problems you may have whether they are physical or mental. She can also advise on sexual health. Currently, the College Nurse is **Carolyn Ruhle**: (jesus.nurse1@nhs.net). Jesus College students can visit Carolyn during her surgery times at Jesus and Wadham College. These are available on the intranet:
(<http://intranet.jesus.ox.ac.uk/surgery-hours.aspx>)
- **College GP** - The college GP runs appointments in college on Tuesdays and Fridays from 1st week to 8th week. To book an appointment to see the doctor in college call the main surgery (**+44 (0) 1865 515 731**) and request an appointment for the Jesus college clinic.
 - **Tuesday:** Dr Linda Jones 2.30pm-3.30pm
 - **Friday:** Dr Cathy Aylward 10.30am-11.30am
- **Banbury Road Medical Centre** - In addition to the college GP, you can also attend the main surgery if you prefer, or if you need an appointment outside of the hours in college.
(<http://www.banburyroadmc.nhs.uk/>)
 - **Address:** 172 Banbury Road, OX2 7BT
 - **Contact:** (+44) 01865 515731

WOMEN*

- **Opening hours:** Monday - Friday 8.30am-6.30pm.
- If you need a doctor out of hours, ring 01865 515731 and you will be connected to the doctor on call.
- For emergencies, ring 999.
- For NHS (health services) emergencies, ring 111.

Outside of college, there are a number of medical and emergency resources available in Oxford:

- **The John Radcliffe (JR)** - This is the local 24-hour Accident and Emergency hospital located in Headington
 - Buses 10, 13, X13, 14, 14A, 17A, & 17C go directly from various Oxford locations to the hospital
 - Buses 8, 9, 280, 400, and U1 stop in Headington close to the Osler Road entrance to the JR.
- **Sexual Health Clinic** - They have a number of clinics in Oxford, and offer everything from contraception to STD testing to specialist advice. Be aware that their different clinics offer different sexual health services so check their website to work out which is the best for you and what you are looking for.
(<https://www.sexualhealthoxfordshire.nhs.uk>)
 - Free home Chlamydia tests can be ordered from this website and arrive to your pidge in discreet packaging with a free returns label. The results will arrive in a few days via text message.
- **University Sexual Harassment and Violence Support Service** - They offer free, confidential, and independent support and advice to any student who has been affected by sexual harassment or violence.
 - **Contact:** supportservice@admin.ox.ac.uk
(www.ox.ac.uk/students/welfare/supportservice)
- **Sexual Assault Referral Centre** - SARC provides coordinated, forensic, counselling and aftercare services to individuals living in Thames Valley who have experienced rape or sexual assault, recent or non-recent.
 - **Contact:** +44 (0)800 970 9952 (<https://www.solacesarc.org.uk/>)
- **Oxford Sexual Abuse & Rape Crisis Center** - OSARCC offers a free and confidential service to women and girls who are dealing with the effects of sexual violence, and to anyone who is supporting them. It is possible to contact them via text, phone, or email. It is also possible to make a referral to their face-to-face services.
 - **Contact:** + 44 (0)1865 726 295 (www.oxfordrapecrisis.net)

WOMEN OF OXFORD UNIVERSITY

What are the best/most exciting things to get involved in?

WITHIN JESUS COLLEGE:

As part of the Equal Opportunities committee, there is a Women's Rep who organises Jesus girls events and promotes other events going on around Oxford. One of the first things to do when arriving at Jesus is to join the Jesus Girls Facebook page. The page is run by the Women's Rep and it's a great place to seek advice, sell clothes, make recommendations and to bring all the girls together in college. To join, either search for the page and request to be added or ask your college mum/any older girl to add you.

Once a term, we hold a 'girl's formal' in Hall. This occurs on the first second hall (basically the first Wednesday) of the term and all the girls sign up to enjoy a meal with their friends. Once a year it is Pink Week themed where everyone wears something pink and donates money towards breast cancer research. We often all head to the bar afterwards, and some go on clubbing.

Similarly, at the end of Hilary term, 2nd/3rd year girls host a girls dinner for freshers in their flats. This is a great way to bond between the years and is a lot of fun!



Image description: The W2 Jesus Rowing Team wearing their racing gear and smiling by the river.

WITHIN THE WIDER OXFORD COMMUNITY:

Similar to our Jesus girls page, there are a few similar Oxford Uni pages that you may want to be a part of. These include:

- **Oxford Women Self Care** - a place to give/receive advice (<https://www.facebook.com/groups/oxfordwomenselfcare/>)
- **Oxford Ball Gown Swap and Shop** - a place where you can buy/sell secondhand ball dresses (<https://www.facebook.com/groups/1189695924423081/>)
- **Oxford Women's Campaign** - an SU run campaign working for feminist justice and to make a safe environment for women at university. A great example is the WomCam dignity drive that collects sanitary products from JCRs for homeless and vulnerable women in Oxford. (<https://www.facebook.com/womcam/>)
- **Oxford Women International Society** - a society dedicated to exploring the lives of women around the world from an intersectional perspective, and highlighting the diversity between women within Oxford University as a strength that ultimately makes our community more insightful. (<https://www.facebook.com/oxwomin/>)

As well as these, there are a number of societies to get involved in depending on your subject/career interests. Most of these societies aim to support women who are studying that subject, or who are interested in pursuing a career in that field. They hold networking events, CV advice and speaker events as well as many more, including fun social events! You can join all of these as a member, but you are also able to apply to be on the committee if that is something that would interest you. Some examples include:

- **Oxford Women in Business** - (<https://www.facebook.com/oxwib/>)
- **Oxford Females in Science, Engineering and Technology** - (<https://www.facebook.com/groups/2204381365>)
- **Oxford Women in Law Student Society** - (<https://www.facebook.com/OxWLSS/>)
- **Oxford Women in Computer Science Society**- (<https://www.facebook.com/OxWoCS/>)
- **Oxford Women in Physics Society** - (<https://www.facebook.com/Oxford.Women.in.Physics.Society/>)
- **Oxford Women in Engineering** - (www.facebook.com/WIEOxford/)

If you can't find a society that you're looking for, there is always the option to set one up yourself by finding other people who want to get involved!

ADVICE FROM THE WOMEN*'S REPRESENTATIVE FOR FRESHERS

As a part of this pack, we asked each representative for their advice for incoming freshers. We know that starting Uni can be a pretty daunting thing for many people, and so we hope that a little advice from people who have already gone through it might be helpful!

What are some things you think it is important to know before coming to Oxford?

At Jesus, we have at least one black tie event per term. The dress code for these means suits/tuxedos/dresses but not usually long dresses unless it's a ball. It's a good idea to bring a couple of smart outfits with you to Oxford for events like these as societies such as OxWib also host black tie events. In freshers week, there will be formal dinners where smart clothes are also required.

Bops in college always have a theme and we wear fancy dress. Get creative with costume ideas, spending lots of money is definitely not necessary. As previously mentioned, there are bystanders at each bop however it should be noted that in general, these events are really fun and it's a great chance to get to know everyone in college and make new friends.

Don't be daunted by all the advice about keeping safe when going out etc but do keep it all in mind. Oxford is a fairly safe city, but it is always important to be prepared and cautious when travelling at night or whilst out socialising.

To find out where all the events are happening in Oxford, it's a good idea to like the various pages on Facebook such as OxWib, OxFest etc as you will be able to join event pages through these. It's then really easy to find things you're interested in.

- Olivia Cook, Women*'s Rep '19

DISABILITIES

DISABILITY-RELATED RESOURCES

What does being registered as disabled mean?

Firstly, there is no University stigma attached to being registered as disabled at Uni. It sounds very official but this is merely a process put in place by Oxford to help disabled students access the help they need, and importantly, to get it paid for by Student Finance England. Registering with the DAS at Oxford (Disability Advisory Service) is an easy, if slightly lengthy process that you can start at whatever point in your degree you feel comfortable with. There is also no pressure to register as disabled if you do not feel the need, but some support systems such as applying for disability funding and specialised help from the University Counselling Service are only accessible to those registered.

Some of you might be registered as disabled with UCAS, and therefore will have already been contacted by the DAS (or if not will be before you start at Oxford). I recommend starting the registering process as soon as you feel able, since it can take a while to get appointments. Otherwise, you can easily register when you're here and if any problems crop up during your degree. If you have any needs at all, there are many points of contact, both on a student level and a professional level.

About the DAS (Disability Advisory Service)

The DAS is a University-wide service that allows students to access specialised help for disabilities free of charge, courtesy of SFE. They effectively want to make your time at Oxford as easy as possible, and allow as much time and ability to study as a student with a diagnosed disability. They want to help! Registering with them involves a few hoop jumps such as a medical certificate and a Student Needs Assessment (sounds scary but it is actually just to assess your needs not you!), but this is all to help an application for disability funding, that will pay for accessibility items such as microphones, hearing aids, laptops and disability-friendly programs. They have their own website that will explain all this to you and feel free to contact the JCR Disability Rep or email **Sailesh Vyas** (sailesh.vyas@jesus.ox.ac.uk) to ask any questions at all! The process definitely isn't something to be scared of - just talk to people as everyone just wants to help! The process is a relatively slow one but not in any way designed to intimidate. They also offer an invaluable opportunity to have a mentor to see every week or so during term time. The mentors are paid for by SFE and it is a highly useful service involving one-to-one academic and pastoral care and attention. It is a service aimed at both physical and psychological disabilities and one that has been really valued by students.

DISABILITIES

There is a lot of information available on the DAS Website to explain the service in more detail. We recommend you have a good read of this information! There are also plenty of resources on the Oxford Students Page under Health and Welfare > Disability that are definitely worth a read

(<https://www.ox.ac.uk/students/welfare/disability?wssl=1>)

A couple of the most important pages are:

- **What is the DAS?** - This page explains how to make appointments and gives a general introduction to what the DAS is all about
(<https://www.ox.ac.uk/students/welfare/disability/aboutdas?wssl=1>)
- **DSA application process & timeline** - This page details the 6 step process for going through a DAS application for students funded by Student Finance England and Student Finance Wales.
(https://www.ox.ac.uk/sites/files/oxford/field/field_document/DSA%20application%20process%20and%20timeline.pdf)
- **How to access support** - This page sets out a step-by-step guide to accessing support from the DAS, from disclosing a disability through to discussing and agreeing recommendations for support.
(<https://www.ox.ac.uk/students/welfare/disability/accessingsupport?wssl=1>)
- **What support is available?** - This page explains the kind of support that the DAS offers, and explains how they use a 'Student Support Plan' in order to implement this support. (<https://www.ox.ac.uk/students/welfare/disability/study?wssl=1>)

Disability-related Support in Jesus College

If you have any general queries, do direct them to either the JCR Disabilities Rep or **Sailesh** as we are both happy to help. If you do decide to start registering with the DAS then **Sailesh** will be the one who gets the ball rolling. There are also plenty of opportunities to set up disability needs in Jesus College, such as exam and tutorial arrangements.

