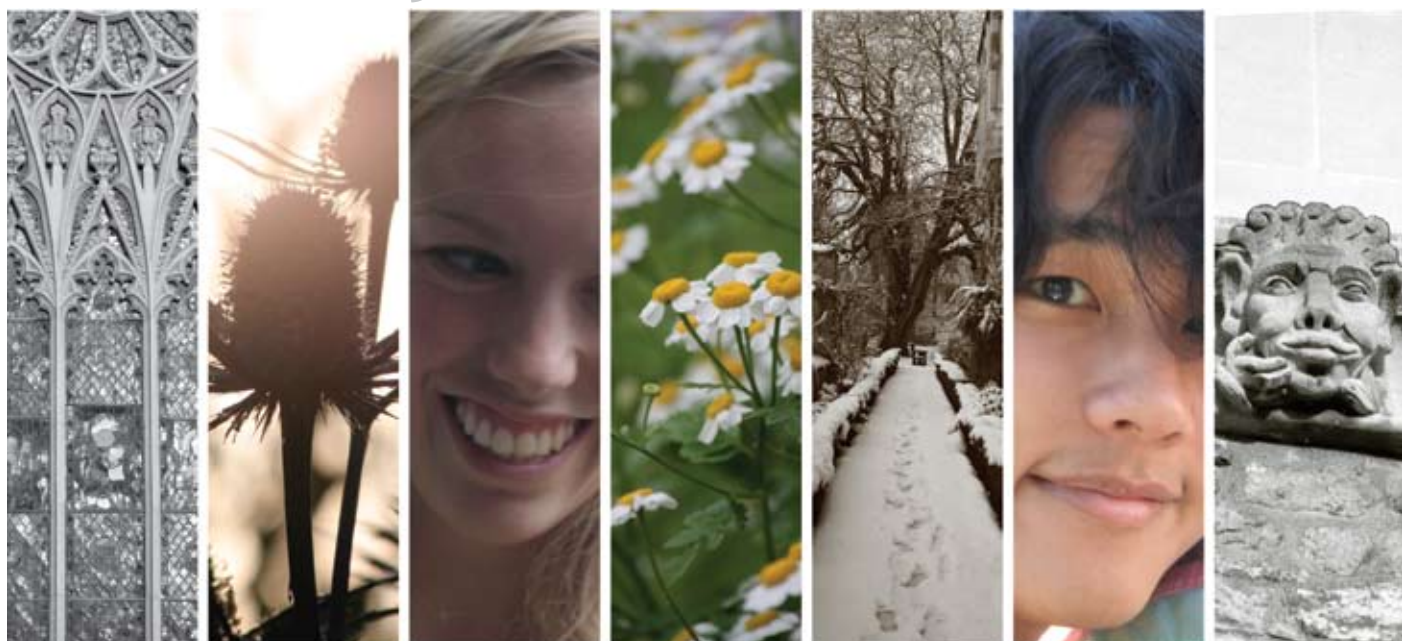


# MERTON JCR



an introduction to the welfare team and provisions at merton



welfareguide  
2009 2010

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## Introduction & Welfare Reps

Hello!

We're Josie and Ben, your welfare reps for the year. Our role is to co-ordinate JCR welfare, head the welfare sub-committee and create a bridge between the JCR and college-provided welfare systems. But our most important role is to ensure that the lives of students at Merton are as comfortable and happy as possible. Merton's a great place to be and you won't need much help to be happy here, but we want to make sure you get the most out of your days in this friendly, pretty, fluffy place.

As part of our efforts to keep you in tip top psychological and physical health, we:

- put on a weekly Welfare Tea every Sunday afternoon which essentially involves us slaving away to provide a veritable feast of sweet and savoury delights which disappears into the vast stomach of Merton's student body within minutes. It's a great time for socialising in a comfortable space as students from across the different years come together in one ferocious feeding frenzy, or to read your way through the array of free papers as you eat your way through the array of free edibles.
- bring you Welfare Screen Night. On Thursday evenings we will put before your eyes and ears the best entertainment (in our excellent opinions) from across continents and genres in the form of films, sit-com marathons and stand up DVDs which come to life on the TV room's biggish screen (not quite a cinema screen, but bigger than most TVs have any business being) and surround sound speaker system. Of course, it wouldn't be a welfare event without nibbles, and as it *is* a welfare event, there are nibbles galore (sweets and popcorn to be precise).
- endeavour to maintain full condom stocks despite the best efforts of the more lascivious Mertonians.
- provide personal attack alarms and pregnancy tests (upon request) without charge but with discretion.



room **Rose Lane 3:4**  
internal **26420**  
mobile **07591 528 651**  
email **josephine.turner@merton.ox.ac.uk**



room **Rose Lane 3:3**  
internal **26419**  
mobile **07877 165 886**  
email **benjamin.jackson@merton.ox.ac.uk**



# Merton Welfare Guide 2009/2010

## Introduction & Welfare Reps

We want you to know that if you ever have a problem, no matter how big, no matter how small, no matter how messy or embarrassing, there's someone here to help. As your welfare reps, we're happy to be your first port of call. Between us there will always be someone here for you with coffee, a selection of teas, a thirsty kettle, some form of edible matter and a confidential and sympathetic ear. We're both found in Rose Lane, Josie in 3.4 and Ben in 3.3, give our little lives some purpose by coming to see us any time.