Don't forget that if you are struggling in your academic work, for any reason at all, your tutors will be understanding, if you feel able to talk to them. Expressing concerns about how well you are able to work due to a disability is completely within your right and knowing that your tutors understand your situation is an invaluable asset to have - just keep talking to them! If you do feel uncomfortable starting that conversation then contact **Sailesh**, who will happily engage them in that discussion so that you can benefit from their awareness. Tutors want you to thrive, and that involves supporting you in any of your access/disability needs.

Points of Contact in Jesus College

- **Disability Coordinator / Academic Services Manager** - If concerns relating to academic performance arise, or if you require support for any issues that impact on your academics, this is the person to contact. This is not a member of the JCR. Our current academic services manager is **Sailesh Vyas**. If you have any trouble, drop him an email and he will either assist you himself or refer you to the correct person to help you.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk
- **Disability Lead / Academic Director** - the college Academic Director can also provide further information about the services available to students with disabilities. Our current Academic Director is **Dr Alexandra Lumbers**.
 - **Contact:** academic.director@jesus.ox.ac.uk
- **Jesus JCR Disabilities Rep** - A fellow student, the Disabilities Rep is a member of the Equal Opps Sub-Committee. They are always around to answer questions, offer advice or just chat. Our current Disabilities Rep is **Emily Manock**.
- **Jesus JCR Equal Opportunities Officer** - Also fellow student, the Equal Opps Officer is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group (with the college administration). If you have concerns or ideas about how the college could better support students, they are a good person to speak to - they are also always around to answer questions or just chat, and they attend the JCR meetings. Our current Equal Opps Officer is **Jennifer Crompton**.

Accessibility in Jesus College

The college is always trying to improve disabled access, and any specific accessibility needs or question you might have should be directed to **Sailesh Vyas**, who will do his best to help you out. (sailesh.vyas@jesus.ox.ac.uk).

For a full description of the college's accessibility specifications, see here:

<https://www.jesus.ox.ac.uk/visitors/disabled-access>

Medical Resources for Disabled Students

- **College Nurse** - The college nurse runs a clinic in college throughout the week (Monday-Friday). It is a quick and easy way to access professional medical support. Currently, the College Nurse is Carolyn Ruhle: (jesus.nurse1@nhs.net)

DISABILITIES

Jesus College students can visit Carolyn during her surgery times at Jesus and Wadham College. These are available on the intranet:

(<http://intranet.jesus.ox.ac.uk/surgery-hours.aspx>)

- **College GP** - The college GP runs appointments in college on Tuesdays and Fridays from 1st week to 8th week. To book an appointment to see the doctor in college call the main surgery (**+44 (0) 1865 515 731**) and request an appointment for the Jesus college clinic.
 - **Tuesday:** Dr Linda Jones 2.30pm-3.30pm
 - **Friday:** Dr Cathy Aylward 10.30am-11.30am
- **Banbury Road Medical Centre** - In addition to the college GP, you can also attend the main surgery if you prefer, or if you need an appointment outside of the hours in college. (<http://www.banburyroadmc.nhs.uk/>)
 - **Address:** 172 Banbury Road, OX2 7BT
 - **Contact:** (+44) 01865 515731
 - **Opening hours:** Monday - Friday 8.30am-6.30pm.
 - If you need a doctor out of hours, ring 01865 515731 and you will be connected to the doctor on call.
 - For emergencies, ring 999.
 - For NHS (health services) emergencies, ring 111.

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free (Note: this service is also not exclusively available to students with disabilities, anyone and everyone can make an appointment!). Appointments are all currently via video call (or text/chat/phone).

- **Contact:** (+44) 01865 270300 or counselling@admin.ox.ac.uk

For more information about the Counselling service, they have a very extensive website with loads more information:

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

There is also a Jesus College Counsellor, **Juliet Bulman**, who provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9, in Room I/4.

- **Contact:** counsellor@jesus.ox.ac.uk

Student Union Disabilities Campaign

The Oxford Student Union also runs a Disabilities Campaign, as well as a thriving society for students interested in disability. They welcome students with physical, sensory and cognitive impairments, chronic illness, mental health conditions, specific learning difficulties, other conditions and those without a diagnosis. They also welcome students with an interest in disability and disability activism. They campaign within the University, provide support for students, and host regular social events. (www.facebook.com/pg/OxfordDisabilities/)

Feel free to message them if you have any concerns or queries!

- **Contact:** oxdisability@ousu.ox.ac.uk

Condition Specific Support Groups

The Disabilities Campaign has several Facebook support groups for different conditions. These are listed in the "Our Story" Section of their Facebook page.

A note from DisCam

*When making this resource pack we reached out to the Disabilities Campaign directly to see if there was anything they would like to add. The following was sent by **Beth Hollins**, one of the campaign and advocacy officers for DisCam '19/20.*

Oxford SU Disabilities Campaign (DisCam) is the SU's official liberation group for disabled students, as well as the flagship disability-focused society for Oxford students. We welcome and support any student who identifies as having a disability - including physical, sensory, cognitive, mental and developmental disabilities, as well as chronic illnesses, learning difficulties and mental health conditions - whether or not this is officially recognised.

Advocating for disabled students is at the heart of what we do as a campaign. Many of our recent projects have focused on improving accessibility at Oxford, including our Library Accessibility Report, which collected and fed back information on how the University's many libraries provide for disabled students, and the ongoing Accessibility Pledge, encouraging societies, common rooms and other campaigns to consider accessibility in their events, emails and social media posts. Student mental health is also a priority for us, and in March 2019 saw our #DearViceChancellor postcard initiative, which saw 600 students tell the Vice Chancellor how the University can improve the mental healthcare it offers students. Our upcoming activities include supporting colleges to deliver Understanding Disability workshops to new students, and launching our British Sign Language Project, a six-week course of beginners' BSL and Deaf history and culture.

DISABILITIES

Support is another key aspect of DisCam. We currently run 20 Facebook support groups, including many for specific conditions, and a Community Group where students can seek support, advice and solidarity. Please also feel free to contact our committee members if you have a specific issue you think we can help with – we have each had our fair share of experiences with Oxford’s various services and systems, and are happy to help with navigating these if we can.

Outside of Facebook, DisCam runs regular social events, both on our own and jointly with other SU campaigns. Previous socials have included a self-care workshop, board game sessions (which include our collection of large print and Braille games) and a film night. These are a great way to relax and unwind, and are also a safe space for students to talk about their experiences – both good and bad – of disability at Oxford.

ADVICE FROM THE DISABILITIES REPRESENTATIVE FOR FRESHERS

As a part of this pack, we asked each representative for their advice for incoming freshers. We know that starting Uni can be a pretty daunting thing for many people, and so we hope that a little advice from people who have already gone through it might be helpful!

What are some things you think it is important to know before coming to Oxford?

Here at Oxford, all forms of disabilities are accepted and supported. Everyone knows it can be stressful moving away from home support systems and getting used to a new environment, and this is especially true of those with disabilities. Luckily Oxford has a variety of its own support systems in place to be able to welcome everybody, and Jesus itself works hard to be accessible and supportive on top of the University-wide resources. Many of these resources can be accessed with and without being registered as disabled at Oxford University, and with or without medical proof, all of which is explained above. The most important thing about living and studying with a disability at Oxford is that you never need to tell people if it makes you uncomfortable. Many of the support systems offer full confidentiality and there is no pressure to let everyone know.

- Emily Godwin, Disabilities' Rep '19

BME (BLACK AND MINORITY ETHNIC)

RESOURCES FOR BME STUDENTS

The BME Community at Jesus

It's worth noting that Oxford is definitely more diverse than the media paints it to be. The Jesus BME community is growing each year and our aim at Jesus is to make every student feel at home and welcome in college. Therefore we have hosted various events in the past and plan to host a lot more, where BME students can come together as a community and mix within years. One type of event we have are **BMEeals**. These are meals hosted out of college for BME students to come together for dinner. At Jesus we also hold BME events, including social drinks, with other Turl Street Colleges (Exeter and Lincoln). These are great opportunities to once again to mix with other Jesus BME students but also to meet more BME students from other colleges.

Oxford BAME Facebook Group - This group aims to enable discussion of issues that matter to BAME students within Jesus, as well as promoting BME events that occur as part of the wider university, including talks and socials. BME students at Jesus have found it really useful to join! (<https://www.facebook.com/jesusBMEstudents/>)

College-based Welfare Resources

There are a number of other welfare and support networks available in Jesus for BME students. Depending on the issue, you may feel more comfortable approaching one over the other, but all are there to help you in the event that you need support.

- **Jesus JCR BME Rep** - a fellow student, the BME Rep is a member of the Equal Opps Sub-Committee. They are always around to give some advice, help or refer you to someone who can better help you tackle the issue you face. Our current BME Rep is **Kush Patel**.
- **Jesus JCR Equal Opportunities Rep** - another fellow student, the Equal Opps Rep is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group. If you have concerns or ideas about how the college could better support students, they are a good person to speak to. Our current Equal Opps Rep is **Jennifer Crompton**.

BLACK AND MINORITY ETHNIC

- **Jesus JCR Access Rep** – the Access Rep is also a fellow student, and a member of the JCR committee. They work alongside the Equal Opps Sub-Committee to make sure that everyone feels as welcome as possible in the Jesus College community. Our current Access Rep is **Lucy McBride**.
- **JCR Access Team** – the Access Team support the Access rep and is also made up of undergraduates. If you want to get involved in Access Schemes or become a member of this team, contact the JCR Access Rep!
- **Welfare team and peer supporters** – the two JCR welfare reps lead a team of peer supporters – all are students at Jesus. They are specifically trained in order to give the best possible support to those who turn to them for help, but are also available for a simple chat. Our current Welfare Reps are **Priyanka Chandrakumar** and **Jamie Slagel**.
- **College Welfare Officer** – This is the first point of contact for welfare issues and offers a mixture of bookable appointments and drop in sessions. They are available in College on Mondays, Wednesday and Fridays. This is not a member of the JCR. Our current Welfare Officer is **Kirren Mahmood**.
 - **Contact:** welfare@jesus.ox.ac.uk
- **Jesus College Welfare Fellow** - Jesus also has a dedicated member of staff acting as the College Welfare Fellow, who should be able to deal with college-related welfare issues. Unlike the Welfare Reps and Peer Supporters, this is not a member of the JCR. Currently, the Welfare Fellow is **David Barron**. Weekly office hour is Tuesday 2-3pm weeks 1-8.
 - **Contact:** david.barron@jesus.ox.ac.uk
- **Junior Deans** - Jesus College also has two Junior Deans who have responsibility for students' non-academic discipline and welfare, and liaise between the student body and college administration. The current Junior Deans are **Heather McTaggart** and **Vanessa Picker**. They can be contacted in evenings and at night, and operate on a rota sharing this phone number:
 - **Contact:** 07590807399
- **Chaplain** - Our chaplain welcomes people of any faith or none to talk about any issues they are facing and to seek support. They are part of the college welfare team and treat each case with confidentiality. Their weekly emails are always entertaining too! Our current chaplain is **Revd Dr John Findon**
 - **Contact:** chaplain@jesus.ox.ac.uk
- **Academic Services Manager** - If concerns relating to academic performance arise, or if you require support for any issues that impact on your academics, you can contact the Academic Services Manager. Our current academic services manager is **Sailesh Vyas**. If you have any trouble, drop him an email.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk

Wider University Welfare Resources & Things to Get Involved In

- **Race Equality Policy Advisor** - The University has a 'Race Equality Charter Action Plan Group'. This is a formal group which advises the Uni's Equality and Diversity Panel on all areas of work in respect of race equality in connection to students and staff. RECAP is committed to engaging collaboratively and openly with others working to advance race equality at the University and so welcome comments, questions, and suggestions if you feel there are ways in which the University can better support its students. Please contact the Race Equality Advisor, **Dr Machilu Zimba**.
 - **Contact:** race.equality@admin.ox.ac.uk
- **Director of Student Advice and Welfare Support Services** - As a member of the University level welfare team, they are able to be contacted to report any racial macro/micro-aggressions and can provide advice on how to escalate this further (for example, mediation with the other party or through the harassment policy, if this is appropriate) Our current Director of Student Advice and Welfare Support Services is **Gillian Hamnett**.
 - **Contact:** gillian.hamnett@classics.ox.ac.uk
- **Common Ground** - This is an organisation that aims to examine oxford's colonial past with its present day inequalities. They run loads of seminars and talks throughout the year, and they also have their own journal which you can submit to/apply to be an editor for. (<https://www.facebook.com/commongroundoxford/>)
- **BME-Related Societies, Balls and Theatre** - Lots of societies and clubs are very accepting of people of colour! There have been all POC plays and music shows in the past so there's loads of opportunities for you to get involved. There are also lots of BME related balls and events which are really good fun (eg. Diwali Ball, African and Caribbean Society Ball, etc)!
 - **Oxford Mixed Heritage Society** - This society was set up to create a platform which highlights and celebrates Mixed Heritage Identity and as a space for Mixed Heritage students at Oxford to be able to discuss and share their life experiences
(<https://www.facebook.com/oxmixedheritage/>)

BLACK AND MINORITY ETHNIC

- **Oxford University Student Union Campaign for Racial Awareness and Equality (OUSU CRAE)** - As one of Oxford SU's new permanent campaigns, CRAE is the only group at Oxford dedicated to creating a more just and inclusive student experience at the University through action and engagement with racial diversity and difference. The CRAE is a safe space to discuss any racial related issues experienced at Oxford. (<https://www.facebook.com/OxfordCRAE/>)
 - This past year has been an exciting one for CRAE. They have launched a number of new campaigns, including:
 - Schools and Access: pilot programmes with Colleges to spark greater outreach to BME students in local schools.
 - 100 Voices, a participant action research effort to assemble and share the experiences of BME students at Oxford.
 - Trainings and Workshops: equality and sensitivity trainings to JCR and MCR committees on issues of diversity and difference.
 - By joining CRAE, you can have a huge influence on improving student experience; working with national experts and equality organisations; and transforming the way in which people and institutions at Oxford understand, support, and create environments for racial diversity.

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free (Note: anyone and everyone can make an appointment!). Appointments are all currently via video call (or text/chat/phone).

- **Contact:** (+44) 01865 270300 or counselling@admin.ox.ac.uk

For more information about the Counselling service, they have a very extensive website with loads more information:

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

There is also a Jesus College Counsellor, **Juliet Bulman**, who provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9, in Room I/4.

- **Contact:** counsellor@jesus.ox.ac.uk

ADVICE FROM THE BME REPRESENTATIVE FOR FRESHERS

I know that starting Uni can be a pretty daunting thing for many people, and so I hope that a little advice from someone who has already gone through it might be helpful!

Some things I think are important to know before coming to Oxford...

Although the university has been trying to improve its diversity issues for years now, once arriving at Oxford it will most likely be apparent that their work is not complete. There will often be times where even in a crowded room you are the only minority present. This can feel very daunting especially as a fresher and you may feel that you are not supposed to be there. I personally felt experienced this at points during my first year. Another issue present in Oxford is when walking around colleges and other old buildings the images and paintings hung up on the walls will be predominantly white male figures. This can be an unsettling thing to see as a minority student beginning your time at Oxford.

The key to dealing with feelings like these is to firstly believe in your ability. Everyone, including you, deserves their place at Oxford and there is no such thing as a typical Oxford student. Once you get out of thinking about what an Oxford student should look/be like, then you can focus on your own journey through the uni. Another great way to deal with these feelings is to join societies with people from similar ethnicities or backgrounds as yourself. This may help make you feel more welcomed in the Oxford setting by making friends with people who have a lot in common with you. The events put on by these societies will also help you to break away from the bubble of college life.

We are living through unprecedented times where cultural heritage is being celebrated and accepted like never before. As a BME student at Oxford, I strongly encourage you all to make the most of any and all opportunities that come your way.

Jesus may not have a large BME community but we do have a powerful voice, and between us have accomplished some terrific things. We are a tight knit group of friends and look forward to welcoming you into Jesus.

- Kush Patel, BME Rep '20

INTERNATIONAL INTERNATIONAL FRESHERS RESOURCES

The life in Oxford is very embracing of international students, with many coming here to study from countries all over the world. Everything might seem particularly intimidating at first, as it could be your first time away from home and you might not have a clue how to navigate the exciting but unknown Uni life in a foreign country. We hope the information below can serve as a helpful starting point for the quest of making sense of what life is like as an international student in Oxford.

For more information, the University runs a dedicated website for international students: <https://www.ox.ac.uk/students/new/international?wssl=1>

Before arriving to Oxford

VISAS AND IMMIGRATION

- For **European Economic Area (EEA) Nationals** – Regarding Brexit, please make sure you read the university's information on the implications for current and future EU students, which can be found in the following site:
<https://www.ox.ac.uk/students/visa/before?wssl=1>
- For **Non-EEA nationals**: The following are the major checkpoints regarding visa/immigration. Make sure you know what each of them are, and when/how you will need to apply:
 - You will need to apply for a **Tier 4 (General) Student Visa** in your home country to enter the UK. In most countries you have to apply online.
 - Check the 'related documents' section on the following website for useful guides/FAQs on the application process:
<https://www.ox.ac.uk/students/visa/before/tier4?wssl=1>
 - Guide to completing Tier 4 (General) Student visa application (PDF):
https://www.ox.ac.uk/sites/files/oxford/field/field_document/Guide%20to%20completing%20Tier%204%20student%20online%20application%2019%20December%202018.pdf
 - UK Government Home Office website: <https://www.gov.uk/tier-4-general-visa>
 - Upon arrival to the UK, you need to go to the University Office or a post office of your choice to collect your **BRP (Biometric Residence Permit)**, which is basically your British ID during your time in the UK.
 - Your student visa on your passport will only be valid for a couple of months, after which you will be asked to present your BRP alongside with your passport at customs when you re-enter the country.

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- Please take good care of your BRP as it is quite expensive and time-consuming to obtain a new one.
- Some foreign nationals will need to register with the local police (to check if this applies to you, have a look at the country list and registration instructions here: (<https://www.ox.ac.uk/students/visa/during/police?wssl=1>) Make sure to book an appointment early (check before you arrive) otherwise time slots at the local police station will run out.

WHERE CAN I FIND MORE INFORMATION ABOUT VISAS?

- **College** - The college office is one of the most accessible source of help you can get before you arrive in Oxford. They are very friendly and will be very eager to provide help. Just email them and they usually reply very soon. Also, make sure you frequently check and READ your emails as the uni/college usually send reminders about important things you need to do.
 - College International Student Website: <https://www.jesus.ox.ac.uk/useful-information>
- **University Student Immigration Office** - Oxford also has a dedicated team who deal with student immigration. If you can't find the answer to your question online, or in the Oxford guide for visa applications, feel free to email them for help. Remember to quote your student number, course and nationality in the email! (student.immigration@admin.ox.ac.uk)

ARRIVING TO OXFORD EARLY? - ACCOMMODATION

If you want to arrive early to have more time to settle in, email the college accommodation office (cathy.lea@jesus.ox.ac.uk or accommodation@jesus.ox.ac.uk) to apply for extra days for accommodation.

BANK ACCOUNT

The university has a very useful guide for opening a bank account:

https://www.ox.ac.uk/sites/files/oxford/field/field_document/Oxford%20Bank%20guide%20for%20European%20and%20International%20students%202017_0.pdf

Alternatively, in some countries international banks such as HSBC has special bank account services for international students that allow instant transfer between your UK and local account. Go to your local bank and see if they provide such service. When deciding which bank to go with, make sure to ask about their transfer policies as this will affect how easily and fast you can transfer to your UK bank account.

SIM CARDS AND PHONE INFO

- The UK country code is +44. If you have never had to make an international call before, basically this means that if you ring a UK number from an international SIM, you need to dial +44 and then the number (eg. +44 2345 678900). However, if you were to ring the same number from a UK SIM you would just ring 0, followed by the number (eg. 02345 678900).
- You can get a SIM from one of the following operators (there lots more operators than just this list, but these tend to be the most popular):
 - EE: <https://shop.ee.co.uk/sim-only>
 - O2: www.o2.co.uk/shop/sim-cards/
 - Three: www.three.co.uk/Store/SIM/
 - Vodafone: <https://www.vodafone.co.uk/mobile/best-sim-only-deals>
- You will need a UK bank account to set up a contracted SIM (one where you pay per month). So when you first land in the UK, you may have to go with a pay-as-you-go SIM first, which you can later convert to a monthly or yearly plan once you set up a bank account.
 - It would be best if you go on the providers' websites or go visit their stores in person to figure out which plan (data/calling/messages) suits you the best.
 - Make sure to check their cancellation or freeze-account policies as you might not want to pay during the vacations/when you go home.

Getting to Oxford from the Airport

Most people fly into London and then travel to Oxford via coach or train. There are multiple airports in London, among which are the two bigger ones Heathrow and Gatwick. Although Heathrow is closer to Oxford than Gatwick, it is pretty straightforward to get to Oxford from either, and so just choose whichever flight is most affordable, or most convenient for you.

BY CAR

- Oxford is connected to London, the M25 and the Midlands by the M40 motorway, with Junctions 8 and 9 linking directly to the city. The Oxford ring road provides direct access to and from the south and west via the A34.
- A few taxi firms also offer bookable airport transfers, including Go Green Taxis (01865 922222), Oxicars (01865 875900) and CCB cars (01865 876699).
- **FOR FRESHERS:** Parking in the city centre is usually extremely limited and very expensive, however in Freshers' Week you will be allowed to park right outside college (usually on Ship Street) for free for a few hours so you can unpack your stuff and move it into your new room.

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BY COACH/BUS

The most convenient (and cheapest) way to get to Oxford from Heathrow or Gatwick is by coach.