We look forward to meeting you (if we haven't already) and to seeing you around college. Feel free to stop us for a chat. See you soon.

Josie and Ben

What follows is an introduction to everything welfare at Merton. Please take the time to read through the guide or keep it in case you ever need the information held within.



## The College Team

As well as co-ordinating welfare at Merton, Simon chairs the college's Hardship Committee making him the ideal person to talk to if you ever find yourself in financial difficulty. You can find more information on financial hardship issues and provisions on page 14.

Simon's professional code means that (unlike other members of the college welfare team) he is never legally obliged to talk to anyone else about any problems brought to him, regardless of their nature or severity. His role as college chaplain does not affect his welfare position. Students can *always* be confident of finding an understanding, sympathetic, knowledgeable and non-judgemental listener in Simon.



"I'm happy to provide confidential welfare support and advice to any student on any matter. I'm also the first port of call for students who find themselves in financial difficulty. I have experience of providing welfare support to a wide variety of people in different contexts. Do feel free to get in touch if you have anything you wish to discuss in confidence, or are considering making an application for hardship funds. There is no need to make an appointment. I'm available most days (including weekends) during term time. Feel free to call round, or contact me by 'phone or email."

The Welfare Dean is an MCR (graduate) member of the university who liaises between the JCR (undergraduates), MCR, and SCR (fellows) to secure student welfare and give welfare advice.

Oxford University is demanding, both academically and socially, and the welfare dean is available be it for a serious issue, or simply a chat.



You can also contact Anna with suggestions or comments about welfare support in College. If you would like to meet with her, please email [anna.camilleri@merton.ox.ac.uk](mailto:anna.camilleri@merton.ox.ac.uk), or you can call, to set up an appointment.

In cases of emergency or distress, students should feel free to ring Anna's mobile (0776 290 6913) or room phone (26441) at any time, day or night.



**Simon Jones**

CHAPLAIN & HEAD OF WELFARE

room **Fellows' 3:2**  
internal **(2)76365**  
home **(2)81793**  
mobile **0796 837 5664**  
email **simon.jones@merton.ox.ac.uk**



**Anna Camilleri**

WELFARE DEAN

room **St Albans 5:2**  
internal **26441**  
mobile **0776 290 6913**  
email **anna.camilleri@merton.ox.ac.uk**

## The College Team

The Senior Tutor's job combines a number of roles including Tutor for Admissions and Senior Tutor.

Rachel Buxton works closely with colleagues in the Tutorial Office, Vicky Lill, Julie Gerhardi and Jane Ashford, and with the Access and Schools Liaison Officer, Julie Jackson, to look after academic affairs connected with junior

members from application to graduation. The College wants all its junior members to fulfil their academic potential and Rachel is one of the College officers available to see junior members to discuss problems and offer advice.

As the College's Academic Administrator, Vicky Lill is a first point of contact for help and advice regarding:

- special exam requirements such as extra time, use of computer or dictionaries, making alternative arrangements for exams which clash with religious holidays
- co-ordinating support for students with disabilities or health problems (signalling special needs to Tutors; liaising with College staff on food, accommodation, laundry; linking with the Disability Office etc.)
- arranging suspension of studies where there is a legitimate cause.



One of the great advantages of being a member of a relatively small community, such as Merton, is that individuals really count. What is more, the College is well-resourced to help, but we can only do that when we know that there is a problem. Whatever you are worried about, share it with someone so that you can get the most out of your undergraduate days.



room **Fellows' 4:2**

internal **(2)86505**

email **rachel.buxton@merton.ox.ac.uk**

## The College Team: Health

The College Nurse holds a general surgery and offers welfare support as well as medical help to all members of college. The general surgery is held on weekdays from 9:00am-12:00pm in Grove 1:2 and is open to all members of the college, no appointment necessary.



**College Nurse**  
ROSIE HILLIARD

room **Grove 1:2**  
internal **(2)76320**  
email **nurse@admin.merton.ox.ac.uk**

The Merton College Doctors, Jericho Health Centre, is where most students register. The university requires students to have a GP in Oxford and it is recommended that you register with the college doctors as they have a great deal of experience dealing with students and all the health issues and practical needs you may have. If you wish to register with another Oxford doctor, you will need to inform the college nurse in writing.



**Jericho Health Centre**  
COLLEGE DOCTORS

title **Dr Bogdanor & Parnters**  
address **Walton Street**  
phone **(01865) 311234**

Any student who has a chronic illness is allowed to remain registered with a GP outside Oxford. Whenever necessary, they will be treated as a temporary resident by the college or other local doctor.

On Mondays from 2-3pm, from 1st week through to 8th week, a doctor from the Jericho Health Centre holds a surgery on appointment only basis. Appointments can be made via the college nurse, or the Jericho Health Centre, Walton Street on 01865 311234, before 11am on the day of surgery.

The College Dentist (David Le Tocq) is able to provide services on an emergency basis (including examination and cleaning) but not extensive treatment. To be treated, you will need to provide evidence of your affiliation with the College. In the case of Mr Le Tocq being unavailable Dr Griffiths (22 Beaumont Street, (01865) 243702) is available to help.