- The Oxford Bus Company also runs a direct bus route from both London Heathrow and Gatwick airports on what they call "The Airline" coach service. It is a direct, regular service, day and night, seven days a week.
(<https://airline.oxfordbus.co.uk/>)
 - They also have a flexible policy if you book in advance, which allows you to use the ticket on any equivalent bus up to 24 hours before or after the time you originally booked for (just in case your flight is delayed, or you miss it!)
- To get to Oxford from London Stansted airport, use the National Express 757 coach, which runs every two hours. You can buy a ticket on National Express (<https://www.nationalexpress.com/en>) in advance. Just search your trip and select a time.
- Once in Oxford, the best bus stop for Jesus is the High Street (called Queen's Lane), and Jesus College is a five-minute walk away (one of the perks of being a central college!). If you get off at the city centre coach station (called Gloucester Green), there is a taxi rank nearby or you can walk to College in 7-10 minutes.

Getting to Oxford from Central London

Many students opt to spend a few days in London before coming to Oxford. If this is what you are planning to do, there are a number of ways to get to Oxford from central London.

BY CAR

- Oxford is connected to London, the M25 and the Midlands by the M40 motorway, with Junctions 8 and 9 linking directly to the city. The Oxford ring road provides direct access to and from the south and west via the A34.
- **FOR FRESHERS:** Parking in the city centre is usually extremely limited and very expensive, however in Freshers' Week you will be allowed to park right outside college (usually on Ship Street) for free for a few hours so you can unpack your stuff and move it into your new room.

BY COACH

- The Oxford Tube and Oxford Express provide a very frequent, direct service between London and Oxford. They run 24 hours a day, seven days a week and pick-up and drop off places in London include Victoria Coach Station, Grosvenor Gardens and Marble Arch, among others.
 - Oxford Tube: <https://www.oxfordtube.com/> or (01865 772250)
 - Oxford Express: <https://x90.oxfordbus.co.uk/> or (01865 785410)

INTERNATIONAL

- Once in Oxford, the best bus stop for Jesus is the High Street (called Queen's Lane), and Jesus College is a five-minute walk away (one of the perks of being a central college!). If you get off at the city centre coach station (called Gloucester Green), there is a taxi rank nearby or you can walk to College in 7-10 minutes.

BY RAIL

- Probably the most popular way of getting between London and Oxford is by train.
- You can buy a ticket on Trainline (phone app or website).
(<https://www.thetrainline.com/>)
 - The trains might leave from different train stations in London so choose one that's most convenient for you.
 - The Oxford train station is a 15min walk away from college. So if you have a lot of luggage, you might want to get a cab from there to college.

The Oxford Packing List

- **Smart/Black tie attire** - There will be a lot of events at Oxford that require smart or black tie dress code (formals, balls, etc.). Make sure you bring a suit/cocktail dress/jumpsuit with you.
 - There are, of course, places to buy smart clothing in Oxford, however it may take the pressure off if you bring a couple pieces from home so you don't have to worry about finding some in your first term.
- **Winter clothes** - Make sure you bring a warm winter jacket as it gets quite chilly in winter.
- **Raincoat/umbrella** - The rain comes and goes and sometimes stays for weeks. Be prepared.
- **Medication** - Bring along some home country medication if that's what you are used to. Particularly if you are changing climate dramatically, or flying long-haul, it will be nice to have something to help if you get sick!
- **Comfort food** - if you are a foodie and easily miss home food. Most first years don't have access to a kitchen, but once you get to second year you will enjoy being able to make a nice home-cooked meal to remind you of home!
- **Power adaptor** - the UK uses straight 3-prong sockets and plugs (type G, if you want to get specific). Google this to see what it looks like before you leave, and buy a travel adaptor so you can plug in your chargers from home.
- **Sub fusc attire** - This is the official academic attire of the university. You will need this for formal events and exams. You will buy your mortar board and gown once you get to Oxford, but remember to bring the main clothing pieces with you.
 - Sub Fusc consists of a dark suit/skirt with dark socks/tights, a plain white collared shirt or blouse, a white/black bow tie, and black shoes.

LIFE IN OXFORD

Where should I go if I need to buy food/clothes/necessities?

FUNCTIONAL STORES:

- **Tesco and Sainsbury** - two major supermarket chains in the UK (and SUPER close to college)
 - They basically have everything you need: food (meal deals, fresh vegetables and fruit, meat, seasoning...), drinks, house necessities (detergent, cleaning liquid...), etc.
- **Boots** - toiletries, medicine, makeup... (they also have a photo printing service if you fancy printing some photos up in your room!)
- **Argos** - good place to get electronics (hair dryers etc.), and is also super close to college.

RESTAURANTS:

If you want specific recommendations for a particular cuisine (eg. Chinese, Indian, Italian etc) message the International Rep, or ask friends in older years!

- **Quick bites** - Pret, itsu, and Wasabi are all on Cornmarket St (which is one of the main shopping roads, and is also adjacent to college!). They all have relatively cheap food if you're looking for something quick and simple.
- **The Covered Market** - just around the corner from college, the Covered Market has some of the yummiest food stalls in Oxford! Many students grab lunch here if they are having a day in the library.
- **Gloucester Green Market** - This market is a few minutes from College, and is open Wednesday, Thursday, Friday and Saturdays. There are loads of international food stalls, and is also a hotspot for lunch!

College Welfare Resources for International Students

- **Jesus JCR International Rep** - A fellow student, the International Rep is a member of the Equal Opps Sub-Committee dedicated to organizing events and handling international students' issues. They are always around to answer questions, offer advice or just chat. Our current International Rep is **Mateja Zdravkovic**.
- **Jesus JCR Equal Opportunities Officer** - Also fellow student, the Equal Opps Officer is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group (with the college administration). If you have concerns or ideas about how the college could better support students, they are a good person to speak to - they are also always around to answer questions or just chat, and they attend the JCR meetings. Our current Equal Opps Officer is **Jennifer Crompton**.

INTERNATIONAL

- **Welfare team and Peer Supporters** - the two JCR welfare reps lead a team of peer supporters - all are students at Jesus. They are specifically trained in order to give the best possible support to those who turn to them for help, but are also available for a simple chat. Our current Welfare Reps are **Priyanka Chandrakumar** and **Jamie Slagel**.
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 - **Contact:** chaplain@jesus.ox.ac.uk
- **Academic Services Manager** - If concerns relating to academic performance arise, or if you require support for any issues that impact on your academics, you can contact the Academic Services Manager. This is not a member of the JCR. Our current academic services manager is **Sailesh Vyas**. If you have any trouble, drop him an email and he will either assist you himself or refer you to the correct person to help you.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk

Medical Resources for International Students

- **College Nurse** - The college nurse runs a clinic in college throughout the week (Monday-Friday). It is a quick and easy way to access professional medical support. Currently, the College Nurse is Carolyn Ruhle: (jesus.nurse1@nhs.net). Jesus College students can visit Carolyn during her surgery times at Jesus and Wadham College. These are available on the intranet: (<http://intranet.jesus.ox.ac.uk/surgery-hours.aspx>)

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- **College GP** - The college GP runs appointments in college on Tuesdays and Fridays from 1st week to 8th week. To book an appointment to see the doctor in college call the main surgery (**+44 (0) 1865 515 731**) and request an appointment for the Jesus college clinic.
 - **Tuesday:** Dr Linda Jones 2.30pm-3.30pm
 - **Friday:** Dr Cathy Aylward 10.30am-11.30am
- **Banbury Road Medical Centre** - In addition to the college GP, you can also attend the main surgery if you prefer, or if you need an appointment outside of the hours in college. (<http://www.banburyroadmc.nhs.uk/>)
 - **Address:** 172 Banbury Road, OX2 7BT
 - **Contact:** (+44) 01865 515731
 - **Opening hours:** Monday - Friday 8.30am-6.30pm.
 - If you need a doctor out of hours, ring 01865 515731 and you will be connected to the doctor on call.
 - For emergencies, ring 999.
 - For NHS (health services) emergencies, ring 111.

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free (Note: this service is also not exclusively available to students with disabilities, anyone and everyone can make an appointment!). Appointments are all currently via video call (or text/chat/phone).

- **Contact:** (+44) 01865 270300 or counselling@admin.ox.ac.uk

For more information about the Counselling service, they have a very extensive website with loads more information:

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

There is also a Jesus College Counsellor, **Juliet Bulman**, who provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9, in Room I/4.

- **Contact:** counsellor@jesus.ox.ac.uk

Things to Get Involved In

- **Jesus College International Community** - There is very supportive network of international students at Jesus, and the college actively celebrates the diversity of our community.
 - **International Week:** The International Week happens every Trinity term during which the international rep will organize a series of activities and events to showcase the different cultures at Jesus. Don't hesitate to

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contact the international rep if you want to bring your most authentic culture to the college!

- **International Hall:** The international halls are specially themed 2nd halls (national foods: Chinese, Greek food, etc.) that happen twice a term to celebrate the diversity of culture in college. They are usually very popular and spaces run out very fast. Keep an eye on future emails about booking these international halls. The catering team is also really keen to get input from students from the relevant country on what sort of food to make!
- **Join the Jesus International Students Facebook group:**
(<https://www.facebook.com/groups/2590171190996425/>).
- **National Societies** - There are a lot of national societies in Oxford. Most of them have a Facebook page or group and will have stalls at the freshers fair.
 - A full list of all registered societies and clubs can be found here:
<https://www.ox.ac.uk/students/life/clubs/list?wssl=1>
 - Note that not all national societies are officially registered! Many of them operate informally, and are a relaxed way of meeting people from your home country!
 - If you can't find a society relevant to you, ask the International Rep and or older friends! If it doesn't exist, why not start one yourself?
- **OUSU International Student Campaign** - The Oxford Student Union ISC focuses on campaigning for and supporting international students at Oxford. They are in the process of developing their own Info Pack, so keep your eyes peeled for this!
(www.facebook.com/Oxford-SU-International-Students-Campaign-1686038401640235/)

Vacations - Accommodation and Storage

WHERE CAN I STAY DURING THE VACS?

- **First Year** - You have to move out of your room at the end of every term as they use the rooms in college to host interviewees and study camps! You can stay in your rooms for a couple of extra days during vacations.
 - College provides a vacation grant for free vacation accommodation up to 17 days in one academic year. Details of application will be sent to your college email towards the end of each term (make sure you submit your application before the deadline, or else you have to pay a late fee!)
 - If you need to stay in Oxford for the whole vac, speak to college about your particular situation. Alternatively, talk to your friends in older years about maybe staying in their accommodation if they are planning on heading home!
- **Second/Third/Fourth Year** - College accommodation after first year is offered in a year-long lease, meaning you have access to your flats over the vacs as well!

WHERE CAN I STORE MY STUFF OVER THE VACS?

Because in your first year you will have to clear out from your room at the end of each term, you will likely need somewhere to store your stuff. Obviously after first year, you can leave your things in your flats because you have a year-long lease.

- **College international student storage** - The college provides up to three boxes of vacation storage for international students due to limited available space in college. You will receive relevant information through email.
- **College parents/friends** - Jesus second/third years still have access to their own flats during vacs so you can leave your stuff with your college parents or second year friends.
- **Storage companies** - Some storage companies provide both delivery and storage service while some only provide storage so you have to go to the storage facility with your boxes. Here are two companies recommended by college and friends:
 - Love Space Storage: <https://lovespace.co.uk>
 - Student storage box: <https://www.studentstoragebox.co.uk/>

Vacations – What to do during the Vac?

Many international students choose to go back to their home country during the Vacs to visit family and friends. Many also take the opportunity to travel around Europe!

- **Jesus College Cultural and Travel Grants** - The college provides a wide range of funds that support both academic and non-academic activities during vacations: (<https://www.jesus.ox.ac.uk/current-students/scholarships-prizes-awards/cultural-sporting-and-travel-funds>)
 - The most famous grant amongst students is the P.W Dodd Fund, which gives any Jesus student a sum of money for travel for non-academic purposes (yes, this is literally just free money to go travelling - We can't believe it's real either). Many students use this fund to go on either the Varsity or Jesus Ski Trip over the Christmas break! You can apply for this once during your time at Jesus.
- **Internships & Work Placements** - The university career service lists a lot of internship/work experience opportunities you, especially summer internships. Keep an eye on the available positions if you are looking something like this! (<https://oxford.targetconnect.net/home.html>)
 - Jesus also has an Internship Grant, through which a limited sum of money is available from the Development Fund to students who undertake low-paid or unpaid internships.

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The Oxford Dictionary – Breaking down the Oxford Lingo

Chances are, you might not know anyone who has been to Oxford university before – in which case, all the strange terms might seem completely bewildering! It does take a while to understand all the strange Oxford lingo, so to help you out here is a guide to the basics/frequently used terms:

- **Battels** – the bills you have to pay at the start of each term, which include your rent, and food charges.
- **Bod Card** – your university card which gives you access to the libraries and department buildings.
- **Bop** – held twice a term at Jesus, bops are themed college parties (fancy dress optional but encouraged!) held in the JCR.
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- **Finals/finalist** – finals are the exams taken that count towards your final grade. People working towards finals (i.e. third and fourth years) are known as finalists.
- **JCR** – stands for Junior Common Room, and refers to both the undergraduate student body and the physical common room.
- **Matriculation** – the ceremony at the start of term that makes you an official part of the university, where you have to wear your sub fusc.

Image description: Crowd of people watching a traditional Indian Dance performed in the Jesus College Chapel. This was part of our College Diwali Celebration in 2018.



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- **Michaelmas, Hilary, Trinity** - the names of the three terms (in order).
- **Pidge** - Your pigeon hole for post/notes. There is a 'pidge room' in the porters' lodge where all the pidges are (look for the one labelled with your name!)
- **Prelims or Moderations ("Mods")** - first year exams, usually sat at the very end of the year, although some subjects sit them in 2nd year (eg. Classics). They don't count towards your final exams, and you only need 40% to pass.
- **Stash** - this is University or college branded clothes (tourist 'University of Oxford' jumpers are NOT included!). Various sports - aka. rowing - sell their own stash too.
- **Sub Fusc** - academic dress that you need to wear on a few special occasions e.g. matriculation, exams. (more details in the dress code section)

Thanks to the Class Act Academic Guide for contributing to this list!

ADVICE FROM THE INTERNATIONAL REPRESENTATIVE FOR FRESHERS

As a part of this pack, we asked each representative for their advice for incoming freshers. We know that starting Uni can be a pretty daunting thing for many people, and so we hope that a little advice from people who have already gone through it might be helpful!

What are some things you think it is important to know before coming to Oxford?

Having experienced first year as an international student, I have the following tips for you to prepare you for the future challenges that you might face when you start the term. They are concluded based on my personal experiences and stories I've heard from my international friends. Hope these can help you go through some of the difficult times of starting uni in a foreign country.

1. Don't be afraid to ask when you don't understand.

There is no need to feel ashamed or embarrassed if you don't understand a term or a certain niche cultural norm. You're not expected to know everything and that's why you've come here to learn. Your friends would be in the exact same situation as you if they went to your home country for uni. What I have found throughout my first year is that almost everyone is quite eager to explain as long as you ask. So if you don't understand, just ask your friends, college family, JCR committee members etc. The more you ask, the more help you get and the more you learn.

2. Dealing with language barrier/culture shocks/social awkwardness with a positive mindset.

A lot of you might not have English as your first language and you might struggle to communicate smoothly with your peers when you first arrive. You find it hard to contribute to fast group conversations and fail to give or even understand banter (which is a very British thing that I learned about after quite some time into the term). You can't really catch a lot of the jokes thrown into the conversations and you find yourself overwhelmed by the sophisticated talks over a normal dinner in the hall... You might find yourself in one or many of the above situations (great if none!). But don't feel intimidated or defeated. I have experienced all of the above situations and I've found that the key solution to overcoming the language and the culture shocks is to have a positive mindset.

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See these as learning opportunities and I assure you the longer you participate the more you will feel comfortable in these social situations. Maybe try pushing yourself a little to keep going to more social events even though you might feel awkward at first (obviously you don't have to if that's not what you're aiming for!). The trick is to look at things from a positive perspective. Watch and learn. Things might be very depressing but try to overcome them by using lessons learned from the current difficulties as fuel for future opportunities. Who doesn't need a period of time to adjust when they move to a new country? Don't forget it is not easy to start uni alone in a new country. Give yourself more credit as you're being extremely brave!!!

3. Don't hesitate to try new things and get involved!

One of the great things about Oxford is that there are so many opportunities for you. From college societies and committees to uni-wide societies and groups, these experiences are very valuable as they are great platforms for you to socialize and they are just fun!! Definitely look into what societies there are to get involved. There's something for everyone. If not, you can even start your own.

4. Dealing with being homesick.

Most of the times you will be fine (hopefully) but there will be a couple of days, especially during traditional festivals, when you feel very homesick. Call your family or get some comfort food (which I find especially helpful). Talk to the international rep or welfare rep if you just need someone to talk to. It's absolutely normal to miss your family and your home. You can't bring your home with you but there are certainly things you can do to make yourself more at home. You might need to figure that out yourself but we are all here to help :)

Hope these are helpful and have a great first year! xx

- Lucy (Mingfang) Zhang, International Rep '19

CLASS

CLASS-RELATED RESOURCES

There are many support networks and resources available at Oxford to students from a working-class or low income background, and to first generation and state-comp educated students. If you are from a background that is considered different to that of the 'stereotypical' Oxford student, then you may have a lot of questions, on everything from funding to packing. This document aims to answer as many of these questions as possible, while also offering tips and tricks on how to get the most out of your Oxford experience.

College-based Welfare Resources

There are a number of other welfare and support networks available in Jesus. Depending on the issue, you may feel more comfortable approaching one over the other, but all are there to help you in the event that you need support.

- **Jesus JCR Class Rep** – A fellow student, the Class Rep is a member of the Equal Opps Sub-Committee. They are always around to answer questions, offer advice or just chat. Our current Class Rep is ***Hari Davies***.
- **Jesus JCR Equal Opportunities Officer** – Also fellow student, the Equal Opps Officer is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group (with the college administration). If you have concerns or ideas about how the college could better support students, they are a good person to speak to - they are also always around to answer questions or just chat, and they attend the JCR meetings. Our current Equal Opps Officer is ***Jennifer Crompton***.
- **Jesus JCR Access Rep** – the Access Rep is also a fellow student, and a member of the JCR (Junior Common Room) committee. The Access Rep works alongside the Equal Opps Sub-Committee to make sure that everyone feels as welcome as possible in the Jesus College community, and is also happy to answer questions, offer advice and chat. Our current Access Rep is ***Lucy McBride***.
- **JCR Access Team** – the Access Team support the Access rep and is also made up of undergraduates. If you want to get involved in Access Schemes or become a member of this team, contact the JCR Access Rep!
- **Welfare team and peer supporters** – the two JCR welfare reps lead a team of peer supporters – all are students at Jesus. They are specifically trained in order to give the best possible support to those who turn to them for help, but are also available for a simple chat. Our current Welfare Reps are ***Priyanka Chandrakumar*** and ***Jamie Slagel***.

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- **College Welfare Officer** - This is the first point of contact for welfare issues and offers a mixture of bookable appointments and drop in sessions. They are available in College on Mondays, Wednesday and Fridays, and is a good person to see for help with problems relating to your life while at college. This is not a member of the JCR. Our current Welfare Officer is **Kirren Mahmood**.
 - **Contact:** welfare@jesus.ox.ac.uk
- **Jesus College Welfare Fellow** - Jesus also has a dedicated member of staff acting as the College Welfare Fellow, who should be able to deal with college-related welfare issues. Unlike the Welfare Reps and Peer Supporters, this is not a member of the JCR. Currently, the Welfare Fellow is **David Barron**. Weekly office hour is Tuesday 2-3pm weeks 1-8.
 - **Contact:** david.barron@jesus.ox.ac.uk
- **Junior Deans** - Jesus College also has two Junior Deans who have responsibility for students' non-academic discipline and welfare, and liaise between the student body and college administration. The current Junior Deans are **Heather McTaggart** and **Vanessa Picker**. They can be contacted in evenings and at night, and operate on a rota sharing this phone number:
 - Contact: 07590807399
- **Chaplain** - Our chaplain welcomes people of any faith or none to talk about any issues they are facing and to seek support. They are part of the college welfare team and treat each case with confidentiality. Their weekly emails are always entertaining too! Our current chaplain is **Revd Dr John Findon**
 - **Contact:** chaplain@jesus.ox.ac.uk
- **Academic Services Manager** - If concerns relating to academic performance arise, or if you require support for any issues that impact on your academics, you can contact the Academic Services Manager. This is not a member of the JCR. Our current academic services manager is **Sailesh Vyas**. If you have any trouble, drop him an email and he will either assist you himself or refer you to the correct person to help you.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk

College-based Financial Resources

- **The Hardship Fund** - The Hardship Fund is officially described as this: *"The University Hardship Fund aims to assist students of any fee status who experience unexpected financial difficulties due to circumstances which could not have been predicted at the start of their course."* On a termly basis, the college's Academic Services Manager will send an email with the information and application for the fund.
- **Book Grants** - One thing you don't have to worry about at Jesus college is the cost of textbooks. Almost every book can be found in one of the university libraries, but if you wish to buy your own books then the cost of these can be claimed back with the book grant (up to £180, or 75% of the total cost - whichever is smaller).

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- The college website offers specific details of items that can be purchased and claimed in place of books (e.g. calculators):
<https://www.jesus.ox.ac.uk/current-students/scholarships-prizes-and-awards/individual-grants-and-awards/book-grants-0>.
- Book vouchers can also be awarded for outstanding academic performance.
- **JCR Grants** - Any JCR member can apply for a personal grant of up to £100 by submitting a motion at a JCR meeting, for a cause that should benefit, in addition to themselves, the JCR or the College. Anyone can make this claim a maximum of once per calendar year.
- **Amalgamated Sports Fund** - individuals are entitled to up to £50 per term to assist with the cost of university level sport (e.g. kit)

In addition, there are people you can contact in college at any point of the term if you are experiencing any financial difficulty.