**David Le Tocq**  
COLLEGE DENTIST

address **31 Beaumont Street**  
phone **(01865) 557507**

Studental is a dental practice set up by Oxford Brookes based on Headington Hill Campus. It is (despite what the website says) open to Oxford University students (both graduates and undergraduates) for emergency and extended treatment.



**Studental**  
STUDENT DENTAL SERVICE

address **Oxford Brookes,  
Headington Hill Campus**  
phone **(01865) 484 608**  
email **studental@brookes.ac.uk**

It's the role of the Equal Opportunities Rep (Equal Opps Rep) to ensure members of the JCR are treated without discrimination and receive all the academic and domestic support they are entitled to, as well as liaising with the wider student community to make sure that equal opportunities initiatives are well publicised and represented.

Your Equal Opps Rep for this year is Ahnaf who has also taken the role of the LGBTQ rep. If you have any questions or suggestions about equal opportunity provisions at Merton, do let Ahnaf know.

Merton's Equality Policy (printed in the College Handbook) makes it very clear that discrimination of any kind is not tolerated, and the Bursar and Senior Tutor have official responsibility for implementing this policy with regards to domestic and academic issues respectively. The college has also designated Drs Kate Blackmon and Michael Whitworth as harassment advisers, and if at any point you believe you are a victim of harassment, or would simply like some advice, it is strongly recommended that you contact one or both of these before the matter escalates. They can be contacted directly or indirectly through Ahnaf or any other member of the welfare team.

If, for whatever reason, you feel that you may require additional support (e.g. for disabilities, health problems or specific religious requirements), or are entitled to special exam arrangements, the Equal Opportunities Rep can help with these arrangements. Such matters are dealt with confidentially, mainly through Vicky Lill, the Academic Administrator, and tailored to individual circumstances. It is definitely worth investigating the possibility in advance, even if later you decide you don't require it.



**Ahnaf Abdul/Azmi**  
EQUAL OPPORTUNITIES REP

room **Holywell 58:3**

internal **21811**

mobile **07531374949**

email **ahnaf.abdul@merton.ox.ac.uk**

The OUSU Guide for Students with Disabilities should be available in the laundry rooms in college, but if you drop Ahnaf an email he will pidge one to you discreetly. The guide is also available online at

[http://www.ousu.org/welfare/ousu-welfare-publications-1/Disabilities Guide.pdf/view](http://www.ousu.org/welfare/ousu-welfare-publications-1/Disabilities%20Guide.pdf/view)

For those of you unaware of the term, LGBTQ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning. For those of you who may fall into any of those groups, rest assured that Oxford is an extremely liberal and tolerant community in which nobody need fear being themselves or expressing their curiosity.

Discovering sexual or gender identity, experimenting, coming out, dealing with discrimination - there are many issues and milestones that members of the LGBTQ community may face during their student days, but never fear, your welfare team, and in particular, your LGBTQ rep, are here to help. If you have any questions about LGBTQ life, you will find your LGBTQ rep, Ahnaf Azmi a confidential, sympathetic and capable listener. You can also report any incidents of homophobic activity to the reps in confidence - disciplinary measures can and will be taken as homophobia (like any form of discrimination) is not tolerated.

The LGBTQ Reps also organise in college LGBTQ a few times a term, and act as a point of contact if you want someone to introduce you to Oxford's wider LGBTQ community. Oxford's LGBTQ Society (LGBSoc) meets a couple of times a week for a variety of events from great nights out to great nights in, or just relaxing in the park or with an ice cream. Whether you're having problems, have concerns, want information or just a friendly chat with a cup of tea, do come and see us; you can get in touch any time. Please be sure to check out the LGBTQ noticeboard (outside the bar, under the arch into St. Alban's quad) throughout the term for information on upcoming events. You may also like a copy of the LGBTQ Handbook produced by OUSU (The Student Union). You can acquire a copy at any in-college LGBTQ events or, if you so wish, Ahnaf can pidge a copy to you in an opaque envelope if you email him.



**Ahnaf Abdul/Azmi**  
LGBTQ REP

room **Holywell 58:3**

internal **21811**

mobile **07531 374 949**

email **ahnaf.abdul@merton.ox.ac.uk**

LGBSoc - [www.lgbsoc.com](http://www.lgbsoc.com)

Runs all manner of LGBT events at the University level.

Queer Oxford - [www.queeroxford.co.uk](http://www.queeroxford.co.uk)

Website of queer information specifically for Oxford.

Queer Resources Directory [www.qrd.org/qrd](http://www.qrd.org/qrd)

Terence Higgins Trust - [www.tht.org.uk](http://www.tht.org.uk)

largest HIV and AIDS charity in Europe.

Oxford Branch: 01865 243 389 National Helpline: 0845 122 1200

OUSU LGBTQ council - <http://www.ousu.org/about/campaigns/a/lgbtq>

campaigns for LGBTQ community

Oxford Friend - [www.oxfordfriend.co.uk](http://www.oxfordfriend.co.uk)

Provides confidential information, support and counselling service for lesbians, gay men, and bisexuals.