- **Academic Services Manager** - our current academic services manager is **Sailesh Vyas** - if you have any trouble, drop him an email and he will either assist you himself or refer you to the correct person to help you.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk
- **Academic Director** - the college academic director can also provide further information about the financial services available to students. Our current Academic Director is **Dr Alexandra Lumbers**.
 - **Contact:** academic.director@jesus.ox.ac.uk

Wider University Resources

In order to make the most of any and all opportunities at Oxford, there are also a number of resources to support you and communities to get involved in within the wider university.

- **First Gen Society** - First Gen is a student organisation to support first generation students at Oxford - those whose parents were not educated at a traditional university. (www.facebook.com/oxfordfirstgen/)
 - They run 'informal formals' for just £5, where first gen students can attend a formal dinner at another college, but they can wear whatever they want. These are definitely worth going to and are a fantastic way of getting the Oxford experience, but in an environment that still feels familiar and comfortable, as well as meeting so many new people, as First Gen continues to expand!

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- **Class Act** - Class Act is part of the Student Union (SU) and is a campaign dedicated to supporting working class, low income, state comprehensive educated, first generation and estranged students at Oxford.
(www.facebook.com/oxfordsuclassact/)
 - **Class Act Families** - more on Class Act families will follow, but Class Act will also pair up freshers with older students from a similar background so that freshers can ask any questions, and have some friendly faces around the university.
 - Class Act puts on weekly social events for working class, low income, state comprehensive educated, first generation and estranged students, as well as care leavers. Students can like Class Act's Facebook page to stay up-to-date with events and look at our term card, a timetable of events posted at the start of every term. Class Act's events are generally low-key and relaxed - a nice opportunity to get out of college and meet those from similar backgrounds to you.

A note from Class Act

*When making this resource pack we reached out to Class Act directly to see if there was anything they would like to add. The following was sent by **Sofia Henderson**, the communication officer for Class Act '19/20.*

Class Act exists to support working class, low income, state comprehensive educated, first generation and estranged students at Oxford, as well as care leavers. Many of these students are likely to feel apprehensive before coming to Oxford because of its 'posh' reputation. Before coming, my family asked me how I would feel about having to fit into such a different environment, coming from the poorly performing state comprehensive that I had been at for the past seven years. I tried to shrug this off, but I do think it's important to know that you will encounter people from different backgrounds to those you are used to at Oxford, i.e. there will be 'posh' people, there will be people from private schools who all seem to be friends from each other, and you may feel left out of some situations.

However, it's also important to know that this will happen to you at any university. At all universities, people from private schools and state schools, or people from privileged, wealthy backgrounds and those from low income backgrounds, will meet each other for the first time and this can be a disorientating experience for everyone. You may feel uncomfortable in certain situations, but organisations such as Class Act and welfare sources at your JCR will always be there to provide you with support.

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Oxford undeniably has a long way to go in terms of class equality, but this is a reflection of society as a whole. Those you encounter in Oxford from different backgrounds to you should accept you and treat you no differently, but remember that while it's fun and enriching for everyone to meet people from a variety of different backgrounds when they start university, there's also no problem with sometimes feeling that you would rather be around those with similar experiences to you. If that's the case, social events such as those put on by Oxford SU's Class Act and from societies such as First Gen are a great opportunity!

Also remember that nobody has the right to make you feel less worthy of your place at Oxford because of your background, and if this ever does happen to you, speak up about it! Together, we can work to make Oxford as accommodating and comfortable for those from working class and low income backgrounds as possible.

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free (Note: this service is also not exclusively available to students with disabilities, anyone and everyone can make an appointment!). Appointments are all currently via video call (or text/chat/phone).

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- **Contact:** counsellor@jesus.ox.ac.uk

Scholarships and Academic Grants

Financial support has briefly been touched upon, but both Jesus college and Oxford University offer a vast amount of scholarships and bursaries for everything from living costs to non-academic travel. You may automatically qualify for some, but others may require a quick application - if you need any advice or help, then just ask the class/rep access rep! Below are some helpful links:

- **Scholarships/bursaries specific to Jesus College** - <https://www.jesus.ox.ac.uk/study-here/undergraduate/finance>
- **A list of some of the grants that you can apply for at Jesus College** - https://drive.google.com/file/d/1SK4c6FlLqatby_Ff5sHg0MFDep9YEm0n/view?usp=sharing
- **Scholarships available through Oxford University** - This database includes information about the annual cost of studying and living at Oxford, as well as any support that may be available to you through funding and scholarship opportunities. (<http://www.ox.ac.uk/admissions/undergraduate/fees-and-funding/fees-funding-and-scholarships>)

Managing your money

Despite popular misconceptions, Oxford can be very affordable - you just have to know the tips and tricks!

- **Manage your money** - some people like to use a spreadsheet to organize their spending, but there are also apps like 'Money Dashboard' and 'Yolt' to help you budget like a pro.
- **Events** - use the events section of Facebook to your advantage - there are always free or very cheap/heavily discounted events going on in Oxford, from plays, to workshops, to club events, to food festivals and vintage markets.
- **Student Discount** - use your student discount to the max! It's definitely worth downloading the app Unidays for all the discounts on clothes and food. As well as this, however, there are restaurants in Oxford that let you use your bod card (university card) to get discounts (for example, Leon) - it may seem like a small thing, but it all adds up!

Working while at Oxford

One thing that can seem daunting or stressful is the fact that you can't get a job during term time. While so much financial support is available that this shouldn't be a problem for anyone, there are ways to make money if needed.

- **Short terms** - because terms are so short and the holidays between them are so long (3 months in the summer), this means that you can hold down a job for a while in the holidays (more so than at other universities)
- **Working for the university** - there are opportunities to work for the university both during term time and the holidays. Working for the university is good in that they understand the workload, and therefore are usually very flexible with shifts and hours.
 - **Summer Schools** - working on the university summer schools in the Easter and summer holidays are a fun and rewarding way to make money
 - **Open Days** - you can work at the college open days, giving tours and answering questions.
 - **Interviews** - similarly, you can help with interviews at college by looking after the interviewees and ensuring everything runs smoothly
 - **Telethon** - you can work at the college 'telethon' during the easter which involves ringing up past alumni and asking for donations
 - **Balls** - working behind the bar or on events at a college ball or event is another good way to make money, and these events run very frequently throughout term time
 - **Jesus College Bar** - you can also work in the college bar! This is a fun, college-based job (which means you will often be serving your friends!). If you want to get involved contact the **JCR ACC Rep.**

Dress Codes at Oxford

Another thing that can seem confusing or intimidating before you start Oxford university is the issue of what to wear, and all the different occasions/dress codes. Here is a breakdown of the main things to know:

- **Day to day** - on a daily basis, you can wear whatever you want! People go to lectures in everything from pyjamas to a suit (literally). There is a misconception that Oxford is a very formal university, but really you can just wear whatever makes you comfortable and happy.

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- **Sub Fusc** - Oxford's academic dress or 'sub fusc' is really only worn at matriculation, graduation and prelim/final exams. You DO NOT need to wear sub fusc for collections or to tutorials!
 - Sub Fusc consists of a dark suit/skirt with dark socks/tights, a plain white collared shirt or blouse, a white/black bow tie, tie or black ribbon and black shoes. (*See right*) On top of this, you need to wear your academic gown and carry a mortar board or soft cap.
 - You can pre-order your sub fusc, or you can buy it when you get here from a shop like Walters or Shepherd and Woodward. It is quite a nice thing to do in a group during freshers week! You could even buy it from a previous student who is selling theirs.
- **Formals** - formal dinners at college are optional, but can be a fun (and affordable!) thing to go to with friends. What you wear differs depending on the day:



- 'Formal Hall' is served on a Thursday, and this requires a suit or a dress/skirt/smart pair of trousers, **plus your academic gown**.
 - At Jesus we also have 'Second Hall', which is more relaxed and is served on Sundays, Tuesdays, Wednesdays and Fridays. We are not strict about dress code at Jesus but most people wear jeans and a shirt/ 'a nice top.'
- **Dinner Dance, Cocktail Dance, Summer Soiree** - these are the JCR's termly 'black tie' events hosted by Jesus (again totally optional)
 - For more information on these events, check out the JCR website: (<https://www.jesuxfordjcr.com/social-highlights-1>)
 - For these events, suits should be worn, but floor length dresses are not required - cocktail/smart dresses are typical (basically what you would wear for a wedding).
 - **Balls** - Balls can be held by colleges, departments and societies, and most are black tie (a small few are 'white tie', which are the most formal). Suits must be worn, and most women opt for floor length dresses over shorter ones!
 - If all these dress codes sound expensive, fear not! There are Facebook groups like the Oxford Ball Gown Swap and Shop, or Students of Oxford Swap (Shop), plus suit rental places around the city e.g. Walters.

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What are some things you think it is important to know before coming to Oxford?

First of all, a massive congratulations on making it to Oxford! Jesus college really is one of the friendliest colleges, and I'm sure you'll have a wonderful experience. The prospect of going to Oxford University may seem scary – as well as the usual uni worries, (like moving away for the first time or packing) there are many stereotypes and preconceptions associated with Oxford that may make the prospect seem more intimidating. However, I want you to know that A) these feelings are completely normal, you are not alone; and B) Oxford University (and particularly Jesus college) is an incredibly welcoming environment, regardless of your background. In terms of advice, I have a few things to share that I wish I had known before starting:

If you're confused or have a question, just ask! Please don't ever feel embarrassed to ask a question or for help, no matter how silly you think it is! It can be intimidating when some people appear to already know Oxford inside out, but I promise the majority of people are just as confused or overwhelmed as you. I remember me and some of my friends being bewildered by the term names, or how 'battels' worked, but we held back from asking each other because we didn't want to appear confused - we had a good laugh when we realized we were all equally as clueless. Your Class/Access/Welfare reps are so approachable and so eager to help, I promise, so just ask away!

Quite honestly, there is nothing to stop you from getting involved with any and all opportunities at Oxford university! First year is the perfect time to figure out what you're good at, and what you're not so good at, what you enjoy and what you don't. But I would definitely recommend getting involved with the Class Act Families system, as it really makes a difference having at least one friendly face around the university. It's also worth following Humans of Oxford University and Humans of Jesus College on Facebook/Instagram, so you can see the diversity of the student body and read some amazing stories about your peers!

CLASS

The student body of Oxford is wonderfully diverse, and such a far cry from the stereotypical, old fashioned image of all-white, all-male, massively wealthy students. You will undoubtedly make friends from backgrounds and with interests very similar to yours. However, you will also meet people from completely different backgrounds too, and these people will also end up being some of your closest friends!! Try to keep as open a mind as possible when meeting new people, and you'll get the best out of your Oxford experience.

Never shy away from getting involved with all the wonderful extra-curricular activities here at Oxford. The Jesus College community is a wonderful thing to be part of, as is the wider University community, so get involved! Don't be afraid to join societies, sports teams, clubs, committees and projects. It may be intimidating that some people arrive at Oxford already knowing a lot of people, but you can very quickly build your own amazing networks and make lots of wonderful contacts and friends by putting yourself out there and trying new things.

Above all, remember that You deserve to be here - you may get flashes of Imposter Syndrome (the feeling that you don't belong here), and while this is normal, for everyone, please realise that you are wonderful, and the best university in the world chose you for a reason!!

- Lucy McBride, Class Rep '19

JMS (JUNIOR MEMBERS' SCHOLARSHIP)

JMS RESOURCES

What is the Junior Members' Scholarship (JMS)?

The Junior Members' Scholarship is an academic undergraduate scholarship, funded in part by Junior Members at Jesus College, for a student of sufficient merit from a region of the world where access to an elite standard of higher education is severely restricted. This scholarship was set up following the Senior Proctor's statement that 'efforts to attract endowments to fund scholarships at Oxford for the most academically talented Palestinian students, to help lessen some of the obstacles to education that now prevail, would be welcome' (Proctors' Office, 28th January 2009). So far, applications have been welcomed from either the Islamic University in Gaza (IUG), al-Azhar University, or al-Aqsa University. It aims to offer a place to a student whose access to education has been compromised by the destruction of key university facilities, and the impediments to rebuilding as a result of the blockade. The universities in Gaza have been chosen due to the severity and extent of the damage incurred to laboratory facilities there and their elite academic record.

What is included in the Scholarship?

- Full tuition fee
- Full College fee
- Full maintenance award- this amount is sufficient to cover accommodations and food costs as well as other general living costs
- One return flight per year up to a maximum value of £500 per annum

History of the Scholarship

The scholarship was set up by a student called **Emily Dreyfus** who took the first steps to establish the scholarship in Michaelmas Term (Christmas Term) 2010. The first scholar began their studies at Jesus in October 2013 and graduated in 2017. Our second scholar began studying at Jesus in October 2017. Both scholars have read Italian and Linguistics.

Who is our current JMS Scholar?

Our current scholar, **Lama**, arrived from Gaza in September 2017 and is studying Italian and Linguistics. In the academic 2019-20, she had the exciting opportunity to work/study abroad in Italy: 'I was in Venice until Feb doing translation internships and had an amazing time'. She is an active and enthusiastic member of ArabSoc and ISOC and has taken part in numerous events, including a climbing Mount Snowdon for Islamic Relief. As well as this, she enjoys finding the best food and cafes to work in around Oxford!

Past Junior Members' Scholar:

The first scholar to benefit from the JMS was **Rawan Yaghi**, who began her degree in Italian and Linguistics in 2013. She graduated from Jesus College in 2017 and is now studying to do a Masters in Journalism at The City University of New York in New York City. She has recently published a short novel titled 'Commonplace' in the book 'Palestine +100 stories from a century after the Nakba', edited by Basma Ghalayini.

How is the JMS funded?

The funding for the scholarship currently comes from the Reach Oxford Scholarship funding model, in which termly contributions via battels (termly bills) from JCR (the undergraduate student body) and MCR (postgraduate student body) amount to half of the student's annual maintenance expenses, which triggers a waiver set out in the Exam Regulations which remits 60% of the overseas tuition fees. This however, is sadly set to change following the graduation of our current scholarship, so in order for us to establish a third iteration of the scholarship, we are looking to find some new donors. Please get in contact with the JMS Representative or JMS Facebook page if you have any ideas for how this could be done (see 'Contact Points' below)!

We are very lucky to be supported not just by Jesus College students, but also by the college itself, as well as two wonderful charities. The Hoping Foundation, a British charity that supports education for young Palestinians, has generously pledged to cover the remainder of the annual maintenance costs for the duration of the scholar's degree (until 2021). The Qattan Foundation has also generously pledged money for the remaining years of our scholar's degree, although sadly will not be able to continue supporting the scholarship in its next iteration. We are, however, extremely grateful for all of the support given to us by these charities over the last couple of years and are very proud of our close relationship with them.

How can I apply for the Scholarship?

We are in the process of renewing the scholarship, with the next scholarship being offered starting in the academic year 2021, dependent on funding being secured.

Who is eligible for the scholarship?

- Candidates must be in their first year or a subsequent year at university in an area of the world with restricted access to higher education.
- They must satisfy one of the following requirements:
 - IELTS overall score of 7.0 (with at least 7.0 in each of the four components)

- TOEFL (paper-based): overall score of 600 with a Test of Written English score of 5.5
 - TOEFL (internet-based): overall score of 100
 - Cambridge Certificate of Advanced English (CAE): grade A
 - Cambridge Certificate for Proficiency in English (CPE): grade B
 - English Language GCSE, IGCSE or O-Level: Grade B
 - International Baccalaureate Standard Level (SL): score of 5 in English
- **Note:** If this is not achieved at the time of application it will form part of any conditional offer.
 - Candidates are expected to have obtained excellent grades at both school and university level.
 - Many courses will require you to sit an aptitude test. Further information about registering for an aptitude test, sitting the test and specimen papers may be found at: <https://www.ucas.com/undergraduate/applying-university/admissions-tests>
 - Some courses also require submission of written work. Further details regarding this may be found at: <http://www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/guide/written-work>

We have one scholarship available at a time at college, so the next iteration of the scholarship will involve admitting a student starting in September 2021, funding dependent. The scholarship is available to applicants who are in their first or subsequent year at a university in an area of the world with restricted access to higher education. Applicants may apply for any undergraduate degree that Jesus College offers except Medicine. The scholarship covers full tuition and College fees, full maintenance award, and one return flight per year. There is no application form for the Scholarship, all applicants must apply through the UCAS system and eligible applicants will automatically be considered for the Scholarship by College.

UCAS is the online system which all UK universities use to process their undergraduate applications. Full details on how to use the online UCAS system may be found at: <https://www.ucas.com/further-education/ucas-progress/apply-through-ucas-progress>

Once the tutors have received all UCAS applications, aptitude test results, and written work they assess each applicant. We will then invite all applicants we might wish to offer a place to for an interview by Skype. For further details regarding interview please see: <http://www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/for-international-students/Interview-arrangements-for-international-students>

How can I get involved?



We usually have one JMS representative for the JCR at a time as a member of the the Equal Opps Sub-Committee. If you would like to get involved either message or email them! You should be able to see who is the new rep by looking at the Equal-Opps sub-committee poster or JCR emails. Otherwise, get in contact with anyone on the JCR committee or message the JCR Facebook page (see below) to get pointed in the right direction.

Image description: Lama, our current JMS Scholar standing outside the RadCam after finishing her exams and getting 'trashed'

Contact Points

- **JCR JMS Representative Michaelmas:** They are responsible for overseeing the welfare of the scholar, donor relations and publicity of the scholarship. Our current JMS Rep is **Dami Tariuwa**.
 - **Contact:** adedamilola.tariuwa@jesus.ox.ac.uk
- **JMS Facebook Page:** <https://www.facebook.com/JMScholarship/>
- **Jesus College Admissions Officer: Mr Sailesh Vyas**
 - **Contact:** admissions.officer@jesus.ox.ac.uk or (+44) 01865279721

You can find a bit more information about the Scholarship on this page of our JCR website:

<https://www.jesusoxfordjcr.com/jms>

ADDITIONS FROM THE JCR

Outside of the official Equal Opps Sub-committee roles, there are still members of our community who may need information or support in different contexts. The following is a collection of information which doesn't fall under the remit of any of the Equal Opps roles, but nevertheless may prove useful to some members of the JCR. We welcome any insight or further contributions from the JCR if you feel you have something to contribute to this resource pack! Please contact the Equal Opportunities representative if you would like to add something to this section.

RESOURCES FOR YOUNG CARERS

Who classifies as a 'Young Carer'?

A young carer can be any student whose life is in some way affected or restricted by the need to be involved in the practical and/or emotional care of a close relative or friend who is physically and/or mentally ill and/or disabled. You may be the one who has had sole responsibility for care tasks at home, or you might just take a supporting role in your family, but having to balance or leave behind these responsibilities whilst at university can be difficult and isolating, especially when you're somewhere like Oxford! We hope the following information can provide some guidance on where you can access support and how you can best face the problems you might run into as a young carer while you're here.

Welfare Resources for Young Carers

- **Jesus JCR Equal Opportunities Officer** – Also fellow student, the Equal Opps Officer is an elected position and is responsible for leading the Equal Opps Sub-Committee. They also sit on the Jesus College Equality and Diversity Group (with the college administration). If you have concerns or ideas about how the college could better support students, they are a good person to speak to - they are also always around to answer questions or just chat, and they attend the JCR meetings. Our current Equal Opps Officer is **Jennifer Crompton**.
- **Welfare team and peer supporters** – the two JCR welfare reps lead a team of peer supporters – all are students at Jesus. They are specifically trained in order to give the best possible support to those who turn to them for help, but are also available for a simple chat. Our current Welfare Reps are **Priyanka Chandrakumar** and **Jamie Slagel**.
- **College Welfare Officer** – This is the first point of contact for welfare issues and offers a mixture of bookable appointments and drop in sessions. They are available in College on Mondays, Wednesday and Fridays, and is a good person to see for help with problems relating to your life while at college. This is not a member of the JCR. Our current Welfare Officer is **Kirren Mahmood**.
 - **Contact:** welfare@jesus.ox.ac.uk

YOUNG CARERS

- **Jesus College Welfare Fellow** - Jesus also has a dedicated member of staff acting as the College Welfare Fellow, who should be able to deal with college-related welfare issues. Unlike the Welfare Reps and Peer Supporters, this is not a member of the JCR. Currently, the Welfare Fellow is **David Barron**. Weekly office hour is Tuesday 2-3pm weeks 1-8.
 - **Contact:** david.barron@jesus.ox.ac.uk
- **Junior Deans** - Jesus College also has two Junior Deans who have responsibility for students' non-academic discipline and welfare, and liaise between the student body and college administration. The current Junior Deans are **Heather McTaggart** and **Vanessa Picker**. They can be contacted in evenings and at night, and operate on a rota sharing this phone number:
 - Contact: 07590807399
- **Chaplain** - Our chaplain welcomes people of any faith or none to talk about any issues they are facing and to seek support. They are part of the college welfare team and treat each case with confidentiality. Their weekly emails are always entertaining too! Our current chaplain is **Revd Dr John Findon**
 - **Contact:** chaplain@jesus.ox.ac.uk
- **Academic Services Manager** - If concerns relating to academic performance arise, or if you require support for any issues that impact on your academics, you can contact the Academic Services Manager. This is not a member of the JCR. Our current academic services manager is **Sailesh Vyas**. If you have any trouble, drop him an email and he will either assist you himself or refer you to the correct person to help you.
 - **Contact:** sailesh.vyas@jesus.ox.ac.uk

Counselling

Anyone in the University has access to counselling from the SU (Student Union) and University Counselling Service. It can be tricky to get appointments at short notice and unfortunately due to over-subscription students are only guaranteed 4 sessions per term (once every two weeks). However, it is a great counselling service and all for free. Appointments are all currently via video call (or text/chat/phone).