Tel: 01865 726 893 ; (Tuesdays, Wednesdays, and Fridays, 7PM till 10PM)

Coming to University can be a daunting experience for international students and for those experiencing British culture for the first time there will likely be even more issues adjusting to college life. However Leah, your International Students' Rep, is here to help and Merton, being the friendly place it is, there are always plenty of JCR exec members available to lend a hand in any way they can.

Leah will deal with practicalities such as organizing storage over the summer, but will also run events aimed especially at international students throughout the year. If you have any questions, suggestions or just feel like having a chat, don't hesitate to call, email or drop by Holywell 2:6 any time.



We would like to invite you to a special event for new international students during freshers' week. On Saturday the 10th of October at 4pm in the Middle Common Room (MCR - you can find the entrance in Front Quad) we will be holding an international tea where you can mingle and meet one another as well as the international 2nd and 3rd years (not to mention help yourselves to lots of free food!). We hope that you will be able to take part in all the fun events of Freshers' week, and get to know all of your fellow Freshers!



**Leah Astbury**  
INTERNATIONAL  
STUDENTS REP

room **Holywell 2:6**  
internal **21720**  
mobile **07765694321**  
email **leah.astbury@merton.ox.ac.uk**

Amongst all of the fun at university it can sometimes come as a shock that we have to work as well. Once you settle into college life, you will find yourself getting into a routine with your work and most likely finding a balance between your social and academic endeavours, but from time to time we can all find it difficult to cope when essays, problem sheets or exams start to pile up. There is always help at hand though and if at any point in your studies you do have any work related problems then your Academic Affairs Rep is there to help.



room **Rose Lane 2:9**  
internal **26406**  
email **priyadarshani.irayanar@merton.ox.ac.uk**

If you feel you are not coping with your work load, have issues arising from your tutorials or lectures, you need help in deciphering the exam regulations, have a complaint about any aspect of your academic life in the university, or simply want to ask about new books for the library, then Priya is the person to talk to.

Priya will inform you of the essay writing and study skills workshops the university holds throughout the year and can also help you to explore options available to you if you want to change your course, module or tutor Don't let stress about work build up and get to you, whatever the problem we can find a way to deal with it.



Exams, essays, worksheets... like growing piles of washing up, you know that at some point they've just got to be done! Hopefully you should find your course slightly more enjoyable (and more rewarding) than tackling last night's greasy dishes. However, Priya's here to ease any work related stress and difficulties arising during your studies.

# Merton Welfare Guide 2009/2010

## The JCR Team: Peer Supporters

If you feel like you can't talk to one of the Welfare Reps or other Welfare team members already listed in this guide (although we really hope this isn't the case) then there are other people in college who can help. They are all peer support trained, willing and able to listen to any problems you may have.



 **Sarah Hird**  
2008/9 WELFARE REP

room **Mob 6:1**  
internal **26364**  
email **sarah.hird@merton.ox.ac.uk**



 **Henry Thorogood**  
2008/9 WELFARE REP

room **Front 5:9**  
internal **26338**  
email **henry.thorogood@merton.ox.ac.uk**



 **Alistair Haggerty**  
2008/9 PRESIDENT

room **Front 5:1**  
internal **26331**  
email **alistair.haggerty@merton.ox.ac.uk**



 **James Nation**  
PRESIDENT

room **St Albans 4:1**  
internal **28798**  
email **james.nation@merton.ox.ac.uk**



 **Sabrina Robinson**  
VICE PRESIDENT

room **Rose Lane 2:1**  
internal **26398**  
email **sabrina.robinson-caturla@merton.ox.ac.uk**

The Academic Affairs, Equal Opps, LGBTQ and International Students Reps in addition to your Welfare Reps are all peer support trained and can be contacted about any issue you may be having, not just issues relevant to their role.

Once you have registered for an account for the merton jcr website, you can also **contact the Welfare Reps anonymously** via

<http://www.mertonjcr.org/wiki/Welfare>

### Information

Nightline is a confidential listening, information, and support service run by students, for students. They don't claim to be able to solve problems but they offer a sympathetic and non-judgemental listening service, helping those who contact them to better understand and deal with their problems.



internal (2)70 270

email <http://users.ox.ac.uk/~nightln/>

hours 8pm - 8am

There is a male and a female volunteer available each night from the beginning of 0th week until the end of 9th week. All calls are in complete confidence; you won't even be asked to give your name. Although not professionals, all the volunteers have successfully completed a training course.

The Counselling Service, though funded by the University, is independent of it. It offers professional and confidential general counselling dealing with a wide range of emotional and psychological issues.



address 11 Wellington Square

phone (01865) 2703000

email [reception@counserv.ox.ac.uk](mailto:reception@counserv.ox.ac.uk)

The Counselling Service provides group therapy as well as one-to-one sessions. If appropriate, the counsellors will refer people to other organisations. There is usually a waiting list, but the Counselling Service can almost always manage to see people for an initial session within a week and there are also places for absolute emergencies. There are both male and female counsellors available. An initial appointment will be made which lasts for approximately an hour, after which the student and counsellor decide together whether further counselling would be helpful, and if so, what form it should take.

The Counselling Service is open on weekdays in term time and vacations from 9.15am to 5.15pm. More information can be found at:

University of Oxford Student Health and Welfare Page  
<http://www.admin.ox.ac.uk/shw/counserv.shtml>

OUSU Welfare Resources Web page  
<http://www.ousu.org/main/advice/welfare>

If you find yourself in financial difficulty please contact Dr. Simon Jones, the Chaplain (page 5) who can advise and help you to apply for any loans and grants you may be eligible for. The College Student Support Fund Committee awards grants and loans from the College funds to undergraduate and graduate students and should also be approached to support applications to the University Hardship Committee. Home students are also eligible for assistance from the Government's Access to Learning Fund, administered by the University. Application forms are available from Julie Gerhardi in the Tutorial Office, and further information is contained in the financial guide for undergraduates posted on the Merton College website.

Applications are confidential and only those within deciding committees need ever know if you've applied. No students will know unless you tell them, so please do not let such concerns prevent you from getting the help you need and are entitled to.

The Oxford Opportunity Bursary is a scheme for UK students which has been in place since 2006. The University gives the following information: "If your residual household income is below around £37,425 you will receive a bursary towards your living costs. The bursary will be calculated on a sliding scale. If your family income is below around £17,500 and you are also in receipt of a full Higher Education grant, this scheme should ensure that you have sufficient funding to cover basic living costs during term time without taking out a Student Loan. You will receive a higher payment in your first year to help with start up costs for your degree. You do not have to complete a separate application form for the bursary. The University will receive the financial assessment of your household income made by your LEA and will use this to assess your entitlement to a bursary. If your LEA assessment changes, so will your entitlement to the bursary. This will normally be reviewed annually. If you are not eligible for a bursary when you start your course, but your family income falls subsequently, you can still receive an award in later years. The bursary will be administered by your college." For more information and to check your eligibility, please visit [http://www.ox.ac.uk/admissions/undergraduate\\_courses/student\\_funding/index.html](http://www.ox.ac.uk/admissions/undergraduate_courses/student_funding/index.html)

There are also a number of grants all students can apply for. College book grants cover 50% of the cost of books and photocopying needed for academic work up to a maximum of £50 per annum. Travel grants and research grants are awarded to a limited number of students on a case by case basis. For clinical medical students specific help is available to help cover the cost of essential equipment and laundry, and for first year Biologists, funds are available to help with the costs of the mandatory field trip. Full details of all financial assistance can be found on pgs. 13-15 of the College Handbook.

## Information: Sexual Health

University is a time of newfound freedom and opportunity, and it is important to have fun and enjoy yourself during your student days, but if your fun includes being sexually active, please, PLEASE remember to play safe. There is a plentiful supply of condoms (some free, some inexpensive) and lube available in the laundry rooms. If you ever notice the stocks are running low or there is something you think should be provided but isn't, please let your welfare reps know and they will usually be able to help. It is always, ALWAYS better to be safe than sorry, particularly where your sex-life is concerned. If ever something unexpected does happen though, you are sure to find your welfare reps non-judgemental, sympathetic and supportive.

Wherever you source your condoms, lube, etc. please check the boxes and sachets carefully for signs of tampering or damage and if you are ever unsure, dispose of them immediately. If you have concerns, please do not hesitate to get in touch and we will discreetly pidge you stock fresh from the OUSU.

Emergency contraception is available from your GP, though if you are concerned that you will not get an appointment in time, check out the Alec Turnbull Family Planning Clinic and the Oxford GUM Clinic (details of both below).

### Pregnancy Tests

'Dip and Read' hCG Pregnancy Tests from Pasante Healthcare Ltd. are available free of charge from your Welfare reps who will treat your request with absolute confidence. You can also get a pregnancy test from the college nurse again, with absolute confidence.

The Oxford Genito-urinary Medicine (GUM) clinic (at the Churchill Hospital) provides comprehensive sexual health tests, treatment, advice and referrals for counselling if you are confirmed to have contracted an STD. As the clinic states, *'all information, including test results, remain confidential within the clinic*

*and information is not passed on to anyone else. This includes your GP and any past or present sexual partners. However, if your GP has referred you to the clinic with a referral letter, we will write back to your GP to let him or her know the outcome of your attendance.'*

*'There is a choice of appointments and a daily walk-in clinic. The walk-in clinic runs from 12.15pm to 3.15pm and no appointment is necessary.'*



address Churchill Hospital

Old Road, Headington

phone (01865) 231231

web [www.wellsafe.org](http://www.wellsafe.org)

hours appointments : mon-fri 8:30-18:00 (16:00 fri)

drop in clinic : mon-fri 12:15-15:15

18 and under drop in clinic : wed 15:30-18:00

## Information: Sexual Health

The Alex Turnbull Family Planning Clinic is Oxford's primary family planning clinic and offers free birth control advice, free contraception, the morning after pill, and information about continuing with, or terminating pregnancy.



### Alec Turnbull Clinic

FAMILY PLANNING CLINIC

address **Raglan House**  
**23 Between Towns Road, Cowley**

phone **(01865) 45 66 66**

hours **Mon - Thurs 9:30–19:00**  
**Fri - 9:30–16.00**  
**Sat - 10:30-13:30**

One in ten sexually active people under 25 have chlamydia. Often presenting without symptoms or visible signs, few know they are infected. It is easily treated with antibiotics, but left untreated it can cause long term health issues such as infertility.