- **Contact:** (+44) 01865 270300 or counselling@admin.ox.ac.uk

For more information about the Counselling service, they have a very extensive website with loads more information:

<https://www.ox.ac.uk/students/welfare/counselling?wssl=1>

There is also a Jesus College Counsellor, **Juliet Bulman**, who provides a confidential space to listen to your emotional concerns and issues. Sessions are by email appointment on Mondays weeks 0-9, in Room I/4.

- **Contact:** counsellor@jesus.ox.ac.uk

Problems you may face – and advice on what you can do!

Below is a (not exhaustive) list of some of the problems a student carer can face and some general advice for approaching them - you should try to be honest and let tutors know the difficulties you're facing as this will usually immediately improve things, but this might not always solve everything as tutors can be less well-informed or sympathetic than you'd hoped! Generally though, your tutors will want to support you in any way that they can. The issues below are split into academic, practical/logistical and social/emotional for ease of reading.

ACADEMIC

- **The transition between home and university at the start of term is really difficult for me, I struggle with collections.**

It's really common for student carers to find the start of a new term particularly difficult if they're leaving behind a very intense and/or draining home environment - your friends might return feeling refreshed and energised while you're struggling to loosen the connection to home for another term. Being at Oxford makes this time particularly challenging by setting collections (internal, mock-style exams) in the week before term starts. However, you can ask to sit your collections at a later date (e.g. end of 1st or 2nd week) if 0th week is too difficult and you need longer to settle back in.

- **My tutor/the college doesn't seem to understand that I'm a carer, I've been told I should focus more on my studies.**

This (unfortunately) can often happen; the attitude and amount of sympathy you experience can vary hugely depending on your tutor or the particular person you get to speak to, however it's important to remember that you set your own priorities for how you balance your home and university life, you're entitled to your choice at any point to spend more time with your family and should not be made to feel at fault for making this decision. Try to explain to tutors that although your home situation requires more attention in that moment it that doesn't mean you're any less committed to your degree, or that you want to reduce contact with your family for the sake of your grades!

- **I don't know how to tell tutors I'm overloaded or ask for an extension**

Similarly to above, it can be difficult to explain situations to tutors; you may feel worried about needing to frequently ask for extensions and will likely receive different amounts of lenience depending on the person, but in a lot of cases no more than a short explanation via email and a promise of when you think you'll be able to get something completed is more than enough; if you need further backup or think you're being unfairly treated don't hesitate to get in contact with any of the college welfare links listed above.

PRACTICAL

- **There's an emergency at home and I need to leave college - what do I do, who do I tell?**

A lot of students may be in this situation at some point during their time at uni but it's likely a more frequent occurrence for student carers. Having been in this situation before, a good first place to go is the **College Lodge** who'll have knowledge about any immediate admin requirements and can let you know how to contact the right people. If you're away for more than 3 nights there is a requirement to tell college, it's also a good idea to email your tutors ASAP to explain the situation and ask them to pass this on to any other relevant academic staff.

- **I'm having my parent/relative come to see me in college, I need help to make their visit accessible.**

As mentioned above, you can contact **Sailesh Vyas** (usually available in the Academic Office in Staircase III) who is the Disability Co-ordinator for college, he's usually in charge of organising accessibility arrangements for disabled students so will have the know-how on what college can do to facilitate anyone's needs.

- **Can someone come with me for support to a meeting with college/another organisation, or help me write an email to my tutors about my caring duties?**

Yes! **Lili Hennessy** (the person who wrote this section!) is someone who has had to experience both of these things and more. She would be happy to help if you want it, by talking through a conversation you might have with a tutor or just by listening and offering some solidarity. Feel free to contact her via Facebook, or alternatively get in contact with any of the students listed earlier who will be more than happy to help.

- **I want to spend more time in Oxford as I think my home life is interfering too much with my studies - can I use college accommodation outside of term time?**

Yes again! The Accommodation Office should be able to provide stay-up accommodation in a college room for welfare purposes in first year, and you can stay in your room in your flat in second or third year during the vacations. You need to apply to have access to accommodation outside of term-time and will have to pay the usual prices for rent - there is a Hardship Fund to assist with financial burdens if you really need to stay up but can't afford it; the people to speak to are the DACC and the Finance Office in Staircase IV. Alternatively, if you are first year and you have friends in older years, ask them if they would be ok with you staying in their rooms while they are at home!

YOUNG CARERS

- **I'm an international student / I'm really far away from home and this adds even more stress/pressure/difficulties!**

Being on the other side of the world or just more than a few hours' drive away if one of your parents/family members has an illness or disability can be a huge source of worry for students, and feelings of helplessness or guilt for not being there can be increased hugely. Be sure to talk to others about how you're feeling as most people will understand or even relate more than you might expect - for any questions or problems you can contact our International Rep, currently **Mateja Zdravkovic**.

- **What financial support is available to help me with extra travel costs, counselling or funds in an emergency?**

The JCR has termly and one-off Emergency Welfare Funds available for students to pay for counselling or other personal needs - you can discretely contact a Welfare Rep about accessing these. The College and the University both also have their own Hardship Funds to help students with unforeseen financial burdens. You may also be able to access UK government support or charitable bursaries - their pages are linked below, and have more information about different funds but feel free to get in contact with these organisations if you want help navigating these.

EMOTIONAL

- **People here seem to be from very different backgrounds to mine; I don't feel I fit in.**

Oxford, although a generally open-minded and (reasonably) progressive place, is admittedly home to a lot of students from extremely affluent backgrounds who may not have been exposed to hardship in the same way as others.

Finding your group may take time but there is an endless list of societies and activities both inside and out of college where you can always meet new people, and don't limit yourself to making friends only with those who you feel you have more in common with - people can always surprise you and this even more true in Oxford!

- **I feel guilty for neglecting my caring duties because of my studies / I feel guilty for neglecting my studies because of my caring duties.**

Put very simply - don't! The fact that both of these can be equal sources of feelings of guilt and/or worry shows the range of situations you can find yourself in as a carer; at different times you will very likely have different priorities in your home and academic lives and it's completely okay to choose to spend more time on what feels most important to you. The usual advice applies about not comparing your situation to anyone else's and not putting

YOUNG CARERS

unrealistic expectations on your own ability to equally balance a hectic home and uni life, but if you are feeling particularly upset or worried about your situation feel free to contact any of the aforementioned welfare services for some support.

- **I don't know how to tell my friends about my situation**

As above, people will surprise you and students at Jesus tend to be a friendly and supportive bunch. If you find it easier you could drop your friends a short text or dm to explain; coming from a school or community where everyone already 'knew' you and you never needed to explain much can mean you're not used to having to talk about your situation at home but don't be scared! If you need to talk to someone, and don't know how to bring it up with your friends, that is EXACTLY the sort of thing which you can bring up with a Welfare Rep or Peer Supporter. They have gone through specific training to make them better equipped when students come to them with problems, and are an incredible JCR resource.

- **I feel like things are really getting too much!**

In a crisis you can go straight to the College Lodge who will ring the correct welfare service, ring **Nightline** - a helpline run by students trained to listen and offer support and advice between 8 pm and 8 am (0th-9th weeks) ([+44 01865 270270](tel:+44201865270270)), or contact a Welfare Rep if you don't feel able to reach out anywhere else.

Resources for Young Carers (Outside College)

- **Take Care** - This is a student group for carers studying at both Oxford and Brookes. The group is not particularly active but the people behind it have a lot of knowledge between them and are a good point of contact. (<https://www.facebook.com/takecareox/>)
- **Carers Oxfordshire** - This is a charity which runs a variety of events each month, attended by people from around the city (ie. not just the Uni). Check out their calendar at: www.carersoxfordshire.org.uk/cms/calendar/. Alternatively you can Oxford University's contact for the charity at james.slattery@admin.ox.ac.uk
- **Carers UK** - this is an organisation who run a scheme of online 1-to-1 support sessions for young carers in crisis situations. They have a LOT of useful information on their website. (<https://www.carersuk.org/>)

YOUNG CARERS

- **The Council** - Know your rights! Young carers and young adult carers in England have the right to information and to an assessment of the support they need from the council. This free guide explains what those rights are and tells you what should happen when you talk to the council about being a young carer or student carer: <https://carers.org/downloads/help-and-advice-section/knowyourrights.pdf>
- **Live Well Oxfordshire** - whilst you're registered as having an address in Oxford you can access all local government support services for adults, see this page for a collection of information covering a wide range of adult services (18+) (financial, health and wellbeing, specific information for carers in Oxfordshire): (https://livewell.oxfordshire.gov.uk/?utm_medium=livewell)
- **UK Government Resources** - The UK government page providing information for those with caring responsibilities (includes financial benefits available to UK residents): (<http://www.gov.uk/browse/disabilities/carers>)

Campaigning

At the time of writing, the University of Oxford still has no clear policy for student carers (and we searched pretty hard to try and find one!) - the **Student Union** is trying to do more work around awareness and centralised designated support so if keep an eye out on the SU pages for updates if you want to hear about upcoming schemes or get involved with making a difference.

ADVICE FROM A YOUNG CARER AT JESUS:



*This additional section of the Resource Pack was compiled and written by **Lili Hennessy**. She is contactable via Facebook, email (liliana.hennessy@jesus.ox.ac.uk), or by text (+44 07954334972), and is happy to meet up for a chat, help you research more support or funds or discuss ways in which the college can be more aware and friendly for student carers :)*

Although they aren't necessarily guides or support in themselves, she recommends the following pieces of research. Lili says they really interesting to read (we're all nerds here...) and alongside facts they include some good links to specific support for university students as opposed to older adults or school-age children!

- **Supporting Students with Caring Responsibilities - Carer's Trust** (<https://carers.org/resources/all-resources/13-supporting-higher-education-students-with-caring-responsibilities>)
- **Learning With Care - NUS** (<https://tinyurl.com/y6xrs5s7>)

ACKNOWLEDGEMENTS

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This resource pack would not have been possible without the help of the many societies, students, and staff members who work to support those affected by Equal Opps concerns.



Oxford University
Jewish Society



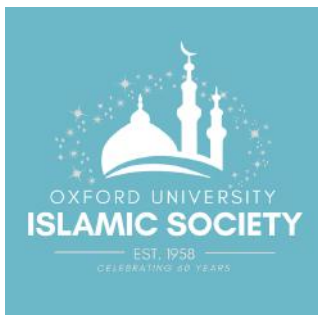
Oxford University
Sikh Society



Oxford University
Hindu Society



Oxford Inter-Collegiate
Christian Union



Oxford University
Islamic Society



Oxford Student Union
Disabilities Campaign



Oxford Student Union
Class Act



University of Oxford
Staff and
Administration