### Oxfordshire Chlamydia Screening Project

phone **(01865) 234495**

web **www.freetest.me**  
**www.ocsp.org.uk**

The Oxfordshire Chlamydia Screening Project has been set up to supply free chlamydia test kits to people between 15 and 24. A free self-test kit can be requested via the websites or by phone. If you are sexually active and do not visit the GUM clinic, please consider self-testing for chlamydia.



Oxford is a relatively safe city, but every city has its dangers. It is very rare for students to experience violent crime in Oxford, but there have been instances of students (including those from Merton) being attacked. If possible don't walk through Oxford alone at night. It is best to walk in groups, cycle or make use of the relatively cheap taxis. If you find yourself really stuck you can always ring one of us, the JCR Welfare Reps, and we will do our best to rescue you and bring you home!

Free personal attack alarms are available to all members of the JCR, and can be obtained from the JCR Welfare Reps. Be sure to carry your mobile phone with you everywhere you go, and your attack alarm if you obtain one.

The following personal safety advice is taken from the Home Office website ([http://www.homeoffice.gov.uk/docs2/hs\\_safesecure6.html](http://www.homeoffice.gov.uk/docs2/hs_safesecure6.html))

“Some General Points:

- You will be safest in bright, well-lit and busy areas. Try and avoid dark alleyways like Magpie Lane, use large, well lit streets like Oriol Square
- Try to look and act confident – look like you know where you are going and walk tall.
- You might like to spread your valuables around your body. For example, keep your phone in your bag, your keys in your trouser pocket and your money in your jacket.
- If someone tries to take something from you, it may be better to let them take it rather than to get into a confrontation and risk injury.
- You can use reasonable force in self-defence. You are allowed to protect yourself with something you are carrying anyway (for example, keys or a can of deodorant), but you may not carry a weapon.
- If you decide to defend yourself, be aware that your attacker might be stronger than you, or may take what you are using in self-defence and use it against you. It is often better just to shout loudly and run away.
- Shout ‘fire’ rather than ‘help’ – it can get more results.
- Try not to be conspicuous about the valuables you are carrying. Talking on your mobile phone, carrying a laptop, or showing your friend your new gold ring all show thieves that you are worth robbing.
- When out walking or jogging, you should not listen to a personal stereo through headphones, so you can stay more alert to your surroundings.

More information about personal safety can be found at:

The Home Office Website [http://www.homeoffice.gov.uk/docs2/hs\\_safesecure6.html](http://www.homeoffice.gov.uk/docs2/hs_safesecure6.html)

The Crime Reduction Website <http://www.crimereduction.gov.uk/personalsafety.htm>

The Suzy Lamplugh Trust Website <http://www.suzylamplugh.org/home/index.shtml>

Cycling is an environmentally friendly, quick and fun method of transport; being almost entirely flat (but for the cobbles), Oxford is the cyclist's dream city. With a flux of 20000 cyclists moving into and out of the city centre each day, the swarms of cyclists that hit the streets at rush-hour will soon become a familiar sight to you. However, cycling is not without risk; regrettably, two Oxford students have been killed since 2004 and many more have been injured. It is critically important that you take the appropriate measures to protect yourself as you take to the road.

- Wear a helmet that meets current safety standards (look out for 'BS EN 1078 SNELL CERTIFIED'). Ensure that:
  - it does not obstruct your vision or hearing.
  - it is fitted snugly, securely and squarely on your head, sitting just above your eyebrows and not tilted backwards or forwards.
  - you secure the straps without twisting, leaving only enough room to fit two fingers between the chin and the strap.
- At night your cycle must have front and rear lights lit. It must also be fitted with a red rear reflector and amber pedal reflectors. White front reflectors and spoke reflectors will also help you to be seen (Highway Code Law RVL R regs 18 & 24).
- You must not cycle on a pavement. Do not leave your cycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use cycle parking facilities where provided (Highway Code Laws HA 1835 sect 72 & R(S)A sect 129).
- Tempting as it may be if you are late for lectures, you must not cross the stop line when the traffic lights are red. Value your life above your speed. On-the-spot-fines are becoming commonplace; earlier this year, police gave 80 £30 fines in just two hours (BBC News 24). If you jump a red light and cause an accident, you will also be legally responsible and are liable for all damages.
- Never ride more than two abreast and on narrow or busy roads (most of Oxford!), ride single file.
- Do not listen to your iPod or use your mobile phone whilst cycling; if you're cycling with friends, concentrate on the road – leave your tute dissection for later!
- Bicycle theft is common in Oxford. Mark the frame with your postcode and write down its serial number. Consider joining the University Cycle Registration Scheme; for 60p, you'll be given a UV pen to mark down a unique registration number on your bike and two hologram stickers. Call (2)72945 or visit University Security Services, The Observatory, South Parks Road to obtain a pack.
- ...pto

### Information: Cycling Safety

- Always lock your bicycle to something solid and not to itself. In the event of theft, registered or not, inform St. Aldates Police Cycle Unit on (01865) 26628.
- Check your bike often and ensure that it is well maintained. See the 'Ten Second Bike Check' at the Cyclesense website for pointers.

The above list is non-exhaustive and you are strongly advised to consult additional sources for further guidance.

The above information was compiled from the following websites: CycleSense – THINK! Cycle Safety <http://www.cyclesense.net/> The Highway Code <http://www.highwaycode.gov.uk/03.htm>



You may have heard that the swine flu (H1N1) virus has spread to Oxford. This is not an unexpected development or a cause for alarm, as the virus currently appears to be relatively mild for most patients. However the evidence is that it is highly contagious, and we here at Merton would like to take this opportunity to provide some basic information about the pandemic, and about the actions that you should take to protect yourself and prevent the spread of the infection.

Please also find attached some information and advice from the University about swine flu.

#### Prior to Arrival in Oxford

If you are feeling unwell, and showing any of the symptoms of swine flu at the time you are planning to travel to Oxford, please delay your journey. Flu-like symptoms include rapid onset of fever, accompanied by one or more of cough, sore throat, headache, and muscle ache.

If you need to delay your arrival because of suspected swine flu, please e-mail Vick Lill in the Tutorial Office at [victoria.lill@admin.merton.ox.ac.uk](mailto:victoria.lill@admin.merton.ox.ac.uk)

Some groups of people are more at risk from becoming seriously ill with swine flu. These include people with:

- chronic (long-term) lung disease, including people who have had drug treatment for their asthma within the past three years;
- chronic heart disease;
- chronic kidney disease;
- chronic liver disease;
- chronic neurological disease (neurological disorders include motor neurone disease, Parkinson's disease and multiple sclerosis);
- suppressed immune systems (whether caused by disease or treatment);
- diabetes; and
- pregnant women.

If you fall into one of these groups, please let Vicky know – she is the College's Disability Co-ordinator, as well as the Academic Administrator. Such information will only be made available to other College officers who need to know it in order to exercise their duty of care.

Vick will contact all students by e-mail shortly before you come into residence to ask for your UK mobile phone number. If you won't know this until you're in Oxford, please make sure you provide this information to Vicky in the Tutorial Office as soon as possible.

### Information: Swine Flu

We require all students coming into residence to have their own supply of tissues, paracetamol (or similar), and a thermometer. Please ensure that you bring these with you, or secure them immediately on your arrival.

#### Preventative Action

Swine flu spreads from person to person by coughing and sneezing, and by coming into contact with infected areas (such as door handles, telephones, and keyboards). All members of College should be vigilant about infection control. You should:

- cover your nose and mouth with a tissue when coughing or sneezing;
- dispose of used tissues promptly and carefully; and
- wash your hands frequently with soap and water to reduce the spread of the virus.

Once you are in residence, please make use of the anti-bacterial hand gel that has been placed at the entrance to the Hall and at other locations around the College. This is particularly important before meals.

#### Symptoms and Action

Flu-like symptoms include rapid onset of fever, accompanied by one or more of cough, sore throat, headache, and muscle ache. If you develop flu-like symptoms while you are in residence, please do the following:

- remain in your room;
- telephone the National Flu Service on 0800 1 513 100 OR check your symptoms on the NHS website ([www.nhs.uk/NHSDirect](http://www.nhs.uk/NHSDirect)). If, having consulted one of these, you think that you have swine flu, you should follow the advice that you are given or contact your GP. Do not go into your GP surgery or to a hospital, as you may spread the disease to others.
- inform the College by contacting the duty porter. The number for the Lodge is 01865 (2)76310. The College will do what it can to help those in residence while they are ill.

NB: if you fall into one of the 'at risk' groups listed above, are on any other medication, or have other underlying health disorders, it is recommended that you contact your GP in the first instance.

#### 'Flu Buddies'

In addition to the above recommendation that you purchase your own supply of tissues and paracetamol (or similar) and a thermometer, we would recommend that you agree with two or three Oxford-based friends that they are willing to be your 'flu buddies', keeping an eye on you and bringing you food, medicines, etc, if you are confined to your room. You will, of course, need to be prepared to reciprocate.

### Information: Swine Flu

Please also see the note below about isolation.

If you are unable to identify someone to help you out, and then develop flu-like symptoms, please let the porters know this when you first contact them. College will then arrange for someone to bring you any food and medication required.

#### Shared Facilities

If you become infected, and are living in College accommodation, it is important that you remain in your room.

Please do not use the shared kitchens. Your 'flu buddy', neighbours, or other members of the common room should help you with meals; if required the College will be able to provide some basic foodstuffs which won't require use of a kitchen.

#### Isolation does mean isolation!

As stated above, the evidence is that swine flu is highly contagious. Isolation of those who are infected really is one of the keys to stopping the spread of the virus. It's vital that anyone who has flu-like symptoms stays in their room, and ceases personal contact with other members of college while they have those symptoms.

'Flu buddies' should not enter an infected person's room, but instead leave food and medication outside the door, and communicate with the patient by telephone / email / MSN chat only.

#### Further Information

Further information about the pandemic is available on the University's pandemic flu website: [www.ox.ac.uk/flu](http://www.ox.ac.uk/flu).

If you wish to discuss or have any concerns about any of the above, please contact the Senior Tutor, Rachel Buxton, at [rachel.buxton@merton.ox.ac.uk](mailto:rachel.buxton@merton.ox.ac.uk).

#### Important Numbers

National Flu Service	0800 1 513 100
Jericho Health Centre (College doctors)	01865 311234
College Lodge	01865 (2)76310

Douglas Bamber (Domestic Bursar), Simon Jones (College Chaplain), Rachel Buxton (Senior Tutor)

## Useful Numbers and Websites

You may find the following links and phone numbers handy in certain circumstances. For the numbers, if you're ringing from a University extension (like your room phone), then remember to omit the (2) and precede 0800 numbers with a 9 to ensure you don't get charged!

### MEDICAL EMERGENICES

Most circumstances	999
Merton Lodge (also connect to anyone at Merton)	(2)76310
John Radcliffe Hospital	(01865) 741166
	(01865) 220208
Oxford Eye Hospital	(01865) 234163
Ear, Nose and Throat emergencies	(01865) 224756

### LEGAL AND FINANCIAL

Student Finance Direct	08456 077 577
Citizens Advice Bureau	(01865) 247578
OUSU Student Advice	(01865) (2)88461
Oxford Student Legal Advice Service	(01865) (2)70770
Tax and Benefits Confidential Helpline	0845 6086000
Oxford Benefits Office	(01865) 443333
Housing Rights Centre	(01865) 247853
Consumer Credit Counselling Service	0800 138 1111

### TRANSPORT

National Rail Enquires	08457 48 49 50
Oxford Tube	(01865) 772250
City Taxis	(01865) 794000

### HELPLINES & COUNSELLING SERVICES

Nightline (8pm-8am listening service)	(2)70270
University Counselling Service	(2)70300
Samaritans	08457 90 90 90 (jo@samaritans.org) (01865) 722122
MIND (Mental Health) Information Line	0845 766 0163
MIND (Mental Health) Crisis Line (7pm-1am)	(01865) 251152
Oxford Depression Support Group	(01865) 552640
SANEline (Mental Health Support & Info.)	0845 767 8000
Dyslexia Association Helpline	0118 966 8271
No Panic (helpline for those suffering from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders, including tranquilliser withdrawal)	0808 808 0545
Relate (Relationship Counselling)	(01865) 242960
CRUSE Bereavement Care	(01865) 245398
Oxford Rape Crisis	(01865) 726295 0207 837 1600
Survivor's UK (Male Sexual Abuse and Rape)	0845 122 1201
Victim Support	(01865) 711186
Women's Aid (Domestic Violence Aid)	0808 2000 247
Brook (Pregnancy and Sexual Health Advice)	020 7284 6040
Miscarriage Association	01924 200799
Beat Eating Disorders Helpline	0845 634 1414

## Useful Numbers and Websites

### HEALTH

College Doctors (Jericho Health Centre)	(01865) 311 234
NHS Direct	0845 4647
Health Information Service	0800 665544
Mind Information Line (Mental Health)	08457 660 163
Diabetes UK Careline	020 7424 1030
Meningitis Trust Helpline	0800 028 18 28
National AIDS Helpline	0800 567123
Terence Higgins Trust (HIV/AIDs line)	(01865) 243389
Harrison Dept, RI (walk-in HIV testing)	(01865) 231 231
Alec Turnball Family Planning Clinic	(01865) 456666
Pregnancy Advisory Service	08457 304030
Care Confidential (pregnancy & post-abortion helpline)	0800 028 2228
Alcohol Helpline (Drinkline)	0800 9178282
FRANK (National Drugs Helpline)	0800 776600
Release (drugs legal line)	0845 4500215
Libra (drugs/alcohol issues)	(01865) 723500
Clinton Clinic (24hr drugs/alcohol advisory service)	(01865) 226243
Alcoholics Anonymous	(01865) 242373 0845 769 7555
Quit line (support for those giving up smoking)	0800 00 2200
NHS Smoking Helpline	0800 169 0 169

### MISCELLANEOUS

Careers Service (56 Banbury Rd)	(2)74646
St. Aldate's Police Station	(01865) 266000.

## Useful Numbers and Websites

Oxford Friend (LGB Helpline)	(01865) 726893
Bisexual Helpline	020 8569 7500
Lesbian and Gay Switchboard	020 78377324
Oxford Homophobia Awareness Liaison Team	(01865) 243389
University Harassment Advisers	(2)70760
Proctors' Office	(2)70090
OUSU Student Advice	(2)88450
OUSU Academic Welfare	(2)88464
OUSU Welfare and Equal Opportunities	(2)88461

## IMPORTANT NUMBERS

Josie Turner (JCR Welfare Rep)	(2)6420 07591 528 651
Ben Jackson (JCR Welfare Rep)	26419 07877 165 886
Anna Camilleri (Welfare Dean)	<b>26441</b> 0776 290 6913
Dr Simon Jones (Chaplain)	(2)76365 0796 837 5664
College Nurse	(2)76320
College Doctors (Jericho Health Centre)	(01865) 311234
Merton Lodge	(2)76310
Nightline	(2)70270
Emergency Services	999 / 112